

# Walla Walla Lifestyles

**Healthy**

lifestyles in the  
Walla Walla Valley

THE VALLEY'S PEOPLE, WINE &

October 2015

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## WE'D LIKE TO HEAR FROM YOU!

Want to comment on a story or pass along an idea for an article?

Send us an email at [feedback@wallawallalifestyles.com](mailto:feedback@wallawallalifestyles.com)



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# Walla Walla Lifestyles

October 2015

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COVER: At Walla Walla Clinic's expanded physical-therapy facility, Dr. Victor Attoh helps clients rehabilitate after injuries. (Photo by Emily Star Poole)

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The Maison Bleue tasting room at 20 N. Second St. in Walla Walla.

# Dentist-turned-winemaker puts down roots in Walla Walla

Disenchanted with the financial aspects of the dental industry, Jon Meuret turned his attention to a trade with more liquid assets.

By Andy Perdue / Photos by Steve Lenz

Jon Meuret's transition from Midwest dentist to Walla Walla winemaker isn't quite the stretch of imagination it might at first appear to be, but his journey is a fascinating study in creativity and perseverance.

Meuret, owner of Maison Bleue on Second Avenue, was born in San Francisco, but, as an Air Force brat, grew up in America's heartland. He earned his Bachelor of Science degree at the University of Kansas and his doctorate in dentistry at the University of Iowa.

After opening a dental practice in Kansas City, Meuret discovered wine — and he quickly dived in.

"I got into wine as a consumer," he said. "I had a number of friends in Kansas City who

owned wine-distribution companies and wine shops."

Through them, Meuret sampled a lot of wine at consumer tastings, but invitations to trade tastings gave him access to wines that most casual wine lovers would rarely see. His interest became an obsession, as he began taking sommelier courses and, ultimately, sought out opportunities at wineries.

We don't think of the Midwest as wine country, but states such as Ohio and Missouri were at the heart of the American wine industry more than a century ago. At one point in the 1800s, Missouri had more than 1,000 wineries. Today, the Show-Me State continues to recover from Prohibition, and is now home to about 150

wineries and three American Viticultural Areas.

Meuret sought out a Missouri man who was starting a winery as little more than a hobby. Together, they began to build up the operation, all while Meuret earned a hands-on education.

"I did half the vineyard work, and we did the winemaking together," he said.

At this point, Meuret had seen enough traditional education to know he had little need for another degree. Besides, he still had his full-time dental practice going. So he began to take courses at Missouri State University and, later, through the University of California-Davis and Washington State University.

By this point, he'd had his practice for a decade and enjoyed helping others, but he



Maison Bleue's wines combine a European sensibility with a controlled New World opulence.

was becoming disillusioned with the medical industry.

"I became disenchanted, not with the practice of dentistry, but more with the insurance game," he said.

More and more companies were moving to managed-care systems, and that was hard on Meuret and other small medical providers.

"I felt like I was doing this work not so much for myself or for the patients, but I was being told how to treat," he said. "Half of my office manager's job was chasing money from insurance companies. It just wasn't fun anymore."

So Meuret began to hatch his plan for a new career in the wine industry.

"I didn't all of a sudden wake up one day and say, 'Hey, I'm selling my practice, and I'm starting this other idea.' That wasn't the smartest way to look at this," he said. "It was a three-year transition out of dentistry."

He made that leap in late 2007, moving to Washington's Yakima Valley and launching Maison Bleue in the town of Prosser. He bought a dilapidated vineyard, built it up and named it French Creek. His wines focused on Rhône varieties such as Grenache, Syrah and Mourvèdre, and he quickly gained a reputation for quality.

"I was able to create wines of distinctiveness and style that stood out," he said. "I was able to establish myself pretty quickly."

As much as he enjoyed the rural lifestyle of the Yakima Valley, Meuret felt drawn to Walla Walla.

"With a lot of encouragement from people in Walla Walla, we decided to make this our home," he said. "It's been an incredible decision."

Meuret and his wife, Amy, made the move in early 2013 when they came upon a vacant space across the street from the Marcus Whitman Hotel.

"Walla Walla fits the style of Maison Bleue. People have been accepting with open arms from the very beginning. We felt like this was our home."

Meuret has sold his vineyard near Prosser and now focuses primarily on grapes from Walla Walla Valley sources. He crafts his 3,000 cases of wine at Artifex, near downtown Walla Walla.

"I came to Walla Walla not just to take advantage of the Walla Walla name," he said. "I really believe in the terroir here. I started working with some fruit here a few years back and fell in love with Syrah, and now Grenache."

Meuret continues to make his reputation

with Rhône-style reds, but he's also expanding his offerings. He will be releasing his first Cabernet Sauvignon in the spring. And now he is launching a new brand called Domaine J. Meuret. These new wines — a Pinot Noir and two vineyard-designated Chardonnays — use grapes from both sides of the river in the Columbia Gorge. They are distinctively different from what he has produced so far and should find fans amid wine lovers who enjoy elegant Pinot Noir and Chablis-style Chardonnay.

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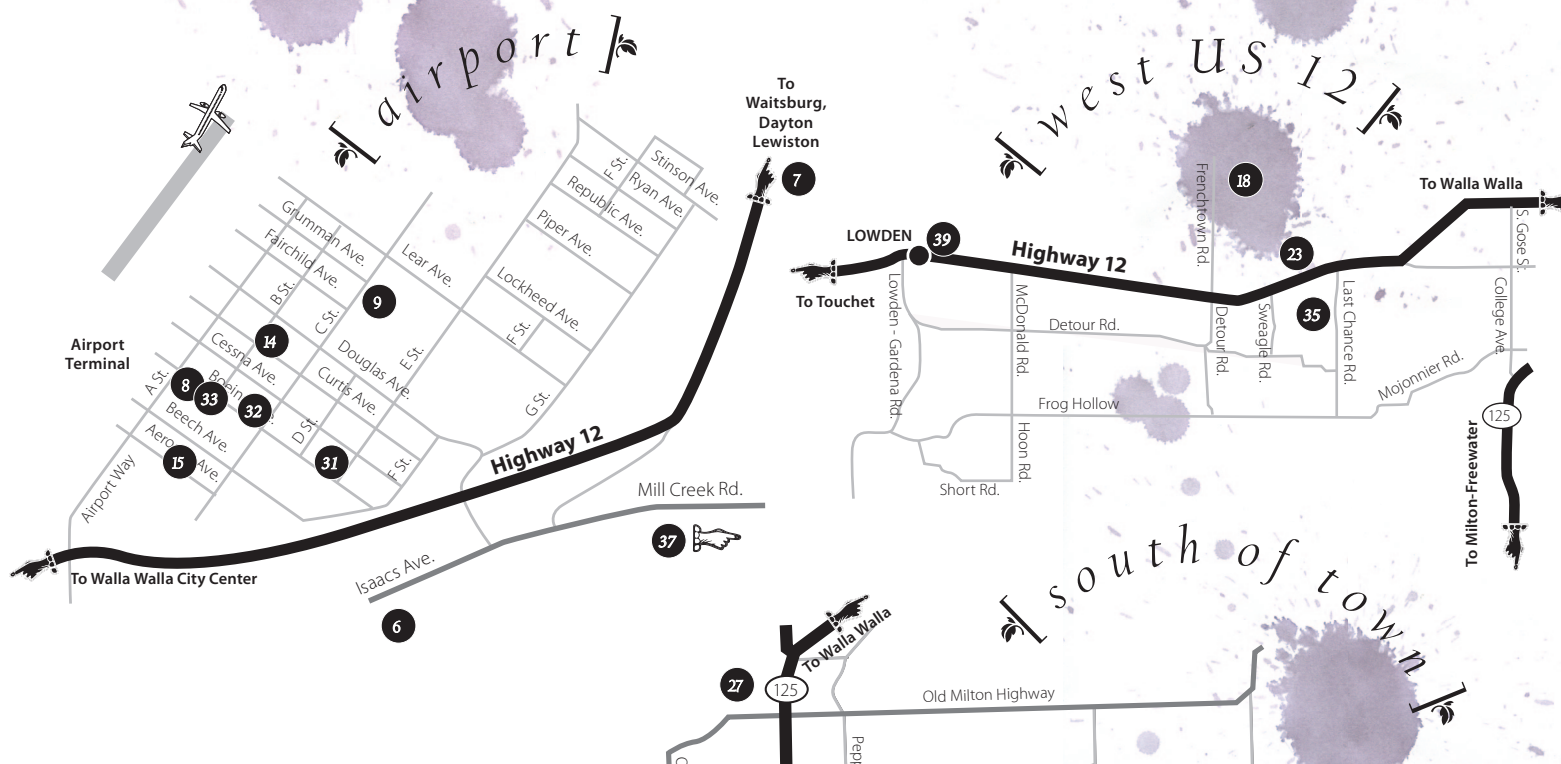
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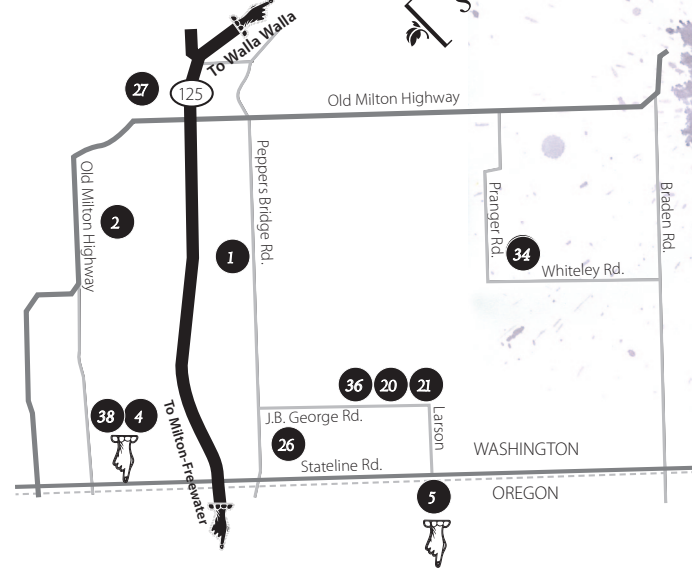
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Many Valley residents say Andy's Market is their favorite place in the area to find fresh produce and bulk foods.

# Why does everyone love Andy's Market?

It's fresh, local, organic and budget-minded.

By Robin Hamilton / Photos by Steve Lenz

When people move to the Walla Walla Valley, they get hip to a few things sooner or later. Farming is big. Wine is big. And the best place to find organic, vegetarian and all-around healthy food at a modest price is Andy's Market.

Pamela Good, a California-to-Walla Walla transplant, recently wrote this about the store on Facebook:

"When I moved here from Southern California, I thought I would die without Whole Foods and Trader Joe's. Then I found Andy's. This is our fifth year here, and I don't miss those other places at all! They have everything in sea-

son, and buying their bulk products and their plants sustains us. We are not vegetarian, but Andy's is our go-to market."

Andy's reviews on Yelp are stellar. Another new Walla Walla resident writes, "This place has a better selection of veg food than the big ol' Fred Meyer in Seattle. And the prices . . . I almost cried tears of joy when I saw my bill."

The store has been in its location at 1117 S. College Ave., College Place, since 1970, and has remained a reliable — albeit more buttoned-up — version of the crunchy-granola co-op health-food markets of the 1960s and '70s.

The store's founder, Walter M. Anderson,

built the business to serve the nutritional and dietary preferences of the traditionally vegetarian Seventh-day Adventist community.

"That was the customer base then," store manager Dave Gordon says. "Now we appeal to a wider range of people, including those who aren't necessarily vegetarian, but like to eat well and healthily."

Andy's mission, to buy fresh, high-quality foods in large quantities, and then pass the savings along to the customer, hasn't changed over the years, says Gordon. Walter Anderson's philosophy was that people should be able to eat good, healthy food, even if they are on a



Dave Gordon, Andy's Market store manager.



Andy's Market's extensive selection of vitamins and other nutrition-related products attracts health-minded shoppers from all over.

strict budget. That focus remains to this day.

What makes Andy's a winner in most health-conscious minds is its emphasis on local produce. Next to the Valley's farmers' markets, Andy's is known for being the best source of the freshest ingredients for family cooks, epicureans and health-food advocates alike. Assistant manager Kevin Greenwald says the store emphasizes local vendors for its vegetables, such as Stones Throw and Hayshaker farms and, in the spring and summer, the best local fruits available, from Gala apples and Hermiston melons to blueberries and apricots.

Its second-most-popular section, the bulk-foods department, carries an extensive array of grains, gluten-free flour, legumes, spices and teas.

"Bulk foods are a cheaper way to eat," Gor-

don says. "Lots of people like to cook from scratch, so they can limit the amount of additives to their meals, and they can do it for less than if they used packaged foods."

Gordon says the store works hard to keep customers informed of all the ingredients in its food, packaged and unpackaged.

On the store shelves underneath many products are lists of ingredients, and information identifying foods that are non-genetically modified or zero-trans-fat, or contain artificial sweeteners, colors or flavors.

"If I could, I'd make sure everything was non-GMO," Gordon says.

Gluten-free products and vegetarian and vegan meat-substitutes hold sway. Customers can also find candy and treats that might not be considered healthy, but the dominance of a

health-conscious ethos is everywhere.

Another big draw at Andy's is its vitamin- and herbal-supplement department.

"We emphasize that we're not a doctor's office; we don't prescribe anything. But we have a very educated customer base now, because of Google. Most people know what vitamins and supplements they need before they come into the store," Gordon says.

In the increasingly competitive grocery industry, the small-town market has managed to stay successful.

"This is not a destination market," he says. "We have always filled a niche."

"We do what we do well, and we have great, good people who are knowledgeable, friendly and happy with their workplace."





Andy's Market's produce department features a variety of in-season, locally grown fruits and vegetables.


  
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## Dining Guide



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Capital's clean, classic interior hearkens back to barbershops of yesteryear.

# #CuttingHeads in Walla Walla

Capital Barber Shop brings big-city style to Wine Country.

By Michael Mettler / Photos by Steve Lenz

A great haircut is key to any man's carefully crafted personal style, but finding the right chop shop isn't as simple as just hunting for a striped pole and a bucket of antiseptic-dipped combs.

For those of us growing up in the '80s and '90s, barbershops were low-end places that reeked of sadness and Barbasol. They were places you would pop into for a \$5 haircut from an elderly man who knew about three different cuts (OK, four — if you were lucky). There was a time when a man's life revolved heavily around the barbershop. In those days, more than just a practical pit stop for general upkeep, it was a place of spiritual restoration where guys gathered to bond, relax and BS.

Thankfully, along with pre-Prohibition-era cocktails, raw denim and heritage brands, we've seen a full-scale resurgence of barbershops as social and cultural venues in major metropolitan areas over the past 15 years or so, spearheaded by chains like Rudy's Barbershop and Floyd's 99. Offering services ranging from basic buzz cuts and straight-razor shaves to beard sculpting and rest facials — and even beyond — today's on-trend barbershops aim to be a third place (à la Starbucks) for people to hang out and relax at.

Training as a barber in Southern California in the mid-1980s, K.C.

Pratt, who owns Capital Barber Shop, was at the epicenter of West Coast trends. Working on celebrities, socialites and athletes and attending parties in the Hollywood Hills exposed him to new ideas, fashions and cultures that influenced his style.

Upon relocating to the Seattle area, Pratt opened his own shop, bringing in tow an LA attitude to the laid-back Pacific Northwest. Through a series of twists and turns that resulted in his returning to his hometown of Royal City, Wash., to run his family's businesses, Pratt continued to cut hair for the better part of 20 years at shops he ran on a part-time basis.

After planting a vineyard on his land in Roy-

al City and selling grapes to wineries throughout Washington state, Pratt began visiting Walla Walla for wine-tasting excursions around 2009. Noticing a dearth of quality barbershops in the region, he began seriously contemplating opening a shop in town. Conversations began with his friend David Peterson, founder of

stery shop), a sleek, industrial, modern space was crafted for the business. Upon entering the double doors of Capital Barber Shop, guests are greeted by the resident mule deer ("Fawn-ye West," as it was dubbed by shop regular Brandon Kubrock) as they prepare to peruse the carefully curated retail items.

Beer growlers, cigars, fedoras, bowties, flasks, books on spirits, man candles in scents of sawdust and baseball mitt, every item is hand-picked by the Capital team with men in mind. Guests can relax with a cold beverage on mid-century modern leather furniture in the lounge while waiting for their services, all the while keeping up on the latest sports news and men's lifestyle trends as they are serenaded by music ranging from old-school jazz to indie '80s rock. The open space features four service stations facing a wall of tall mirrors mounted above the polished granite countertops illuminated by barn-inspired light fixtures.

On any given day, Pratt and the other team members are lopping off hair at a quick pace while catching up on the lives of their clients and sharing the latest and greatest in men's hair trends from their frequent training sessions with professional educators from V76 by Vaughan (the core product-line the shop carries). Unlike in a salon where stylists may only see their clients once every couple of months, the shop has

found a loyal following among men in the region who were yearning for something tailored to their grooming needs, many of whom pop in for various services every week or two, and, at times, just to hang out after work before heading home.

That isn't to suggest that women are not served at Capital Barber Shop, however. Stylists Nici Goff and Olivia Pratt offer a full range of services to women, as well, ranging from color to blow outs to facial waxing.

If you haven't had a chance to drop by the shop, make plans to check out the space, meet the team, get a cut or simply do some man shopping.



K.C. Pratt works on the details of a client's cut.

the Rudy's Barbershop chain, about creating a concept similar to Rudy's for smaller markets. Having just sold Rudy's 17 locations in Seattle, Portland, Los Angeles and New York City to an investment firm, Peterson was excited by the idea and drove out to Walla Walla for a weekend to get a feel for the community. While here, he and Pratt found a rough industrial space in a former Studebaker dealership in downtown Walla Walla and quickly agreed to lease it, while simultaneously developing a business plan and working on branding — case in point, their social-media hashtag, #CuttingHeads.

From the dirty, run-down aesthetic of the former paint shop (and, more recently, uphol-



A former paint store, Capital's airy Spokane Street location features areas for customers to hang out, shop and get their hair styled.



**Above and right:** In addition to fashion-forward haircuts, Capital offers a variety of other products to help a man look and feel his best.

## Meet K.C. Pratt

**Favorite haircut for men at the moment:** I'm really liking the looks of the Pompadour, right now. It isn't for everyone, but it is a fun look for those who can pull it off. Longer up top with the hair swept upward from the face, with a tight fade on the sides.

**Must-have grooming products:** I'm a big fan of the V76 Control Balm Strong Hold for most hairstyles. The great thing about it is that you want to change your hairstyle over the course of the day, by adding just a little water to your hair, you'll reactivate the product. I also don't go anywhere without my 4-in-1 Essential Face Tonic from Ursa Major. It is super-refreshing, and cleans, exfoliates, heals and hydrates your skin all at once. It is also available as a wipe, which is great for travel or to take to work.

**Grooming tip for men:** Take care of your nose, ear and eyebrow hair. The little details matter, and the ladies do notice!

**Most important accessories for men:** A great pair of sunglasses, some sharp shoes and a smile are key to a great look.

**Thoughts on the beard trend:** I think beards are really fun, as long as they are well-maintained. Regular grooming and use of shave oil and waxes is important for keeping them manageable.

**Where you'll find him when he isn't cutting hair:** Wine tasting, dining out, hosting parties and riding my Harley.



K.C. Pratt, owner of Capital Barber Shop.



### **If You Go:**

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Walla Walla Clinic's large, open physical-therapy gym has equipment to help clients rehabilitate from many types of injuries.

# Room to breathe again

## Walla Walla Clinic's new physical-therapy facility

Story and photos by Emily Star Poole

Since the beginning of July, Walla Walla Clinic's physical therapists have been basking in their new 6,800-square-foot facility. Located on the clinic's main campus (much more convenient than its previous location downtown), the building boasts high ceilings and an open-concept gym that provides patients and therapists room to breathe again.

"Our old gym was a sixth the size of this one," says physical therapist Dr. Mark Frewing, who has been at Walla Walla Clinic since 2007.

A native of Bend, Ore., Frewing attended Oregon State University, where he played volleyball and earned a degree in exercise science. After college, he worked as an athletic trainer,

a project supervisor and a lawn-care-business owner before returning to school for the physical-therapy program at Creighton University.

For Frewing, the job has been the right fit.

"You make an impact on every person who walks through the door," he says. "After some time, patients start doing all the stuff they haven't been able to do. That's what drives me — knowing that I'm helping people every day."

Although Walla Walla Clinic's physical-therapy department specializes in the prevention and treatment of sports-related injuries, Frewing says all kinds of patients will benefit from the new facility. From those affectionately referred to as "weekend warriors" (patients

overexerting their office-bound bodies during weekend adventures) to the elderly trying to maintain mobility or those suffering from musculoskeletal and neuromuscular disorders, the new building will be a place of healing and restoration.

While physical therapists continue to see many of the same issues from year to year, Dr. Frewing says ailments are evolving as lifestyles become more sedentary. In many fitness circles, sitting has been dubbed "the new smoking." Additionally, Frewing says there has been a transition in neck pain from injuries related to staring at a TV or reading a newspaper to an injury he refers to as "text neck" — a strain on





Dr. Victor Attoh uses ankle weights to help a patient improve her quadriceps muscle strength.

the upper cervical spine caused by prolonged smartphone use.

Frewing says activity is at the heart of health, and at the heart of his work.

“If you go to see a PT, you’re going to be moving”

The call for people to get up and move is one that Walla Walla Clinic’s newest physical therapist is also very passionate about. Dr. Victor Attoh has been at Walla Walla Clinic for a year. Born in Ghana, West Africa, Attoh moved with his mother to Canada just before he turned 14. A soccer enthusiast, Attoh suffered ankle and knee injuries during school. Thanks to a positive physical-therapy experience, he healed nicely and left with the inspiration to pursue the field himself, ultimately finishing both undergraduate and graduate studies at East Carolina University in North Carolina.

“The one thing the body likes is movement.



The exterior of the physical-therapy facility.



Dr. Attoh explains the next exercise to a patient during a rest break.

If you stay still, things deteriorate, things wind down, things stop,” he says.

While previous physical-therapy approaches were centered around ultrasounds, hot packs and electrical stimulation, Attoh says the field is returning to a manual-therapy approach with fewer gadgets and gizmos. Today’s therapists are more likely to use their hands to work out soft-tissue adhesions and mobilize a patient’s joints.

“I like it because it helps me see that I’m doing something for the patient. I don’t simply put them on a machine,” Attoh says.

But physical therapists can’t be successful on their own, and therapy often tests the perseverance of a patient.

Attoh tells the story of one woman he worked with after her total knee-replacement. Her road to recovery was not easy. In fact, the woman often joked with Attoh during therapy sessions, saying, “It’s not Friday, you can’t make me cry yet.”

When this patient recently came in for a new, unrelated issue, she began by telling Attoh how well her knee had healed and how impressed the doctors were with its mobility. Attoh told the woman, “It’s because you did a good job,” to which she responded, “No it’s because you did a good job . . .” And so the joke became, “Well, I guess we did a good job” — recognizing the teamwork necessary to get good results.

Attoh, Frewing and a third therapist, Dr. Christina Johanson, will continue to grow their practices in the bountiful space. With over 40 referring physicians, including the clinic’s two orthopedic surgeons, the potential for departmental growth is great. The team anticipates up to six therapists might eventually practice under the new roof.



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Example of cupping-therapy discoloration. Contrary to popular thought, the discolorations are not bruises, but actually signs of metabolic- and environmental-waste products being pulled from the muscles for proper removal by the body's lymphatic system.

# Improve your performance with sports-therapy cupping

Removing toxins can increase blood flow to muscle tissue.

By Lindsey Thompson / Photos by Steve Lenz

Ever seen those dark-purple, circular marks on the backs of Olympic athletes, especially the Chinese swim team? The marks are reminiscent of signs of a giant-squid attack. Those circles are the signs of metabolic waste, such as lactic acid, cellular debris and environmental and recreational toxins, being pulled to the surface of the skin via cupping therapy. Some of the toxins will come out through skin pores. The rest are processed by the lymphatic system — the system in the body designed to bring such debris to the kidneys for removal via urine.

Despite the marks, cupping therapy is a rather relaxing, massage-like therapy. Cupping treatment involves creating a vacuum in the cup that gently sucks the top layer of skin and muscle up into the cup. The vacuum is created

either with flame (in the case of glass cups), or with a pump that sucks air out with each pump, or by manually pushing air out of modern silicone cups. The vacuum is what draws metabolic waste out of the tissue and opens up space for the capillary beds to expand, and thus increase blood flow. Both of these aid in post-workout recovery and directly improve athletic performance.

The marks only appear when waste products are present in the tissues under the cup. Generally, when you first get cupping treatment, you may have marks for one to seven days. With each subsequent cupping treatment, the marks will be less dark, until you no longer have them.

Why do we need such a seemingly bizarre treatment? Well, all those pesky waste products

mentioned above tend to get stuck in our muscle and adipose (or fat) tissue, depending on our lifestyle and activity levels, and contribute to pain and inflammation. In the case of athletics, Olympic athletes and American baseball teams like the New York Mets are embracing cupping for its performance-enhancing effects. DeMarcus Ware of the NFL's Denver Broncos also swears by cupping therapy.

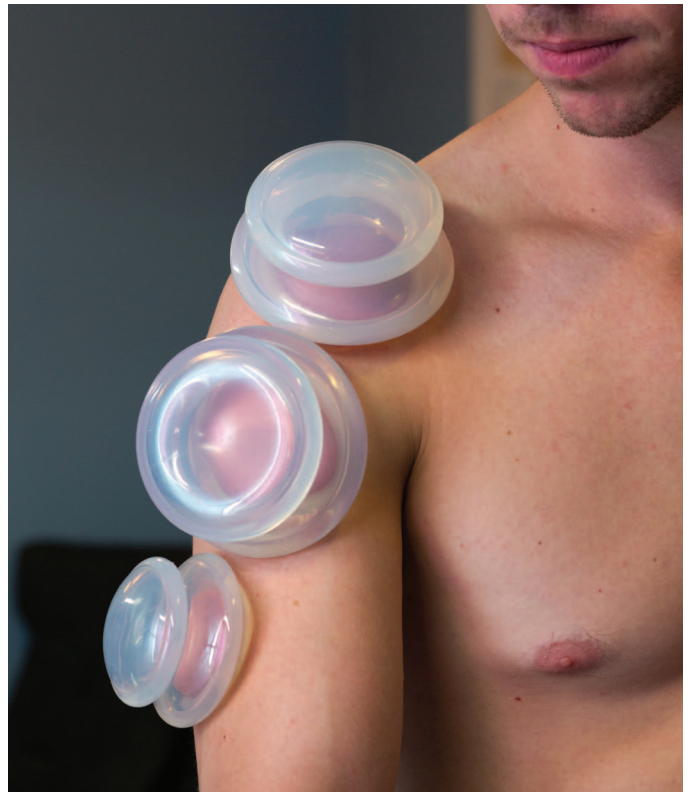
The earliest documented cupping therapy is from a Taoist herbalist, circa the third to fourth centuries A.D. Many cultures across the globe have evidence of cupping treatments performed using hollow animal horns, bones and shells. There are specific treatments in Russia that are used to keep the immune system strong and the body clean by following a quick-moving cupping protocol across the patient's entire



Stationary cupping for middle- and upper-back mobility. This treatment also protects lung health.



Silicone cupping treatment for iliotibial band tension. This is an effective technique for treating runners, cyclists and snow-sports enthusiasts.



Silicone-cup treatment for bicipital tendonitis.

back. Another treatment, from Greece, focuses specifically on supporting lung function when you have a cough, bronchitis or pneumonia. Traditional Chinese cupping incorporates a wide range of lung treatments and treatment to remove “painful obstruction” from the body. This is a fancy way of saying these treatments are employed as a pain-management treatment.

In modern times, the advent of different-sized glasses, plastic pump-cups and silicone cups allow for different types of cupping treatments. All of these modern applications are excellent for athletes.

In moving-cup therapy, salve is first administered to large muscle groups, such as the muscles of the back, hamstrings, calves or iliotibial band. The cup is applied and then gently lifted and slowly moved across the muscle fibers. Moving cupping often feels like a massage, and incorporates cross-muscle-fiber movements paired with tracing the natural fiber trajectory of the muscles. This combination of movements breaks up any adhesions or micro-scars that have formed in the fascia that encases the muscle bodies themselves.

If the fascia has multiple adhesions, it means the muscles have a smaller space to stretch out in. You can stretch to your heart's

content, but until the house of your muscles is expanded, your muscles can only stretch so far. The combination of increased blood flow, waste removal and adhesion repair retrains your muscle from being chronically tight to remembering how to be soft, supple, stretchy and flexible. This also means you experience less pain.

There is a time and a place for moving cups. But some situations may benefit more from what is called stationary cupping, which leaves the cups in place for 10 to 20 minutes. This is an excellent treatment when muscles or fascia have been injured or are too tight initially to benefit from moving cupping.

Stationary cupping with modern silicone cups can also help treat joint pain. Glass and plastic cups are too rigid, or the wrong shape, to safely place over joints. Silicone cups can be molded to the shape of a muscle or to fit safely over a joint, such as the shoulder.

Just like muscles, joints can trap inflammatory mediators and waste products from extensive exercise. In my practice, I have seen great benefit to swimmers, rock climbers, baseball players and yogis when I cup their shoulders. Runners and cyclists often benefit from cupping different aspects of their hips and knees.

Silicone cups can even conform to the bottom of the foot and provide an excellent treatment for plantar fasciitis.

It is important to see a health-care provider who is trained in cupping therapy. While cupping therapy is a noninvasive and safe treatment, untrained individuals can accidentally injure themselves or others with cupping therapy.

If you are interested in experiencing cupping to improve your health and performance, all acupuncturists are trained in cupping therapy as a part of their master's education in Chinese medicine. Some massage therapists are also trained in cupping therapy via the International Cupping Therapy Association. Check out ICTA's website for a list of certified cupping therapists to make sure you are seeing someone properly trained. I hope you can use this information to play hard and recover well.

## **For More Info:**

**International Cupping  
Therapy Association:  
cuppingtherapy.org**



Cupping in action. A vacuum is created using a locking device holding a flame with glass cups. The flame heats the air in the cup, then the cup is placed on the skin. As the air cools, the resulting vacuum pulls skin into the cup.



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# Local guitar luminary tunes up his health

Gary Winston has dropped over 100 pounds by eating less and exercising more.

By Rebecca Thorpe

**G**ary Winston is a well-known figure around Walla Walla. Kids know him as a friend and security guard at Walla Walla High School, and adults know him as the great guitar player who can be seen and heard at many venues around town. At the YMCA, Winston is known as a role model.

Three years ago, he weighed in at 298 pounds. Today, he is at 194 pounds. His goal is to reach 180.

When asked how he got started on his weight-loss journey, he said, "I couldn't bend over to tie my shoes. I had a bad back that pinched my sciatic nerve. I couldn't sleep in bed. I had to sleep on the couch because I was in so much pain. I started taking Prednisone for my back, and that's when I put on weight. My vision started getting bad. I had high blood pressure, and I was diagnosed as a Type 2 diabetic. That was the final straw."

Winston knew he had to make a change.

"I figured I would get a membership at the Y — that was my first step."

While touring the facility, he went into the Wellness Center, which features weights, cardio and Life Fitness machines. He saw a sign with a man on it that said, "This Place Saved My Life."

He thought to himself, "This place is gonna save my life, too."

After signing up for a membership, Winston reminded himself, "The 1,000-mile journey starts with the first step." He decided to become an early-morning person, although, he admits, by nature he's not really that type of person at all.

"I don't ever feel like getting up and working out, but I wanted it to become a lifestyle habit. And, I'd see all the same people every day. That's why they're in good shape — they're here."

He also made some friends who gave him

machines."

He made some changes to his diet, as well: "Portion control. I didn't count carbs. I don't do all that kind of stuff. I just ate less. Some of the things I really liked, I don't have a taste for them anymore, like ice cream. I used to love fast-food hamburgers. But I started having trouble with my stomach. Certain foods bothered me that didn't before."

Winston's preferences in food changed as his health improved and he started to feel better.

"People thought I was sick when I lost the weight! I said, 'I was!'" (referring to when he was heavier). "No one asked me if I was sick when I was overweight," he said.

As his health started to improve, so did other aspects of his life. He became romantically involved with Erica, whom he recently married.

"She was a big inspiration," he said, smiling. "When I'd get discouraged she'd say, 'Rome was not built in a day.'"

Winston's energy also increased.

"There are 53 acres at Wa-Hi to cover (while working as a security guard). We are the eyes and ears of campus. If you add the gym, parking lots and buildings — that's a lot of ground to cover." And now, he said, "Energy-wise, I have a lot more energy at Wa-Hi and when I perform onstage."

The students have noticed his weight loss, he said.

"They say, 'Man, Mr. Winston, you're looking really good!'"

When asked what advice he would give others who might want to start living a healthy lifestyle, he said, "I didn't lose it (the weight) really fast. I would tell them to just keep coming and to cut down on their portions."

Then he flashed his 1,000-watt smile and started happily strumming his guitar.



Gary Winston poses with his wife, Erica, holding a photo of him laying down some heavy guitar licks. (Courtesy photo)

some great advice.

"What I like about the Y is, when I first came, I felt out of place; everyone was in great shape. But a gentleman told me, 'Keep coming — just keep coming.'"

Winston did keep coming to the Y, and he started walking.

"At first I would walk 20 minutes, and my walk turned into a jog or a run. Then I did the stair climber. Then I'd do crunches — anything that helps my abs. Now I use the Life Fitness



Registered nurse Belinda Gastin uses a laser, and a tube blowing cold air, during Joe Fields' 10th tattoo-removal session at INK-OUT. The laser heats the solidified ink in the skin, turning it to liquid, which the body absorbs. The cold air on the skin makes the process more comfortable.

## Erasing the past

The INK-OUT tattoo-removal program helps people turn their lives around.

By Jennifer Colton-Jones / Photos by Marlena Sloss

For decades, narcotics defined Joseph Field's life, taking him in and out of prison and rehab. Along the way, he picked up tattoos — a lot of them. Scrolling green letters wrap around his fingers and hands, edges of color peek out from under his shirt sleeves, and, for years, five different tattoos stood out over his neck, easily visible above the collar of a T-shirt or dress shirt.

As Field sits in a well-lit office surrounded by ongoing projects, the words inked in prison clash with the social worker's professional demeanor. Field's voice quiets when he speaks about his past, and he brushes his fingers over the sides of his neck.

"I grew up in an environment that was full

of racism, and prison breeds racism," he says. "I came from 25 years as a heroin addict, in and out of institutions, and I'm moving from being a criminal drug addict to social work. Professionally, when I would wear a suit and tie, I noticed people would stare."

Field turned to drugs after a difficult childhood and was still under the addiction when he came to Walla Walla 10 years ago. When a rehab center "clicked" in 2008, he made a choice for sobriety, education and a new life. Taking jobs where he could make a difference with at-risk populations, he used his spare time to earn a bachelor's degree and started work on a master's program in social work.

Since 2008, Field has covered his prison

tattoos with colored, professional designs, turning his dark past into something beautiful. He still worries about the tattoos on his neck, however, where even the most attractive design could hurt his chances at a career. So when he heard about the Walla Walla INK-OUT program, he applied.

The program is a collaboration between Walla Walla General Hospital, Walla Walla Public Schools, The Health Center and other community partners. It provides tattoo removal for youths and adults making positive lifestyle changes, but who are hampered by visible tattoos, especially those that are gang- or drug-related, or antisocial in nature, such as those featuring racism and profanity.

The project stems from a task-force study on reducing gang activity in the Walla Walla area. Two local men, Sergio Hernandez, Equity and Access coordinator for Walla Walla Public Schools, and Dr. Robert Betz, of Walla Walla General Hospital, started looking into tattoo removal — specifically, gang tattoos — and its feasibility in the area. The duo brought together a steering committee of 12 partners and agencies to tackle the idea, and in November 2012, they received a \$70,000 grant to create the INK-OUT program.

Walla Walla General Hospital agreed to house the tattoo-removal machine and put out a call for volunteers in the spring of 2013. The program started accepting applications that fall, and has been up and running ever since.

“Our primary focus is to support the youth and adults who want to make that lifestyle



Gastin traces one of Fields' tattoos with the laser.

OUT has no limit on the number of applications or participants involved in the program at any time. Once an individual is found eligible for the program, they need to agree to community service, after which they move into a consultation with medical professionals at Walla Walla General Hospital. The staff asks about their medical history, whether they had any problems or irritation when the tattoo was put in, and other issues that could cause difficulties with the removal. At that point, the applicant receives an estimate of

change in the Walla Walla Valley,” Hernandez says. “Getting the tattoo was easy. Getting it removed takes a commitment.”

The INK-OUT process starts with an application, followed by a panel interview. INK-

how long the removal will take.

Each tattoo takes between six and 18 sessions — each weeks apart — to remove. The number of sessions depends on several factors,

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such as the kind of ink, and the color, used, and how deep the tattoo is.

To remove a tattoo, a technician uses a laser, set at different frequencies for different colors of ink. The laser fires light energy into the ink of the tattoo, heating it until it explodes, breaking it up into smaller units. Eventually, the ink is broken into particles small enough that the body's immune system can remove them.

At the treatment, the patient and staff wear special orange-tinted glasses to protect their eyes from the laser's invisible beam. A machine blows cold air on the skin, numbing it for the laser.

"Each time the laser fires, it feels like being snapped by a rubber band, so having that cold air will help considerably," Betz said.

Small, simple tattoos take about five minutes per treatment; larger, detailed tattoos may take an hour-and-a-half. Amateur tattoos are easier to remove than professional ones, and some body parts are easier to clear than others.

Because the laser irritates the skin, causing color-change and swelling, treatments are spaced weeks apart to give the skin time to heal.

"Some people come in and think it will erase them and they'll be gone in one treatment. They don't understand this is a time commitment. It will typically take eight to 12 treatments," Betz said.

With five tattoos spaced around his neck, Field's tattoo removal will take 18 treatments. He began in August 2014 and is about halfway through the process. Each of his treatments takes about 15 minutes and includes work on each of his five tattoos.

For Field, the program has already made an impact: The lines have begun to fade.

"I thought it would hurt a lot more, and I thought it was going to scar, but it really isn't that painful," Field said. "It's like a bee sting."

In addition to INK-OUT, Walla Walla General Hospital also uses the machine for general tattoo removal for anyone — without the interview or community service required. Betz said patients have had tattoos removed in order to change careers, to remove names or simply to replace the tattoo with a new one.

A percentage of each paid removal goes into the INK-OUT program and is used for

scholarships for participants for things like taking a class or purchasing new shoes for a job interview.

"I wish people could see the difference it makes in young people's lives when they are freed from some of the choices they made earlier in life," Betz said. "It's really very rewarding to see people make positive changes in their lives."

As part of the program, Field worked 40 hours of community service. He says he has no regrets.

"It's a great program. I think it's much-needed in our community," he says. "I think it should be in every community. Something like this can really make a difference."



**Top:** Fields' neck on Sept. 16, 2014, after his first tattoo-removal session. (Photo courtesy of INK-OUT)

**Bottom:** Fields poses for a portrait Sept. 15 of this year, after his 10th session.

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The 1910 home of Patsy Ingersoll, 303 N. College Ave., College Place, has stood the test of time.

## A family home through the generations

Patsy Ingersoll's grandparents built her College Avenue home over a hundred years ago.

By Karlene Ponti / Photos by Steve Lenz

Descendants of the family of S.D. Kinman still live in the home built for his family in 1910. The large house at 303 N. College Ave., in College Place, has seen 105 years, with seasons of snow and seasons of heat; the flood of 1931 passed by, and the earthquake of 1936 shook it, but didn't disrupt the home or the occupants.

"It was my grandparents' house," Patsy Ingersoll says.

Simeon D. Kinman and his wife, Myrtle, were her grandparents, wheat farmers who built the home for the family. It has stayed in the family all these years, with relatives living here continuously. The home and outbuildings sit on 2 acres, with large trees around it so it has a sense of serenity and seclusion, even though it's on a busy street.

"A lot of family has lived here," Patsy says.

"It's a good old spot. And we have a little space."

Patsy and her husband, Jim, were living in Southern California, but moved back here in 1992 to care for her mother. The house in College Place has always been home, Patsy says.

"I've really been here all my life," she says. "I love Walla Walla, especially compared to LA and the freeways."

Her husband passed away about seven years ago. The couple had just started improving the upstairs, so that project was put on hold while the family adjusted. Patsy's son Chris moved in, and the home continues to be a sanctuary and happy gathering place for members of the family.

The large home has three levels, including a basement. It has three bedrooms upstairs and a suite in the basement with a bedroom and bathroom.

"It has three bathrooms," Patsy says. "We started with only one, but that's the way the houses were at that time."

Even though the upper level is unfinished, the house has plenty of room for family to visit and stay for a while, as they often do. There is also a two-bedroom guest house behind the main residence, built by one of her sons (when he was 18) and her daughter's boyfriend (when he was 20).

"It's still standing," Patsy says. "That's good quality for such young builders."

Patsy's favorite room is the dining room, which has a large, sturdy table beside the welcoming side door. It is set in the room with the graceful, north-facing bay window.

"It's always been the room where everyone gathers — Gram, Grandpa, everyone," she says.

A close second is the TV room right off the



The back porch provides easy access from the kitchen to the yard and outbuildings.

dining room, in which she likes to sit and watch TV with Chris.

“It used to be a bedroom. It’s just nice to relax.”

Throughout the century, the house has been alive with her family, with the group gathered at the dining-room table.

“They would close off the living room, that’s the way they did back then. We played cards, we’d listen to the radio. It was wonderful,” Patsy says.

She hasn’t done any major remodeling, but, as with any home, little or not-so-little repairs need to be done from time to time.

“My mother did some things,” Patsy says. “She made some mistakes.” But her mother was ambitious: she added a bathroom. Then she set to work on changing part of the attic into a bedroom/sitting room.

“Then my mom decided to fix the upstairs. There was a bedroom right at the top of the stairs. She picked up a sledgehammer and took out the walls and made a sitting room out of it.” It was a good thing the walls she removed were not load-bearing walls, Patsy says.

But all’s well that ends well.

“She was pretty plucky. She was on her own,

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and had a mind of her own.”

Patsy has furnished the home with antiques, from her own travels and items left in the home through the generations. The furnishings, including an old organ, accent the large formal living room with wood floors that are possibly original. Patsy isn't sure what type of wood makes up the flooring in the front room, but it all goes well together.

Just outside the formal living room is the large front porch where her grandmother and grandfather used to sit in porch chairs and enjoy the neighbors' children coming to visit or climb in the large maple trees that once were in the front yard.

Much in the whole house is as it was originally, including the contents of the kitchen. The 1910 Majestic-brand cookstove is still in the kitchen and still can be used for heat on a cold winter morning. The room has brick walls, but it has newer flooring, linoleum that looks like tile. It was carefully — and practically — chosen by Patsy and her family in a color that doesn't show dirt.

The home is still a haven for the descendants of the Kinman family, even after 105 years.

“It's not perfect, but it's home,” Patsy says.





Comfort and relaxation are emphasized in the TV room.



The dining room with the graceful bay window has seen many family gatherings.



The home is dotted with cleverly placed antiques and memorabilia.



Some pieces of furniture have been in the family and in the home for many years.



Houseplants accent each room in the home.



The original 1910 Majestic cookstove still sits prominently in the kitchen, and still works.



The home of Patsy Ingersoll, 303 N. College Ave., College Place, sits in a large yard that has trees planted by Patsy's mother.

## A mature garden

By Karlene Ponti / Photos by Steve Lenz

Patsy Ingersoll, of 303 N. College Ave., in College Place, enjoys her mature garden, which has trees planted by her mother, and other foliage possibly put in by her grandparents, who built the home in 1910.

The property is about 2 acres, so Patsy has plenty of room for trees and shrubbery, which provide shade and seclusion for the house, as well as a small, sunny, garden area.

"I have a little vegetable garden," Patsy says. "But it's kind of taken over."

The culprit in the takeover is the enthusiastic, overproductive zucchini. Patsy anticipated a bumper crop of the vegetable this year.

South and west of the vegetable garden is a large, grassy

area where guests can sit and grandchildren can play. This summer, Patsy had a very large garden wedding here.

"We had 125 guests," Patsy says. "Of course, it was on the hottest day of the year." Fortunately, a pool had been set up for the youngsters.

The large back yard includes a garden, vibrant in the spring with lilacs everywhere. Curving walkways are lined with flowers planted in the soil and in pots, providing bright spots of color.

In the shaded part of the back yard are several large sycamore trees, planted long ago by her mother.

"I love those trees," Patsy says.



Foliage along the graceful curving walkways is studded with spots of bright colors.



The garden includes a variety of plants in differing heights and textures.



Some of the plants were put in by Patsy's grandparents, the home's original owners.



Large trees provide ample shade in the yard.



The back porch is a nice place to relax and enjoy the outdoors.

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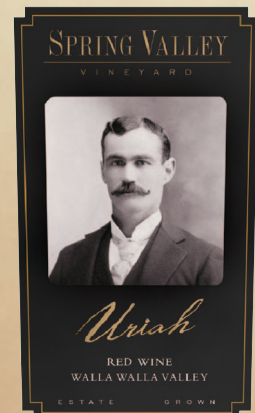
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# OCTOBER can't-miss events

## THROUGH OCT. 24

- The exhibit "Alcatraz: Life on the Rock" continues. Tamástslíkt Cultural Institute, Pendleton. Details: 541-966-9748.

## THROUGH OCT. 31

- Venture into the Corn Maze and find your way. Thursday-Sunday, 853 Five Mile Road. Details: 509-525-4798, wallawallacornmaze.com.

## OCT. 1

- "First Thursday" Concert at St. Paul's Episcopal Church, performer tba. 12:15 p.m. Details: 509-529-1083.



- Artist reception for August Sparks. 5 p.m., Studio Two Zero Two. Details: studiotwozerotwo.com.

## OCT. 2

- The first Friday of each month, free admission at Tamástslíkt Cultural Institute, Pendleton. Details: 541-966-9748, tamastslíkt.org.

## OCT. 2-3

- DeSales Catholic High School's annual Sausage Fest. Details: 509-525-3030.

## OCT. 3

- Learn about the art and process of spinning and weaving at the annual "Sheep to Shawl" event at the Kirkman House Museum. 10 a.m. Details: 509-529-4373, kirkmanhousemuseum.org.

- Fall Festival, Art Crawl and a tour of Historic Dayton shows off some of its many historic buildings. Details: 800-882-6299, historicdayton.com.

- Walla Walla Symphony Soirée No. 1, featuring Stephen Beus, piano. 7:30 p.m., Chism Hall, Music Building, Whitman College. Details: 509-529-8020, wallawallasymphony.org.

## OCT. 3-4

- Walla Walla Drag Strip hosts more exciting races, Top Sportsman/Dragster and King of the Track. Details: 509-301-9243 or Facebook.

## OCT. 4

- The annual AAUW Walla Walla Valley Kitchen Tour reveals some of the area's most beautiful kitchens. Self-guided tour showcases kitchens in new and remodeled homes. Tickets at Earthlight Books and Bright's Candies and Gifts, also online at Brown Paper Tickets. Touring from noon to 5 p.m.; begin at Jacobi's Cafe, 416 N. Second Ave. Details: wallawalla.aauw.net.

## OCT.4-DEC. 31

- The Dayton Historic Depot hosts the Columbia County Art Show, featuring the work of many area artists. Details: 509-382-2026.

## OCT. 6

- The Walla Walla Symphony Opening Night features Stephen Beus, piano. 7 p.m., Cordiner Hall. Details: 509-529-8020, www.symphony.org.

## OCT. 7

- The first Wednesday of the month, wine tasting. Plateau Restaurant at Wildhorse Resort & Casino, Pendleton. Details: 800-654-9453, wildhorseresort.com.

## OCT. 10

- The Italian Heritage Days Festa, sponsored by the Italian Heritage Association, includes historic exhibits,

music, costumes, great food, contests and famous grape stomp. Walla Walla County Fairgrounds. Details: 509-527-3247.

## OCT. 14-18

- Walla Walla Balloon Stampede starts off with Kids' Day, then early-morning flights, weather permitting. Night Glow starts at dusk on Friday. Howard Tietan Park. Details: wallawallaballoonstampede.com.

## OCT. 17

- The Fall Furr Ball, annual fundraiser for Blue Mountain Humane Society. Dinner, live and silent auctions, and dancing to the music of The Penrose Lane Band. 6 p.m., social hour; Walla Walla County Fairgrounds' Historic Pavilion. Details: 509-529-5188.

## OCT. 17-18

- Dusty's Ski Swap. Walla Walla County Fairgrounds. Details: 509-522-1443, wallawallacountyfairgrounds.com.

## OCT. 23

- Whitman College Music Department presents the Sampler Concert. Whitman Chorale and Chamber Singers, Orchestra, Wind Ensemble and Jazz I Ensemble. 7 p.m., Cordiner Hall. Details: 509-527-5232, whitman.edu.

## OCT. 23-25

- Walla Walla University Family Weekend. Students' families and friends are invited to campus. Details: 509-527-2656, wallawalla.edu.

## OCT. 31

- Young costumed trick-or-treaters visit merchants. 3-5 p.m., downtown Walla Walla. Details: 509-529-8755.
- The YMCA Spooktacular offers plenty of games and treats. Free. 5:30-7:30 p.m. Details: 509-525-8863.

## Regular Events

### TUESDAY

- "Trivia Game Night." Red Monkey Downtown Lounge, 25 W. Alder St. Details: 509-522-3865.

### WEDNESDAY

- Music. Rogers' Bakery, 116 N. College Ave., College Place. Details: 509-522-2738.
- Record your music. 7 p.m., Open Mic Recording Club at Sapoli Cellars, 15 E. Main St. Details: 509-520-5258, sapollicellars.com/events.htm.
- Karaoke. 8 p.m., Wildhorse Sports Bar at Wildhorse Resort & Casino, Pendleton. Details: 800-654-9453, wildhorseresort.com.

### THURSDAY

- Comedy jam. 8 p.m., Wildhorse Sports Bar at the Wildhorse Resort & Casino, Pendleton. Details: 800-654-9453, wildhorseresort.com.

### FRIDAY

- Walla Walla Food Tours holds its walking food-and-beverage tour. 11:30 a.m.-2 p.m. Details: 866-736-6343, wallawallafoodtours.com.

- Pianist Carolyn Mildenerger. 5-7 p.m., Sapoli Cellars, 15 E. Main St. Details: 509-520-5258, sapollicellars.com/events.htm.

- Live music. 7-10 p.m., Sinclair Estate Vineyards, 109-B Main St. Details: 509-876-4300, sinclairestatevineyards.com.

- Live music. 9 p.m., Wildhorse Sports Bar at Wildhorse Resort & Casino, Pendleton. Details: 800-654-9453, wildhorseresort.com.

- Live music. 9 p.m., Sapoli Cellars, 15 E. Main St. Details: 509-520-5258, sapollicellars.com/events.htm.

### SATURDAY

- The Downtown Farmers Market sets up shop at Crawford Park, Fourth and Main. Details: 509-529-8755, downtownwallawalla.com.

- The Walla Walla Valley Farmers Market at the Walla Walla County Fairgrounds. Details: gowallawallafarmersmarket.com.

- Walla Walla Food Tours holds its walking food-and-beverage tour. 11:30 a.m.-2 p.m. Details: 866-736-6343, wallawallafoodtours.com.

- Every Saturday through the end of October, Living History interpreters portray the people of the past. 2 p.m., Fort Walla Walla Museum. Details: 509-525-7703, ftww.org.

- Live music. 9 p.m., Wildhorse Sports Bar at Wildhorse Resort & Casino, Pendleton. Details: 800-654-9453, wildhorseresort.com.

- Live music. 9 p.m., Sapoli Cellars, 15 E. Main St. Details: 509-520-5258, sapollicellars.com/events.htm.

- Music or DJ. Music: 9 p.m., DJ: 10 p.m.; Marcy's Downtown Lounge; 35 S. Colville St. Details: 509-525-7482, Facebook.com/MarcysBarAndLounge.

## Submit your event

Send your event details to  
Karlene Ponti: 509-526-8324 or  
karleneponti@wwub.com.

Photos by Steve Lenz



### Clue:

Here, the glass is always full, and so are customers' stomachs.

### Contest rules:

If you have the answer, email it to [rickdoyle@wwub.com](mailto:rickdoyle@wwub.com), or send it to: Where in Walla Walla? 112 S. First Ave., P.O. Box 1358, Walla Walla, WA 99362. The names of 10 people with correct answers will be randomly selected, and they will receive this great-looking mug as proof of their local knowledge and good taste.



### Last issue's clue:

This sculpture welcomes green-thumbs to which local plot?

### Answer:

The Rees and Sumach community garden. The sculpture is "Peace, Love and Unity" by Ryan Gary.

### Last month's winners

- |              |                |
|--------------|----------------|
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| Kathy Elsee  | Linda Paradise |
| Judy Clark   | Gayle Bloom    |
| June Fulton  | Ryan Gary      |
| Penny Piatt  | Pamela McBride |

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