

Southside Living

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

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Behind Terra Firma
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Meet Ben Kinney

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SNAPSHOTS FROM THE WHATCOM MUSEUM

Anxious for the arrival of spring, intrepid bathers from the Mount Baker Lodge took to Sunrise Lake before the icebergs had thawed in 1928. Photo by B.W. Huntoon, Whatcom Museum #1981.36.50

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Dear Residents,

It's good to feel spring in the air and see it unfolding around us. While we're just getting started with the season, many of us are already beginning to plan ahead for summer. That includes us at *Southside Living*. Our annual round up of summer camps will appear in the June issue, and we'd love to hear about your summer camp. Since the publication works well in advance of the issue date, submissions for summer camp listings must be received by April 19. Send your submission to hparker@bestversionmedia.com.

With the arrival of spring, I know many folks are itching to play a round or two of golf. If you haven't been swinging your clubs over the winter season, it may be time to shape up before getting back on the fairways. Jackie Ellis from Fairhaven Fitness presents five exercises in this issue to maximize power and create consistency in your swing (page 30).

For those days when March is acting more like a "lion" than a "lamb," take a trip to Mindport. You can read about their newest pieces to debuting this month on page 22. Or just curl up with your copy of *Southside Living* and read about your neighbors, including our Resident Feature on Ben Kinney (page 6) and our business profile on Tom and Jennifer Dolese of Terra Firma Designs (page 12).



Until next month,
Hilary Parker
Content Coordinator
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Ben Kinney: Building a Business, Building Up a Community



Photo by: Kristy Muller

By Hilary Parker

Ben Kinney's name is one that is hard to escape around town. The successful real estate agent leads his own team of Keller Williams agents, as well as sponsoring many community events. Additionally, he owns six brokerages, including one recently opened in London, along with a handful of small tech businesses.

Ben recently got a chance to speak to business students at his alma mater, Western Washington University, about opening the international brokerage. Ben studied both business and computer science at Western. Getting to share his story of business success with the next generation of entrepreneurs and business leaders is fitting for Ben because WWU is really where his success story begins.

It was as a student that Ben decided to get into real estate. Growing up, his family's housing situation was always tenuous, and owning a home wasn't even on his radar.

Then as a student, he got to talking with his landlord who lived in the other half of the duplex he rented. She paid her mortgage on the property with the rent she earned.

That revelation sparked Ben's imagination, as did the idea of working for himself. He began saving for his first home with the money he earned as a cable installer, and then earned his real estate license. Since then, he's been buying properties and living in them while he fixes them up.

"It has all the benefits and all the downsides of living in a house under construction," says this Edgemoor resident with a grin.

As his personal real estate holdings have grown, Ben also found that he had a knack for building and leading a team of other real estate agents. Now he is a regular speaker for training seminars in the real estate industry, donating his speaker fees to charity.

Giving back is a big part of Ben's philosophy. He actively raises funds for KW Cares, which provides a safety net for real estate agents who fall on hard times. He also donates to KW Kids Care, a national charitable organization focused on children's education.

Closer to home, he focuses his giving on the food bank and housing. Keller Williams has worked with Industrial Credit Union on the annual Food Truck Round Up at Civic Field, which benefits the Bellingham Food Bank. Many Keller Williams agents volunteer their time for the event, and Ben and Keller Williams Realty matches the Round Up's earnings.

Ben and Keller Williams will also match the funds raised this year by Lydia Place at their annual fundraising gala, Hearts for Housing.

Noting Lydia Place has 400 families on its waiting list for housing, Ben points to the importance of reliable housing, which he says has a positive "ripple effect through generations of children."

Here on the Southside, Ben's Keller Williams office sponsors Dirty Dan Days, the Fairhaven Festival and

the Fairhaven Outdoor Cinema.

In 2015, Ben also purchased Fairhaven.com, the community and business portal to happenings in Fairhaven, and Whatcom.com. The websites aren't money-making endeavors, rather just another way Ben can give back to the community.

This move to buy the website may seem out of character for a real estate broker, but

Ben's love of technology fuels his entrepreneurial fire as well. Ben is co-owner of Big Fresh, a web development and marketing firm as well as several other tech companies that provide everything from 911 tech help to creating real-estate focused software and apps.

"We're creating software here you would think came from San Francisco," Ben said.

Ben is just as passionate about creating living wage jobs for the community as he is supporting charitable causes. His companies employ 100 people locally and work with another 1,100 contractors.

"I want to pay the people who work hard [for me] so much that no one could ever steal them away," Ben says.

He is also excited to see other tech companies opening their doors in Bellingham, attracting talented people to the county as well as retaining talented WWU graduates. As a new board member for the Whatcom Business Alliance, he will be working to promote job creation as part of the WBA's mission.

With all these businesses and community interests, it would be easy to jump to the conclusion that Ben doesn't have time for a life outside of work, but he has been just as successful in cultivating a "no work" policy for himself after hours.

"I try to be 100% at work and



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enjoy cooking and entertaining friends, and often make the short walk from Ben's home to the dog park to play with Taupo.

As a real estate agent, Ben sees the Southside as an excellent investment.

"In general, the Southside is the most desirable part of Bellingham if not in the county," he explains.

Landlocked to the south and east by mountains and bordering the water to the west, "there is never going to be more Southside real estate," which keeps its value high.

As a resident, Ben loves the network of trails around Edgemoor, and the hidden spots you can find along those trails. He loves the diversity of his neighbors, the high concentration of local merchants doing business in Fairhaven as well as its many events.

Ben also enjoys being outdoors as much as possible. He grew up hunting and fishing. Among his favorite outings is fly-fishing near Forks, Wash. He's also a strong firearm-safety advocate.

at home," Ben explains, which means he doesn't pop open his laptop to work after he gets home, and reserves weekends for personal time as well.

When he's at home, Ben is likely hanging out with his girlfriend Marina and his golden retriever Taupo. Ben and Marina

An avid reader, Ben's downtime is most often filled with books. Reading three to four books a month, often business-related titles, he's always on the lookout for a new and interesting read, often scoping the shelves at Village Books.

He's also a collector of vintage posters. Originally drawn to travel posters, the walls of his home and office are filled with all manner of subjects, from posters supporting the troops in World War II to transatlantic cruise ship crossings. He's not only attracted to the artistic stylings of the posters but also is intrigued by the posters' history and meaning.

The posters fill the walls of his offices in the Haggen Building in the Barkley District, sharing a little bit of himself with his team, which turns out to be a metaphor for Ben's life. Sharing his passion for business with students and employees; sharing his time and money for good causes: Ben Kinney is actively working to build a better community. *SL*

Fairhaven Fitness Owner Becomes Top-Selling Author

Compiled by SL Staff

Robin Robertson, owner of Bellingham Tennis Club & Fairhaven Fitness, released the book *Healthy Knees Cycling* in February, and it quickly reached #1 on Amazon in five countries: the United States, Canada, Denmark, Australia and the United Kingdom.

"I am thrilled that the book hit Hot New Books on Amazon, but to reach #1 in five countries astounds me," Robin said in an email. "I hope that the book will bring hope and action to those suffering from knee pain."



The book explains everything you need to know about cycling to make it easy for you to get started, such as how to set up your bike, secrets of sitting on it comfortably, and how fast and hard to pedal. The workouts show you what to do when you cycle plus bonus material for muscle and core strength and stretching.

A USA Cycling Coach, Functional Aging Specialist and ACE Personal Trainer, Robin well understands the challenges of staying fit while aging. With a total of eight knee surgeries and arthritis in both knees, Robin has found the secret to living a healthy active lifestyle and now coaches clients and trainers around the world to do the same. *SL*

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A Look Into the Past at Some of Washington's Famous Women

By Liz Mangini

In honor of Women's History Month, we would like to recognize few of the many Washington state women who have contributed to events in history and contemporary society.

Thea Christiansen Foss

Did you ever wonder how Foss Maritime got started? According to HistoryLink.org, it was during the summer of 1889 that Thea Foss (1857-1927), a recent immigrant and new bride from Norway, bought the rowboat that launched the Foss Launch Company.

She was sitting on the porch of her houseboat on the Tacoma waterfront when she purchased a boat for \$5 from a fuming, disgruntled, failed fisherman.

Thea's husband, Andrew Foss, a carpenter, was up in the valley building a shed at the time. Before long, Thea sold the rowboat for \$15 and bought two more boats from two more discouraged fishermen.

Thea began renting the boats for 50 cents a day. By the time Andrew returned from his shed-building job with \$32, Thea had amassed \$41.

Thus began what grew to become the Foss Launch and Tug Company and then Foss Maritime, one of the largest tugboat and marine services firms on the West Coast.

Fun fact: The fictional character "Tugboat Annie" was based on Thea Foss.

Catherine Montgomery

Some people say Catherine Montgomery is the "Mother of the Pacific Coast Trail" that runs from Canada to Mexico. Catherine was a Bellingham teacher when she suggested the creation of a trail along the western mountains similar to the Appalachian Trail.

She was also an outdoorswoman, a suffragette, environmentalist, philanthropist, leader of the Wom-



en's Club movement in the 1890s, and a founding faculty member of the New Whatcom Normal School. (WashingtonHistory.org)

Fun Fact: In 2010, Montgomery was posthumously granted the Legacy Award from the Northwest Women's Hall of Fame. Find out more by looking up the article: "Where the Pacific Crest Trail Begins: Is it Campo? Manning Park? No, it's Montgomery."



Carol Channing

Many of us remember the great Carol Channing, but how many knew she was from Seattle?

Carol was an actress, singer, dancer, comedian and voice artist. She became a star in 1949 when she played the lead role of Lorelei Lee in the musical *Gentlemen Prefer Blondes*. She appeared on television variety shows such as the Ed Sullivan Show and Hollywood Squares.

Channing was nominated for her first Tony Award in 1956 for *The Vamp*, and her second nomination came in 1961 for *Show Girl*. In 1964, she originated the role of Dolly Gallagher Levi in *Hello, Dolly!*, winning the Tony Award for Best Actress in a Musical. In 1967, she won the Golden Globe Award and was nominated for the Academy Award for Best Supporting Actress for her performance as Muzzy Van Hossmere in *Thoroughly Modern Millie*. Channing received her fourth Tony Award nomination for the musical *Lorelei* in 1974.

Channing was inducted to the American Theatre Hall of Fame in 1981, performed as The White Queen in *Alice in Wonderland* in 1985, and received a Lifetime Achievement Tony Award in 1995. She released an autobiography titled "Just Lucky I Guess" in 2002, and a

documentary about her was released in 2012 titled *Larger Than Life*.

Fay Fuller Van Briesen

According to History-Link.org, "On August 10, 1890, journalist, school-teacher and Yelm resident Fay Fuller (1869-1958) becomes the first woman known to reach the summit of Mount Rainier. Two months before her 21st birthday, and dressed in an 'immodest' climbing outfit of her own devising, she reaches the summit with a party that includes pioneer climber Philemon Beecher Van Trump. Her enthusiasm for climbing will continue in a lengthy journalism career in which she will found a number of mountain climbing clubs and champion women climbers. Mount Rainier's Fay Peak is named for her."



Dixy Lee Ray

According to the Washington Secretary of State, Legacy Washington website, "A marine biologist and former head of the Atomic Energy Commission, the Tacoma native, Dixy Lee Ray, stunned the political establishment when she announced her bid for governor. The Democrat supported nuclear power and economic development. Ray earned a reputation as a political maverick for stormy relationships with fellow Democrats and media. At her farm on Fox Island, then-Governor Ray once named her pigs after the Capitol press corps she viewed as adversaries. Though her candor grabbed the headlines, Ray's family says her generosity was a little-known attribute. 'She'd give you the shirt off her back,' remarked her niece." *SL*



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Natural Wonders by Peter James

Submitted by Peter James

The Pacific Northwest has a magic all of its own, and photographer Peter James is on a lifelong mission to capture and share its beauty. With emphasis on the Mount Baker region and the Olympic Peninsula, Peter and his family camp, hike and backpack deep in the unspoiled wilderness that surrounds us. Often waking up well before dawn to get the perfect light, Peter's



dedication to his craft is apparent in his unique photos.

Peter James prints his stunning photos on specially coated, high gloss sheets of metal. These metal prints need no frame, and they float 3/4 of an inch away from the wall, giving an elegant look and maximizing the size of the photo. To experience the vibrancy of these unique metal prints, visit Peter's

photo gallery in downtown Bellingham on Holly Street between the Co-op and the YMCA. It's open 10am-5pm weekdays with VIP service by appointment (360.733.9377). Peter's work is also featured at the Hotel Bellwether, RE/MAX on Lakeway Drive and the new Co-op Connections building. See his work online now at: www.Peter-JamesPhotoGallery.com. *SL*



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Husband-Wife Team Are Terra Firma Design

By Jennifer Dolese

Tom and Jennifer Dolese are

always looking for a reaction when

people walk into their house for the

first time. They are furniture builders in Bellingham

and do business as Terra Firma Design.

Their Fairhaven home is essentially a gallery of their work.

After the initial, "Wow, did you build all this yourselves?" Tom and Jennifer start keeping track of the comments. Will the visitor inquire about the joinery on the curved and articulated leg of the new settee (Tom's design) or remark on the frame and panel beam featuring a chestnut-backed chickadee on a snow-berry branch done in marquetry (Jennifer's work). It's a friendly competition.

Tom's work as a furniture maker began 28 years ago. Tom was part owner in Open Road, a bike and ski shop in Missoula, Mont., and business was going well. It gave him the opportunity to tool up and start working with wood. With furniture built for their own home under his belt, Tom began building commissioned pieces for clients. Word of mouth through the bike shop and

requests from family and friends gave Tom enough work to sell his half of the bike business and take up woodworking full time as Dolese Brothers Woodworking.

In 1995, Jennifer had stopped teaching preschool with the birth of their daughter and was looking for a flexible work alternative. She took up stained glass and was lucky to have a baby who took a three-hour afternoon nap so she could perfect her craft. Jennifer and Tom collaborated on pieces but also worked independently. Jennifer took up setting tile after doing the tile work in their new Missoula home and added that to her stained glass commissioned work.

In 2004, the family moved to Bellingham to be closer to Tom's mom. The couple initially worked on their own house, which was built on a lot they purchased in the Fairhaven neighborhood. Then they set up shop with furniture, stained



glass and tile setting work.

Jennifer attended the Anderson Ranch Art School in Snow Mass, Colo., to learn the art of marquetry (designs with wood veneers). Under the new business name of Terra Firma Design, Jennifer and Tom officially joined their talents into one business.

Tom and Jennifer have worked with clients in Bellingham, Seattle and Port Townsend. Their furniture, stained glass and light fixtures are a blend of the Arts and Crafts, Mission, Oriental and Modern styles. Often pieces are built as a collaboration with clients who push the work in new directions.

One such piece was a "column of light" that a client, a professional pianist, wanted for her living room next to her piano. From that column of light was born the floor and table lanterns that feature stained glass or marquetry panels (thin wood veneer that is vacuum pressed onto glass).

Tom and Jennifer sell their work through their website www.TerraFirmaDesignNW, the Northwest Woodworker's Gallery in Seattle, www.nwoodgallery, the Port Townsend woodworkers show every fall, the Wood Merchant in La Conner, and, their favorite, by word of mouth.

It's great to sell a speculative piece off the floor in a gallery but more rewarding



ence necessary.) The classes have connected Tom and Jennifer to a lot of people in the community, many of whom have become friends.

Terra Firma Design is about handcrafting heirloom custom furniture that enhances the ambiance of our living spaces. Tom and Jennifer Dolese find their work creative and rewarding. They feel fortunate to be living in Bellingham and part of a community-minded town. *SL*

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is having a client approach with a request such as a couple who wanted matching night stands for their bedroom. They suggested a koi fish marquetry motif in the door panel and worked with Tom and Jennifer to get the dimensions and wood choice just right for their living space.

Another gratifying aspect of the business are the woodworking classes offered at the shop on 2139 Humboldt St. Tom teaches week-long chair building classes as well as project classes with up to four people. Evening classes are offered, too, such as the upcoming "Build A Small Table" class starting April 19. (No experi-

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Recipe for a Photograph

By Mark Turner

As one of my three-day wildflower photography workshops last summer came to an end, one of my students asked a version of the proverbial question, “Which came first, the chicken or the egg?” She didn’t put it quite that way, as she was inquiring about the sequence of steps I follow in going from an idea to a finished photograph.

My student was perhaps slightly confused because we’d spent the first part of the workshop discussing technical matters like white balance, aperture, and shutter speed before moving on to what I consider the meat of the course: creative choices.

I approach my camera as a toolbox from which I select various tools in pursuit of a creative vision. I believe that it’s important to have an understanding of what your tools are capable of before you can use them to achieve your goals. A poet’s tools include words, rhymes and rhythms. A carpenter uses a hammer, saw and square. A photographer’s tools include composition, light direction, lenses, apertures and shutter speeds. In each case there are more, but you get the idea.

So where do we begin? What’s the recipe for creating a photograph that is compelling, has impact and tells a story?

My recipe is a sequence of steps that I follow any time I’m creating a photograph. Sometimes I’ll switch the steps around a bit, but the first four always come before the last five. Put another way, creative vision always precedes technical details.

Secret Photo Recipe

1. Subject – The image begins with the subject, which becomes the focal point of the photograph. It’s where I want the viewer’s eyes to be drawn.

2. Light – How does the natural light play upon the subject? Does it enhance it? Separate it from the background? Reveal form and texture? Hide defects? Will I need to supplement the available light or modify



In this winter portrait at the end of Lake Whatcom, the family is placed slightly off-center, with the abandoned railroad trestle forming a strong leading line. Off-camera flash balances with the dull natural light to bring the family forward, as does the color contrast between their faces and the blue hues of the hill behind them.



A short telephoto lens (82mm) compresses the distance in this Klamath Mountains landscape. Early morning light skimming over the fog helps bring it to life. In this case the vantage point was limited to a roadside pullout with an uninterrupted view.

it with a reflector or diffuser?

3. Vantage – Where is the camera in relation to the subject? How high? Which side? Will I look toward or away from the light? Vantage strongly affects the next step, composition.

4. Composition – How and where does the subject fit within the frame? What is the relationship between the subject and everything else in the frame? If there’s more than one subject, how are they interacting? What other elements in the photograph



This desert landscape of the Surprise Valley in California called for a wide-angle lens to help convey the wide-open sense of space. Then I moved the camera around to find an interesting pattern in the clumps of bush seepweed.

lead the eye to our subject? What keeps the eye within the frame? Is my subject in the foreground, middle or background? Are there distracting elements that need to be removed? This step is where most of the hard work of making a photograph happens.

5. Lens – Does a wide angle, normal or telephoto lens create the relationship I envision among the subject and other elements in the composition? What is the sense of space I’m trying to create? Do I want to make the space appear more open (wide angle) or compressed (telephoto)? Do I need a specialty lens like a macro to reveal intimate detail? Lens choice supports and may even enable the composition.

6. Aperture – Do I want almost everything to be sharp, from the camera to the horizon? Then I’ll use a small f/stop (big number like f/16). Or do I want only the subject, or part of the subject to be sharp and everything else around it soft? To do that I choose a large f/stop (small number like f/2.8).

7. Shutter Speed – Do I need to stop a moving subject, like flowers blowing in the wind or a skateboarder zipping down a street? Then I’ll choose a fast shutter speed, i.e. 1/500. Do I want to blur moving water, like a waterfall or ocean waves? Then I’ll choose a slow speed like ¼ second.

8. ISO – Do I need to change the sensitivity of my camera’s sensor to achieve the combination of aperture and shutter speed that match my creative vision? Remember that aperture, shutter speed and ISO all affect the exposure and many combinations will yield a “correct” exposure.

9. White Balance – Do I need to change the white balance to match the lighting conditions or achieve a different color mood?

Freedom to Improve

Just as an experienced cook may use a recipe as a general guide and then improvise, I’m always free as a photographer and artist to adjust the spices and even change the ingredients in my photographic recipe. But just as a cook needs to know what the dish will look and taste like when it comes off the stove, I need to have a vision for where I’m going when I create a photograph. Some of my experiments will be failures, but as I continue to gain experience the percentage of flops goes down.

The most important parts of the photo recipe are the composition and the light. Everything else is a supporting tool that helps me achieve what I visualize in my mind before I take my camera from my pack or pocket.

Learn to See

Learning to see, to be able to take charge and create a photograph is what sets a photographer apart from a snapshotter. Like any skill, it takes practice.

As you walk around, observe the world around you. Look at how light and shadow play upon surfaces. Observe the relationships among the objects you encounter. If you’re nearsighted, take your glasses off and just experience the big blurry blocks of color that form the backbone of a composition.

Once you have a vision for a photograph, then you can worry about the technical details necessary to make it happen. *St*




Backlight, a close vantage point, and a wide-angle lens make this giant red paintbrush stand out from the surrounding sea of green foliage.

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 photography has been published in national garden books and magazines for over 20 years. He teaches iPhone photography at Whatcom Community College and offers basic photo classes in his studio. His website is turnerphotographics.com.

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Fairhaven Merchant Association Meetings @Village Books, Wednesday, March 9, 9am

Monthly merchant meetings are open to participation by all members. Non-members are welcome. Discussion items include marketing, events, news, publicity, introductions of new business owners, and often a presentation on a relevant Fairhaven issue. Enter through the Colophon Cafe door off the Village Green.

Southside Community Meal @Our Saviour's Lutheran Church, Sunday, March 20, 5-6:30pm

The Happy Valley Neighborhood Association and Our Saviour's Lutheran Church partner one Sunday a month to provide a "homemade" meal as an opportunity to gather with neighbors, eat good food, and listen to music or hear from a community speaker or political leader. Meals include a main dish (soup, spaghetti, lasagna, casserole, tacos, etc.), plus a salad (usually donated by Haggen Fairhaven) and bread (from Great Harvest and Avenue Bread). **Guests are asked to bring a potluck dessert.**

Important school dates, Bellingham School District

Friday, March 11 – Teacher Workday, NO SCHOOL

March 4-6 Whatcom County Home and Garden Show @Northwest Washington Fairgrounds, Lynden

The largest home show north of Seattle boasts biggest and best display of products for your home and garden in Northwest Washington. With more than 200 vendors, there is something for everyone. biawc.com/events/home-show/

March 12 St. Patrick's Day Parade @Downtown Bellingham

Bellingham's St. Patrick's Day Parade is a "green" parade to honor our Police and Fire Departments. Featuring the Grand Marshal, dancers, pipe and marching bands, plus human- and green-powered floats. Free all-day entertainment for all

ages at Boundary Bay Brewery! Irish-themed live music from Noon-11pm, BBQ and beer in the Garden, plus Irish dancing all day in the Bistro & Taproom. stspatsbham.com

March 11-13 Wings Over Water: Northwest Washington Birding Festival

The Wings Over Water Birding Festival in Blaine celebrates the incredible variety of migratory birds, which flock to Drayton Harbor and Semiahmoo Bay each winter and spring. Visit the festival for a day-long birding expo with free activities for the whole family, including wildlife demonstrations, bird viewing stations, exhibits, displays, craft vendors and more. For a small fee wildlife cruises of Drayton Harbor are available on the MV Plover Ferry. wingsoverwaterbirdingfestival.com

March 17-19 Spring Craft & Antique Show @Northwest Washington Fairgrounds, Lynden

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Low Inventory & Lots of Interest in Southside Properties

Very little inventory and lots of buyers waiting to pounce! Here's some listings in your neighborhood that pended so quickly you may not even have noticed they hit the market:

SINGLE FAMILY RESIDENCES					
ADDRESS	BEDS	BATHS	SQ FT	PRICE	DOM
PENDING:					
108 Bayside Place	2	1	814	\$329,000	13
424 14th #402	2	1.75	1325	\$359,900	4
1417 Mill Ave	4	1.5	2268	\$439,000	32
707 Willow Road	3	2.5	2092	\$449,000	34
2000 University St.	4	2.5	2323	\$525,000	4
800 Harris St. #107	2	2.5	2625	\$641,000	1
800 Harris St. #108	2	2.5	2445	\$646,000	5
800 Harris St. # 109	2	2.5	2625	\$659,000	13
800 Harris St. #101	2	2.5	2625	\$695,000	1
(The last 4 are pre-sales currently under construction)					
SOLD:					
913 Wilson	2	1	912	\$239,000	6
521 12th St.	4	2.5	1753	\$330,000	5
1216 Old Fairhaven Pkwy #203	2	2	1126	\$381,000	5

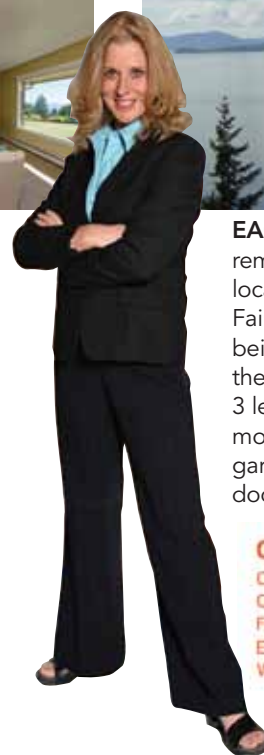
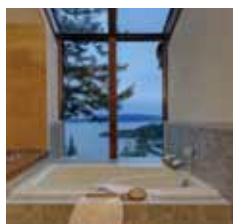
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Should I call 911?

By Eric Osterkamp

You are just sitting down with your family to dinner and you hear the screeching of tires followed by a male and female yelling at each other. When you look out your window you see a blue passenger car stopped in the middle of the street with the driver's side door open. A female is sitting in the front passenger's seat while a male is standing outside as they yell back and forth. The male gets back into the driver's seat and the car quickly drives away with the female passenger crying.

You may wonder: What did I see? Do I call 911? Will it matter? Can the police do anything?

Yes, it matters, and yes, you should call 911. Maybe you just witnessed a domestic violence situation, a drunk or impaired driver, an abduction, or any number of possible issues that officers need to investigate. Calling 911 allows our dispatch to notify our officers that work in your neighborhood. This officer may be looking for the vehicle in question or is in the area and can respond quickly.

When should you call 911? Here is a guide that should help you, but if you have any doubts, then call 911. Dispatchers will triage calls as they come in. Very much like a hospital prioritizes injuries, dispatchers will handle calls based on information provided.

Call 911 when:

- You are a victim or witness to a crime
- There is a suspicious person in your neighborhood
- To report suspicious activity in progress
- To report a car accident that just occurred on a roadway
- To report a drunk driver
- For a fire
- Medical emergencies



When NOT to call 911:

- To report a cold crime, call the Station Officer at 360.778.8804
- To request a copy of a police report, call 360.778.8700
- To report or inquire about a power outage, contact PSE at 888.225.5773
- Complaints about barking dogs or other animal problems, contact the Humane Society at 360.733.2080
- To report a vehicle collision that occurred in a parking lot or where information has already been exchanged with the other party, contact your insurance company and download an accident report form from the Washington State Patrol website if needed.
- If you lock your keys in your vehicle or lock yourself out of your residence, contact a locksmith or tow company for assistance.
- To find a phone number for another police department's phone number, call 411 or check online.
- To report abandoned vehicles, call 360.778.8804
- To find out how to pay a ticket or when you need to find out a court date
- To ask for a weather report or road status.

When you call

When you call 911 remember to listen to the dispatcher, answer her questions and speak clearly. The dispatcher will need the address the officers need to respond to, your name, and information that helps

responding officers identify the situation. If you don't know the address then use any identifiable landmarks, such as buildings, businesses, creeks, parks or other clearly identifiable structures.

This might sound like:
 Dispatcher: "911, what are your reporting?"
 Witness: "I live at 2654 Old Happy Road and a car just stopped in front of my house. The driver got out and yelled at the passenger, I think it might be a domestic violence situation."

The dispatcher will then ask a series of questions in order to provide a picture of situation to responding officers. Remember, the dispatcher is most likely already sending officers while talking with you, so take the time to clearly answer the questions. Static and interference on the line can make it difficult to clearly understand the caller and can lead to missed information. Please be patient if 911 asks you the same question more than once.

Take care with cell phones

More than 30% of phone calls to 911 are accidental dials. Cell phones are not toys – never give a cell phone to a child to play with. Even cell phones with no service will still call 911 as long as there is a battery in it. Take care in how you carry your phone. If any one number is pushed too long on a cell phone, it will automatically call 911 and tie up an emergency line.

If you have any questions please take a look at our website below or email me at eosterkamp@cob.org. I also attend the neighborhood meetings on a regular basis and am more than happy to answer questions or to provide information. www.cob.org/services/safety/police/neighborhoods/Pages/neighborhood-safety

Eric Osterkamp is the Neighborhood Police Officer for the Bellingham Police Department. www.cob.org/services/safety/police/neighborhoods/Pages/neighborhood-safety

Home Weatherization DIY

By Keahi Brown

Regardless of whether you are optimistic or pessimistic about today's economy, everybody likes to save money when they can. One of the largest recurring expenses we actually have some control over is our household energy bill. While there is nothing we can do about the seasonal weather changes outside, we can take steps to control how much it costs us to keep our homes comfortable during the seasonal extremes.

Heating and cooling costs account for nearly half of the energy expenses at home. Even minor gaps and cracks in the seals around your window and door openings can lead to significant interior air loss, thereby increasing the need to use energy to heat and cool your home. As a result, household energy consumption increases, thus flushing money down the drain. However, there is an answer to solve this problem: home weatherization.

Home weatherization is the practice of keeping the outside elements, e.g. sunlight, water precipitation and air, from entering your home, while keeping the interior air in. Home weatherization always begins by focusing on the most inefficient parts of your home, windows and doors.

Be a draft detective

To help you begin weatherizing your home, here are some simple and affordable do-it-yourself ways to seal your windows and doors.

To begin with, check to see if there are unwanted air currents coming from your windows and doors. A simple method is to slowly move a candle around the perimeter of your windows and doors, watching for the flame to flicker. It's best to do this when there's at least a little wind outside.

Once a draft is detected, you'll want to determine if the draft is coming through the window frame (between the operable portion of the window and the frame that holds it) or around the window frame (between the main window frame and drywall or wood trim).

If you determine the draft is coming through the frame, the most likely cause is worn or damaged weather-stripping. Open the window or door and inspect the seals around the perimeter for any gaps, cracks or missing stripping. It can be difficult to



find the exact seals used by your window manufacturer, but most hardware stores carry a variety of self-adhesive rubber and foam weather-stripping that will do the trick. Doors, on the other hand, typically use one of just a few types of weather-stripping that are usually easy to find at your local hardware store.

Another possible cause of drafts coming through a window frame is that your window is not closing properly. The most obvious signs of this are that the window is difficult to open and close, the operable sash is sitting crooked in the frame, or the window will not/is difficult to lock. If this is the case, you'll most likely want to contact a window repair company.

In a bind in either circumstance, you can temporarily tape around the window frame to block any drafts until you have a chance to fix it properly. We recommend blue painters tape as it's easy to remove and won't leave messy adhesive on your window frames.

If it is determined that the drafts are coming around your window or door, the likely cause is gapped or cracked caulking between the window or door frame and the exterior siding or stucco.

You'll want to visually inspect the caulking between the exterior trim and the window or door frame, as well as the caulking between the trim and the exterior siding or stucco. If there's only minor gaps or voids, you can simply fill them with a paintable siliconized acrylic caulk. If the caulking is peeling or cracking, it is advisable to remove all of the old caulking and reapply new caulking.

Paintable siliconized acrylic caulk is the easiest to work with for this project, but you can get more life from a paintable polyurethane caulking that is formulated for this use. (Please note that regular inspection and repair of the exterior caulking is highly advisable even if no drafts are detected. Any voids in this caulking may lead to water intrusion and much more serious problems down the road.)

You'll want to take these same steps on the interior, inspecting

the caulking between the window, window trim (if present) and the drywall. You can use a basic acrylic caulk on the interior.

The last thing you'll want to inspect is all of your glass units in your windows and doors. You'll want to look for cracked or failed glass units (glass that has moisture or fogging between the panes). The moisture in these units conduct the heat and cold much more efficiently than dry air, and can result in a 5-10 degree (F) difference in the surface temperature of the entire glass surface.

Consider that the moisture is typically present 24 hours a day, and you can understand what a difference even a single failed unit can make in the comfort level of that room, not to mention your energy bill over the course of a month.

While glass replacement isn't typically a do-it-yourself project, it doesn't have to be expensive. Eric and Keahi Brown, the owners of The Glass Guru of Bellingham, not only do everything from simple window adjustments to complete window replacement, but are also the only company in Northwestern Washington to offer their unique money saving glass restoration services. Their top priority has always been to help others, and they are more than happy to provide guidance for the do-it-yourself community. *SL*



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Mindport in March

By Carol Oberton

Newly created mechanical marvels and gear gizmos will be coming off the workshop benches and into the exhibit hall this month. Mark Day and Kevin Jones have been busy bees this winter designing and building these new creations. Come see what's turning...what you can turn...what turns itself...

As always – our interactive museum and gallery offer great reflective and playful ways to spend time with your family and friends of all ages!

HOURS:

W-Th-F 12-6pm

Saturday 10am - 5pm

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(Please call ahead to schedule groups of more than 10 people)

www.mindport.org *52*



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Retirement in Service

Spotlight on Paul Ingram and the Volunteer Chore Program

By Abby Lund

Each of us plays a special role in our community. As a neighbor, a friend, an employee, a family member. And all of us have a different story to tell. Some make a very special impact with the role they play. Paul Ingram is one of those people. And he's played many roles – through his military service, as a business owner, husband, parent, council member and volunteer.

Paul moved to Ferndale in 2006 after retiring from a successful catering business he started in California. He had family in Whatcom County, so he and his wife found it to be a natural move. Once here, they immediately felt at home. They quickly noticed what a special place it is: a welcoming community where everybody takes care of each other.

Paul didn't start out as a chef, but rather an engineering student, taking time off from school for military service and then returning to school to finish his degree. After eight years, he decided engineering was not his true calling, and he went to culinary school. He had found what he was meant to do. His catering company was successful and kept him very busy, catering parties for Napa Valley wineries and large companies like Hewlett Packard and Med-tronics.

"Retirement" didn't last long for Paul. About a year after he moved to Ferndale, he became the chef for the Ferndale Community Meal Program. He jokes that his wife was the original one to "volunteer" him for the role. At an event, she heard one of the local pastors sharing with someone that the Community Meal Program was in need of a chef and naturally she felt Paul would be perfect for the position.

Eight years later he is still cooking two meals a month and the service feeds 120 to 130 people each meal. Paul's service doesn't end there. He is a member of Kiwanis, the Masons and the American Legion. He also held a position on the Ferndale City Council for seven years.



Paul started volunteering with the Volunteer Chore Program (VCP) in May 2014 to help Whatcom County veterans get rides to medical appointments. He found out about VCP after attending an American Legion meeting where Elizabeth Harmon Craig from Whatcom County Veteran's Assistance shared the program.

Paul thought, "I've got time; I can drive," and immediately got started with VCP. Paul helps those veterans who are on limited income, don't have friends or family to help and have no other means of transportation. He has driven as far as Tacoma to make sure a veteran gets to his medical appointment.

For Paul, it truly feels good to do something good. Each ride he gives and each veteran he meets may be different, but they always tell him the same thing, "You don't know how much this means to me and how much I appreciate your help."

He also adds a little bit of excitement to each journey, because Paul drives a Tesla. Some passengers are surprised to see that an electric car can actually get them to

Seattle and home. Paul recalls one client, a veteran in her 90s, who told him she felt like she was riding in a spaceship.

Each role Paul has played it's obvious that he enjoys each one – having the chance to give back, to help someone else and to give them a hand up. And it's clear the benefits his service has had on his own spirit and well-being.

If someone is thinking about volunteering, Paul has this advice, "You owe it to yourself to try it. ... It's something you don't know how great it is, until you've been out there and done it."

And the community continues to benefit from people like Paul who are willing to get out there and try new things and make a big difference in the process. *52*

To learn more about volunteering and the Volunteer Chore Program, contact Abby Lund, Volunteer Chore Program director at: 360.734.3055.

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Don't Miss National Poetry Month in April at Village Books

By Sam Kaas

When TS Eliot wrote that April was the cruelest month, he probably wasn't imagining 30 days officially devoted to poetry. Actually, it's arguable whether Eliot would have approved of an entire month devoted to poetry in the first place, but when the month of April was officially declared to be a nationwide celebration of poems and poets in 1996, it must have been hard not to think of that opening line to *The Waste Land*.

National Poetry Month celebrates its 20th anniversary this coming April, and here in Bellingham, we have plenty to be excited about. We are, after all, a city of poets.

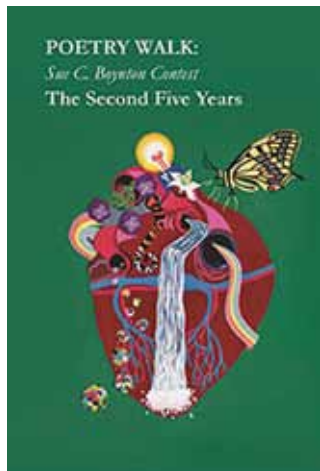
The very first Poet Laureate of Washington state was Ella Higginson, who moved to Bellingham in 1888. (It wasn't actually Bellingham she moved to – the city wouldn't be incorporated for another 15 years – but the community of Sehome). In addition to being named the state's official poet in 1931, Higginson was the author of several collections of poetry and short stories, and a couple of novels. Like so many Bellingham residents, she was also an engaged citizen, helping to found the Bellingham Public Library and campaigning for social



causes throughout her life.

Western Professor Laura Laffrado has studied Higginson's life and work for many years, and published *Selected Writings of Ella Higginson* last year. This book can be found on our shelves here at Village Books.

And Sue C. Boynton, who came to Bellingham in 1906, was a prolific poet throughout her long life. Boynton is the namesake of the annual Sue C. Boynton Poetry Contest, which will run through the month of March (winners will be announced before the end of April for Poetry Month). Any Whatcom County resident can enter this contest, which is now in its 10th year. Winning poems are published in an anthology each year, and these anthologies are also available at Village Books.



With so many great poets in our history, it's no surprise that the poetry scene in Bellingham is as vibrant as it is today.

Village Books will celebrate National Poetry Month as we always do – with all poetry on sale for the entire month of April, and with exceptional author events featuring local, regional and nationally recognized poets.

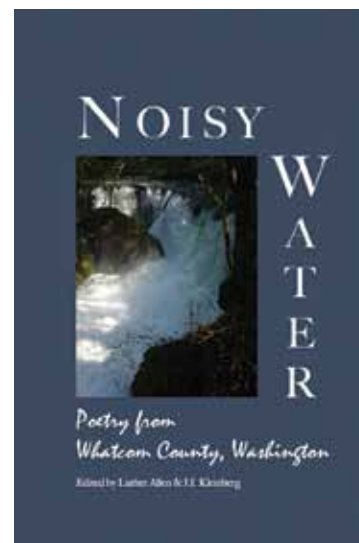
Many local poets will read their work in the Village Books Readings Gallery at 7pm on Thursday, April 14, in a group reading from the Whatcom County Poetry Anthology *Noisy Water*.

This collection, edited by Luther Allen and J.I. Kleinberg, features more 100 area poets. This will be a free event at our Fairhaven location.

And the new Washington State Poet Laureate, Tod Marshall will be the featured guest on the Chuckanut Radio Hour on Thursday, April 28. Marshall, who teaches at Gonzaga University in Spokane and has released several collections, began his term in February.

The Chuckanut Radio Hour will be held at Whatcom Community College's Heiner Theater. Tickets are \$5, and are available at Village Books, or online at BrownPaperTickets.com.

As it turns out, April isn't such a cruel month at all here in Bellingham. We hope you'll join us to celebrate poetry next month here at Village Books. *SL*



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VB & Poetry Month Happenings

Join us for a Group Reading from the *Noisy Water* Anthology on Thursday, April 14 at 7pm.
 Village Books Readings Gallery

Washington State Poet Laureate Tod Marshall on the Chuckanut Radio Hour on Thursday, April 28; doors at 6:30pm, show at 7pm.
 Heiner Theater, Whatcom Community College
 237 W. Kellogg Road

Tickets are \$5, and are available at Village Books, by calling 360.671.2626, or online at BrownPaperTickets.com.

Learn more about the Sue C. Boynton Poetry Contest at thepoetrydepartment.wordpress.com.

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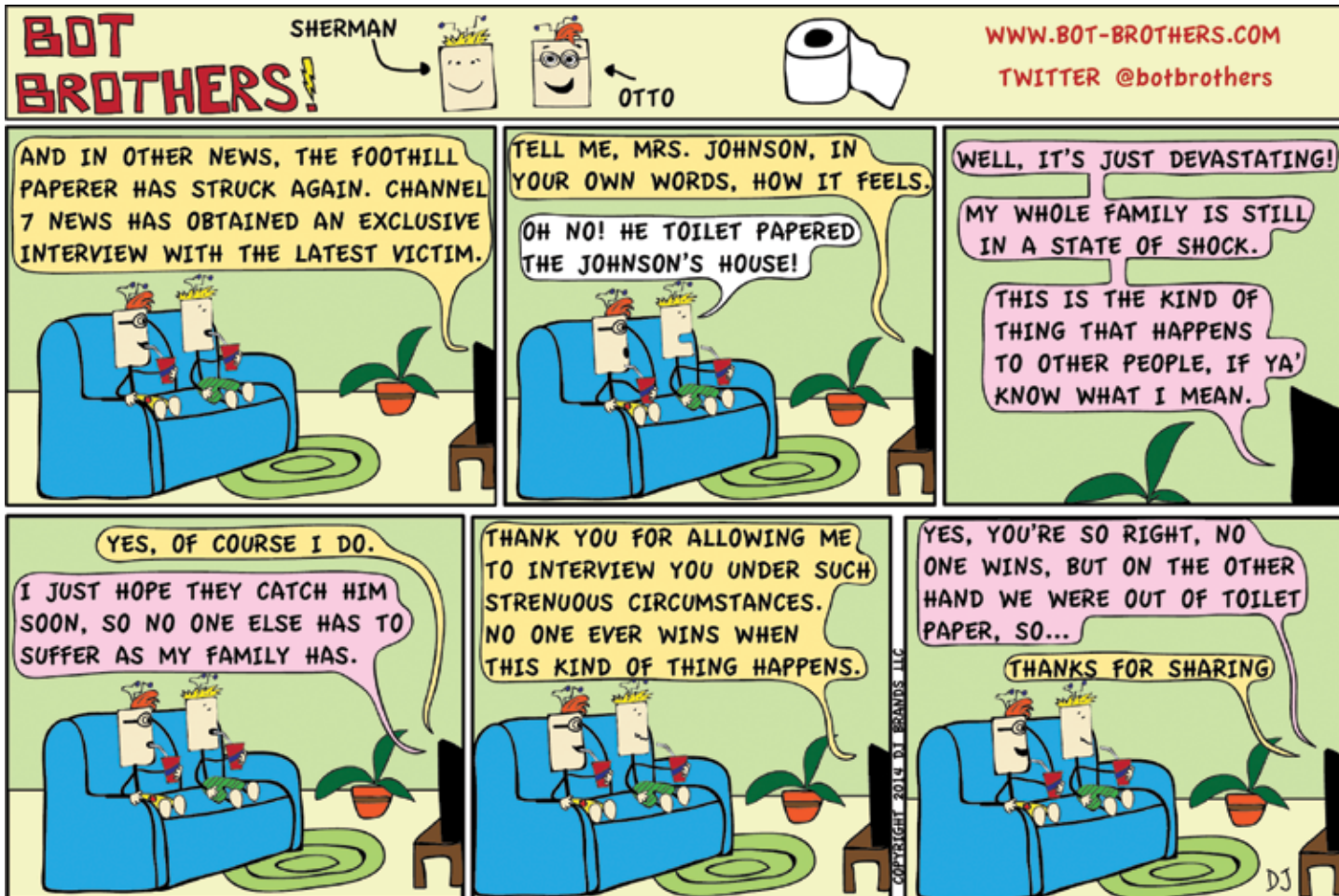
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food crush

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Tracey Depp Cashman's love affair with food grew out of her New York City upbringing and travels to Europe. For her, food is - sourcing, exploring, creating, experimenting, sharing, entertaining, savoring. She also enjoys the challenge of replicating, and improving, dishes she has when dining out. Her 14 years in the Pacific Northwest have broadened her repertoire of ingredients and she's still discovering fresh, fun, local produce and foraged foods to incorporate into her recipes. Tracey's crush extends from the perfect poached egg for one to catering a friend's dinner for twenty or more. Contact her at traceysfoodcrush@gmail.com
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Chocolate Stout Cake

By Tracey Depp Cashman

pairs well with Baileys Irish Cream and coffee

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There are a couple of reasons why I am particularly fond of March. The first being that March 20th marks the beginning of spring in the Northern Hemisphere. And, in case you didn't know, it also marks the beginning of autumn in the Southern Hemisphere. March also brings us St. Patrick's Day. The day in which my mother, who is of Irish descent, calls and reminds me to wear something green. Although I am proud of my Irish heritage, I look horrible in green and simply thank her for the reminder. I did contemplate giving you my recipe for Corned Beef and Cabbage, but decided to go a little less traditional. I found a lovely and decadent Chocolate Stout Cake that caught my attention while perusing the website of my favorite food blogger, Smitten Kitchen. It is made with Guinness stout, which adds a rich, full flavor without being too sweet. This cake is amazing and is meant to be shared, perhaps with some Irish friends. Enjoy!

*There are good ships and there are wood ships.
The ships that sail the sea.
But, the best ships are friendships, and may they always be.*

- Cake**
- 1 cup stout (such as Guinness)
 - 1 cup (2 sticks) unsalted butter
 - 3/4 cup unsweetened cocoa powder (preferably Dutch-process)
 - 2 cups all purpose flour
 - 2 cups sugar
 - 1 1/2 teaspoons baking soda
 - 3/4 teaspoon salt
 - 2 large eggs
 - 2/3 cup sour cream

Preheat oven to 350°F. Butter or spray a bundt pan well; make sure you get in all of the nooks and crannies. (Some people even go so far as to brush the inside of their bundt pans with melted butter—you cannot be too careful!). Bring 1 cup stout and 1 cup butter to simmer in heavy large saucepan over medium heat. Add cocoa powder and whisk until mixture is smooth. Cool slightly. Enjoy the rest of the stout before continuing to next step.

Whisk flour, sugar, baking soda, and 3/4 teaspoon salt in large bowl to blend. Using electric mixer, beat eggs and sour cream in another large bowl to blend. Add stout-chocolate mixture to egg mixture and beat just to combine. Add flour mixture and beat briefly on slow speed. Using rubber spatula, fold batter until completely combined. Pour batter into prepared pan. Bake cake until tester inserted into center comes out clean, about 35 minutes. Transfer cake to rack; cool completely in the pan, then turn cake out onto rack for drizzling ganache.

- Ganache**
- 6 ounces good semisweet chocolate chips
 - 6 tablespoons heavy cream
 - 3/4 teaspoon instant coffee granules

Ganache:
For the ganache, melt the chocolate, heavy cream, and coffee in the top of a double boiler over simmering water until smooth and warm, stirring occasionally. Drizzle over the top of cooled cake.

Glow Mediclinic: Walking on the Fun Side of Skin Rejuvenation

By Dawn Groves

I met Dr. Mae Lary as she walked her Great Dane, Optimus, in Boulevard Park late one August afternoon. They made a stately pair, with Optimus dwarfing her petite handler. After a polite meet-and-greet, I learned that Lary was a career oncologist before taking over an internal medicine practice in Bellingham. The good doctor earned a place on my list of interesting neighbors as soon as I saw Optimus. However, what she said next moved her into the “outstanding” category.

“My business partner is a family practice physician with PeaceHealth. We’re both interested in skin rejuvenation and anti-aging treatments so we recently opened an aesthetic wellness center in Fairhaven called Glow Mediclinic. It’s on 12th Street across from Haggen.”

It just so happened I was researching an article about skin-care technology. Lary didn’t know it at the time but she was now my new best friend.

“Skin rejuvenation is an amazing discipline,” she continued. Unfortunately, she explained, some of the best results come from procedures that are the most invasive.

“It can take weeks to fully heal from an

ablative laser peel,” Lary said. “Busy professionals don’t have that kind of time.”

Lary confirmed what I’d been speculating – that despite a skyrocketing consumer base, current treatment options are either too little or too much. There’s no middle ground.

“We wanted to offer skin rejuvenation technology that produces great results without invasive surgery or lot of downtime. We decided that Glow treatments had to meet three requirements: 1) they had to be medically safe, non-invasive and well-tested, 2) they had to deliver superior results that looked natural, 3) they couldn’t require a lot of post-procedure recovery or downtime.”

I wondered if that kind of sophisticated technology existed. Did they find anything that met Glow’s requirements?

Sciton, a respected aesthetic laser supplier, recently developed the Halo Fractional Laser and the Forever Young Broad Band Light (BBL).

“Halo and BBL were really impressive technologies,” Lary said. “Both were new on the market. They were well researched, safe and showed remarkable results with little to no downtime.”

Glow Mediclinic is the only aesthetic clinic in Whatcom County with a Halo, and

one of only six Halos in the entire state of Washington.

As Lary and I continued talking, Optimus grew antsy. She suggested we resume our conversation at Glow Mediclinic. A week later I was relaxing in Glow’s tasteful reception area, an inviting, airy space. Lary’s business partner, Dr. Kelly Evans, greeted me warmly. I noticed soft laugh lines extending from the corners of her eyes.

Evans smiled when I mentioned her eyes. “Some people get extreme with laser treatments, Botox and fillers,” she said. “At Glow we use them to help people look fresh, not fake.”

She shared several before-and-after images of Halo laser treatment clients, including those of herself.

It was all quite impressive but I couldn’t help wondering why two MDs would switch from successful career practices into the cosmetic arena. It was a question I simply had to ask.

“Dr. Evans,” I began, “you and Dr. Lary are both respected veterans in your fields. What possessed you to shift from family medicine, oncology and internal medicine into skin rejuvenation? It seems like a big stretch.”

Evans laughed. “Don’t get me wrong,”

she said. “We both love our practices and we still work in them. It’s just that after full careers, we wanted to add something less serious. We wanted to walk in the fun zone.”

In the case of Glow, the fun zone started to take form after they hired Susan Henderson as master aesthetician and office manager. “I’ve owned my own businesses and I’m a licensed massage therapist as well as a master aesthetician,” Susan said. “Working with Glow Mediclinic is my perfect job.”

Clients, friends and well-wishers literally spilled from Glow’s front door when they celebrated the clinic’s grand opening on Sept. 25, 2015. Equally popular, the Glitter & Glow Holiday event and Valentine’s Day Wine & Chocolate party cemented Glow’s new tradition of seasonal celebrations and specials.

“We’re also developing a series of short educational videos to answer questions, demonstrate the procedures we do, and offer skin care and wellness guidance,” added Evans. “We’re big on education.”

The videos can be found on Glow’s YouTube channel or the clinic website.

As business owners, Lary and Evans believe that partnering with local businesses (such as the Chrysalis) is an absolute requirement.

“We want to invest our energies into the local economy,” Evans said, “especially here in Fairhaven where we live and work. Glow also donates to pediatric cancer research. Giving back is an important part of our business mission.”

The women of Glow are as down-to-earth and friendly as they are professionally accomplished. It’s fun to hang with them. When I see Dr. Lary, we enjoy talking about dogs and family. (Optimus is popular with her patients.) Dr. Evans is a busy mom of three. Susan is an event organizer for the Bellingham Yacht Club and seems to know everyone in the city.

After spending time learning about the Mediclinic and the women behind it, I had only one question left to ask.

“Ladies,” I said, “Glow has been open since Sept. 25. Are you walking in the fun zone yet?”

Evans broke into her trademark smile. “Yes we are! Our events, our specials, our partnerships, the relationships with our clients, we enjoy all of it. Glow is definitely fun.”

“We don’t take our roles or services lightly,” Lary said, “but we do get a lot of pleasure seeing people happy with their results. We truly enjoy being here.”

“This business is well named,” Susan added. “It’s not just the clients who glow when they leave. We do too. We’re all glowing together!”

Physician owned and operated, Glow Mediclinic offers services in Halo skin rejuvenation, BBL Photofacials, anti-aging and acne treatments, Botox, dermal fillers, laser hair removal, chemical peels, dermaplaning and facials. Visit www.glowmediclinic.com for more information or call the Glow Mediclinic office to schedule a free complimentary consultation: 360.647.6991, 1500 12th St.



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The Hips Don't Lie: 5 Exercises to Maximize Power, Create Consistency for Golfers

By Jackie Ellis

A golf pro can help correct a golfer's technique by altering stance, grip and hip turn ratio. But the underlying fault in any golf swing is in your body itself. Your body not only needs to be comfortable and familiar with a golf swing, but also conditioned to perform the movement with correct body mechanics.

The way you hit the ball correlates directly to your physical prowess or limitations. For many golfers, limitations include either a lack of flexibility, poor rotation, hip instability or all three. Unfortunately, correcting the golf swing at the time of the swing won't do much to improve the physical cause. The key to fixing your underlying limitations is to address them off the green. Your body needs to be retrained in order to improve your swing, prevent injury and increase overall performance.

Most golfers are aware of the need for flexibility and spinal rotation to achieve a good swing. And they probably know that the hips come into play ... somehow. More important than the hips alone is the relationship between the hips and torso. How they move together. And how they

move separately.

The action of separating movement in the torso from the pelvis is called dissociation. For a golfer, this action is imperative. For a significant number of golfers, their flexibility is greatly limited by their inability to perform this dissociation.

Dissociation is well worth exploring. Golfers who are able to rotate through a greater range of motion will generate more force during their swing, will be the most powerful, and will achieve the greatest distance off the tee or for a given shot.

How to Train Dissociation

Here are five exercises to improve flexibility, rotation and hip stability.

1. Hip Stabilizer

Purpose: To maintain hip stability and train balance flexion, extension and rotation of the spine. Bonus: This exercises also improves balance!

Instructions:



1) Stand with both feet under your hips. Raise your arms and bend elbows so they are 90 degrees (think: field goal posts). Keep your body completely still

and lift one foot off the ground slightly and stand on one leg.



2) Then, without moving your hips, flex your spine laterally to the right and left, while balancing only on one leg. Come back to center and perform a spine flexion forward and then extend through the spine (think: lift chest toward sky).

3) Finally, without rounding the spine or moving the hips, rotate to right and left. Repeat on the other leg. Begin by moving very slowly to ensure you're staying stable in the hips.

2. Thoracic Rotation

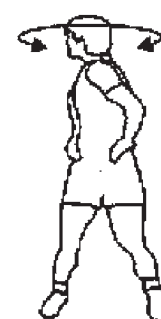
Purpose: To challenge the hips to maintain hip stability through rotation of the spine, as well as improve thoracic spine mobility (middle to upper back).

Instructions:

Stand with both feet under your hips and a chair 1-2 feet in front of you. Bend knees slightly and tip pelvis forward as you place your hands on the chair. Keep your chest open and your pelvis tipped (I



3. Rotors



Purpose: To increase the rotation and coil of the body about the spine.

Instructions:

Standing tall with good posture and with feet shoulder-width apart and hands on the hips, rotate

call this hinging from the hips.) Without moving your hips, rotate your torso to the right and reach your right hand toward the ceiling. Open your chest

and keep your spine long. Be careful not to let your shoulders creep up to your ears. Repeat on other side.

4. Lying-down trunk rotation stretch



Purpose: To increase the rotation and coil of the body about the spine. Also to increase mobility between the shoulders and hips.

Instructions:

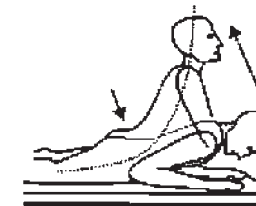
Lying down with both arms extended to either side, bring your knees up to 90 degrees. Keep your lower legs parallel to the floor.

your body as far as you can to one side. Look behind you to add to the stretch. Repeat to the other side.

Advanced:

Try this movement with your golf club across your shoulders. Another variation is to perform this movement while sitting on a Swiss ball.

5. Back Extension



Purpose: To stretch the lower back and hip flexor muscles. This is also an excel-

lent rehabilitation exercise for people with lower back pain.

Instructions:

Lying facedown on a mat, place your hands directly beneath your shoulders. While keeping your hips on the ground, slowly push your upper body up as far as possible. If you feel any pain in your lower back do not continue with this stretch. *SE*

Jackie Ellis is the Fitness Director and Assistant Manager at the Bellingham Tennis Club & Fairhaven Fitness. She specializes in "functional aging movement" to stay fit and healthy for life. Have a fitness question? jackie@fairhavenfitness.us

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