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#### Letter from our Director, Dr. Jason Lichtenberger



EXPERT: (NOUN) A
PERSON WHO HAS
A COMPREHENSIVE
AND AUTHORITATIVE
KNOWLEDGE OF
OR SKILL IN A
PARTICULAR AREA.

Here at the center we take your face very seriously.

With our experience and education, we are experts of facial plastic surgery, laser procedures and facial skin care. We approach your cosmetic needs with an individualized treatment plan, designed by our top-notch team. The quality care we provide to our clients is supported our three main strengths; singular focus, extensive training and consistent team members. Let's take these one at a time.

#### 1. SINGULAR FOCUS:

A person's face is the center-point of appearance and communication. In fact, the capability to recognize and mimic facial expression has been demonstrated in infants as young as two days of age. Every face has different types of skin—for example, the area under the eye is much different than the skin of the cheek or ear. Additionally, each face is different—the subtle curves of the nose, the position of the eyebrow, and the prominence of the chin.

Since we focus on the surgical and non-surgical treatment of all types of facial specific conditions—and not other areas of the body—we are able to treat your face for its individual needs.

#### 2. Extensive Training:

With 50 years of combined experience in facial plastic surgery, non-surgical facial rejuvenation and skin care, our team has the ability and knowledge to

give you the best possible care. We bring our caring approach, dedication and in depth training to each of our clients. As the only Board-Certified Facial Plastic Surgeon in Whatcom County, I hold myself—and my staff—to a level of quality high above the rest.

As an example, many medical offices and skin lounges have started offering Botox and skin treatments. After only a short weekend course, providers are performing these cosmetic services, with inherent risks, and are putting financial gain above patient safety. Some of them are not even obtaining their products from FDA-approved suppliers.

Providing high quality care has always been a priority for me, and patient safety and satisfaction are equally important. For this reason, I only use cosmetic treatments and products from reputable sources. In addition, we offer the full spectrum of cosmetic facial injectables—not just a few from one supplier. With advanced training, more than 10 years of experience, and a highly trained team beside me, I hope to provide you with the best possible service.

#### 3. Consistent team members:

Whether you are here for a chemical peel treatment with Amy Classen, our world-class aesthetician; a laser treatment with Katy Denooyer, who brings a wealth of experience and knowledge; or a filler treatment with Chris Stacey, our physician assistant with an incredibly caring touch, you will see the same smiling faces greeting you at each visit.

Additionally, when Jessica Kingry, your patient care coordinator (and newest member of the team), welcomes you at the reception desk, you will know you are being treated by a fantastic group of dedicated professionals. Our goal is to work together to maximize your results and optimize your experience.

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fifthonsixth inc. • Artichoke Center Design

#### **CONTRIBUTORS:**

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This unique laser treatment expands skin care to not only address unwanted signs of aging, but gives you the power to help prevent them!

Adding Clear + Brilliant to your collection of skin care tricks—at any age—will help you recover:

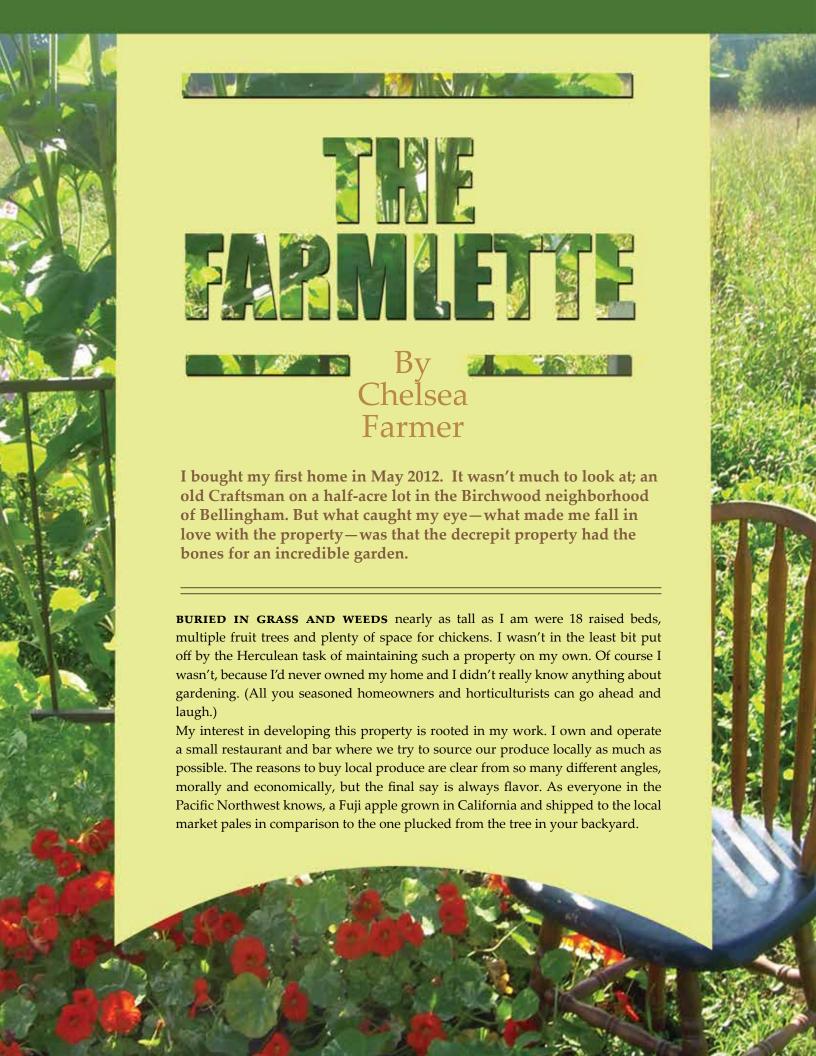
- Visibly illuminated skin tone
- Renewed, ultra-soft and smoother texture
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# My vision for the property (that I dubbed "The Farmlette") was to grow food for my restaurant, a sort of off-premise kitchen garden. I don't have enough space to consistently supply vegetables to the

kitchen garden. I don't have enough space to consistently supply vegetables to the restaurant, however I could grow enough produce for seasonal specials, as well as plenty of fresh herbs and edible flowers to garnish salads and cocktails.

Edible flowers have always interested me. They are an under-utilized culinary spectacle of color, flavor and texture. From the famous nasturtium's peppery blast, to the little-known borages' cucumber-like finish, they are a delight to almost everyone's palate.

Garnish a salad of lovely little lettuces with calendula petals for a pop of color. Float a tiny violet in a flute of chilled prosecco, or bury a borage flower in a frosty gin and tonic. Edible flowers can be difficult to track down in grocery stores, but are fairly common at farmers markets. They are easy to grow at home in flowerbeds or containers, so why not have them at arms length?

Infused simple syrups are a great way incorporate the flavor into a cocktail. A favorite of mine, for its color and flavor, is the Nasturtium Champagne Cocktail. Use the recipe at right as a baseline for any kind of infused syrup.

Chelsea Farmer is the owner of The Temple Bar, 306 W. Champion St. Bellingham, WA. Follow her blog at www.thefarmlette.com.



Nasturtium Champagne Cocktail

1-2 teaspoons nasturtium simple syrup (recipe follows)

6 oz chilled cava, prosecco, Champagne or other dry sparkling wine

Nasturtium flowers for garnish (optional)

Combine first 2 ingredients in a champagne flute. Garnish with a nasturtium flower.

Cheers!

Nasturtium Simple Syrup

4 cups loosely packed nasturtium flowers

1 cup organic cane sugar

1 cup water

In a medium saucepan over low heat, dissolve the sugar in the water. Bring the syrup to a simmer and remove from heat. Add the nasturtium flowers, gently stir and cover. Allow the flowers steep 20 minutes or until the syrup develops a nice rose-gold color. Strain and cool. Nasturtium simple syrup will keep in the refrigerator for 2 weeks.





## By: Elyse Tan

ince April 22, 1970, Earth Day has evolved into the most widely celebrated environmental event in the world. People around the world gather to celebrate nature, get educated on environmental issues, learn how to live greener lives and appreciate earth's natural environment.

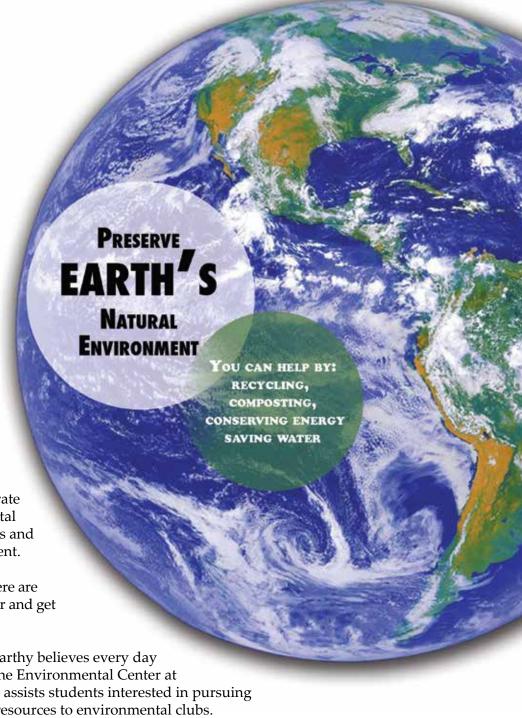
In the Bellingham community, there are countless ways for people to volunteer and get involved.

Twenty-five-year-old Sarah McCarthy believes every day is Earth Day. As the coordinator of the Environmental Center at Western Washington University, she assists students interested in pursuing environmental issues and provides resources to environmental clubs.

Conserving starts with little things such as using reusable bags every time you go shopping, McCarthy says.

When traveling to work and school, using different methods of alternative transportation—including biking, walking and bussing—reduces one's carbon footprint. The carbon footprint calculator (found online at www.carbonfootprint.com) calculates how much your lifestyle impacts our climate.

Recycling, composting, conserving energy and saving water are simple yet imperative tasks that help preserve earth's natural environment.



Permaculture is an ecological design system for sustainability in all aspects of our lives. It teaches us how to build natural homes, grow our own food, restore diminished landscapes and ecosystems, catch rainwater, build communities and much more. In your garden, the application of permaculture cultivates an organic garden without spoiling nature with pesticides. Permaculture emphasizes the self-sustaining fertilization of plants and naturally contributes to a healthy environment, McCarthy says. The Bellingham Community Co-op offers a Permaculture Workshop series.

Buying local is a way to support local farmers and businesses while reducing the cost and detrimental effects of food transportation on the environment. Sixty-nine percent of Bellingham residents are familiar with Sustainable Connections' Think Local First program, increasing awareness about the personal, community and economic benefits of choosing local, independently owned businesses. Every Saturday from April through December, the Bellingham Farmers Market creates opportunities for people to support local sustainable agriculture by

connecting the public with local farmers, artisans and other producers. People must watch what food and products they're consuming and divest in fossil products, McCarthy says.

There are plenty of organizations in Bellingham

in which to volunteer time, McCarthy says. Time is valuable and people have the ability to be more active in restoring plants and

animals. For example, the Nooksack Salmon Enhancement Association helps restore salmon habitat and get rid of invasive species choking out natural plants. Anyone can find their niche and get involved working toward a cause they're passionate about. McCarthy recommends signing up for the newsletters of local environmental organizations including Sustainable Connections, Sustainable Bellingham, ReSources for Sustainable Communities, etc. Green Drinks in an international organization that links environmentally minded people and holds meetings in Bellingham on the first Wednesday of every month that are open to the public (monthly meeting time and location can be found at www.greendrinks.org/WA/Bellingham).

In efforts to conserve and cut out toxins, McCarthy creates her own cleaning products, beauty products, lotions, candles, soap and toothpaste.

"It's important that we acknowledge how interconnected we are to the environment," McCarthy says. "We must continue learning about and celebrate the vitality of this earth and never stop trying to create a world in which we live in unity with the natural systems for the sake of the environment, plants, animals and ourselves."

Western Washington University will be hosting an Earth Day event on Saturday, April 20. There

> will be live music, a table informing the public about local organizations, recycled arts, tie dye, everybodyBIKE, "pot your own plant" and other activities from 11 a.m. to 4 p.m. at the Fairhaven College Courtyard.

Although there is one day of the year observed for

Earth Day, our environment should be appreciated and preserved every day.

In efforts to conserve and cut out toxins, McCarthy creates her own cleaning products, beauty products, lotions, candles, soap and toothpaste.

#### **DIY TOOTHPASTE:**

1/3 c. coconut oil 1/3 c. baking soda

5-8 drops peppermint essential oil (optional) sweetener, such as xylitol or powdered stevia to taste 1 drop tea tree oil

Many other economical and safe recipes are available online.









love helping women feel beautiful. When I create a new look for a client, I'm always delighted to see their look of amazement at the result and hear them ask, "Can you teach me to do that?" Sometimes dramatic changes can be made with a common, everyday beauty aid that is often misused: makeup. I believe makeup application should be simple and easy and make every woman feel young and beautiful.

As we mature our skin changes, and as our skin changes our skin care regimes should change as well. Part of our regime is makeup and what worked last year might not work now. Time can pass by quicker than we think so an annual review of your makeup inventory and application routine is well advised. This will help you find fresh new looks but also avoid forming habits that keep you stuck with outdated makeup that no longer suits you.

#### Here are some great tips to help you look and feel younger in minutes!

#### WEAR EYELINER

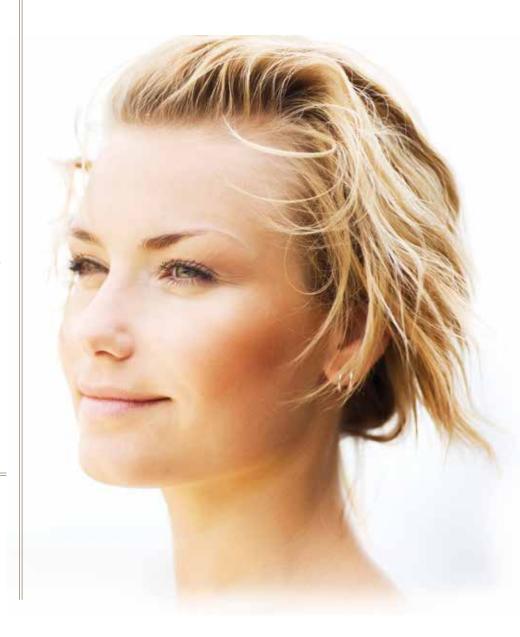
A common complaint in my treatment room is lack of fullness of the eye lashes. Eye liner is a quick fix. You can fake fullness by using a liner between lashes to go where mascara cannot, making them appear longer. Look into the mirror with your chin up then use a finger to raise your brow and hold it in place while you wiggle your liner in your lash bed. Finish by using a white eyeliner pencil inside the lower lash line. This trick will brighten and open up tired eyes. If this isn't on your morning schedule of getting ready, you can cheat and use a lash growing product. Our favorite at Hecht Aesthetic Center is Latisse. Latisse is the only FDA approved product for growing lashes and is available at our center will a short consultation.





#### Use Bronzer

All girls in the Northwest need bronzer! Bronzer provides a natural sun-kissed look without any of the risks of sun exposure. Easy to apply with a fan brush, use light strokes from the widows peak around the apples of your cheeks and along the jawline. Finish lightly on the neck to ensure proper blending. Think of Bronzer as a highlighter where the sun naturally hits your face.



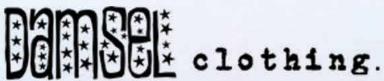
#### WEAR LIPSTICK

I love lipstick and aside from mascara, I believe it should be a staple in every makeup bag. During a makeup consult, two of the most common questions I encounter revolve around which shade is appropriate for their age and which lipstick has the greatest longevity. The answer to both depends on the condition of the lips. For more mature women who struggle with fine lines around the mouth I suggest applying a lip liner first in a natural shade. Lip liner helps prevent lipstick from bleeding and feathering. Once lipstick has worn off, liner is still visible. Choosing a shade is easy. Mature lips should gravitate towards softer colors. However, age is relative and I have applied a beautiful red to a woman in her 60s! A consult is essential with someone who has experience with makeup.





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#### Use The Right Foundation

Just like skin care, not all foundations are appropriate for all faces. Lifestyle and skin type are key considerations when selecting the right foundation. If you have dry skin and you use foundation and powder for oilier skin, the product can settle into fine lines making them look deeper and darker. Mature, dry skin is often best paired with tinted moisturizers and loose mineral powders. If your complexion is oilier, use a primer. A primer creates a barrier between the skin's oils and your makeup that keeps it from sliding off during the day.

Perhaps more important is finding a shade of foundation that matches your skin tone. The number one rule with foundation is that you shouldn't be able to see it. The shade of your skin can change from season to season so it is important to reassess what shade is right for you on a regular basis.

# 5

#### How Do I Get Started?

If you have a favorite cosmetic line, visit your counter every season to see what's new. At Hecht Aesthetic Center we use Jane Iredale Mineral Makeup. After years of working at different cosmetic counters I can honestly say Jane is the best. Made from the purest minerals, Jane is safe and easy to apply. I invite you to schedule an appointment and I look forward to helping you feel your best!

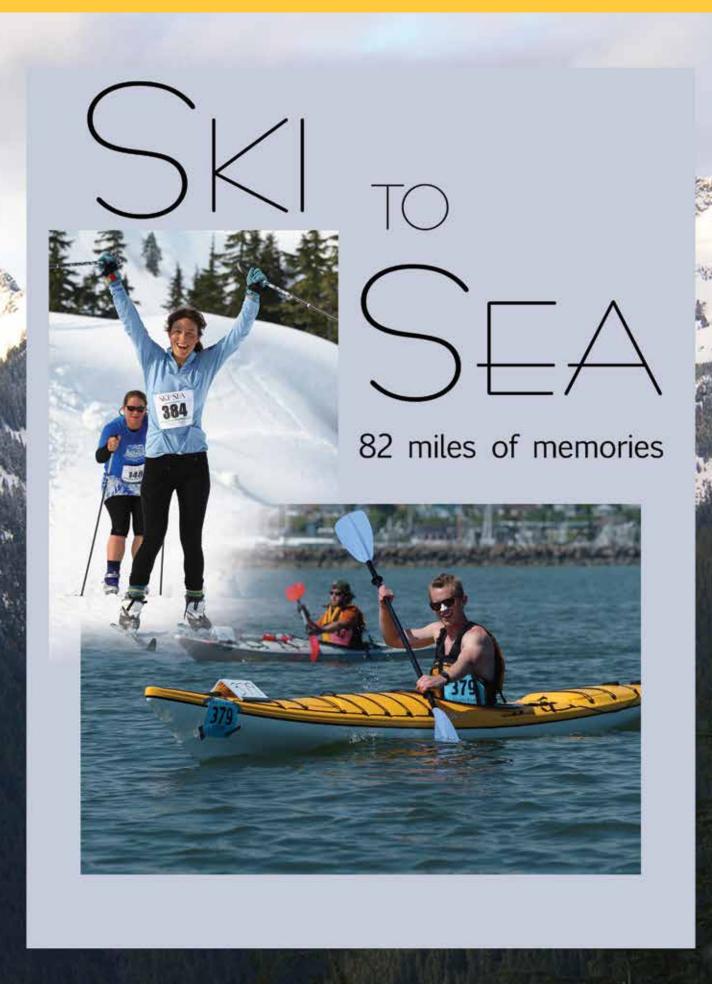




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very Memorial Day weekend in May people from all over the world travel to Bellingham to participate in the Ski to Sea Race, whether to participate in a leg of the relay, support a team, participate in one of the many events that surround the race or to merely be a spectator of this grand event.



## History

his year marks the 100 year anniversary of the Ski to Sea Race from the final 1913 Mount Baker Marathon and the 40 year anniversary from the rebirth of the race, now known as Ski to Sea, in 1973. Bellingham is rich in history with many stories to tell. And as the years pass, these stories fade into the past with the passing generations. Two local

residents decided the story of the Mount Baker Marathon needed to be told.

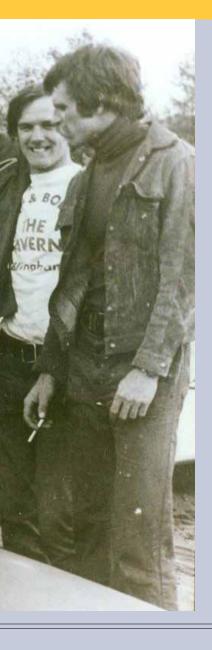
The documentary, The Mountain Runners, directed by Todd Warger and Brian Young, showcases the history behind the Mount Baker Marathon. The film was released in May of 2012. Warger lives in Bellingham and Young lives in Mount Vernon.

The Mount Baker Mountain Club was formed in 1911 in hopes to bring tourism to the region and to Mount Baker and give the area attention from the rest of the country.

"They were looking at little

communities that became tourist havens overnight," Warger said. "The race was a beginning to a means to exploit that mountain. What better way to do it than with some insanity." The race, backed by the Chamber of Commerce, was sensationalized by the press to concoct an event of epic proportions.

"These weren't even professionals,"
Warger said. "It had every recipe for disaster from the beginning."
The race consisted of two paths starting in Bellingham, one through Glacier and the other through Deming, traversing the summit of Mount Baker and then returning to Bellingham



through their respective routes. The Glacier route was shorter at 28 miles long, but steeper in ascent and did not have roads, therefore the race participants traveled by a train, modified to make it faster, from Bellingham to the trailhead. The Deming route was 32 miles long, with dirt roads that participants traveled in stripped down automobiles on the dirt roads. Both treks were treacherous. Joe Galbraith was the winner of the 1911 race. Parties and celebrations after the race made it quite the event.

In 1912, the second year of the Mount Baker Marathon was a three-day event, with parades, circus performances, parachute jumps and hot air balloon rides, much like the Ski to Sea festivities today.

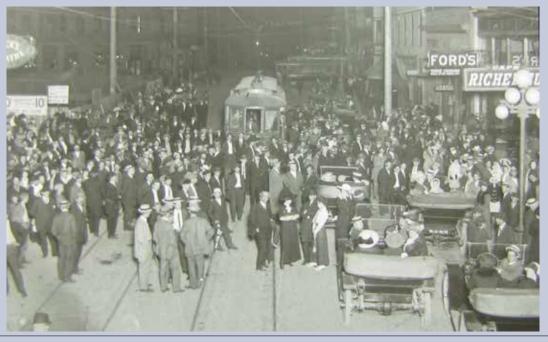
Harvey Haggard was the winner of the 1912 race.

In 1913, the race was modified, having the runners travel through Glacier or Deming on their way up to the summit of the mountain and then return to Bellingham via the alternate route. Paul Westerlund was the winner of the 1913 race.

During 1913, the rivalry between Deming and Glacier became even more heated. And after the 1913 race, JJ Donovan, the wealthiest business man in Bellingham, pulled his funding from the race, and once he did, the race lost all its financial backing. It is said that Donovan wanted Bellingham to be more progressive in the business world and the race was attracting the wrong kind of attention. That was the end of the Mount Baker Marathon.

In the late 1960s, Bellingham locals began the process of re-creating the Mount Baker Marathon, Mel Monkelis said. Mel Monkelis is the Executive Director of Whatcom Events, which organizes and run the Ski to Sea event. A key person in the reinstatement of a race in Whatcom County was Austrian Olympic medalist for skiing, Franz Gabl, who moved to Bellingham and led the movement to bring back the Mount Baker Marathon, now known as the Ski to Sea race, Warger said. The first Ski to Sea race was in 1973. It started with three legs, skiing, road biking, canoeing.

"It wasn't even envisioned it would grow to a race of such stature," Monkelis said. "No one knew the community would really personify and take a hold of this race."



# The Race

he seven-leg relay race starts on Mount Baker and ends in Bellingham Bay in Fairhaven traversing 93.5 miles. The different sections of the race include: cross country skiing (approx. 4 miles), downhill skiing/snowboarding (approx. 2.5 miles), running (approx. 8 miles with a 2,200 foot elevation drop), road biking (approx. 41 miles), canoeing (approx. 18.5 miles on the Nooksack River), mountain biking (approx. 13 miles) and kayaking (approx. 5 miles in Bellingham Bay). Each team has eight members. Each participant can only be on one team and only participate in one leg of the race. The race currently caps team registration at 500, with teams comprised of Olympic athletes to casual competitors, Ski to Sea is inclusive of any and all skill levels and athletic abilities.

The Ski to Sea Web site (skitosea.com) details carpool approaches to tacking the race, time lines to help plan for the day of the race and a plethora of other resources for participants and those interested in the details of the race. The orchestration of the event details is intricate and impressive in an effort to coordinate the 4,000 participants of the race.







# Community

rian Boatman has been participating in the canoe leg of Ski to Sea Race on the same team since 1988. Beavers Tree Service, Boatman's business, sponsors his team, after changing teams early in his Ski to Sea career, he decided sponsoring a team would ensure he would always have a team to participate with, he said. Boatman's canoe partner, Dave Williams, is a Nooksack Tribal Officer who has been canoeing his whole life.

"It is a family thing here," Boatman said.

One of his most memorable Ski to Sea moments was watching his daughter, Bianca Gordon, now 29, compete in the race at the age of 15 in the canoe leg. Gordon is a nurse and currently participates in the race as an aid station coordinator for Ski to Sea, Boatman said.

"It is always fun out there with the family, her boat getting ready and my boat getting ready, waiting for her to come in on her boat," Boatman said.

The spirit of the race truly is a family event, whether that is with actual family, co-workers, neighbors or the community in general.

"Personally I just really enjoy seeing how Ski to Sea has brought such a community together for health," Boatman said. "So many people going out training now and before in the beginning, if we went down there were 5 or 10 boats out there that would be a lot, not at Bloedel Donovan there will be 50 to 100 boats out there training, kayaks and canoes."

Ski to Sea participants unofficially train with kayaks and canoes out on Lake Whatcom on Wednesdays leading up to the race, Boatman said.

Another aspect of Ski to Sea is the volunteer participation, which truly illustrates the community involvement of the race, with 800 volunteers that show up every year to be an essential aspect of the race's implementation, Monkelis said.

Some of the race chairs have been volunteers for 20 years, Monkelis said.

"To have volunteers coming back for so many years, that is an act of love," Monkelis said.

Monkelis participated in the Ski to Sea race for five years doing the canoe leg.

"It was always the highlight of my year," Monkelis said.

After the race there are 500 parties going on. This is a huge aspect of the festivities of Ski to Sea.

"Everyone shares stories of what happened on what leg, and it is like the race is still going on," Monkelis said.

## Sister Cities Program

ellingham has seven sister cities and residents of those cities are always invited to participate in the Ski to Sea race, and in the past a few people may actually make their way to be a part of it, Monkelis said. In 2011, the Sister Cities program started in partner with Ski to Sea. The program began working toward sponsoring one resident from each of the seven sister cities to be flown to Bellingham to participate

in Ski to Sea. In 2012, \$11,000 was raised from the community and a member from each city came together to form one team. Fundraising is currently underway to bring this unique team together again in 2013.

"This makes the race different from the Olympics, where countries compete against each other," Monkelis said. "With Ski to Sea, countries are working together on the same team."



#### Junior Ski to Sea Parade

Friday, May 17, 6pm to 8pm, downtown Bellingham Hosted by the Bellingham/Whatcom Chamber of Commerce and Industry

For more information: www.jrskitosea.com

#### Junior Ski to Sea Race

Saturday, May 18, 8am to 4pm, Lake Padden

This five leg race includes running, a threelegged race, biking, soccer and an obstacle

Participants must be in 3rd grade or older. Hosted by the Bellingham/Whatcom Chamber of Commerce and Industry

For more information: www.jrskitosea.com

#### Ski to Sea Carnival

Tuesday through Sunday, May 21 through 26, Bellis Fair Mall

#### "Mountain Runners" Movie Showing

Thursday, May 23, 6:30pm, Pickford Film Center For more information: pickfordcinema.org

#### Ski to Sea "Art by the Lake" Art Show

Friday, May 24 6pm to 8pm, Saturday, May 25 9am

Sunday, May 26 9am to 6pm, Monday, May 27 9am

Bloedel-Donovan Community Building, Lake Whatcom

Hosted by the Whatcom Art Guild

For more information: www.whatcomartguild.org

#### Ski to Sea Block Party

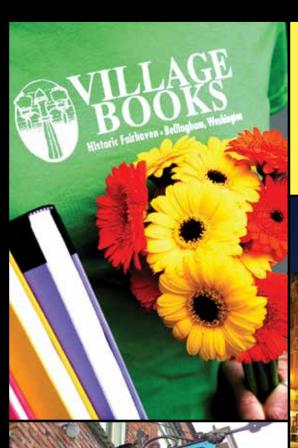
Friday, May 24, 5pm to 9pm, Boundary Bay Brewery Live music, beer garden, costume contest, scavenger hunt, raffle, prizes, cupcake challenge

#### 93rd Annual Ski to Sea Blossom Time **Grand Parade**

Saturday, May 25, 12pm, from Cornwall Ave. and Alabama St. to York St. and State St.

#### Ski to Sea Race

May 26 7:45am to 6pm, Mount Baker to Marine Park



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#### **Fairhaven Festival**

Sunday, May 26,, 10am to 7pm, Fairhaven and Village Green Live music, beer garden, arts and crafts vendors, food vendors

Hosted by Old Fairhaven Association For more information: fairhaven.com

#### Ski to Sea Race Finish Line

May 26 11am to 6pm at Marine Park Beer garden, live race and finish line announcements, live music, food vendors

#### Ski to Sea Awards Show 5:30pm, Marine Park

Watch the racers cross the finish line, live music, awards presented to racers

## 23rd Annual Boulevard Park Antique Car Show

Sunday, May 26, 10am to 3:30pm, Boulevard Park

Hosted by Antique Auto Restorers Club of Bellingham

For more information: aarcbellingham.com

#### Ski to Sea shuttle:

2 Routes: pick up at Western Washington University C Lot by the Recreation Center to Fairhaven and the downtown Bellingham at Boundary Bay to Zuanich (Coho and Roeder Drive) or Marine Park (12th Ave and McKenzie).

The shuttle departs every 15 minutes from each location from 11am to 8pm.

One-time fee \$3.

#### For more information:

Skitosea.com Find Ski to Sea on Facebook Bellingham.org Mountainrunners.com

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