

Southside Living

The neighborhoods of Chuckanut Drive, Edgemoor, Fairhaven and South Hill



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Jan Hayes & Thea Stephens are Domistyle

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Radley Muller

SNAPSHOTS FROM THE WHATCOM MUSEUM



This year marks the 75th anniversary of the Whatcom Museum. First opened in the 1892 Old City Hall building in 1941 as the Bellingham Public Museum, it featured a variety of artifacts, collectibles, and taxidermy animals, like this cougar, which has been in storage for many years, but will be on display again starting this summer!

Photo c.1962, by Jack Carver, Whatcom Museum 1995.1.48259

www.whatcommuseum.org/75ann



Southside Living

Serving the neighborhoods of Chuckanut Drive, Edgemoor, Fairhaven and South Hill

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Dear Residents,

Deep in the heart of summer, the reason why we live here is all around us as we take in stunning views of the bay, hike and bike in the hills, play at the local lakes and generally soak in the natural beauty around us.

But, lucky for us, the natural beauty isn't all we have going for us. The people who populate this place we call home are just as lovely, and we are reminded of that on a daily basis, no matter the season.

That's what makes working for *Southside Living* so much fun. I love getting to meet Southside residents or, more often than not, getting reacquainted with them after having met at some point in the past. Whether new acquaintances or old, I always come away from my interview having had a wonderful conversation.

This month's interview with Jan Hayes and Thea Stephens, the duo behind Domistyle Design, was no different. These women take on their work with knowledge and enthusiasm.

Our regular contributors have the same enthusiasm for what they do, such as photographer Mark Turner. In his monthly digital photo tip (this month on page 8), Mark eloquently explains the art and science of taking a good photo. Similarly, contributor Penny Simpson, owner of Rock Solid Martial Arts, shares her passion for health and fitness, making it approachable for all of us. Read her article on page 34.

Thanks to all the residents who share their stories with us as well as all our contributors who share their knowledge.

Until next month,



Hilary Parker

Content Coordinator

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Photos by Radley Muller

Domistyle Design Moves In

Jan Hayes & Thea Stephens are the Domistyle Duo

By Hilary Parker

Jan Hayes' handsome Larrabee Avenue home is a stand out. Located directly across from Larrabee Elementary, the Craftsman-style home looks like it's been here as long as the school, but the home is actually new construction. Jan moved in January of this year.

"I wanted [the home] to look like it had been here all along," says Jan, adding she was intentional about the details of the design to make it so.

The home is more than just Jan's abode; its lower level is home to the business she owns with Thea Stephens, Domistyle Design, which the two started 11 years ago.

The duo branched out on their own after having worked at Adaptations, the design studio at A-1 Builders. In fact, too many years ago to count, Jan convinced A-1's Rick Dubrow, a Southside resident, to hire her to start Adaptations

As Adaptations grew, Thea came aboard as a project manager, and Thea and Jan hit it off immediately.

"It was like we'd known each other for years from the day we first met," Thea says.

About a year and a half after Thea came to work at Adaptations, Jan made the decision to leave and start her own business.

Continuing their great partnership, Thea joined Jan in her new venture, starting Domistyle Design from Jan's home off of Northshore Drive.

When Jan's large home on an acre became more than she wanted to care for on her own, she made the decision to downsize. Along with less space to care for, she wanted to be closer to town. Fairhaven seemed like a natural fit.

"I have loved Fairhaven since forever," Jan raves.

Thea, who has lived on the Southside for seven years, was also thrilled to have Jan closer by – and the bonus of a shorter commute.

Now the two can easily walk to lunch, and enjoy the community Fairhaven offers.

"I love that you can walk all over Fairhaven," Thea says, "and people stop, smile and say hello."

Jan designed her home to serve as a showroom for clients, modeling both high-end finishes on the main floor living space and more budget-friendly, but just as elegant, finishes in the lower level which serves as the Domistyle office.

The office suite is also an accessory dwelling unit, meaning at any point it could be converted into a living space for a renter or a live-in caregiver.

From four-foot wide hallways for ample space in the bathroom to accommodate a wheel chair to the front walk that slopes up to the front door instead of utilizing stairs, Jan designed the home for her own aging in place.

Aging in place is a concept of designing or modifying a home that allows its residents to stay in their home safely and

independently regardless of age or ability.

Thea is a certified aging in place specialist (CAPS) as well as a National Home Builders Association Certified Green Professional. The green building certification means Thea is well versed in environmentally friendly building methods and products.

Jan has a National Kitchen & Bath Association "master" designation – that's 100 hours of continuing education and a minimum of 10 years in the field. Reaching a master level is a "rare commodity" in the business, Jan noted.

While the Domistyle duo started their business focused on kitchen and bath redesigns, they are increasingly finding themselves working on plans for new construction. On the other end of the spectrum, they are also working with many more Houzz/Pinterest/DIY types, who only want help on specific elements of the design.

Either way, the number of choices to be made in any project can be overwhelming – even for those who have a good idea of what they want the finished product to look like. That's when Jan and Thea serve as guides to help homeowners achieve the look they're envisioning.

"We're here as a resource to tap into," Jan says.

And Jan and Thea often have different approaches to a design, which give clients choices.



Jan Hayes

Ultimately, "We want to capture their personality and their styles," Jan says.

What many clients don't realize, says Thea, is that what their project needs is functionality more than just a pleasing color palette or finishes. The placement of appliances in relation to cabinets, counter heights and workflow must all work together. Jan and Thea often spot a project's pain point, and help rework the space to maximize working efficiency.

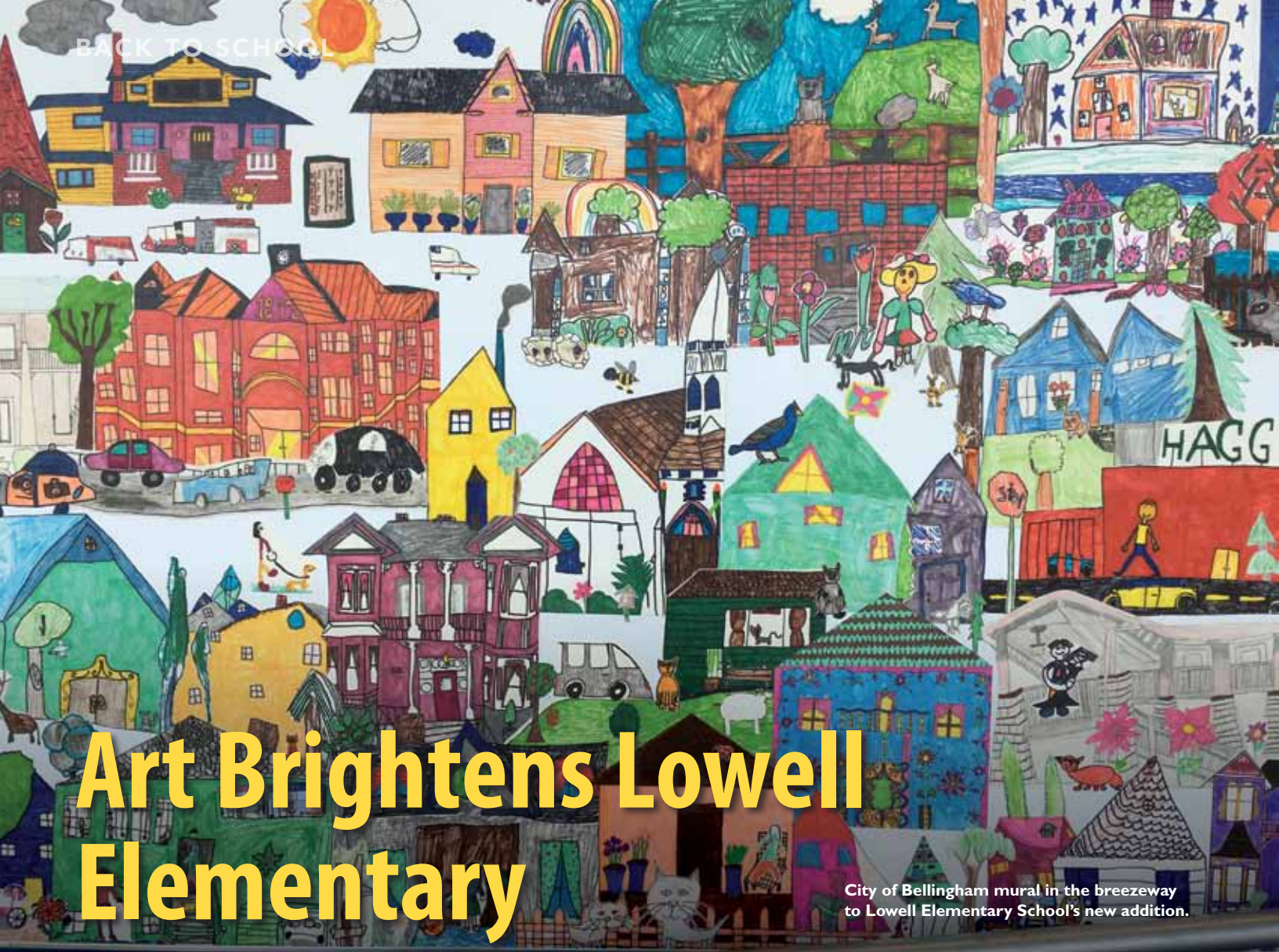
What's more, the team at Domistyle helps clients wind their way through the maze of building codes, planning and land use, all of which impact building cost, and they often serve as a liaison between clients and contractors.



Thea Stephens

And, sometimes, Thea jokes, they offer a little bit of therapy as well by helping partners understand each other and find compromises. It's all about taking the worry out of the project for the homeowner, while creating a beautiful, functional space.

"Our Fairhaven location has brought us closer to our clients in a beautiful neighborhood in Bellingham," Jan says. "Many people walking by are curious about the house, often assuming that it was a remodel. They're surprised that a new house can fit into the neighborhood so well. The eclectic character of Fairhaven enables us to reference many different architectural styles – from simple to Victorian. What a great place to work!"



Art Brightens Lowell Elementary

City of Bellingham mural in the breezeway to Lowell Elementary School's new addition.

Submitted by Amy Gould

With remodels and an expansion, so much at Lowell Elementary School is shiny and new. It's lovely, but the school still needed a child's touch.

With contributions from all 285 students, the walls and schoolyard at Lowell now have some much-needed color. Three large, permanent exhibits of student art-work have gone up just over the past few months. The students brought the school to life with a bustling, 24-foot-long mural of Bellingham, food art in the cafeteria and fired-clay flowers covering the 40-foot fence along the school's new garden.

These were added to a 60-foot tile mural of a 3-D garden already on display in the

school's main hallway.

Lowell's beautification happened under the guidance of arts specialist and Lowell parent Amy Gould, with funding from the Parent-Teacher Association.

Studies show art education in elementary schools is on the decline.

"That's exactly why I did it," said Gould, who has overseen student art projects for the past decade at Lowell, while her two children were at the school. She wanted to make sure students are familiar with the basic concepts of art: the color wheel, drawing in perspective, building with clay.

"Kids love art. They get tons of enjoyment out of it," Gould said.

Gould, who has degrees in art and

teaching, wanted the permanent installations at Lowell to reflect the students' own creativity. The Bellingham mural in the breezeway to the new addition to the building is made entirely of drawings from every student. Parents came in only during the final step, to arrange the pieces.

As Gould explained to Lowell teachers: "Some of the drawings were left fairly intact. Others were cut apart completely so that bits and pieces could be used in different areas. This layering of the drawings makes the mural look more like a real city than if we would have just lined everything up in rows, and the end result more accurately represents Bellingham and all of the things that make it unique from other cities."

All of the colorful, amazingly realis-

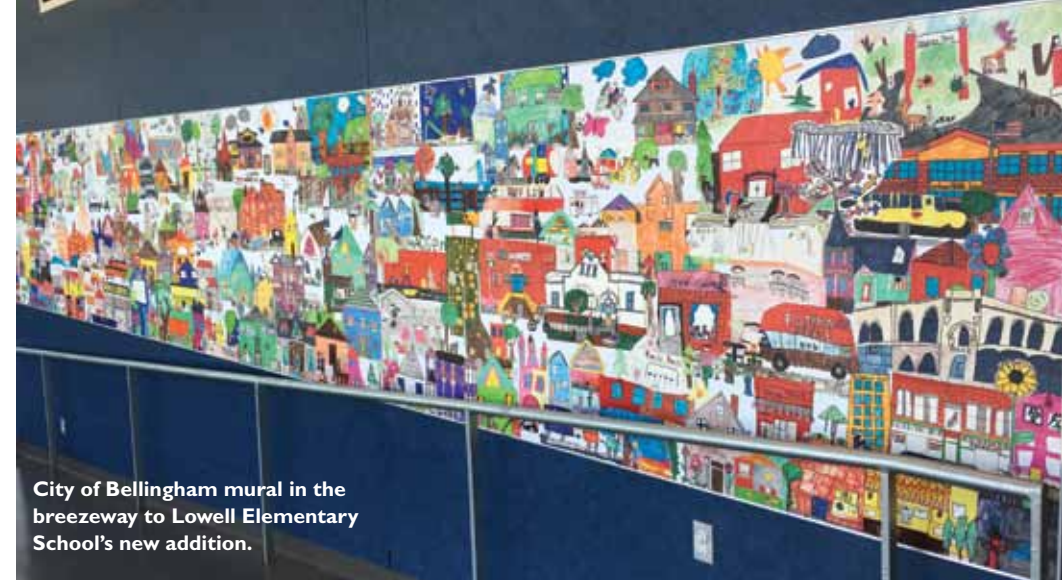


Fifth-grader Opal Gould holds the hamburger on display as one of the food still-lives.

tic pictures of food in the school's new cafeteria are enlarged versions of student drawings. And this project wasn't just about getting kids to draw their favorite foods. The installation came out of a lesson in how to draw still-lives.

"The end result is always better if a student is looking at their subject, rather than just imagining it," Gould said.

The flower display on the fence around the new school garden is still being installed and will be finished this month. Then Gould retires from her role at Lowell. What she leaves behind are students who are conversant in some of the basics in art. And when those students move on to middle school, they'll know they left Lowell a more beautiful place than when they got there. *SC*



City of Bellingham mural in the breezeway to Lowell Elementary School's new addition.



Garden Wide: Garden mural made with clay tiles in the main hallway at Lowell.



Still-lives of food in Lowell's new cafeteria.

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Think Like a Musician

By Mark Turner

Melody and rhythm are important to both music and the visual arts. Music with just a single note, or the same note repeated, is much less interesting than a tune with many notes dancing across the staff.

To make the comparison with photography, it helps to visualize the musical notes.



If you remember your music theory, we have five repeating quarter notes, all producing the same tone, A. It's not going to sound very interesting.

Now, think about how you arrange your subjects in a photograph. It could be the members of your family or things you find in nature or the built environment. If they're all lined up in a row like the five As on the staff there's not much visual interest, either melodically or rhythmically.

I see a lot of amateur photos of groups of people that suffer from this visual repetition. I can't show you an example from my own photography because I work hard to avoid straight-line compositions when creating group portraits.



In my nature photography, sometimes a nearly straight-line composition, like these ripening wild plums, is effective. The repeating horizontal lines are relaxing, restful, accented in this case by the contrasting colors.



In this bit of music (below) the notes form an inverted V on the staff. I think you can imagine singing this simple melody. The up and down movement of the tones is much more interesting than the first snippet.



The gentle S-curve of this branch of crabapples has a certain lyrical feeling to it. I think you can imagine the fruit as notes on the staff. A better musician than I could sit at the piano and play it.



In this beach portrait, the jumping kids all have their heads at a different height. This portrait exudes energy, both from the obvious jumping but also from the varying positions of their heads on our imaginary musical staff. Imagine how this might have looked if everyone's head were at the same height.

The multi-generation family on the next page is arranged in the same inverted V composition as our second musical example. Our



song begins with a middle tone rises, and then descends. Put their heads on the staff and you could hum the melody.

This beach portrait is more complex, with more people. You might even see simple chords on the staff in this one. More impor-



tant, observe that no two adjacent individuals have their heads at the same height. There's also a bit of variation in the spacing of the groups, creating another layer of visual rhythm.

Think about how you're arranging your family and friends the next time you're called on to photograph a group. Are you lining everyone up in a row, or looking for ways you can form a visual melody?

I learned the idea of thinking about people as notes on a staff from Salt Lake City portrait artist Drake Busath during a program he gave at the Professional Photographers of America Imaging USA conference a few years ago. It was a powerful idea that I've brought from my unconscious, intuitive approach to something I consciously think about nearly every time I'm photographing a group of people. *SL*

Mark Turner is a Bellingham professional photographer who creates heirloom portraits of families, high school seniors, and pets. He is the photographer and co-author of *Wildflowers of the Pacific Northwest*, *Trees & Shrubs of the Pacific Northwest*, *Bellingham Impressions*, and the smartphone app *Washington Wildflowers*. His website is turnerphotographics.com.

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I Get By With a Little Kelp From My Friends



By Lauren Saunders-Klapp

Friendship can come in any form. They can come from sharing mutual interests, alliances or social groups. For animals, friendships can form from a mutual benefit needed for survival;

this is called symbiosis. While these symbiotic relationships can be observed throughout the world, sometimes we have an opportunity to encounter these in our very own home.

An aquarium can be a great window into a magical world that allows us to view animals exhibiting their natural behavior. Aquariums can be beneficial to have in either your home or place of business. They promote relaxation, lower stress, can bring an air of sophistication into your business, and are a great way to bring a family together; especially for those families that may have allergies to other pets. Aquariums can be a fun way to teach kids about responsibility through the interactions of proper care for the fish. Add symbiotic relationships to the mix and the “cool” factor becomes even greater. Whether you’re a single aquarium hobbyist or a large family, animal friendships are fun at any age.

Now let’s talk about some of the symbiotic relationships you can keep in your own aquarium.

With friends like these, who needs anemones?

We’ll start off with one of the most well known symbiotic relationships of the sea: the clownfish and the anemone. The anemone has

stinging cells on its tentacles called nematocysts that are used to sting and paralyze prey. The clownfish is not born immune to these nematocysts, so by rubbing itself on the anemone, the clownfish will coat itself in mucus to build up a tolerance and to prevent itself from being recognized as prey and stung in the future.

So why does the clownfish go through this slimy, stinging courtship? The answer is protection. By living inside the anemone, the clownfish can use the anemone as its very own tentacle fortress from predators. In exchange, the clownfish provides beneficial nutrients, keeps the anemone clean, and chases off fish that may be tempted to nip at the anemone’s tentacles, such as butterfly fish.

Spirit fingers

Living under the sea is a crab with a lot of team spirit. Waving around little white pom-poms, this crab will dance around the rocks cheering for an unknown team. This pint-sized crustacean is called the pom-pom crab, but why is it getting ready for the next big game?

If you look closely at the crab’s accessories, you’ll see that they aren’t pom-poms at all! They are actually tiny anemones tightly wrapped in the Pom-Pom Crab’s grip. The crab isn’t practicing to make the squad, but is actually using the anemone to eat. By moving around its pom-poms, the crab can collect detritus and other particles of food in the water easier. In turn, the anemone is fed in the process and also receives oxygen.

The crab also uses the anemones as a form of defense, waving the anemones wildly around and using them as a pair of stinging boxing gloves at a potential threat.

The Odd Couple

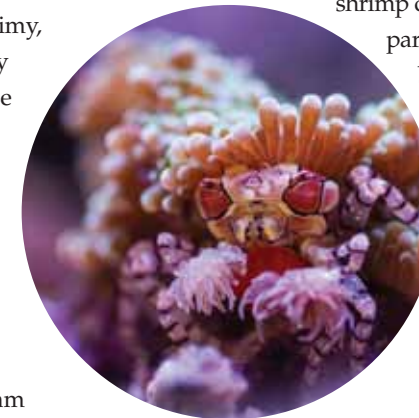
You may do a double take when you see a fish cuddling up with a shrimp, but this pair is no anomaly that happened by accident. The goby and the pistol shrimp bonding is a natural occurrence that will instinctually form between gobies and pistol shrimp.

The pistol shrimp is a fastidious crustacean that spends most of its time tending to its burrow. It will tirelessly excavate, clean and dig to keep its home in tip-top shape. The pistol shrimp also has notoriously poor eyesight so it relies on the goby to watch for predators and can be seen constantly touching the goby with its antennae. In turn for being the shrimp’s lookout, the goby is able to live in the well-kept burrow for protection. With the goby playing watchman, the shrimp can more easily forage for food and have more time

to focus on more important things like cleaning its meticulous den.

Just Keep Cleaning

Other fascinating forms of symbiosis can be witnessed with a variety of species that are considered cleaners. Wrasse, gobies and shrimp can all be seen hopping onto larger fish to eat the parasites off their scales. Even a ferocious eel knows better than to eat these helpful cleaners, and will allow a cleaner shrimp to safely enter its mouth to do its job. Many cleaners may be seen setting up a designated area for fish to enter if they need a good clean, much like a fishy car wash. Cleaner shrimp have been known to not discriminate between human and fish, and will gladly pick the dead skin cells off your hands if you’ll allow it. Think of it as a free manicure.



Pom-Pom Crab

With great power, comes great responsibility

Keeping an aquarium can be a rewarding experience, but it also important do so responsibly. Making sure we keep our sea creatures in adequate size tanks, housing appropriate tank-mates together, and practicing good husbandry are ways we can keep our pets happy and healthy. Whether you are interested in adding one of these symbiotic pairs to your existing aquarium, or you’re curious to see these animal friendships in person, stop by Crystal Reef Aquatics (located inside Bellingham Pet Supply) and one of the friendly staff can introduce you to some of our animals and tell you about even more symbiotic relationships that exist in aquariums. *SL*

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Local Artist Shares Message of Peace and Hope

By Jennifer Dodge

“This is my dream studio,” Stephanie Burgess, local artist, says as she gives a tour of her workspace and gallery here in Bellingham. This dream space displays the unique process in which her art originates from concept to wood and then beyond to completion and display. A separate room holds her original art, along with the master designs used to manufacture the art poles for which she is so well known.

Nicknamed “the Pole Lady,” Stephanie’s signature totem poles, seen in gardens around the country with messages of peace, became known as “Peace Poles.”

Stephanie, a midwife and labor and delivery nurse for 20 years, has always been creative. While she considered herself nothing more than a talented crafter in the beginning, she soon discovered



that her art struck a cord with people.

Her introduction to working with wood began when her daughter was just 3 years old. As their house was under construction, she noticed pieces of wood that the construction workers were simply throwing away. Thinking she would be teaching her daughter a good lesson about recycling, she gathered up the wood, bought a burner and some paint and set about creating fun items with her daughter. They created wood pieces with bugs and butterflies, a truly collaborative effort between mom and daughter.

Stephanie was blown away at how good the pieces turned out. Subsequently, she started creating her art on Lazy Susans and rocking chairs, which led to reserving a space at the Bellingham Farmer’s Market for the next three years.

What she found during those three years she had her booth at the Farmer’s Market was that it was always crowded and full of people who enjoyed the lively and fun art she created.

“I saw this totem pole outside the Fireside Café,” says Stephanie of what became her inspiration for her next project, the peace poles. “It said, ‘May Peace Prevail on Earth’ and it was placed there by the World Peace Prayer Society.” And so began her very special art displayed on poles.

Her original poles, seen around Bellingham, were custom poles that told a story about the family that had ordered them. Eventually, and due to demand, she opted to do art poles with inspiring messages of hope and peace that could be more easily replicated.

The year 2011 was the year that changed everything for this local Bellingham artist. In that year, her marriage ended, she was diagnosed with cancer, and she met an art licensor who loved the fresh, happy look of Stephanie’s art.

Spending time at a booth proved to be difficult for Stephanie during this time as she was undergoing chemotherapy. She opted to display her items at the Allied Arts Holiday Festival instead of the Farmer’s Market that year. After this event she was contacted by the art licensor who took her art and message to a national audience soon after.

On her behalf, the art licensor shared photos of Stephanie’s work at the largest manufacturer’s show in North America:

America’s Mart. Each day, she called Stephanie with more and more good news.

“The response was over the top!” said Stephanie of the news she received about the reception to her work.

Following the response at the trade show, it was a whirlwind of activity for Stephanie.

“The success came so fast, it was almost surreal,” she says of the experience.

She and her manufacturers came up with a game plan for product launch in January 2012. On chemotherapy and working virtually in secret for a year, Stephanie’s first national launch included 12 peace poles that were to debut at the same show, America’s Mart, where her photos were merely concepts just a year prior.

After that show, the enormous success in sales of the new peace poles and receipt of such awards as New York Retailer 2012 Best New Product, the products displaying her name and art moved beyond poles into mugs and door mats and garden flags and much more.

Stephanie is passionate about the message she spreads of peace, family and love.

When you meet her, it becomes immediately obvious that her own self and personality are clearly and truly evident in the art.

A woman who took the advice of her father to just keep at it and take the risk, connects with people through a message that resonates.

This once self-proclaimed “crafter” now knows she’s become an artist in her own right.

“I was once told that art is something that evokes a response from its viewer,” she says with a smile. “I know I do that. I am an artist.”

Stephanie Burgess has created an online store that includes original art and products displaying her art. You’re also welcome to sign up for her email updates that include open studio events as well as exhibits in the area. www.paintedpeace.com

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Cuba – An Endangered Island

By Jessica H. Stone

Cuba beacons like a rare and beautiful creature trembling on the edge of an endangered species list.

“Come see me,” she pleads, “Come experience me before lattes, fast food and swarms of strangers change me forever.”

This past December I heeded her call. I tossed T-shirts, sandals and sunscreen into a small backpack, exchanged American dollars for Canadian, purchased travel guides, and booked flights from Vancouver to Mexico City to Havana.

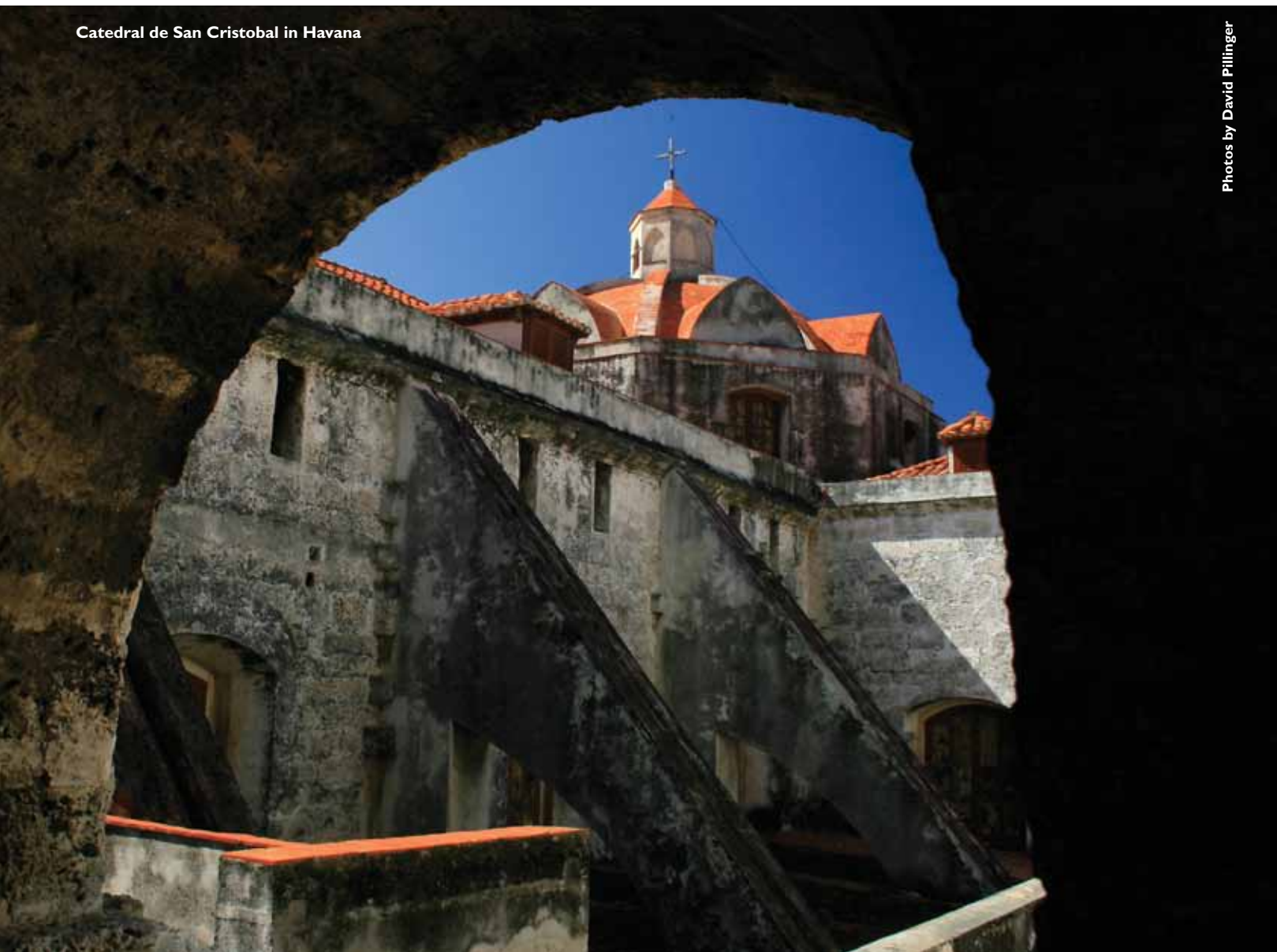
If you're a Boomer, like me, the word Cuba might flash you back to memories of huddling under your desk in grade school. Or, you might associate the island with classic cars, hand-rolled cigars, stories of Che, Castro and Papa Hemingway, and cocktails made with strong, dark rum. You may tap a toe as you hum a salsa tune or perhaps your mouth waters at the thought of fresh seafood and tropical fruit. I

wanted to experience all of these – to see everything from the multi-colored streets of old Havana to the sun-glazed beaches of the coasts.

My flight touched down at midnight, and from the moment I stepped from the air-conditioned shelter of the airport, I melted in the island's thick, sultry heat. I would spend the next two weeks fanning myself with a folded map, slathering SPF 50, and guzzling gallons of bottled water. And, because of my ambitious itinerary, I'd spend many hours rumbling past verdant tobacco fields in stuffy buses or hurtling by shimmering coastlines in rattling, old cars pressed into taxi service. But despite the heat and long rides, I fell in love with the island, and I learned that Cuba is much, much more than glossy travel photos and rich history.

Cuba is a living paradox. It's not unusual to see an ox cart complete with wooden wheels, waiting at the same crossroad with a 1954 two-toned Chevy and a shiny silver Prius. If it weren't for scattered billboards painted with slogans from the revolution and

Catedral de San Cristobal in Havana



Photos by David Pillinger



Revolutionary mural in Havana

Men talk on the rooftop of the Hotel Plaza in Havana.



Children play along the Paseo de Marti

the armed guards at the Hotel Nacional, I would have had no indication that I was traveling in a communist country.

Poverty is apparent, but not from a lack of education or drive, rather from a general absence of available resources. Five decades under a trade embargo has resulted in a scarcity of imported goods, groceries included. But services of all kinds are easy to negotiate and reasonably priced. This highlights Cuba's greatest asset – her people.

I'd pre-booked accommodations in private homes called *casas particulares*, which turned out to be a marvelous way to make friends and learn about the Cuban culture. The *casas*, like most of the buildings in Cuba, were old, worn and in need of repair. My rooms resembled antique store displays staged with 1950s and 60s memorabilia. The furnishings were recycled items and the linens threadbare. However, each room, in every home, was spotlessly clean.

My hosts were friendly, open and curious. Family members greeted me with fresh-squeezed juice and invited me to sit and chat with them. Most had some English, I have some Spanish, and with charades and laughter, we made do. My new friends wanted to know about my family, about the confusing political scene in America (I had no answers), and about life in the Pacific Northwest. In exchange, they were thrilled

to share faded, curling photos of weddings and babies, and they were always quick to ask what they could do to make my visit more pleasant. They were kind, resilient and generous.

One afternoon I found myself at the end of an impossibly long bank line waiting to exchange Canadian dollars for CUCS, the common currency. I was hoping to catch a bus out of town and must have looked frustrated. Taking pity on me a young, pregnant woman near the head of the line, gave me her place. She pulled a toddler along with one hand and pushed me into her spot with the other. “Go, go,” she said. Then she smiled and rubbed her belly. “I am okay to wait. I am always waiting now.”

Another day, while wandering through one of Cuba's many bookstores, I was surprised by a sales woman who tugged on the hem of my blouse. She babbled excitedly and pointed around the shop. It took me a while to figure out that she wanted to exchange my bright green shirt for a book – any book in the store. We made a deal and sealed it with smiles and a hug.

In addition to booksellers, every village hosts several art galleries. The pieces range from fine works of sculpture and paintings, to collages constructed of strips of newsprint painted with coffee. Unfortunately, we Americans can't use our credit cards in

Cuba, which brings me to what I'd do differently on my next trip.

First, I'd pack a UV water purifier and extra batteries because bottled water is expensive. Second, I'd reduce travel time – remain in two or three towns for longer stays. Finally, I'd take more cash. Did I mention the amazing art?

Will I return to Cuba after fast food chains and coffee shops have invaded? Yes, absolutely. The element of change, in the form of adequate goods and materials, along with restoration of the crumbling infrastructure, will be, I believe, a good thing. But I am fairly certain that the most beautiful element – the Cuban people – will remain unchanged for a long, long time. *52*

Jessica H. Stone is an author and avid traveler. Visit her website at www.jessicahstone.com

Bellingham Farmers Market in Fairhaven @Fairhaven Village Green; Wednesdays; Noon-5pm

Enjoy the Bellingham Farmers Market – Fairhaven style – amidst the atmosphere and offerings of the district’s welcoming businesses and neighborhood. Find fresh produce, plants, lunch items and crafts, and listen to “fresh local music” on the Village Green Stage (usually around 2pm).

Ferry Farewell Flotilla @Community Boating Center; Friday, Aug. 20, 5-6pm

The Community Boating Center hosts a flotilla of boats in south Bellingham Bay to bid adieu to the departing Alaska ferry. The 382-foot MV Kennicott is scheduled to leave the Bellingham Cruise Terminal at 6pm, bound for Ketchikan. Boats of all kind are encouraged to join the gatherings. To enhance participation, the Boating Center is offering 50% off rental fees for human-powered watercraft, including kayaks, rowboats and paddleboards.

Fairhaven Outdoor Cinema Schedule

Aug. 6: The Martian, with entertainment by Azara Tribal Bellydance
 Aug. 13: Zootopia, with entertainment by Aloha Hula NW
 Aug. 20: Casablanca, with entertainment by Bellingham Dance Co.
 Aug. 27: The Princess Bride with music by Tom Sandblom

Important school dates, Bellingham School District
 Wednesday, Aug. 24. First day of school

Puget Sound Antique Tractor Show & Pull

Aug. 3-6
 @Berthusen Park, Lynden

Learn how farming was done in the good ole days. This annual threshing bee and tractor show includes threshing demonstrations, antique tractors and parades daily, steam-powered saw mill demonstrations, tractor pulls and more.
 Psatma.org

Coastal Impressions: The Art of Colleen Hoffenbacker
 Aug. 4 – Sept. 30

Opening Reception Aug. 4, 6-8pm
 @Jansen Art Center, Lynden
 South Hill artist Colleen Hoffenbacker is exhibiting her original oil paintings in a solo show at the Jansen Art Center.
 colleenhoffenbacker.com
 jansenartcenter.org

Drayton Harbor Days

Aug. 6-7
 @Blaine Marina

The Northwest Steam Society will have a selection of steamboats parked along the docks for viewing, and the fun continues with arts and crafts vendors, kid’s activities, Plover ferry rides, and boat displays. Bring your pets, dressed up in costume or to show off their latest tricks, for a chance to win a prize in the pet contest on Sunday!
 Dratonharbormaritime.org

Aug. 15-20 Northwest Washington Fair
 @Northwest Washington Fairgrounds, Lynden

It’s Fair time! A tradition for more than 100 years, it’s time to take in the animals, exhibits, carnival rides, concerts and, yes, the food! Running Monday through Saturday, starting Aug. 15, check out the fair’s website for details on all the fun. nwwafair.com

Aug. 21 Dog Days of Summer 5K Walk/Run
 @Lake Padden Park

Race starts at 10am
 Calling all Super Dogs! Bring your Super Human Friends for a dash around Lake Padden to help benefit the Whatcom Humane Society. Everyone gets a Swag bag and dogs get bandanas! After the 5K Walk/Run, stick around for the Dog Days of Summer Festival. It is a free family- and canine-friendly event.
 Pre Registration-Individual: \$20
 Registration at the event: \$25
 whatcomhumane.org

Aug. 27-28 Birch Bay Discovery Days

Birch Bay Discovery Days is a great weekend for the entire family. Fun activities abound with a grand parade down Birch Bay Drive, arts and crafts fair, and a variety of food vendors. There’s plenty of more to do this day; kite flying on the beach, clamming, wake boarding and lots of family fun.
 Birchbaychamber.com



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Mindport Magic



Mindport Exhibits has some new twists and turns this summer! Come see what our exhibit designers Bill and Mark have been up to with Aero Track extensions. The light and shadows created by Jane Burleigh’s Nautilus hanging sculptures make even the darkest corner sparkle with illusions of what is and isn’t. Visit with all your out of town company – appropriate and inspiring for all ages. Saturday, Aug. 27, Mindport’s Correspondence Club will meet 10:30am to 12:30pm. A fun monthly meet up with all supplies and helpful guidance provided to create your own snail mail collage art.
 Mindport.org

Education and Adventure in the Wild Nearby

North Cascades Institute Turns 30

By Christian Martin

When Saul Weisberg and his climbing buddy Tom Fleischner created a conservation nonprofit in the mid-1980s, they consulted the *I Ching* for advice. They were wondering how to make a livelihood from the things that they valued most: exploring the North Cascades, studying the region's natural history, working toward conservation of its wild beauty. The ancient Chinese oracle gave them a two-word reply: "Perseverance Furthers."

Looking back upon his 30 years of tenure as the executive director of the North Cascades Institute, alongside his work as a ranger, author, naturalist and educator, Weisberg realizes that the forecast was right on the mark.

"We didn't know what the heck that meant at the time," Weisberg recalls, "but we do now: *Stay the course!*"

Conversing around campfires all those years ago, Weisberg and his friends – rangers, climbers, biologists – hatched a plan. They founded North Cascades Institute in 1986 with the goals of sharing the natural wonders of the North Cascades with others and using education as a tool for protecting this place they loved.

They were encouraged in the beginning by North Cascades National Park Superintendent John Reynolds and Wilderness District Ranger Bill Lester. The National Park remains a key partner today in the Institute's mission to "conserve and restore Northwest environments through education."

Thirty years of "staying the course" has paid off.

Today, in the middle of the 13-million-acre ecosystem (7 million acres of which are protected as public lands on both sides of the border), the Institute operates the North Cascades Environmental Learning Center, a campus on the shores of Diablo Lake that serves thousands of people every year. People of all ages, from 5th graders in the Mountain School program to high school students in eight-day Youth Leadership Adventures back-country courses to graduate students in the Master of Education degree program offered in



partnership with Western Washington University come to the Learning Center each year.

The Institute also offers dozens of classes and field excursions exploring ecology, art, writing and recreation, family getaways, conferences and retreats, and Skagit Tours featuring Diablo Lake Boat Tours and Historic Nehalem Walking Tours.

"Our work is getting people outdoors learning and exploring in small groups," explains Weisberg. "It's our belief that having first-hand experiences in the wild – whether it is canoeing, birding, doing watercolors, hiking or writing poetry – will lead to a profound connection to place. And from the connection grows care, a desire to look after these precious places the Pacific Northwest is so abundant in."

Key to the Institute's success has been deepening their impact and reach by working with many different partners: the National



Institute founders Saul Weisberg and Tom Fleischner, taken 25 years apart.

and contributing author to *The North Cascades: Finding Beauty and Renewal in the Wild Nearby*, published in 2014 by *The Mountaineers Books*.

Park Service, U.S. Forest Service, Seattle City Light, Skagit Environmental Endowment Commission and WWU to name a few.

They also recently received crucial support by way of Washington state's "Leave No Child Inside" initiative, being one of 19 organizations across the state awarded funding to connect at-risk youth with outdoor education and recreation experiences.

While the founding of North Cascades Institute 30 years ago and its impressive evolution since is cause to pause for congratulations, Weisberg is already thinking ahead to

the future. Climate change, social justice and equity issues and finding new ways to engage and empower even more young people are all at the forefront of his thoughts.

"In the beginning, sitting around those campfires, we joked that the mission of North Cascades Institute was to save the world," says Weisberg. "Well, now I'm serious. If you're going to have a mission, it's got to inspire you. What's next?" *SM*

Christian Martin is the communications coordinator for North Cascades Institute

North Cascades Institute is offering more than 250 routes to the "Wild Nearby" this summer, including a San Juan Sailing trip (8/19-21), Backpacking for Women trip (8/11-14), Mt. Baker Geology trip (9/17), Naturalist Skills 101 class (9/30-10/1), Baker Lake mushrooming (10/22) as well as Family Getaways, Diablo Lake Boat Tours, the annual Harvest Dinner at the North Cascades Environmental Learning Center (10/15) and the ongoing "Lodging & Learning" Base Camp accommodations. Visit www.ncascades.org/get_outside for a full list, or call 360.854.2599 or email nci@ncascades.org to get on their mailing list.

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Family Fun in Ferndale Aug. 26-27

Submitted by Kelsey Rowison

Where can kids, car enthusiasts and music lovers come together during one event? The Ferndale Street Festival, of course!

The Ferndale Chamber of Commerce is pleased to present the 13th Annual Ferndale Street Festival on Aug. 26 from 6-11:30pm and Aug. 27 from 10am-11:30pm.

This free, community-oriented event is held in historic downtown Ferndale and features a Kids Street, Kids Stage, Festival of Fenders Car Show, more than 120 food and craft vendors, as well as live music on the Main Stage and a Beer/Wine tent.

"We are so excited to bring another year of community-oriented, family-friendly fun to Ferndale," said Kelsey Rowison, event and program coordinator for the Ferndale Chamber of Commerce.



"Whether you came to the Festival last year, or haven't been in 10 years, I encourage everyone to come check it out because this is a staple event in Ferndale and there is truly something for everyone."



This year's Kids Street, sponsored by Phillips 66 Ferndale Refinery, will feature a petting zoo, pony rides, a photo booth, Whatcom County Fire District 7's fire truck and a money hunt in the hay. Kids Stage will feature Reptile Isle with his various exotic animals, as well as other children's themed acts.

On Second Avenue, patrons will find more than 10 food vendors and the Beer/Wine tent. The Main Stage, sponsored by Starvin' Sam's Mini Mart, will feature Friday night's headliner, Sunset Superman, playing classic rock covers and Saturday night's headliner, Blindfate, playing classic rock. Also playing at the Street Festival are Nashville Northwest, Electric Soul Society, Exit 266 and Church Road Band.

Don't forget to stop by the Festival of Fenders Car Show, sponsored by Ferndale's Les Schwab Tire Center. With more than 50 cars expected, everyone should take a look.

Finally, Festival vendors will be set up on Main Street between First and Third avenues, selling their wares including, pottery, jewelry, clothing, recycled art and so much more. *SL*

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Yeager's Celebrates 95 Years of Business

By Jennifer Dodge

"I bought nearly all of my Christmas gifts at Yeager's one year," says one customer with a smile when asked about her experience with the iconic store in Bellingham. "I love that store. You can find anything you need and everyone there knows so much!"

Ira Yeager, an avid outdoorsman, decided to leave the family business of selling furniture and pursue a business that better suited his lifestyle. In 1921, a fixture of the community was born in the garage of Ira's home when he became a licensed dealer for Evinrude outboard motors, the first in Whatcom County and the oldest one in the county for many decades.

As the first licensed fisherman guide on the Skagit River, Yeager made a name for himself as a fisherman and local guide with many people coming from Seattle just to have him as their fishing guide.

It wasn't too long before Yeager found himself in the position of having to expand the

size of his store from its original location downtown as he began offering more and more products. Today, the store, now 26,000 square feet, is located at 3101 Northwest Ave. in Bellingham.

The expansion and growth took the original store in 1921 originally focused on boating to add fishing, then hunting, camping, skiing and hiking and all other outdoor activities to include housewares and the ever-popular toyland.

From beginning to end, there's something for everyone at Yeager's.

"I remember the really good candy," says another customer as she reminisces childhood memories going to Yeager's after the March of Dimes walk-a-thon.

Known for a staff of professionals, Yeager's is proud of the fact that they hire people with extensive knowledge, both in the products they sell and the adventures and sports in which they indi-



Ed & Ira Yeager

vidually participate.

That service and knowledge has paid off for Yeager's. The ski and paddle sports shop is recognized as being one of the best in the area. The highly trained staff who work in this section of the store are themselves avid skiers and paddle boarders. What once started as one man's passion for fishing and hunting has now grown into the sharing of a passion of many avid outdoor lovers of many outdoor activities.

The staff at Yeager's keeps no secrets when it comes to sharing their knowledge,

and Yeager's differentiates itself because of that extensive knowledge. It's what makes being in business for 95 years possible.

"We want our customers to catch those fish," says John Westerfield, store manager. "And we want them to have the information they need to do what they love, accomplish what they want and all with the right gear and direction."

Westerfield, or Westy as he is most often referred to, has been managing the store since 2010, with an even longer history with Yeager's where he originally started as a clerk in the hunting and fishing departments in 1973. After a long and successful career on the road representing a number of hunting and fishing companies, Westy returned at the urging of Frank Uhrig, Ira's son-in-law, to help manage the store in 2009.

Beyond the retail sales and pure fun, Yeager's is truly a local participant in the outdoor world. They understand what it takes to preserve our wildlife and surroundings so that it can be enjoyed in the future as much as it is today. This is why Yeager's, through support of such efforts as



salmon enhancement programs, works to help maintain our natural resources.

Ira Yeager worked longer than most men and today, Yeager's remains family owned and locally run with people determined to keep doing what's working for the community and for Yeager's.

"We intend to keep doing it right," says Westy. "We're already planning our centennial celebration."

Please join the 95th celebration with Yeager's and stop by the annual 12-hour sale on Aug. 10 from 9am to 9pm. *SL*



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Museum Partners with San Juan Cruises for Popular History Tour

By Christina Claassen

The Whatcom Museum's popular summer history cruises along Bellingham Bay returns this summer for its 33rd year. For the 2016 season, the Museum is partnering with San Juan Cruises for tour operation. The weekly cruises are offered on Tuesday evenings and will be leaving from a new location at the Bellingham Cruise Terminal in Fairhaven.

Each Tuesday through Aug. 30, the Whatcom Museum's popular summer cruises will take locals and visitors aboard the 100-foot Victoria Star tour boat. Participants get great close-up views of parks, businesses, industry and neighborhoods from Bellingham Bay, with Bellingham historians Brian Griffin or Doug Starcher serving as tour guides. They will tie their knowledge of local history with up-to-date facts about bay activities.

The Victoria Star leaves from the Bellingham Cruise Terminal. The boat has indoor and outdoor seating on two levels, an on-board snack bar, and a full bar with a selection of Northwest beers, wines and cocktails. Restrooms are available on board. Guests are welcome to bring dinner, snacks and beverages (non-

alcoholic) for a picnic-style dinner while cruising. Each sailing boards at 6:15pm, with a prompt 6:30pm sailing, and an 8:30pm return.

Tickets are \$35 general/\$30 for Museum members; \$28 per person for groups of 8 or more people. Purchase through Brown Paper Tickets, by calling 800/838.3006 ext. 1, or in-person at the Museum Store located at 250 Flora St. Proceeds benefit Whatcom Museum exhibitions and educational programs. *52*

For more information about the history cruises visit www.whatcommuseum.org/history-sunset-cruise.



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Shannon Wallace

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900 13th St.	6	2.75	3178	\$600,000	7
1010 Mill Ave. #302	2	1.75	4315	\$749,000	2
1283 Chuckanut Crest	3	2.5	3375	\$1,250,000	5
531 Briar Road	5	3.5	4821	\$1,290,000	272
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*DOM=Days on Market

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Crab Cakes with Asian Slaw

By Bryant Davis

This month's I'm sharing a summer favorite of mine, crab cakes served on a bed of Asian slaw. My daughter Sierra got into the act this month to share with you her German Chocolate cookies. Enjoy!

Crab Cakes

- ¼ red onion, finely minced
- 2 lbs fresh, pre-peeled Dungeness crab from **Whole Foods**
- Zest of 1 lemon
- Zest of 1 lime
- ½ cup roasted red pepper, finely diced
- 1 tsp garlic, finely minced
- 1 tsp ginger, finely minced
- 1 cup mayonnaise
- ½ cup cilantro
- 2 ½ cups panko bread crumbs
- Salt and pepper to taste

Combine all ingredients

except bread crumbs and mix well by hand.

Form into 3-4 oz patties.

Roll in Panko Bread crumbs.

Prepare large frying pan with 1 Tbs sesame oil, 1 tsp chili oil and ¼ cup olive oil.

Add 1 dab of butter to saucapan below each crab cake.

Cook each cake for 2 ½ minutes on medium heat or until golden brown.

Top each cake with a dab of butter and flip.

Cook each for an additional 2 ½ minutes.

Remove from heat.

Serve hot on bed of coleslaw (recipe below), and top each with generous dollop of sauce.

Garnish with cilantro and enjoy!

Crab Cake Sauce

Prepare this sauce prior to the crab cakes to let the flavors marry.

2 cups mayonnaise

- 1 Tbs fresh ginger, finely chopped
- 1 tsp garlic, minced

Juice of 1 lemon, plus zest of ½ lemon

Juice of 1 lime, plus zest of ½ lime

2 dashes paprika

3 dashes tobacco sauce

3 pinches salt

3 pinches pepper

Combine all ingredients and set aside. We Crave ingredients are from Whole Foods



Asian Coleslaw

Vinaigrette

- 1 Tbs fresh ginger, minced
 - 1 Tbs garlic, minced
 - Juice of 1 lemon, plus ½ tsp lemon zest
 - ½ lime zest
 - 2 Tbs Dijon mustard
 - 1 tsp wasabi powder
 - 1 Tbs shallots, thinly diced
 - ¼ cup mirin
 - 1 Tbs sesame oil
 - 1/3 cup rice vinegar
 - ¼ sunflower seed oil
- Blend all ingredients and set aside.

Slaw

- 6 leaves Napa Cabbage
- 5 leaves Bok choy
- ¾ red onion
- 1 carrot

Cut cabbage leaves in half lengthwise, then turn and cut into thin slices.

Cut off ends of Bok choy, slice in half lengthwise, then turn and slice into 1-inch segments.

Thinly slice red onion.

Peel carrot into bowl, turning it as you do so.

Combine all ingredients and drizzle with ½ cup of vinaigrette.

Mix by hand.

German Chocolate Cookies

Ingredients

- 1 ¼ cups butter, softened
- 2 cups white sugar
- 2 eggs
- 2 tsp vanilla
- 2 cups flour
- ¾ cups unsweetened cocoa powder
- 1 tsp baking soda
- 1/8 tsp salt
- 1 ½ cups pecans, roughly chopped
- 1 ½ cups shredded, sweetened coconut
- 2 bars bakers German chocolate, roughly chopped

Preheat oven to 350°F.

Cream together butter and sugar until smooth.

Beat in eggs, one at a time, and stir in vanilla.

In a separate bowl, combine flour, cocoa powder, baking soda and salt.

Stir dry mixture into wet mixture until smooth.

Add chocolate, pecans and coconut. Scoop onto greased cookie sheet and

space evenly.

Bake 10 minutes.

Let cool and enjoy!



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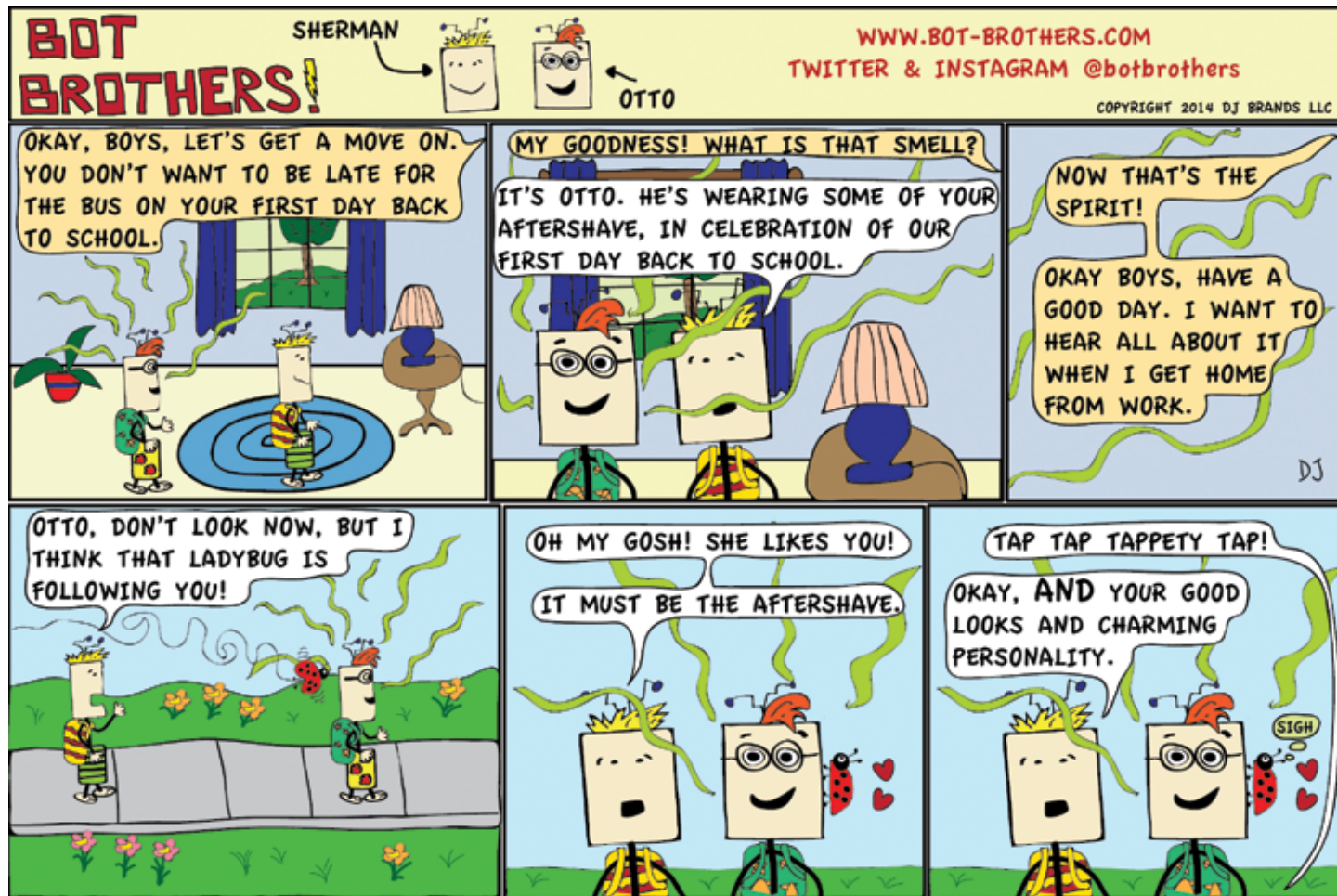
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Keeping Mason and Danielle Connected

Dispute Resolution Center Takes On Supervised Visitation Program

By Iris Maute-Gibson

Imagine being unable to hug your child or hear about his day at school.

Imagine being a child, wanting dad to read you a story, or to tell mom about the goal you scored in soccer.

Imagine recovering from domestic violence, fearing contact with the other parent, but still wanting your child to have that connection.

Thousands of families in Whatcom County face this reality. One of those children is Mason.

Mason and his mom Danielle hadn't seen each other for two years. Without an opportunity to connect safely and begin to heal past trauma, families like Danielle's risk increased violence and loss of access to children.

The Whatcom Dispute Resolution Center has stepped up to change that.

Last month, in the confines of a safe and welcoming space, we reunited Mason and Danielle. We will now support them to lay the foundation for a healthy relationship.

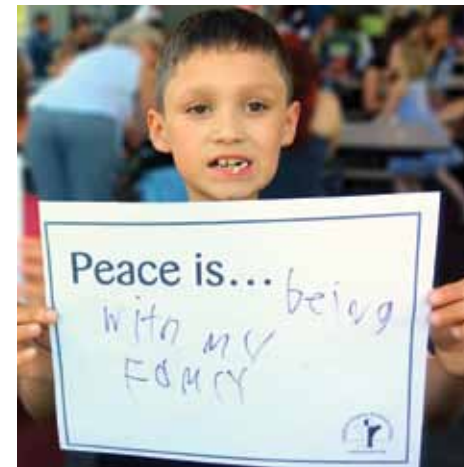


The Whatcom County Courts have selected the WDRC to provide supervised visitation to Whatcom County families. This program is the only free, safe and legal way for parents to spend time with children when a court order prohibits contact. For many parents like Danielle, access to their children means stability. Supervised visitation is the reason they are staying sober, applying for work or seek-

ing stable housing.

Whatcom County Superior Court Judge Charles R. Snyder shared his excitement about this partnership.

"This program helps the court serve those families in need of this assistance without depriving children and parents of their relationship. It would have been a tragedy had this program not been taken up and continued by the WDRC."



Mason and Danielle, along with 50 more families will reunite – at no cost – in the WDRC's Supervised Visitation Program before the end of this year. Unfortunately, lack of funding limits visits to far below what judges recommend. The WDRC is seeking community contributions to meet the growing need for this program, without compromising access to their other program areas.

Here's a snapshot of ways that contributions impact the WDRC's services:

\$1,000 - Addresses emergent community needs like supervised visitation

\$500 - Provides workshops for youth to build conflict and communication skills

\$250 - Ensures access to family mediation regardless of ability to pay

\$100 - Supports neighbors to resolve disputes without resorting to costly litigation

\$25 - Helps parents learn how to help their children through family changes

"This new program exemplifies the WDRC's evolution – seeing community need and pulling together to address it," said WDRC Executive Director Moonwater. "Your support enables us to prepare for growth, navigate tragedy, support our youth, and promote our collective wellbeing. You are a part of our vision and we invite you to commit fully to making a more peaceful Whatcom County by contributing to the WDRC."

Community members may contribute funds or supplies at www.whatcomdrc.org/donate.

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Foodie Paradise in Bow-Edison

By Mel Damski

There's an up-and-coming American foodie paradise, and it's surprisingly 2,945 miles from New York City's hip West Village and 881 miles from San Francisco's trendy North Beach.

But fortunately, this gourmet destination is only 14 miles down Chuckanut Drive from Fairhaven.

It's the village of Edison, in the town of Bow, and it's such a small dot on Google Maps that even Anthony Bourdain hasn't arrived there yet.

He'll hopefully get there one of these days, and he'll be happy he did.

Let's start with **Tweets**. Charles Atkinson and his husband David Blakesley took over an ice cream shop next to an art gallery on Edison's main drag in 2008 because they lived nearby and already owned Curator, offering museum quality artifacts.

Curator took a hit during the recession but the ice cream shop became a full-fledged eatery and has grown exponentially in the last seven years, so on a recent weekend the place was bustling and there was a line out the door.

Charles actually had a small farm on his property, so the food is extremely fresh and very local. David is a serious chef and Charles keeps the place humming. The food is prepared right behind a glass window so it's clear that the price of success is very hard work. "I cook; David is a chef," said Charles.

And as if still owning Curator and running one successful restaurant isn't enough of a challenge, Charles and David opened an elegant taqueria, **Mariposa**, next door. David grew up in Califor-

nia and two of his step dads were Mexican American, and he has taken the taco to a new level.

Just on the outskirts of town, backing up to the Edison Elementary School, is a much more conventional diner, the **Edison Cafe**. Owner David Ellison bought the place last year and decided to go old school with the menu. "If a farmer doesn't eat it, we don't serve it," he said.

In fact, local farmers provide most of his food and also are his best customers. Although the place opens officially at 7am, some of the farmers show up unofficially as early as 5:45 and will help themselves to some coffee and a biscuit while the kitchen is just coming to life.

David has a child at Edison elementary, and he has between 60 and 200 school kids coming by for lunch every day. To accommodate that lunch rush, he serves the kids out the back window facing the school. Teachers can text in their orders.

He also let's some of the kids work for their lunches, teaching them how to take orders and handle money. One student has impressed him so much that David is grooming him to be an after school dishwasher and actually get paid in cash.

David does all the cooking, and he doesn't look back at his career in transportation.

"We're not stepping away," he said. "It's a lifestyle – seven days a week."

Further on the outskirts of town, across from the small Bow Post Office, is the **Rhody Cafe**, owned and operated by Jim and Lisa Kowalski.

After studying at the Culinary Institute of America in New York



City, Jim fell in love with Lisa, a Skagit girl, and they opened the **Farm to Market** bakery in Edison, serving among other unusual savory treats a lime-soaked polenta cake. Friends teased them that if Oprah ever stopped by and tasted one of those cakes, the world would never be the same.

The bakery had a casual family atmosphere, especially because their two young daughters are usually around, sometimes helping out behind the counter or doing homework or coloring. Lisa remembers when little Stella was in the midst of the terrible twos and had her own dedicated "time out" spot on a crate in the back of the kitchen.

When the longtime owners Don and Carol Shank were shutting down their Rhododendren Cafe, Jim and Lisa jumped at the opportunity to own the restaurant they always dreamed of having, which became the Rhody. A vacant gift shop next door was also available so they were able to open the Farm to Market bakery a few steps away.

Now Jim and Lisa offer a fresh, organic menu, featuring local food and freshly caught fish. Their girls still help out. Lisa says it's a great experience for the girls growing up with a strong work ethic. Now about to turn 15, daughter Aislyn agrees, but points out that it can sometime be a struggle when work issues invade their home, which is exactly one mile away in Edison.

Edison's main drag has a unique bar and grill on both ends. The **Old Edison Inn** is on the south side of town, a place where

you can get a choice oyster dinner and also rock out on Saturday and Sunday nights to great local bands.

The Longhorn is on the north side of town and attracts a diverse crowd, including local motorcycle clubs, and is known for its wings and stews.

In between is the bustling **Breadfarm** and **Slough Foods**, which offer great take-out options. The Breadfarm always features a scrum of hard-working bakers behind the counter, making an imaginative mixture of baked goods that are sold to restaurants and markets throughout the Northwest.

Slough Foods offers wines, cheeses and savories that make excellent additions to any meal.

Add to those two iconic restaurants heading north of Bow on scenic Chuckanut Drive, the **Chuckanut Manor** and the **Oyster House**, both offering great food and incredible views of the bay, and the **Taylor Shellfish Farm**, where you can bring your own wine and have a family picnic, this is indeed a foodie paradise.

This all adds up to a wonderful food trail. Whether you are a galloping gourmet or just plain hungry folks, you are going to find something perfect for your palate. *52*



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8 Things Highly Fit People Do Differently

By Penny Simpson

Did you know that two out of three American adults are overweight?

Globally, obesity rates have doubled since 1980, and in 2014 1.9 billion adults were overweight and 600 million were obese.

These numbers show that many of us are struggling to stay healthy. It has become an uphill battle in our culture. Now as a result we have a plethora of media-driven diets and people bouncing around like ping-pong balls trying one fad after another.

What some people don't realize is that every diet works if you stick to it, but that doesn't mean it's healthy. I could give you a good list of some extremely unhealthy practices that might cause one to lose weight, but I would never want to live my life – or have anyone else live her life – that way. Remember, fads and gimmicks only work in the short term.

I believe that being successful is more of a mindset than a list of specifics. If I have a goal to reach, I look for those who have



been successful as a model.

With that in mind, if you're looking to achieve fitness goals, look to those who can model those habits for you.

Here are 8 habits of highly fit people:

1. Highly fit people treat health as a lifestyle. They bypass quick fixes. Successfully fit people keep themselves educated, and are willing to try new things from

respected and dependable sources, but are wise enough to stay away from all the latest gimmicks and fads.

2. They always make sure they are having fun. "A boring routine can mean the death of your good intentions," says Matt Kasee, owner of Matt Kasee Training and Performance. Exercise doesn't always have to be just going to the gym. Keep your social engagements active in nature.

3. They focus on making small continuous improvements. Life in general is not a sprint. Think of your success goals as more of a marathon. This mindset will help you be more patient with yourself.

4. They recover quickly from a relapse. Super fit people don't allow moments of weakness (a skipped workout, a whole pizza) to derail the train. Accept that it happened and move on!

5. They spend time with the right people. Successful people in general surround themselves with people who inspire them to be and do better. Make sure you surround yourself with people who encourage you to reach your goals.

6. They maintain balance in their life. OK, it is absolute myth that fit people

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don't enjoy dessert every now and then. If 85%-90% of the time you are eating healthy and 10%-15% percent of the time you cheat a little, you'll be fine.

7. They make sure they track their progress. Some fitness gurus really go crazy with all the monitoring tools available. You don't have to necessarily invest in all the high-tech tools available in today's market. You can measure improvement by ease of performance and strength. Remember, don't just measure success by how much weight you are losing. Stay true to your workouts even if the number on the scale refuses to budge – you're often losing inches or changing in body composition.

8. They make it competitive. This doesn't necessarily mean that you sign up for a Tough Mudder or Ski to Sea Race (although you can). These types of competitions can be motivating to push yourself beyond where you might not otherwise go. But sometimes it's just a matter of setting specific goals for improvement each time you go to the gym. You have to be pushing yourself to the next level in order to get clear results from your efforts.

"Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love what you are doing or learning to do." – PELE

Penny Simpson is owner of Rock Solid Martial Arts in Fairhaven. Martialarts4Fairhaven.com

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