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Scott Ward—A Life of Potential

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Photo Credit:
Radley Muller

Student Vigil for Dr. Martin Luther King, Jr.

Courtesy of the Whatcom Museum

On April 5, 1968, the day after civil rights leader Dr. Martin Luther King, Jr., was assassinated in Memphis, students and staff at Western Washington College of Education assembled for a 15-minute silent tribute in King's honor. It was the first public event ever held on the campus' new Red Square, which was still under construction at the time. College president Charles "Jerry" Flora canceled afternoon classes and ordered the flag lowered to half-mast. It was the beginning of what Dr. Flora later called Western's "awful time." Over the next three years, the campus saw sit-ins, bomb scares, demonstrations, the blockage of Interstate 5 and threats against the college president's life. Student protests followed the assassination of Robert Kennedy, the killing of students at Kent State and Jackson State, the escalating war in Vietnam and the invasion of Cambodia. Whatcom Museum #1995.1.29822.



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Southside Living

VOLUME 6 • NUMBER 4

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February 20	April
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August 20	October
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Dear Residents,

April is upon us bringing the first taste of Spring and all that comes with it. We're delighted to catch up with Scott Ward, the Executive Director of the Historic Fairhaven Association and also one of the owners of Current and Furbish. Scott tells us about the true essence of living a life of potential and how he brings that to Fairhaven.

It's Children's Book week at Village Books and the staff share some of their favorite picks during this special time celebrating the genre of children's books.

Chef Leon Scott continues to celebrate different lifestyles and diets in this month's look at a tasty vegan meal.



Until next time,

Jennifer Dodge

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Scott Ward— A Life of Potential

By Jennifer Dodge

“My whole life I’ve been told I have potential,” Scott Ward, owner of Current and Furbish in Fairhaven with partner Cameron and Executive Director of the Historic Fairhaven Association says as he begins the story of his journey to Bellingham two and a half years ago. “I learned that there is always something ahead of me, and I still live a life of potential.”

Growing up in Minnesota, Scott moved to Seattle in the late 1980s where he actively pursued his career as an artist along with working with other artists and the community to help them meet their full potential through workshops and non-profit organizations.

While living in Seattle, Scott, who is educated in Commercial Design, worked in such creative areas as landscape design, fashion, and graphic design before pursuing his own artist career. After reading “The Artist Way” by Julia Cameron, a book about living an artist’s life and the insights of creativity. He formed a group composed of other artists. He became the facilitator and based on the teachings in the book, he worked with others to become the best of themselves in their work.

“I love leading people to their true artistic selves,” he says. “I enjoy giving them a place



and a space to do and be who they want to be.”

As he worked with this group of artists, Scott dove into his painting with inspiration. The results were incredible as he saw success as an artist by selling every piece on the first night of his one-person show. He went on to open his own gallery in Ballard and now mainly does work on commission.

Scott continued his community involvement through his work at a local church as well as his time with the Magnolia Chamber of Commerce where he ultimately became president.

Scott went on to start a non-profit organization focused on creating that outlet for artists of all types called Magnolia Art Experience which became a place for artists of all disciplines to create and be themselves in a safe environment.

With his artistic background and Cameron’s background in retail, the two decided to open their first retail store in Magnolia Village, Current and Furbish where they set out to find unique and artisanal driven items, including older items they could make new again.

While in Bellingham with family, a place they had been often, they walked past the old pharmacy in Fairhaven and noticed a For Lease sign on the space. A spur of the moment inquiry resulted in a meeting with the leasing agent and signing a new lease just a few short days later. And Current and Furbish found a new home in Fairhaven in July of 2016.

“It’s exciting to be here,” says an enthusiastic Scott. “While I commuted that first year from our place in Seattle to bring my jobs and the business to completion, going between the crowded, frenetic pace of the city to the peaceful, calm and friendliness of Bellingham, I recognized this is where I want to be.”

Scott continues to live that life of potential as he takes on new opportunities in the place he now calls home.



“I knew I would continue to be interested in building community in a healthy and vibrant way,” he explains. “There’s a bigger role for me.”

Continued on page 6



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Continued from page 5

And that bigger role has included becoming the first paid Executive Director for the Historic Fairhaven Association where he has already been an involved member serving time on the Marketing Committee and the Winterfest Team.

“I’m an artist at heart,” he says of this new opportunity and position. “Creating things from scratch is not a scary thing to me.”

With the full support of the board, Scott has ventured into new territory with the goal of keeping the history and experience of Fairhaven alive and preserving the authentic, personal and friendliness of the area.

“It’s a unique experience that’s fantastic,” he describes Fairhaven. “I honor the skills and the passions and the dreams of the businesses and people here. I can support that. Fairhaven has a definite character and a history of building that character.”

He goes on to say that Bellingham has presented many opportunities to easily get to know people and integrate with the community. As the President of Allied Arts and a board member of the Bellingham Tourism Commission, he feels a true sense of being a neighbor and friend of everyone he meets. It has been one of his favorite aspects of his new community.

“I don’t see a division in anything that I do,” he explains. “Who I am as an artist is who I am as a friend and business person. I see opportunities as a puzzle and look for where the pieces fit.”

Fairhaven and Bellingham have become a very



personal place for Scott and Cameron. The relationships they have built and the connections they have made go to the heart of the quality of life they experience here.

“Life brings you what you need,” he says. “It’s about learning to listen. When you are heading in the right direction you rarely get any resistance. You just have to trust the risk and know there

will be turns along the way.”

He goes on to say, “My whole life is about not just sitting in the window. I need to get up and start walking. Life will guide me to where I need to be, it’s my job to show up and move.”

And that is the life of potential. Scott spends a lot of his time around Fairhaven meeting with different people and businesses. Say hello and find out what’s happening around town. *SL*



It's Time for Annuals!

Contributed by My Garden Nursery

It's time to plant annuals and bring some super color into your life!! Here's my top three.

Sanvitalia 'Sunbini' is my favorite of all favorites! It is bright yellow and forever blooming. This fabulous annual needs no dead heading. It's perfect for tucking in a mixed hanging basket or an

upright planter or just plant several in the ground as a front border. It is awesome to contrast with any blue flowering plant and super nice with orange geraniums or gerbera daisies, lime green sweet potato vine and a deep blue lobelia. Give it sun and you will be loving it until late fall. Mine bloomed until November last year.



Another super long-lived annual is the old fashioned but amazing sweet Allysium. It has been one of my favorites since the 80s when I planted a long driveway with of it. I used 50% seeds and 50% bedding packs. The packs grew the best and filled the space. It was heavenly to walk by to get the mail. The scent of allysium is so yummy. I am afraid I am guilty of lying right down in it and enjoying its fragrance. Allysium is a low growing white annual that doesn't care for the heat. I have had

success in a part sun area a bit protected and had it bloom till frost. My third favorite annual is by far the coleus. Coleus used to be a multi-colored foliage plant that did well in shade and went from outdoors to being used as a hanging plant inside in the 70s. Now there are hundreds of different varieties with the coolest colors and shapes. They can still be used inside and out and there are varieties that do well in the shade and the sun. Their foliage colors range from coppery orange, pinks, blacks, whites, reds, greens, purples and yellows, and even burgundy and yellow on the same plant. Their textures range from smooth edged to super serrated and there is a whole series based on the sea because the leaves look like sea creatures. I like to plant them in containers. They look fantastic planted as a single focus plant or mix them in with flowers and perennials. I do not care for the flowers so I pinch them off as soon as they get started. It makes for a fuller happier plant too. Come see us at My Garden Nursery on east Bakerview to see all the fun varieties of plants we have in. We would love to help you design gorgeous planters for your deck or entryway using these fantastic plants! *SL*





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Intermittent Fasting and Metabolic Health

By Jaime Hernandez

Always consult with your physician before participating in any lifestyle modifications.

In our culture today it’s common for people to eat a lot of food, and to eat frequently, and not eating food can be seen as (and sometimes is) unhealthy behavior. However, studies have shown that intermittent fasting can have excellent health benefits, including weight loss, reduced blood pressure, and improved body composition. After all, humans evolved without constant access to food and as a result, our bodies actually don’t function as well when under pressure to process food around the clock.

There are two main types of intermittent fasting: one is when you simply don’t eat for a certain period of time. The other is called modified intermittent fasting, where you consume a very limited amount of calories, usually 20-25% of your normal daily calories, during fasting times.

Many variations exist however on these

two types of fasting. Some include fasting for a specific amount of time every day. For example, a twelve-hour or a sixteen-hour fast can be done daily, and you choose a twelve or sixteen hour part of your day to avoid eating any food. There are also intermittent fasts that involve choosing one or two days out of the week to not eat and eat normally on the other five or six days.

As an example, let’s say you wanted to do a twenty-four-hour fast for one day out of the week. A common way to do it would be to choose a day (let’s say Monday) and the evening before, eat a light dinner at 7:00. Then, on Monday, you would drink green tea or lots of water (which are both great appetite suppressants) at regular intervals such as 8 am, 12 pm, and 3 pm, and then eat a light dinner at 7 pm to end the fast. I want to emphasize eating lightly, especially to end the fast, because if you eat too much food or foods that are heavy and difficult to digest, it’s easy to make yourself uncomfortable or even sick.

To do a modified version of this fast, you could follow the same schedule but at those regular intervals, just eat a very

small meal such as a small bowl of salad, six to ten nuts, or one to two pieces of fruit. I would especially recommend this version for anyone with blood sugar issues, such as diabetes or hypoglycemia.

A source that I found both interesting and informative when it comes to intermittent fasting is called “The Science of Fasting” and is available on Netflix. It

helps break down the details of exactly what effects fasting has on the human body and shows specifically how this practice can be remarkably beneficial to our health.

If you’re considering trying an intermittent fast, I would encourage you to consult your doctor and as always, if you have questions or would like help with your health journey, don’t hesitate to contact me at www.healthandexerciseprescriptions.com.

Thank you for your time and energy.

Be well. *SC*

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The Peter James Studios

Contributed by Peter James

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Magnificent sunset photo of the San Juan Islands, Samish Island, and Lummi Island, taken from Samish Overlook.



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2019 Dirty Dan Harris Festival



By Hilary Friedrich

April - we welcome you and the beautiful days of spring. Flowers are blooming, birds are singing, the days are getting longer and preparations for the 17th annual Dirty Dan Harris Festival are well underway. This year the event takes place on Sunday, April 28 from 10am-5pm and is located on the Fairhaven Village Green.

I will share more details of the event in a moment but first, we would like to thank those that renovated the weed-infested plot into an amazing city park we refer to as the Fairhaven Village Green. The project was led by nine private citizens and was completed in 2003. Monies were raised from private donators, the City of Bellingham and the sales of engraved bricks, paving stones and benches. The Bellingham Parks Dept and the Fairhaven Village Green committee turned the vacant lot into the park that is such

a wonderful gathering place for many Fairhaven events, including summer movies, and of course, the Dirty Dan Harris Festival. It is also home to the bronze statue of Dirty Dan Harris himself.

Dan Harris arrived on the shore of Bellingham Bay as a 21-year-old adventurer in 1854. He became a legend as a homesteader, land owner, smuggler, hotel owner, and seaman, who founded Fairhaven in 1883. He also picked up the colorful nickname “Dirty Dan” due to his infrequent bathing.

The Dirty Dan Harris Festival is a nod to celebrate Dan’s amazing feats and is a casual family-oriented environment. There are always plenty of people in costume as well as the Bellingham Steampunk Society

to bring out the spirit of the era and even share a story or two about the history of Fairhaven. Period costumes are always encouraged but not necessary. And you never know – you might just win the costume contest.

The Dirty Dan Harris Rowing Race will be held at 10 am at Marine Park this year and is inspired by Dan’s cross-border rum-rowing adventures traveling by rowboat between Fairhaven and Victoria, B.C – sometimes successful and other times not. Make sure you go check this out!

The absolute crowd favorite is the uphill piano race. The three teams of four people and one piano each compete for the prize. Two runners start at the top of the hill at 10th and Harris and run down the hill to meet up with their partners and pianos. Then the fun really begins as they compete to pull the pianos back up the hill. The action takes place at high noon – but plan on being there for a good

spot to watch by about 11:45am as sometimes the race happens early and it happens fast! Crowds line the sidewalks on Harris just below 10th St for the best viewing. Legend says that Dan once rolled his piano out of the Fairhaven Hotel in 1890 and straight down Harris Avenue into the bay after the hotel’s new owner wouldn’t pay for it.

Other family friendly events are the Peoples Bank fish toss at 12:30pm, the Rocket Donut donut eating contest at 3:30pm and the legendary Dirty Dan look-alike and 1800’s dress contests at 4:30pm. Signups for these contests are on a first come first serve basis the morning of the event.

The ever popular Chuckanut Chili cook off takes place from 1:30-3:30pm (tickets on sale at 1pm; cost of the ticket covers a taste of each chili on hand, a bowl of your favorite for the People’s Choice award and a yummy piece of bread. We have some great contenders this year and have in the past had remarks at the wonderful array of flavors. Please check our facebook page - Historic Fairhaven Festivals – for updates on our contestants.

Dirty Dan Harris himself would most likely be found in the Sidewalk Saloon if he were still around. A selection of wine and beer will be available for purchase by the glass. The saloon has become a favorite gathering place to sit and sip and listen to the music.

Speaking of music - Ryan Sandholm will be performing during the day on the Village Stage. I love the sight of the kids (and adults) dancing on the green. Amazing street, craft and food vendors will be housed under the Village Green Pergolas and is



always an assortment of one of a kind treasures, face painting and delicious food. Our vendors do a fantastic job!

We look forward to seeing you all at this family and dog friendly event! There is never an entry fee into the event. And rain or shine the event goes on!

For more information please check our event page at fairhaven.com/event/annual-dirty-dan-harris-festival and make sure to like and follow our Historic Fairhaven Festivals facebook page for event updates.

The Dirty Dan Day Harris Festival is produced annually by the Historic Fairhaven Association. *SL*

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Community Supported Agriculture Share

By Diana Meeks

These are the words that resonate with Amy and Sküter Fontaine, owners of Terre Verde Farm. For the last 10 years, they’ve built a life around farming here in Whatcom County. Amy elucidates, “Our ten acres have changed our life! ...It’s a world where the wet spring tests our rain gear and constitution. Where large blocks of freshly tilled soil are filled



“As much as you transform the land by farming, farming transforms you...Your acres become your world. ”

-Kristin Kimball, farmer

with young eager transplants. A world where we dodge sprinklers and outsmart weeds. There are smiles, and curse words, buzzing machines and the quiet of the electric tractor. There are trucks packed to the gills on harvest days, a bounty worth witnessing. And a brief rest, beloved winter...babies to tend too, meals to cook. Days inevitably lengthen and with a single seed it all starts again.”

And it has started again! Though spring has barely begun, farmers have been hard at work for months now. The early season work ramps up quickly; there are seeds, compost, and fertilizer to buy,

upgrades to equipment, and a host of other things to tend too. “Family farms have many expenses that pile up through the winter with little to no money coming in,” Amy shares. It can be a challenging time of year but thankfully, the farming community has come up with an elegant solution: the farm share or Community Supported Agriculture (CSA) share.

Customers pay money up front at the beginning of the growing season (when farmers really need the income)and then get a box of local food delivered to a convenient location for a specified number of weeks (easy for the consumer too!). It’s a win-win, plus some farms offer more than just veggies, like flowers, honey, eggs, meat, and cheese. Terra Verde has offered farm shares for years now. Their boxes are filled with organically grown fruits and vegetables from sweet and spicy radishes to berries. The produce is as fresh as you can get. Or as Amy says, “green beans snap instead of bend, lettuce is crispy, and the tomatoes full of flavor.”



For some, farm shares aren’t a new concept. So why talk about it now? With the cost of goods and labor on the rise and online food delivery creeping into kitchens across the country, it’s never been more important to support local farmers like Amy and Sküter. Plus, the health impacts of food have never been more apparent, and farm shares are a powerful way to invest in your health.

The truth is, local food is labor intensive. Many, if not most, of our local farms prioritize environmental stewardship. This means that they do farming a bit differently than mega-farms in other parts of the country. They operate on much smaller acreage and more is done by hand instead of machine. Protecting biodiversity, environmental stewardship, and fair labor practices – all things we value - are what so many of our local farmers are doing. With the minimum wage increase and the cost of labor rising, now more than ever our local farmers need our support so they can keep up the good work.



Beyond community benefit, farm shares are good for your health! With fresh veggies delivered weekly, you’ll be eating more tasty produce than you can shake a stick at. Increasing vegetable consumption is one of the top lifestyle changes recommended by health professionals. The FDA, the CDC, the American Cancer Society, the American Academy of Pediatrics, Harvard...even the Economist



recommends eating a diet rich in fruits and vegetables in order to live a long and healthy life (on average sources say adults should be eating 4-5 cups of fruits and veggies a day)! You are ensuring that your food won’t need preservatives, additives or other synthetic ingredients that help increase shelf life and that it hasn’t sat in plastic packaging (or even just sat around) for weeks on end. Local food is fresh, it’s

healthy, and with farm shares – it’s easy to get! Back at Terre Verde, spring is slowly coaxing things to life. The kids play, the plants grow, and Amy and Sküter put on rain gear when things cloud over – ready to be tested. The family is excited for another year. Terra Verde isn’t too different from many of our family farms, of which Whatcom has an abundance. To eat local this year and find a farm that would work best for you and your budget visit EatLocalFirst.org to find a list of local farms that offer farm shares, in our CSA Farm Guide and feel good about supporting our community and making eating healthy easy! *SL*

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A poem and photo by Pettis Perry ©2018



Ripples

*Strands of golden twisted silk flow in a downward arc
Yellow disks pierce the darkness like a cat pursuing its prey
Fleeting sparks of light punctuate the dark nights of her soul
In the darkness outward smiles hide her anguish
Tears of sadness yield gentle showers
Droplets glisten as they slowly traverse the soft curves
of her face
Descending they form pools of undulating ripples
A tender face unveiled by incandescent rays of hope
Betrayal disturbs peace-filled waters
Her body anguished and trembling fabricates ripples throughout
A rippling brook becomes a raging torrent
A tirade unleashed on the source of its disturbance
Her life force cloaks the ripples in the night
Her gentle spirit shields innocent souls
Warm vibrations caress the soul of another
A foreigner captured by her beauty
Her voice ripples through his body as angels beckon him to listen
Ripples flow with wildly beautiful consequences
Incapacitation follows as he succumbs to her vibrations
Like a pebble dropped into quiet waters gentle ripples cleanse his soul
His body flows naturally with the currents
Myriad ripples now spread slowly in all directions
With Poseidon's blessing their ripples merge as one.*

Conceived December 12, 2018 – Born December 21, 2018

Geese

Courtesy of Diane Ecker



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Bulk Foods Save Money and Reduce Waste

By Laura Steiger, Community Food Co-op

U.S. Senator Gaylord Nelson founded Earth Day as an environmental teach-in first held on April 22, 1970. As our beautiful planet takes another trip around

the sun, our thoughts turn again toward learning more ways to be good stewards of our homes, our community, and our planet.



The Community Food Co-op takes its commitment to sustainability seriously and to ensure we are upholding our commit-

ment we publish an annual report with the Sustainable Food Trade Association. The report, which is available on our website, includes measurable results toward achieving our sustainability goals and helps us learn where we are succeeding and areas in which we can improve.

local economy.

Co-op shoppers have also demonstrated a strong commitment to sustainability. They are motivated to bring their own reusable shopping bags and mugs, they are avid users of public transportation (which is why we are happy to be located adjacent to Bellingham's two bus depots), they commute by bike, and they embrace purchasing local goods to reduce transportation impacts and support our

savings are passed along directly to the consumer.

Buying bulk reduces packaging waste. Bulk quantities eliminate the need for individually packaged items thereby saving an immense quantity of bottles, jars, cans, and paperboard.

Buying bulk reduces food waste. Buy only as much of any product as needed, from one teaspoon of spice up to a 50-pound bag of oats.

Buying bulk increases product freshness. Co-op bulk departments are extremely popular, thereby ensuring product turnover is rapid. Bulk containers are refilled throughout the day simply to keep up with shopper demand.

Buying bulk is simple. Purchase a reusable container in the store or bring in your own clean container to refill. Simply remember to weigh your empty container, record the tare weight, write the 4-digit PLU number on the container, and fill with as little or as much product as you choose.

The Co-op offers products in its bulk department that can't be found elsewhere. Beyond the typical dry goods—flours, rice, grains, pasta, and nuts—the Co-op bulk department also carries bulk honey, tamari, oils, vinegars,



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Saturday, April 13

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Buying bulk saves money. Bulk foods bypass the extra expenses inherent in individually packaged products. Packaging design, manufacturing, shipping, and production costs are eliminated when foods are shipped in plain, large quantity containers, and those

2018 Bulk Product Sales

How much did Co-op shoppers purchase? Here are sales totals of a few popular items in the Co-op's bulk department.

45,039 pounds of Oats

46,613 pounds of Coffee Beans

7,591 pounds of Thompson Raisins

14,083 pounds of Almonds (including candy covered)

4,613 pounds of Quinoa

255 pounds of Organic Black Peppercorns



maple syrup, agave, nut butters, loose leaf teas, various dried seaweeds, and plenty of

tasty sweets and snack items. In the household goods and personal care departments, find bulk cleaning products, laundry detergent, shampoos, lotions, and liquid and bar soaps.

Visit to explore the Co-op's extensive bulk selection—you might be surprised. If you're looking for a hard-to-find ingredient for a recipe, need a little something extra to flavor a dish, just want to try a new spice to grow your culinary repertoire, or maybe you just need some shampoo, it's likely you'll find what you need at the Co-op.

If you can't find what you're looking for—please ask! We love to answer questions about bulk foods and products. If we

don't know the answer to your question we'll go out of our way to find an answer for you. Co-op staff are happy to help and love to talk about food, cooking techniques, and favorite flavors.

Celebrate Earth Day 2019 by shopping the Co-op's wildly popular annual Earth Day Bulk Sale on Saturday, April 13, and save 20% on all bulk purchases! Buy bulk, save money, and reduce waste in your home pantry. *SL*

Laura Steiger has been celebrating Earth Day since she was a Huxley College student in the 1980s and happily stocks her home pantry with bulk goods to reduce packaging waste.

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Everyone Needs a Safe, Warm Home



By Sean Hall

2roofs is Bellingham’s own social enterprise in real estate. As Realtors, a portion of our fee from every home sale goes to help a person in need through a partner Non Profit. Check out our video stories at 2roofs.com. This monthly column highlights our partnerships with great non-profits.

Habitat for Humanity is dear to my heart. My son and I have volunteered on builds, co-leading a 2roofs and Habitat team to Peru last year. Recently one of our 2roofs home sales helped fund one of their local builds in the town of Acme. Linda, the new homeowner, had the ability to work with Habitat to build a safe, warm home for her and her family. Here is her story provided by the local Habitat team.

Located 25 miles southeast of Bellingham, Washington, the rural town of Acme is nestled in the South Fork Valley between the North Cascades and Lake Whatcom. In the winter of 1975, Acme gained Linda & her family when they moved into what

were two former bunkhouses joined together to make one dwelling. The bunkhouse-based house, built in the 1920s as part of the expanding timber industry in the South Fork Valley, is where Linda has lived for 43 years.

She had always dreamed of traveling to Europe, especially to Greece. “I wanted to travel. I had the money saved in the bank. But my husband worried it would be too hard for us to find a house if we went traveling after the end of our commercial fishing season. One summer we had a really bad season, and my husband had to sell his boat. We had to make a choice, so we bought the bunkhouse instead of traveling.”

Like many pioneers, Linda’s entire life has embodied strength and self-reliance. After years of working hard in the commercial fishing industry, she became a school bus driver, driving children to and from schools in Kendall, Harmony, and Acme for 27 years.

The years haven’t been kind to Linda’s cobbled-together house or to her health. The damp North Cascades mountain climate has, over the years, reduced the structural integrity of Linda’s 1920s house to near collapse. Deep moss covers the disintegrating roof. Decay and deterioration have made routine

maintenance impossible. Living so many years in an increasingly unlivable house has compromised her health.

“My old house should have come down a long time ago. I was talking about buying a modular home. Then, while talking with my pastor, she said, ‘Why don’t you try Habitat?’ I’d heard about Habitat but didn’t know that much about it. I didn’t think I had a chance because I’m older. I thought it was just for someone who was raising a family.

“I started out going to a class at Lowe’s, to learn how to use some basic construction tools. Then I went to Habitat’s Lowe’s Women Build Day out on Telegraph Road. I couldn’t do much because I had just had back surgery. But I made food for everyone and did what I could. Then I started working in the Habitat Store. I had to have 500 hours of sweat equity. I believe I have 1,500 hours now. The store staff is really friendly and genuine.”

Construction began on her new home in 2018. Throughout construction, the old front porch has been the scene of countless lunches with her volunteer work crews, neighbors, and well-wishers. “When Habitat started building my home, it was getting cold. So I made a pot of soup and told the guys that they didn’t have to hang out outside as there was no building at the time. I knew it was going to get colder, so I invited them up here to the porch. That’s been the really fun part for me.

“I love the people who’ve worked on my home. They’re like another family.”

Linda’s new, warm home will be finished in February 2019. Complete with passive insulation, triple-pane windows, an air-to-air heat-exchange system, and solar panels, her new home embodies Habitat’s mission to build “net-zero-ready” homes.

“I believe in helping other people- neighbors helping neighbors. It takes a busload of faith. I really believe in the Habitat mission. I’m very grateful for everything I’m getting.”

Did you know your next home purchase or sale could go to help a

neighbor in need? Simply choose 2roofs as your Realtor and we will donate 10% of our fee to help house a person in need through our 2roofs Giving Fund. You can even name the nonprofit you wish to benefit. Together we can make a real difference in our community. *SL*

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Young and Young-at-Heart Celebrate Love of Reading with Village Books and Paper Dreams

By Paola Merrill, Village Books bookseller

April 29th - May 5th is Children's Book Week!

Children's Book Week is turning 100 this year, marking a century of championing literacy on a national level. Schools, libraries and bookstores alike will be doing their part to spread the word, working to nurture a love for reading in all young people. Village Books and Paper Dreams' Children's Book Buyer Hana Boxberger is a passionate supporter of the campaign. To pique the interest of those looking to discover a new children's book, she compiled a list of recommendations. The list features newly appointed classics such as Hello Lighthouse by Sophie Blackall, the 2019 Caldecott winner. "We all know how vital early exposure to books is for a child's growth and development, and to have a week dedicated to their stories, the growth of their imagination, and the expansion of their view of the world is just invaluable," she says.

As an avid supporter of Children's Book Week, Village Books will be donating 10 percent of children's book purchases to the children's departments of local libraries. Coincidentally, national Screen-Free Week will occur at the same time; these two movements meld perfectly, encouraging children to diversify their sources of entertainment and education. In response, Village Books' Events Coordinator Claire McElroy-Chesson is planning a variety of exciting activities at the bookstore's Lynden and Fairhaven locations. Some highlights will be a book-making workshop and story time with local authors Micah Moses and Annette Balcom.

Children's Book Week is both for the young and young-at-heart. Stop by and celebrate no matter your age! *SL*

Hana's Children's Book Week Picks PICTURE BOOKS



Drawn Together by Minh Le
A boy and his grandfather bond over art and storytelling, finding a way to communicate beyond words.

Dreamers by Yuyi Morales
A lyrical celebration of immigrants and their cultural contributions. Symbolic and beautifully illustrated!

Hello Lighthouse by Sophie Blackall
The 2019 Caldecott winner, full of beautiful illustrations following a story about a lighthouse and its last keeper.

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The Hotel Bellwether and Lighthouse Grill Welcome New Executive Chef

Contributed by Hotel Bellwether

Great things are happening at Hotel Bellwether's Lighthouse Grill. Peter Birk recently joined the team as the new Executive Chef and brings with him a passion for the freshness of Pacific Northwest foods.

Originally from Joplin, Missouri, Chef Peter began his culinary career in the family's restaurant in Kansas working all aspects of the business including front of the house, kitchen, and management.

After attending The Western Culinary Institute in Portland, Oregon, Chef Peter returned to Missouri to intern at the Ritz Carlton Hotel in Kansas City. At the end of the internship, he traveled to various places working in a variety of restaurants, including McCormick & Schmick's in Los Angeles before heading back to Missouri to open a new restaurant taking his position as Senior Sous Chef.

But the Pacific Northwest, where he had worked at a number of restaurants during his days of travel, continued to call him back to a place that inspired him. And in 2000, he joined Ray's Boathouse in Seattle as Executive Chef, where he could bring his classically-based preparations with a modern twist to this restaurant known for its high quality of standards.

Most recently, Chef Peter was the Executive Chef at BOKA Restaurant and Bar at Hotel 1000 in Seattle.

And, with over 30 years of culinary experience, we are pleased to welcome him to the Hotel Bellwether's Lighthouse Grill where his love of local Northwest products shines in the versatility of his skills.

"Having lived in the Pacific Northwest for 20 Years, seafood has become a focus," describes Chef Peter of what he plans to bring to the Hotel Bellwether and Lighthouse Grill. "I'm looking to source and feature local growers and producers as much as possible. I will continue to strive to grow and educate my team in the process."

Bellingham with its beautiful views, welcoming and friendly atmosphere and the endless array of outdoor activities is now the place he and his family call home.

"I was looking for a family friendly place to settle and work," he says as he describes what attracted him to Bellingham. "It really reminds us of the towns we grew up in with the added benefit of the mountains and sea."

The Hotel Bellwether and Lighthouse Grill is situated on Bellingham Bay with the serene and beautiful views of Mount Baker, the San Juan Islands and the Cascades. This luxurious Bellingham hotel offers a one-of-a-kind experience with easy access to shops, parks and the unique Bellingham community.

Come in and savor the flavors of Executive Chef Peter Birk at the Lighthouse Grill and say hello to a menu that reflects the Pacific Northwest and our wonderful community. *SL*

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24 SOUTHSIDE LIVING April 2019 April 2019 SOUTHSIDE LIVING 25

CALENDAR OF EVENTS

Community

Wednesday, April 3

Let's Do Lunch@Sustainable Connections Office

Our new lively format for our business members to network, learn and make connections. In March, learn about the benefits of signing up for Community Supported Agriculture. sustainableconnections.org

Saturday, April 6

Whatcom Food & Farm Finder Release

Bellingham Farmers Market
Opening day of the Bellingham Farmers Market to get your 2019 Eat Local First Food & Farm Finder--the guide to all things local food: farmers, markets, restaurants, locally-made products and more.

Wednesday, April 10

Fairhaven Merchant Association Meetings @Village Books

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.

Time: 9am

Friday, April 19

Family Story Night@Fairhaven Library

The Bellingham Public Library's Fairhaven Branch presents professional storytellers from the Bellingham Storyteller's Guild, weaving tales for school-age children and adults.

Time: 6pm

Wednesday, April 24

Sustainable Connections Members Happy Hour

A fun and casual meet up for local businesses held at local businesses. Connect and conspire over something bubbly! sustainableconnections.org

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COMMUNITY EVENTS

Contributed by the Community

Sunday, April 14 3:00 pm

The Mikado

3:00 pm

Mount Baker Theatre, 104 N. Commercial

Critically acclaimed, updated production preserves a classic with cultural sensitivity. Don't miss the New York Gilbert and Sullivan Players' all-new, critically acclaimed production of The Mikado that premiered in 2017. The presentation represents a great deal of work between NYGASP and the Asian-American theatrical community in New York and serves as an example of a cooperative effort to promote diversity, equity, and inclusive practice with classic works of art. Ticket prices: 69.50, 59.50, 49.50, 30.50

Friday, April 26

Boys & Girls Club of Whatcom County's 5th Annual Inspire Higher Dreams Gala and Auction

5:30 pm

Event Center--Silver Reef Casino

Come together and enjoy an evening of fine dining, exciting auction items and great company and raise money to ensure that the Boys & Girls Club continue to provide the more than 4,000 members with a safe and positive place during critical out-of-school time.

For more information visit whatcomclubs.org

Saturday, April 27


ArtrageousThe interactive art & music experience

7:30 pm

Have a blast and celebrate the arts at the 92nd birthday party and fundraiser for Mount Baker Theatre! Join in this artful mega party that makes merriment, masterpieces, and celebrates MBT'sMission. Don't miss this event that leaves its mark . . . on giant canvases! Imagine an artist creating a beautiful work before your eyes with a palette of captivating vocals, intricate choreography, and exciting audience interaction. The Artrageous troupe of artists, musicians, singers, and dancers pays tribute to a variety of art forms, pop icons, and musical genres, culminating in a gallery of fabulous finished paintings. Artrageous takes you on a unique visual journey packed with wild inspiration, creativity, and fun!

Give MBT a \$1 birthday present donation at any Cruisin' Coffee location March 25 – April 27, and get a thank you of \$10 off tickets to the show!


Ticket prices: 39.50, 34.50, 29.50, 17.50



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REAL ESTATE STATISTICS

Contributed by Heather Othmer

Active listings in the Southside neighborhoods:

ACTIVE				
ADDRESS	BEDS	BATHS	SQ FT	LIST PRICE
1201 13th Street #201	2	2	1023	\$380,000
424 14th Street #204	2	1.75	1361	\$539,000
910 Harris Ave #106	2	3	1970	\$679,995
797 Chuckanut Drive	4	2.5	2523	\$775,000
213 Morey Ave	2	2.5	3336	\$855,000
121 Sea Pines Lane	3	2.5	3430	\$879,000
1399 Chuckanut Crest Dr	5	4.25	4621	\$899,000
107 Sea Pines Lane	5	3	3652	\$900,000
119 Sea Pines Lane	5	3.5	5020	\$928,000
324 N State	5	3.25	3631	\$975,000
1156 Brighton Crest	4	3.75	4813	\$1,595,000
711 Briar Road	4	3.25	3489	\$1,675,000

*DOM=Days on Market

Your Southside real estate professional can bring you an accurate value on your home based on comparable sales in your neighborhood. Best Version Media does not guarantee the accuracy of the statistical data on this page. The data does not represent the listings of any one agent or agency but represents the activity of the entire real estate community in the area. Any real estate agent's ad appearing in the magazine is separate from the statistical data provided which is in no way a part of their advertisement.

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Choosing the Vegan Way



By Kelly Scott

PEOPLE HAVE A VARIETY OF REASONS OR MOTIVATION TO EAT A SPECIFIC DIET. SOME ARE INTOLERANT TO INGREDIENTS, OTHERS SIMPLY WANT SOMETHING THAT MAKES THEM FEEL HEALTHIER, SOME WANT TO LOSE WEIGHT, AND SOME HAVE ETHICAL STANDARDS THAT MOTIVATE THEM. ONE VERY POPULAR WAY OF EATING IS VEGANISM. VEGANISM IS THE PRACTICE OF ABSTAINING FROM THE USE OF ANIMAL PRODUCTS. IT STEMS FROM A PHILOSOPHY THAT REJECTS THE USE OF ANIMALS AS A COMMODITY. THERE ARE SEVERAL DISTINCT CATEGORIES OF VEGANISM. FIRST, THERE ARE THOSE THAT ARE KNOWN AS DIETARY

VEGANS, AND THEY REFRAIN FROM CONSUMING ANY TYPE OF ANIMAL-DERIVED SUBSTANCES. SECOND, ETHICAL VEGANS FOLLOW THIS PHILOSOPHY NOT JUST IN THEIR DIET, BUT ALSO IN OTHER AREAS OF THEIR LIVES, AND OPPOSE THE USE OF ANIMALS FOR ANY PURPOSE. THE THIRD CATEGORY IS ENVIRONMENTAL VEGANS. THIS REFERS TO PEOPLE THAT AVOID ANIMAL PRODUCTS BASED ON THE BELIEF THAT THE INDUSTRIAL FARMING OF ANIMALS IS ENVIRONMENTALLY DAMAGING AND UNSUSTAINABLE. THERE ARE MANY CELEBRITIES THAT ARE VEGAN AND SUPPORT THE VEGAN LIFESTYLE, FOR EXAMPLE, ELLEN DEGENERES, WOODY HARRELSON, AND BRYAN ADAMS TO NAME A FEW. THIS MONTH, CHEF LEON CHOSE TO EXPLORE DIETARY VEGANISM WHILE CREATING A DELICIOUS MEAL THAT CATERES TO AN EVER-INCREASING POPULATION OF PLANT-BASED, ANIMAL-FRIENDLY CONSUMERS. THE FLAVORFUL, AROMATIC, AND DELICIOUS MEAL CONSISTED OF AN APPETIZER OF SPICY SICHUAN VEGAN POTSTICKERS. APPLE, ONION, AND BABY

GOLD POTATO SALAD WITH APPLE CIDER VINEGAR, CHARDONNAY, AND WHOLE GRAIN DIJON DRESSING. WITH KALE STIR FRY WITH CRISPY CURRIED TOFU FOR THE MAIN COURSE, AND FOR DESSERT, WE ENJOYED VEGAN BUTTERNUT SQUASH RISOTTO WITH PRUNES, AGAVE NECTAR, AND CAYENNE. WHAT BECAME APPARENT TO ME AS I ATE THE DINNER, WAS THAT IT FEELS GOOD TO BE KIND TO ANIMALS AND THE PLANET, AND IT ALSO CAN TASTE AMAZING WHILE DOING SO!

SPICY SICHUAN VEGAN POT STICKERS

Ingredients:
For the Potstickers
2 teaspoons sesame oil
8 ounces baby Bella mushrooms, minced
4 cups very thinly sliced Chinese ("Napa") cabbage
1 tablespoon hoisin sauce
1 teaspoon dried onion flakes



1 teaspoon freshly ground Sichuan peppercorns
1 teaspoon dried scallions
1/4 teaspoon garlic powder
1/2 teaspoon grated fresh ginger root
24 gyoza wrappers*
4 tablespoons vegetable oil
For the Dipping Sauce
2 tablespoons soy sauce
1 tablespoon rice vinegar
1/4 teaspoon red pepper flakes
1/4 teaspoon dried scallions

Instructions

Heat the sesame oil in a large skillet over medium heat. Add the mushrooms and saute until golden brown, about 5 minutes. Add the cabbage and cook for another 8-10 minutes, until the cabbage is soft and the pan begins to look dry. Add the hoisin sauce, onion flakes, Sichuan pepper, scallions, garlic powder, and ginger; stir well. Set aside to cool.

Meanwhile, prepare the dipping sauce by combining the soy sauce, vinegar, red pepper flakes, and remaining dried scallions in a small, shallow serving bowl. Arrange the gyoza wrappers in a single layer on two parchment-lined baking sheets. Place a small bowl of water next to the baking sheets.

Once the filling is cool enough to handle, place one teaspoon of filling in the center of each gyoza wrapper. Dip a finger in the water and run it along the entire edge of the round wrapper closest to you. Form the potsticker by bringing two sides of the wrap together to form a half moon shape. Begin

by pinching the center of the potsticker and work your way from the center out to both sides, pinching to create a seal as you go. Place the completed potsticker back on the baking sheet. Repeat with remaining wrappers.

Heat the vegetable oil in a large skillet with a lid over medium heat. Working in batches, add potstickers in a single layer and allow to cook for 1-2 minutes, until they begin to brown. Add 1/2 cup of water to the pan and shake gently to loosen the potstickers from the bottom of the pan. Cover and allow to steam until the dough is cooked about 3 minutes. Transfer to a paper-towel-lined plate and repeat with remaining batch of potstickers.

APPLE, ONION, AND BABY GOLD POTATO SALAD WITH APPLE CIDER VINEGAR,

CHARDONNAY, AND WHOLE GRAIN DINON DRESSING

Ingredients:
1 lb. baby gold potatoes, whole
1 granny smith apple, sliced thinly
1 red apple, (any variety will do), sliced thinly
1 Walla Walla onion, sliced thinly
1/4 cup apple cider vinegar
2 tablespoons chardonnay
1 teaspoon whole grain Dijon mustard



1/2 cup grapeseed, or any neutral oil you like
Salt and white pepper to taste

Instructions:

Put the vinegar, wine, and mustard into a bowl whisk together and add the oil a few drops at a time until fully incorporated. Season with salt and white pepper to taste

Next, scrub your potatoes! Put the scrubbed potatoes into a stock pot and cover with water. Boil the potatoes until fork tender. Pour off the hot water and run under cold water until cool to the touch. Into a bowl slice your apple, and onions. Halve your cooled potatoes, and add to the apples and onions. Pour your dressing over the salad and coat everything evenly.

KALE STIR FRY WITH CRISPY CURRIED TOFU

Ingredients



Crispy Curried Tofu
1 block (200g) Firm Tofu
1.5 tsp Curry Powder
1 tbsp Soy Sauce
1/4 Red Cabbage
Stir Fry
3-4 Large Kale Leaves
1 Carrot
1 clove garlic
1-inch piece Fresh Ginger
2 tbsp Soy Sauce
2 portions Wholewheat Noodles

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Instructions:

Cut the tofu into 1-inch cubes. Mix together the curry powder and 1 tbsp soy sauce to make a paste. Add the tofu cubes and gently toss them so they are all coated with the sauce. Set aside while you prepare the other ingredients.

Boil the noodles according to the packet. While they are cooking, get on with the rest of the stir fry.

Slice the carrot very finely (or spiralize if you have one), and mince the ginger and garlic. Slice the cabbage and kale into thin strips.

Prep 2 frying pans with a little oil and heat on high.

To the first frying pan, add the tofu, and cook until golden brown on all sides, turning the pieces frequently. At the same time, cook the stir fry in the other frying pan.

Add the garlic and ginger, cook for 1 minute before adding the kale and cabbage. Cook for 2-3 minutes, stirring frequently until the kale and cabbage begins to wilt. Add the carrot and soy sauce and cook for another 2 minutes.

Serve the veggies over the cooked noodles and top with the tofu. Eat immediately.

VEGAN BUTTERNUT SQUASH RISOTTO WITH PRUNES, AGAVE NECTAR, AND CAYENNE

Ingredients:

1 Butternut squash



halved and seeds removed
1 tablespoon coconut oil
1 cup Arborio rice
1/4 cup dry sherry
2 quarts or so of boiling water
1 tablespoon agave nectar
6-8 prunes
1 pinch cayenne pepper

Instructions:

Preheat your oven to 350°

Place the halved and seeded butternut squash flesh side down on a parchment lined sheet pan. Cook until a paring knife slides easily into the flesh. Scoop out the flesh and set aside.

Heat a medium saucepan and add coconut oil

When oil just starts to smoke, add rice. Toast rice until it's just a little golden brown. Add the sherry and stir until the rice has absorbed it all. Pour in 1 cup of hot water and stir the rice until it's

all absorbed.

Continue to add 1-2 cups of water stirring until it's absorbed before adding more. Once the rice is just al dente stir in the butternut squash until well incorporated.

Add your prunes and agave nectar, and the cayenne.

Serve warm. *SL*

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