

The Foothills Outlook

Connecting Foothills community members with vital resources, organizations and events



by Melonie Ancheta

Gone are the days of the food pyramid we learned in school. Today, MyPlate.gov offers a more balanced and modern approach to healthy eating through its five food groups and dietary guidelines. But while these guidelines are helpful, many people struggle to meet them—not for lack of effort, but because of real barriers like food deserts, limited transportation, and tight budgets that make feeding a family a daily challenge.

Listening to the Community

To address the growing issue of food access in the Foothills, the Foothills Food Bank (FFB), in partnership with the Health Equity Zone (HEZ), held two focus groups in July. Around 60 community members came together in two sessions to share their experiences using the food bank and suggest

improvements. These insights are now being reviewed by FFB's Board of Directors and Director Henry Fisher to guide future changes.

Transportation: A Major Barrier

Transportation emerged as a top concern. Even for those living just a mile or two from the food bank, getting there can be difficult—or impossible. Ideas like community ride-share programs, volunteer transport services, and home delivery for more people than just seniors and people with disabilities were all suggested as possible solutions to help bridge this gap.

In many neighborhoods there are already ride-shares established. Ask at the food bank if they know of one in your neighborhood.

Concerns About Food Quality and Variety

Participants also noted disparities in the quality and selection of food at FFB compared to other food banks in the county. Concerns about freshness and variety raise bigger questions about equity in how resources are distributed among food banks. These disparities further deepen existing issues of food insecurity.

What Food Banks Are—and Aren't—Meant to Do

It's important to understand that food banks aren't intended to fully replace grocery shopping. Instead, they're meant to supplement your food supply with staples, some produce, and limited proteins. To make the most of these resources, planning meals in advance and thinking strategically—like preparing casseroles or batch meals—can help stretch ingredients and save time. If you make a casserole or batch meal and it isn't all eaten within a few days, consider freezing leftovers for quick, warm-up meals when time is limited.

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A Simple Thing: Rural medicine comes to the Foothills

by Melonie Ancheta

As everyone in the Foothills knows, the Foothills area is severely lacking in health care options and many of us go without necessary treatment because of the distance and cost of going to Bellingham to seek help. With the Ask-a-Nurse program twice monthly at the Resource Center, healthcare for Foothillers finally got a foot in the door and with Dr. Durben setting up a clinic at the RC on the first and third Mondays of each month from 1-5pm, that door is opening a bit wider.

Dr Durben is a naturopathic doctor at Bellingham Natural Family Medicine in Bellingham. He's clinically trained in a wide variety of natural therapeutics as well as in conventional primary care. After earning his Doctorate in Naturopathic Medicine from the National University of Natural Medicine in Portland, Oregon, he was a resident physician at that institution for two years and later joined the faculty to teach courses in minor surgery and psychology.

Naturopathic medicine treats a person as a whole being, treating the underlying causes of disease instead of just the symptoms. As a naturopathic physician, Dr Durben focuses on whole-patient wellness including prevention and good self-care and tailors his treatments so they treat entire systems to improve overall wellness. He also collaborates with practitioners across the entire field of medicine and provides referrals so his patients get the very best care possible. He believes that the best healthcare happens when we recognize and value our shared experience as humans.

I sat down with Dr. Durben recently to learn what inspired him to begin a bi-monthly clinic out here.

Q: Can you give me a little background on your journey here and what inspires you to work in our community?

A: When I was in school I very much had the desire to be involved in rural medicine. After residency and a short stint on the faculty at my University in Oregon we moved to rural Whatcom County in 2014, and I really wanted to provide care to the rural parts of Whatcom County but struggled to find a way to transition to rural care while also practicing full-time in town. Through conversations with friends and colleagues about how you actually start something like this and still pay your mortgage I began to see how I could split my time between Bellingham and the rural parts of the county. It took five or six years to get all the details ironed out and eventually led to the development of Whatcom Mobile Medicine.

Q: How is this initiative funded? Is there a charge for seeing you?

A: We worked to eliminate as many of the hurdles to healthcare access as possible while we were developing this model.

While we do accept medical insurance, many of our patients don't have any or are on Medicare (which has limited or no coverage for naturopathic care), so we have a sliding scale for patients that either don't have insurance or don't have coverage for our clinic. I truly believe that healthcare is best delivered when the profit margin is not the driving force in care, so we became a nonprofit two years ago. I practice full time in Bellingham Tuesday through Friday to pay my bills and support my family, but as a nonprofit, we intend to be able to see rural patients without money coming between people and good healthcare.

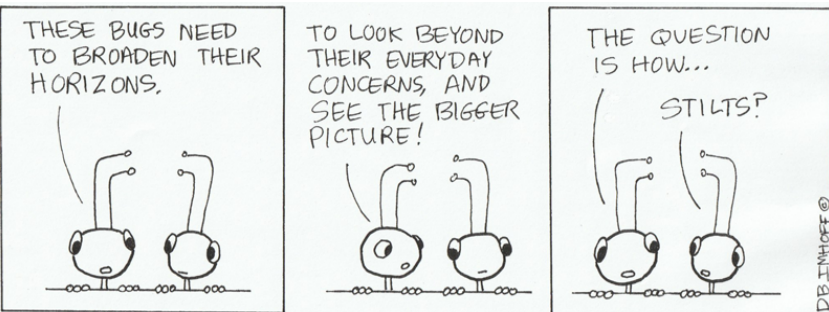
month we got credentialed to accept Molina and are working to get credentialed through Community Health Plan of Washington (Medicaid). Unfortunately, Medicare's regulations prevent naturopaths from accepting that coverage, but everything here is on a sliding scale, and if you simply don't have money to pay for care, we will not turn you away. We have a great group of volunteers, like Vincent McDermott, who step up and fill roles such as checking people in, and this helps to keep our costs for operation low. We really want to be a part of the community, and that includes having volunteers from the area to make this project work. We can train you to do several different kinds of tasks if need be. So, if you're interested in volunteering with us and are local, you can contact me at 360-230-8157.

Q: What are your goals for rural medicine?

A: My vision, hope and intention is that we can show that we're offering something that is worthwhile to the community, and that we can get financial backing from various foundations and grant funding that can help this project to grow. We will continue to look for funding so we can provide what residents of the Foothills need. I hope to be able to expand the practice into other areas out here, South Fork, Glacier, etc. It is clear that transportation is an obstacle for a lot of people in the Foothills and we want to bring healthcare to anyone who needs it, not just sit in one spot.

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bugwalla
by Doug Imhoff



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BECOME A CONTRIBUTOR

If you are a resource provider, belong to an organization, or have a local event, and wish to be included in our listings, please contact us at info@foothillsinfo.com or go to foothillsinfo.com to request an account.

Submissions

Deadline: 15th of each month

You can find our **Submission Guidelines** under Contributor Information on our website at foothillsinfo.com

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Do you have or know of an upcoming event? Let us know a month ahead and we'll promote it. Email the editor at info@foothillsinfo.com.

Check out our website, foothillsinfo.com, for more information!

Go to our Event Calendar and click on any listing to learn more about local events, meetings and other activities. You can also find back issues of the Outlook in our Archive, contact us with questions, story ideas, and more through our contact form.



FOCUS ON FOOD cont.

As food banks aren’t designed to meet all human nutritional needs, neither do the foods offered at food banks provide good, if any, nutritional benefits to pets. While many people struggle to feed their pets, feeding them human foods is detrimental to their overall health and can put them at risk for contracting diseases and early death.

When Tomato Sauce Becomes a Main Ingredient

One mother at the focus group asked, “How am I supposed to make a healthy meal for my kids with 14 cans of tomato sauce and some weird brand of canned peas?” Her frustration highlights a common misunderstanding: food banks distribute what they receive, often in bulk. If there’s a mountain of tomato sauce, it’s because that’s what was donated or delivered in surplus. It’s not a flaw—it’s simply the reality of the system.

That said, FFB also purchases a portion of its offerings and works directly with local farmers through a farm-to-table program. This initiative helps bring seasonal, fresh produce such as lettuce and other crops grown within a few miles of FFB to community members.

Frustration with Random Selection

The unpredictability of food bank inventory is another common concern. While this can make meal planning harder, it helps to familiarize yourself with regularly available items and build meals around them. Remember: food banks can’t operate like grocery stores, and they do the best they can with what they have.

Closing the Gaps

Many families rely on food banks especially during the end-of-month stretch when budgets are tight. But for those on Social Security who are not eligible for EBT benefits because their income is \$6.00 over the limit, falling into that gap becomes a life-altering problem. The elimination of programs like Meals on Wheels due to budget cuts has made this worse. And for working parents with children who make just a little too much money to be eligible for benefits, it’s all too often that their incomes just don’t suffice to cover healthy eating. When produce and proteins, whole grains and other nutritious foods are priced out of our budgets, putting food on the table is a daily challenge.

Some support still exists—for instance, the Mt. Baker School District offers summer meals for students under 18 (see bottom of page 3 for more about Grab n Go meals), and FFB provides meal support during school breaks. But options remain limited for home schooled children or children below school age, especially with baby formula and food prices at all-time highs.

Long-term dependence on food banks and convenience stores isn’t sustainable or healthy—but when no other options exist, many families are left with no choice. Part of what focus groups like this do, is bring awareness to gaps and seek ways of filling them. Keep your eye on the Outlook for updates about future food focus groups, HEZ meetings about food access, and other food-related events.

Behind the Scenes at the Food Bank

Behind every food bank is a team of dedicated volunteers. Even as donations drop, these volunteers sort, store, and distribute food with care and commitment. Food banks work hard to provide nutritious food, but they face the same constraints many families do—tight budgets, limited supplies, and rising demand.

As food bank users, it’s important to understand and respect these limitations. With continued community feedback, creative problem-solving, and working together, we can find solutions that improve access and fairness in the food system.

Websites like mykidslickthebowl.com offer creative ways to incorporate more nutritious foods into kid-friendly meals.



After taking a break in July, the Mount Baker Community Coalition is excited to resume our regular monthly meetings! **Our next meeting will be held on Monday, August 18th from 2:45–4:15 p.m.** Meetings are hybrid—join us in person at the Mount Baker School District Office or online via Zoom. All are welcome to

attend and get involved in supporting youth and families in East Whatcom. For Zoom details, please contact Allison at obv@wfcn.org.

We’re also looking forward to connecting with the community at **Kendall Summerfest on Saturday, August 2nd!** Come join us for a fun-filled day of food, entertainment, and community connection. There will be a variety of local resources to explore, and our Summer Youth Prevention Fellowship participants will be volunteering throughout the event. Stop by to say hello, get connected, and help us celebrate all the amazing things happening in East Whatcom!

The Coalition is also proud to be partnering in the **Mount Baker School District’s inaugural School Resource Fair, taking place on Friday, August 22nd from 4:00–8:00 p.m. at Mount Baker High School.** This exciting event will feature a wide variety of local resource providers and community organizations, as well as food trucks and family-friendly fun. Families from across the district are encouraged to come out, learn about local supports, and connect with others.

We’re currently wrapping up our Summer Youth Prevention Fellowship, and we can’t wait to share highlights and photos from the program in next month’s update! Our fellows have been learning, serving, and earning all summer long, and we’re excited to welcome them into the One Baker Voice prevention club this school year as they continue their leadership and advocacy.

As always, thank you for your support in helping to make the Mount Baker community a safe, healthy, and connected place for youth and families to thrive.

EDDIE’S SCOREBOARD



2024-25 Athletic Season Debriefing

Another academic year has come and gone just like that. Mount Baker high school's athletic program saw three of it's teams move on to the state level of competition. Here are the highlights. Of the three teams to go to state, the school's wrestling program was the most successful. The highest placer for either team was Tyla Olson who took second. It was the first championship match for the girls team since Emma Bruntlid did so in 2017. Wyatt Freeman was the highest placer for the boys team finishing in third place. Ana Camacho and Andrew Monteith both finished fourth while Stefany Camacho took sixth. The girls team finished in ninth place overall for the second consecutive year. For the girls, it's the first time they have taken a top ten finish since the 2014-17 iterations. Payten Abita was the lone member of either golf team to make it to state. Abita finished as a participant. The Track & Field program sent eleven athletes to Yakima in late May. Cole Lukes was the highest placer for either team taking third in the High Jump event. Jane Lentz finished fifth in the 400 Dash event with Brice Cooper taking eighth in the same race. Lentz was joined by Rease Brown, Jade Frierott, Ellie Hanstead, Presley Holland, Tyla Olson and Abigail and Leanne Washburn in the 4x200 Relay event. The group of eight finished in 8th place. Brown, Frierott, Hanstead, Lentz, Olson, and the Washburn sisters were joined by Megan Little for the 4x400 Relay event. The eight girls combined for a sixth place finish. The new school year and athletic season will kick off in late August. Fall sports offered by Mount Baker High School include Cheerleading, Cross Country, Football, Soccer and Volleyball.

A Simple Thing, cont.

we want to bring healthcare to anyone who needs it, not just sit in one spot. : *What is the scope of medical care you provide?*

A: While we are limited in what we can do here simply because we don’t have a conventional medical facility with all the testing and other equipment, we can provide basic physical assessments and work with patients to improve and maintain their health. If you have an earache, a UTI, sore throat, or other acute illness that you would typically be seen at a family physician's office for, we should be able to manage those things. We also evaluate and monitor chronic diseases like heart disease and diabetes, as well as make recommendations for treatment and provide referrals to specialists when needed. We can refill prescriptions and order new ones when necessary. We do a lot of basic primary care here at the East Whatcom Regional Resource Center and encourage community members to come see us if they have a problem that doesn't require urgent or emergency care.

Q: Are there any barriers to you treating someone? Do patients have to live in a certain area?

A: We don’t require people to live in a particular area or have any other financial or demographic qualifications to receive care. We are here to try and improve access to care, because we believe that is vital to improving health both as individuals and as a community.

Q: Is there anything else you’d like our readers to know about you and the practice?

A: I think many of the stereotypes are really true about the lack of access to healthcare in rural areas, and even though it’s such a stereotype, it’s a reality, it’s true. I know our presence at the Resource Center 2 times a month is a drop in the proverbial bucket that represents the needs of the community, but we want to be a reliable partner and contributor to the ongoing efforts of so many in the community who are working to try and make things better. When someone has lost their medical insurance or is otherwise having a hard time accessing care to continue taking medications that they need, “*I realize what a simple thing it is to develop a relationship and be connected with someone to help prevent a minor health concern from developing into a major problem.*” I think in the few months that we’ve been here, I have regularly been just moved by the experience of realizing this is a simple act. It's a simple act to be able to refill somebody's medication. And yet, if those patients are going without these interventions, it could lead to major complications. You know, I think there's just this idea that it's too hard to establish something where it hasn't existed before. It is not easy and it takes time, but the fundamentals of what's required are pretty simple- it's all based on relationship, a sense of connection and trust and reliability with the people here. I'm very much resolved to the fact that time is going to be the major factor in creating that kind of relationship with my patients. I plan to keep showing up and intend to provide consistency of care for anyone who needs it.

It’s really a simple thing.

Dr Durben sees patients the 1st and 3rd Mondays of each month between 1 and 5pm at the Resource Center. You can call 360.230.8157 to make an appointment, and he accepts walk-ins.

Join the Health Equity Zone (HEZ) at Kendall Summerfest!

Drop in anytime between 4 & 8 pm!

Come for the fun, stay for the future!

While you’re enjoying all the music, food, games, and good vibes of Summerfest, swing by the gym and join HEZ for a drop-in Community Action Workshop.

We’re gathering ideas from folks like you about what East Whatcom needs to thrive—think food access, youth programs, healthcare, transportation, and more.

No speeches, no pressure—just meaningful conversations and a chance to shape what comes next for our community. Pop in, cool off, and speak your truth. We can’t wait to hear from you.



Scan this QR code to learn more about HEZ:





OUR VOICES! OUR SOLUTIONS! OUR COMMUNITY! OUR FUTURE!



FOOTHILLS ALIVE



We Are What We Eat

by Linda Kerth

This is the second in a series about food access in the Foothills area. The first article was about what we are eating. Today, we ask the question:

Why do we eat it?

Last month we discussed ultra-processed foods (UPFs) and their relationship to obesity, cardiovascular disease and strokes. Today we ask the question: So why do we continue to eat these foods? It is simply because we have no access to better foods, and we remain ignorant of the real cost to health, environmental damage, or other negative aspects of our current food system.

Humans have processed foods ever since we discovered how to make fire. Cooking foods, smoking and drying them, using salt and spices to preserve them and enhance their taste — we have a long history of processing foods to keep them edible over long winters. We have baked bread, brewed beer, pickled roots, and dried grains, berries and meats for millennia.

However, there was an extraordinary transformation of agriculture and the food system during the 1950s and 60s, with increasing commoditization, consolidation, and globalization of agriculture. Agriculture became an industrial model dominated by a handful of large, integrated transnational corporations — far removed from the people they supposedly served.

Consolidation in food retailing

For example, in the poultry industry, the production *input* stage (baby chicks, feeds) led to full production of broilers, which led to processing (removing feathers, head and feet, and internal organs). Processed meats then led to distributors and eventually to retailers — a vertical integration of the industry. But retailers began to acquire the earlier stages of production, until now over 50% of the entire chain of production of broilers is under the ownership of only four huge corporations. Beef processing, for another example, is 81% controlled by only four firms. And now, five or six global clusters have extended into the retail stage.

These transnational companies now dominate every link of the food supply chain: from seeds and fertilizers to slaughterhouses and supermarkets, to highly processed meats. Consolidation of a cluster of corporations now share in the control of an entire industry, and many share in more than one industry. A large home and housewares retailer that dealt no food at all in the 1990s is now the second largest food retailer in the U.S. Many food retailers now have areas of clothing, flower shops and outdoor gardening yards, and large departments of electronics.

Corporate control

This consolidation matters, because the size and influence of these mega-corporations enables them to dictate what farmers grow, how much they are paid, and what consumers eat and how much their food costs them. And the consolidations run deep and wide.

The scale and power of these companies in the U.S alone is simply staggering:

- *80% of grain-handling facilities are held by four corporations — a huge portion of the global grain market (80% of corn, 63% of wheat).*
- *Of the sodas we drink, 93% are owned by just three corporations. One of those also owns 88% of the chips 'n dips market.*
- *The canned tuna industry is almost all Asian (Thailand, Taiwan) — three of four of the largest control 85.3%. One U.S. corporation owns 1%.*
- *The same goes for 73% of the breakfast cereals we eat — despite shelves stacked with dozens of different labels.*
- *If you are a beer enthusiast thirsting after local craft beer, a single Belgian company acquired 17 formerly independent craft breweries between 2011 and 2020. This same company owns **600 brands** — 600 brand names — including many mainstream favorites.*

Food security

American food security is threatened by opening the door for inferior quality foods into our supply chain. This at a time when our own federal regulations are being stripped down. This market dominance reduces innovation and diversity, endangers the loss of small farms and rural communities, has negative environmental impacts, and erodes our food security. It also underscores the need for greater transparency and accountability in our food system.

Additionally, the local farmer is caught between trying to compete against these food giants, while also dealing with the consumer. The costs in farming are extremely high, and the diligent farmer wants to follow healthy practices in growing his produce, but to survive, he needs to make a profit. And the consumer complains about rising food costs and blames the farmer. And every year, the number of farmers decreases as many leave the land.

Next: Corporation Goals and their Environmental Costs

GRAB & GO! SUMMER MEALS

FREE meals for children 18 and younger during the Summer of 2025



FREE GRAB & GO SUMMER MEALS | SUMMER 2025

The Mount Baker School District will be offering “Grab and Go” meals for the summer of 2025. Meal pick-up will be available starting Tuesday, June 24th with the final food pick-up on Tuesday, August 12th.

Meal pick-up will be on Tuesdays at Acme, Kendall, and the Junior/Senior High Central Kitchen (see schedule below). Each child will receive five (5) days' worth of FREE breakfast and lunch meals at each pick up. Meals are available for children 18 and younger.

Acme Elementary: Tuesdays, 8:00am-10:00am

Kendall Elementary: Tuesdays, 8:00am-10:00am

Junior/Senior High Central Kitchen: Tuesdays, 4:00pm-6:00pm

Want more recipes for what you have on hand?

Check out: cooklist.com and supercook.com. Both of these downloadable apps can help plan meals from what you have on hand. They will also help stretch your grocery budget and reduce food waste in your kitchen. Download them today!

Food Matters



One-pot Crispy Chicken & Chickpeas:

a flavorful and easy weeknight recipe!



This budget-friendly recipe combines juicy, tender chicken with crispy, spiced chickpeas for a satisfying and easy weeknight meal, all cooked in one pan or on a sheet pan.

Time: 45 minutes

Servings: 4

Ingredients

4 Boneless, skinless chicken thighs or breasts, cut into bite-sized pieces

15 oz can chickpeas, drained, rinsed, dried

1 small thinly sliced onion

3 small thinly sliced garlic cloves

2 Tablespoons Olive oil

Spices such as ground turmeric, Spanish smoked paprika, Aleppo pepper (or red chili flakes), or any other spice mix you prefer

Salt and freshly cracked black pepper

Optional: finely chopped cilantro or other fresh herbs, fresh spinach, kale or chard

To serve add lemon, plain full-fat yogurt, and hot sauce

Instructions

1. Pat the chicken dry, season with salt and pepper, and toss with spices and olive oil.
2. In a large skillet, heat olive oil over med-high heat. Add chicken, cook for 3-4 min per side until browned and cooked to internal temperature of 165°F (73°C). Remove the chicken, leaving the spiced fat in the skillet.
3. In the same skillet or on a baking sheet, combine chickpeas and garlic tossing to coat with chicken drippings. Season with salt/pepper.
4. Bake the chicken and chickpeas:

1. **Skillet Method:** Place the seared chicken on top of the chickpeas in the skillet. Bake at 400°F (204°C) for 30 minutes or until the chicken is deep golden and cooked through.
2. **Sheet Pan Method:** Spread chickpeas in a single layer on a sheet pan, place chicken on top. Roast the chicken and chickpeas together at 400°F to 425°F for 20-25 minutes until chicken is cooked and chickpeas are crispy. If chickpeas aren't crispy enough, remove the chicken and return the chickpeas to the oven for a few minutes or briefly broil them. Squeeze lemon over the dish and garnish with fresh herbs. Serve with yogurt and hot sauce if desired.

To store, let the chicken and chickpeas cool completely before placing in an airtight container.

Nutrition Info: Calories: Apprx 500 to 800 calories per serving.
Protein: Apprx 30-50 grams of protein
Fat: Apprx 20 to 60 grams per serving
Carbohydrates: Apprx 30-60 grams per serving
Fiber: Apprx 7-15 grams of fiber per serving.

Fruit & Veggie STORAGE GUIDE



Storing your fresh produce correctly is one of the easiest and best ways to keep them fresher, longer, and reduce wasted food.

WHERE	WHAT	HOW
REFRIGERATOR		<ul style="list-style-type: none">• Set your fridge to 40 degrees or below.• Store veggies separately from fruit.• Use sealable plastic bags and containers to prevent drying out.• Items that wilt need high humidity while those that rot and mold need low humidity.
COUNTER AND REFRIGERATOR		<ul style="list-style-type: none">• Ripen these items loosely on the counter, away from sunlight, heat, and moisture.• When ripe, store in refrigerator to prolong lifespan.• Separate ripe from unripe fruit.
COUNTER		<ul style="list-style-type: none">• Store basil in a cup of water, like flowers.• Separate bananas from other produce as they promote ripening.
PANTRY		<ul style="list-style-type: none">• Store these items in a cold, dark place like a cupboard or pantry.• Keep potatoes separately from onions to prevent sprouting.• Store an apple with potatoes to prevent sprouting.

GENERAL RULES: Do not wash fresh produce until ready to eat. Always refrigerate cut or peeled produce.



Want to learn more?
StopFoodWaste.org



COMMUNITY SCENE

The Brain Game

Managing Mood in Tough Times: Simple Tools for Real Life

by Deb Shawver

Living in a rural community often comes with deep rewards—strong relationships, connection to the land, and a close-knit sense of belonging. But it also comes with stressors that can wear on our mood: limited access to services, long hours, financial strain, and the emotional toll of caring for others, or loneliness.

Whether you're a parent, grandparent, a caregiver, single, in a relationship, or someone just trying to keep it together through uncertain times, mood management isn't about being happy all the time; it's about knowing how to **notice, name, and navigate** our emotions so they don't run the show.

Here are a few simple strategies that can help shift your mood—even on hard days.

1. Name It to Tame It

One of the fastest ways to regain control of your emotions is to name what you're feeling. Not just "bad" or "fine," but more specifically: overwhelmed, irritated, lonely, discouraged, ashamed. Giving a name to your mood helps move the emotion from the reactive part of the brain to the thinking part. Even saying it out loud or writing it down can give you a sense of clarity and distance. Speaking it helps to separate from emotion, and see things more clearly.

Try it: "I'm not angry—I'm actually really tired and frustrated."

2. Check Your STATE, Not Just Your To-Do List

We often power through our days checking off tasks without checking in with ourselves. Mood management starts with noticing what **state** you're in. How are you emotionally? What is happening physically? Are you wired? Shut down? Numb? Anxious? Once you notice your state, you can make a small shift: stretch, take a few deep breaths, get a drink of water, step outside, or text a friend. These micro-breaks reset your nervous system and help you show up more fully to whatever comes next.

3. Move Your Mood

Your body and mood are deeply connected. You don't have to go to a gym or run a mile—just getting up and **moving for 3–5 minutes** can help shift emotional energy. Try:

- Walking around, changing position, changing location
 - Turn on a song and move in any way that feels good
 - Do shoulder rolls, shaking out your hands, or stretching
 - Do a couple chores inside or outside; they get you moving
- This helps reset your brain chemistry and reduce stress hormones.

4. Set Boundaries

In small communities, like Foothills, when groups overlap and people wear many hats and boundaries often blur. It's okay to say "not right now" or "let me get back to you." Protecting your time and energy is not selfish—it's necessary for sustainable care. Balance boundaries – ask for things you want or need, say yes AND say no. Balancing work, recreation, family, and alone time seems impossible sometimes, but setting boundaries is the first step in creating balance.

5. Keep a "survival kit"

Sometimes, managing mood isn't about fixing a big problem—it's about giving your brain a reason to feel safe or good again. Keep a stash of thing that give you a lift: a favorite snack, a fidget or squeeze toy (yes adults use them too), a funny video, your favorite smelling candle, incense, lotion, or escape game on your phone (for a short period). Look outside and take in the beauty of the tall evergreens, mountain tops, and waterfalls in our own back yards. Keep these handy. When your mood dips, pick one and do it without overthinking. Joy doesn't have to be earned—it can be a form of fuel.

Final Thought

We can't change what's happening around us. But we can learn to support our own mental and physical systems, reset when we're off balance, and give ourselves the same focus and care we offer others. Mood management isn't about pretending everything's okay; it's about having and using tools that help you stay grounded and connected—even when life is hard.

The Book Shelf



August at the North Fork Library
Cedar Weaving In-Person
Saturday, Aug 16th 11:00am - 1:00pm

Learn about cedar weaving from Lummi artists Lee Plaster and Toshi Simmonds. In this class, you will weave a small friendship basket or headband. Participants should wear clothing they are comfortable getting stained. Space is limited; register online or call the North Fork Library at (360)599-2020

Freedge Celebration August 23rd 11:00am-2:00pm Music and cookies at the North Fork Library to celebrate the Freedge, a refrigerator where unsold/unused food can be dropped off or picked up.

Summer Reading Celebration Party- North Fork Saturday, Aug 23, 10:00am - 5:00pm

Join us for an all-day, drop-in style party to celebrate the completion of our Summer Reading program! Visit any of our branches for fun activities, crafts, book recommendations, and lots of library love. Bring the whole family as we celebrate our reading accomplishments.

Twin Sisters Mobile Market at the Library, Saturdays in August 9:00am to 3:00pm

The truck delivers fresh produce, pasture-raised eggs, meat and more!

August at Deming Library Solar Celebration on Friday, Aug. 8th from 2pm to 4pm

Join us for an afternoon of sun-powered fun as we celebrate the new solar installation at the Deming Library. This free, family-friendly event is open to all community members and shines a light on the power of clean energy and community partnerships

—Event Highlights:
—Ribbon cutting at 2:30 PM
—Free shaved ice truck
—Kids' activities and hands-on fun
—Books and displays about alternative energy
—Prize wheel with giveaways

Ask the experts about solar panels, battery backup systems, and more.

Summer Reading Celebration Party on Saturday, August 23rd from 10am to 5pm

Join us for an all-day, drop-in style party to celebrate the completion of our Summer Reading program! Visit any of our branches for fun activities, crafts, book recommendations, and lots of library love. Bring the whole family as we celebrate our reading accomplishments.

Aug 2, 4-8pm
Kendall Elementary School

FAMILY GAMES FUN!!
OFFICER'S NIGHT OUT!
FUN!!
FREE FOOD!!
BOUNCE HOUSE!!
FUN!!
ARTS & CRAFT

SPONSORED BY:

SAVE THE DATE

FREE COMMUNITY EVENT

The Frost Rd. Festival

August 17 Noon til Sunset



Live Local Music
Beer Garden
Kids Activities
Silent Auction
Food
Info About Quarry

FUNDRAISER FOR
HOME
WHATCOM
A 501(c)3 organization

For More Information
go to homewhatcom.com

In partnership with the Kendall Fire Department, Border Patrol, and Whatcom County Sheriff's office,

kendall summerfest 2024

is
OFFICER'S NIGHT OUT!

Bring all the kids, the grannies and granddads, cousins, neighbors, and whoever wanders for a festive afternoon of FAMILY FRIENDLY GAMES, FREE HAMBURGERS, HOT DOGS & BEVERAGES,

And have a

GREAT TIME!



HEZ UPDATES



Support That Changes Lives—And It Starts This Fall

Something amazing is about to start in Mount Baker schools—and it needs your help to keep going. This fall, Communities In Schools of Whatcom-Skagit (CISWS) will be on the ground, working side-by-side with students and families to tackle the real barriers they face every day—hunger, housing, mental health, and more. It's the kind of support that changes lives. The Health Equity Zone is honored to highlight and uplift this work as a powerful example of what real community care looks like. **HEZ isn't just about inventing solutions from scratch—we're here to support what's already working and help it grow.** But to make sure this continues into year two and three, we need our community to step up. If you've ever wanted to do something real for local kids, this is it.

At Communities In Schools of Whatcom-Skagit (CISWS), our mission is simple yet powerful: to surround students with a community of support, empowering them to stay in school and achieve in life.

How do we do it?

By being present every single day that school is in session. Our Site Coordinators are trusted, caring adults embedded full-time within schools. They are there to help students attend consistently, arrive ready to learn, and access critical resources they need to thrive—whether it's food, hygiene supplies, or weather-appropriate clothing.

However, our impact extends far beyond meeting basic needs.

We support the whole child—providing access to mental health resources, academic support, social-emotional learning, and guidance for navigating behaviors that may hinder students from reaching their full potential. Because our team is in the building 40 hours a week, we form authentic, lasting relationships with students and their families. This proximity allows us to see the whole picture, build trust, and help every student feel seen, valued, and connected to their school community.

This is how we help unlock brighter futures—one student at a time.

PARTNERING FOR IMPACT

Bringing Communities In Schools of Whatcom-Skagit to Mount Baker



Why It Matters:

- Better attendance and academics lead to lifelong success
- Meeting basic needs eases family stress
- Support during tough times boosts graduation rates

**Our kids can't wait—and we're
not waiting for someone else to
fix it.**

**This is our moment to lead,
TOGETHER.**

What CISWS Site Coordinators Do:

Site Coordinators build trusted relationships with students and families to remove barriers and boost school success.

- Connect students to mental health and counseling support
- Help families access food, housing, and essential resources
- Provide snacks, weekend meals, or referrals to food banks
- Support attendance, behavior, and academic progress
- Offer regular check-ins that build trust and consistency
- Lead enrichment activities and community engagement



Ready to Help Bring CISWS to MBSD?

Contact Melinda Herrera at:
Melinda@ciswhatcom-skagit.org

Donate Online:

<https://givebutter.com/CISWSscampaign>

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How You Can Help:

**We're rallying local champions—parents, alumni,
farmers, educators, and small businesses:**

- Set a personal fundraising goal (\$250–\$1,000)
- Make a donation to this campaign via the QR code below.
- **Share why you care**
- Share this campaign in your community and help us reach our goal of \$20,000

YOUR DONATION IN ACTION

\$25.....Covers a student's meal and transportation for a day
\$100.....A week of resource support for a student's family
\$250.....Basic Needs support for 20 students
\$1,000...A week of Site Coordination for a school site

A Partnership for Equity, Success, and Rural Innovation

Concerned over properties that affect the safety, health, or quality of life in your neighborhood?

Join us for a hands-on workshop to learn how to
speak up effectively where you can make a difference!

YOUR COMMUNITY NEEDS YOUR VOICE.

All are welcome. Attendees will be compensated.
Childcare and food provided.
Bring a neighbor!

[Scan this QR code to
learn more about HEZ:](#)



Day: Wednesday August 6th

Time: 6pm-8pm

Where: East Whatcom Regional Resource Center

OUR VOICES! OUR SOLUTIONS! OUR COMMUNITY! OUR FUTURE!





Keep Your Kidneys Healthy This Summer!

by Mount Baker Foundation

Summer in Whatcom County is a beautiful time—blue skies, long days, and lots of fresh fruits and veggies at the market. But did you know that summertime can be tough on your kidneys if you're not careful? Your kidneys work hard every day to filter waste and extra water from your blood, so it's important to take care of them, especially when it's hot outside. To protect them: Nourish and Move your body well.

One of the best things you can do for your kidneys in the summer is **stay hydrated**. When the weather is warm, we sweat more, and that means we lose water faster. If we don't drink enough, our kidneys can get stressed and might not work as well. Try to drink plenty of water—more if you're working outside, hiking, or playing sports. If your pee is light yellow, you're probably drinking enough. If it's dark, you may need more water!

Another way to care for your kidneys is to **eat healthy foods**, especially whole foods that grow right here in Whatcom County. We're lucky to have farms that grow some of the best summer produce in the country. (Did you know? Whatcom County is the #1 raspberry-producing area in the U.S.?) Raspberries are packed with vitamins, fiber, and antioxidants that help reduce inflammation and support kidney health. Other great summer foods for your kidneys include:

- Leafy greens like kale, lettuce, and spinach
- Fruit like apples and peaches
- Cucumbers melons and zucchini are healthy snacks that also hydrate.

Try to avoid too many salty snacks, sugary drinks, and processed foods, especially in hot weather. These can make your kidneys work harder and may lead to long-term problems.

If you're grilling or having a picnic, think about adding a big salad with local berries, or slice up fresh cucumbers and carrots instead of chips. Drinking water with a squeeze of lemon or a few frozen raspberries is a fun and tasty way to stay hydrated, too!

This summer, let's take care of our kidneys by drinking water, staying cool, and enjoying the amazing fresh foods grown right here in Whatcom County. Your kidneys will thank you!



From Kristi's Desk

by Kristi Warren Slette

Director Whatcom Family & Community Network

A Small Win is a Win!

How big does an achievement need to be to celebrate it?

Please accept the idea that a task done well, doesn't need to be big at all to be worth celebrating.

Small wins are achievements! Everybody likes a win. We all like to feel successful and know that our effort, time and dedication to a task is noticed and meaningful. When we notice small wins or achievements for ourselves or for others, we can raise hope. Research on the impact of being a hopeful person, tells us that hope is the most reliable predictor of thriving. When individuals, families, workplaces, schools, neighborhood set goals, identify pathways to achieve them and take actions toward them—they create a better future for themselves and others.

Add one small win after another and you will start to see progress, change and goals come to reality!

Hope Science suggests that small achievements are important. They help people grow in confidence, “can do” mindset, and develop skills to help succeed with increasingly complex tasks and goals. The principle is that **“Hope begets Hope.”**

Taking one step at a time, linked to a next step--leads to destinations. This can be especially important to individuals who have not often or recently experienced success. This would be true for children, who do not have as much lived experience as the adults around them. Children need adults and peers to notice and to celebrate when things are going well and to notice why they have gone well. “Wow! You did that so well! I noticed that you paid attention to the instructions, stayed focused and when you did get distracted—you returned to finish on time! Give me a high five!” Help the children around you get in the habit of celebrating small wins.

The same principle can also be true for individuals who come from harsher community or family environments, where adverse conditions such as poverty, war, or abuse were long term or for individuals who live with challenges in life, including disabilities or chronic health conditions. A task that many may take as “simple”—like waking up on time, eating healthy, going for a walk—may not be simple for others and do deserve to be celebrated.

Celebrating a win doesn't need to mean to throw a party or shower one with gifts. Kind words, taking a moment to say, “I saw! I recognize. I care. I noticed” can motivate someone to take the next step to continue pushing on a long or strenuous journey.

If you rarely celebrate your own small wins, I suggest starting there! Give yourself some attention. Notice all the small things you do in a day to make a single successful day. What you do is not to be overlooked! You are a winner! You've accomplished a lot!

Choose to be a Hope Giver!

Celebrate the small wins for self and others!

Grow Hope in Community!

Primary Medical Care Services at the East Whatcom Regional Resource Center

Medical Care will be available on the 1st and 3rd Mondays of the month at the EWRRRC from 1-5pm. Services available will include:

- Wellness exams
- Sports physicals
- Care for non-emergency acute and chronic health concerns
- Walk-in appointments as available

Appointments can be scheduled by calling **360-230-8157**

Most major insurance accepted including the following:

- Molina
- Premiera
- UHC
- Lifewise, and more

If uninsured or not in our insurance network, sliding scale fees are available based on income. Patients will not be turned away for inability to pay.



Gabriel Durben, ND has been a primary care naturopathic doctor in Bellingham since 2014 and lives in rural Whatcom county. He believes that the best healthcare happens when we recognize and value our shared experience as humans.

Road Rules

by Doug Dahl

Q: This time of year there are a lot of tractors driving on roads near farms. Is it legal to pass a tractor in a no-passing zone?

A: The Roman emperor Marcus Aurelius once said, “The impediment to action advances action.

That which stands in the way becomes the way.” This quote has been popularized by modern stoic writer Ryan Holiday as, “The obstacle is the way.” Being a fan of stoic philosophy, I've been asking myself, “If the obstacle is a tractor, and I'm in a no-passing zone, how does the tractor become the way?” Maybe Marcus meant it as a metaphor and I'm taking it too literally.

And if I am taking it too literally, the tractor probably isn't an obstacle. But I'm getting ahead of myself. Any driver should already know that solid center lines indicate a no-passing zone. The question then is, are there any exceptions to the no-passing zone law?

Yes, there is one exception. The law doesn't apply “when an obstruction exists making it necessary to drive to the left of the center of the highway.” (The driver still has to yield to oncoming traffic.) This leads to more questions: What is an obstruction? And when is it necessary?

Neither of these terms are defined in traffic law, but we can get a hint from Washington's criminal code on how “necessary” might be understood. I'm admittedly using it out of context, but in the criminal code necessary is defined, in part, as having no other reasonable alternative.

While “obstruction” isn't defined, it is used in other places in traffic law, and most frequently it refers to a stationary object blocking the roadway. For example, the secure-your-load law describes objects that have fallen out of a vehicle and onto the roadway as obstructions.

We're getting into interpretation of the law which, as you might recall from Schoolhouse Rock, is the job of the judicial branch of government. (I just re-watched that episode and had forgotten that Schoolhouse Rock describes the three branches of government as a three-ring circus with clowns.) I'll share my understanding, but I'm no lawyer and my opinion carries no weight in a court of law.

A tractor fits the definition of a motor vehicle in the law, and it's more appropriate to consider it a slow-moving vehicle than an obstruction. The law prohibits passing a slow-moving vehicle in a no-passing zone.

Even if you were to argue that a tractor driving on the roadway is an obstruction, I still don't think you could legally pass it in a no-passing zone, because it doesn't meet the “necessary” requirement. Since the tractor is driving, it's going to eventually pull into a farm or reach a stretch of road where it's safe to pass. You might not like the wait, but it's a reasonable alternative to passing in a no-passing zone.

The exception to crossing the center line in a no-passing zone is intended for inanimate objects, like a couch that's fallen out the back of a pickup truck. It's not going to get out of your way, so it's necessary to go around it. (Or if you're a kind-hearted soul and you think it's safe you could push it out of the roadway, but that might be a dangerous option.)

Getting back to our stoic teachers, maybe it's not the tractor that's the obstacle, but our sense of urgency. Then the tractor becomes the way; the way to practice patience. Too philosophical and preachy? Fair enough. Even so, I'm sticking with my answer: It's not legal to pass a tractor in a no-passing zone.





BUILD COMMUNITY DAY 2025

 **Habitat for Humanity**
in Whatcom County

OCT 4TH
MAPLE FALLS & KENDALL

Visit hfhwhatcom.org/build-community-day to submit an application for a home repair! Ideal projects take 3-4 hours to complete. Past Build Community Day projects have included yard work, fence repair, weatherization, and accessibility improvements.

Habitat Whatcom, the local Habitat for Humanity program, is inviting Kendall and Maple Falls residents to apply for help with minor home repairs for our annual Build Community Day. Past Build Community Day projects have included yard work, fence repair, weatherization, and accessibility improvements. Thanks to the Whatcom Community Foundation's Project Neighborly Grant, we are able to complete these repairs at no cost to the homeowner.

All Maple Falls and Kendall residents are welcome to fill out our project request form at hfhwhatcom.org/build-community-day. And everyone is welcome to volunteer and build community with us!

RESOURCES

Crisis/Emergency



The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.



211 helps connect you to community resources statewide.



24/7 Crisis Line
800.584.3578



The Kendall Fire Station (Whatcom County Fire District Station 92) is housed at the roundabout in

Kendall Washington and has fire fighters highly trained in fighting building fires as well as wild fires. They provide a number of other emergency services including medical aid, as well as offering fire safety and prevention education to our community.

Non-emergency number: (360) 599-2823

Remember: in an emergency dial 911

info@wcfd14.org



The **Red Cross** is a registered(c)(3) nonprofit organization providing disaster relief whether it's loss of home due to fire or flood to mobilizing volunteers, supplies and services in disaster stricken regions of the world. Red Cross supplies about 40% of the nation's blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members and their families. 1 800 RED CROSS (1-800-733-2767)
<https://www.redcross.org>



Salvation Army

For many, making ends meet is a daily challenge, forcing people to choose between things like

heating their homes and putting food on the table. We understand the stress these situations put on families and are here to help.

Providing assistance for:

Disaster Relief
Homelessness
Hunger
Veterans Services
Poverty
Prison Outreach
Prescription drug coverage
Rent and Utility Assistance
Substance Abuse Services
At-risk youth programs
360-733-1410
shevaun.malone@usw.salvationarmy.org
<https://bellingham.salvationarmy.org>
2912 Northwest Ave., Bellingham



Serving individuals throughout Whatcom County, DVSAS is a volunteer-driven 501(c)(3) non-profit organization working to heal victims and end domestic and sexual assault. With client-centered, accessible housing and support services, DVSAS empowers victims and survivors while offering safe housing and the possibility of a new life. 24 HOUR HELPLINE 1.360.715.1563
Business Line: 360.671.5714
<https://www.dvsas.org>

Food



Foothills Food Bank

Tuesday: 8-11am
Thursday: 4-7pm

Mobile Pantry outside Food Bank:
1st Saturday of every month 11:30 - 12:30

And third Friday of every month 10am-11am

Contact:
Foothillsfoodbankcontact@gmail.com
360-392-8149

*We are always looking for volunteers!
www.foothillsfoodbank.org



St. Peter's Catholic Church Social

Action invites our community to join us every Thursday afternoon from 3:00 -5:00pm at 6210 Mt. Baker Hwy. Deming.

We are happy to accept your donations of lightly used clothing and household items. Also shelf stable food items, feminine care items, paper products, body wash, and cleaning products for our community resources bank. Our friends have access to these items as inventory lasts each week.

On the last Thursday of each month each family receives 4 pack toilet paper and laundry soap.

If you are in need of a specific item let us try to help you!



Low Income Health Care



Unity Care

NW provides affordable primary medical, dental, behavioral health, and pharmacy services for children and adults. Care NW accepts Washington Apple Health (Medicaid), Medicare, and most private insurance plans. For those who do not have insurance or who have high deductibles or co-pays, we offer a Sliding Fee Discount Program that can reduce the cost of care. Eligibility for the Sliding Fee Discount Program is based on household size and income. No one is ever denied services because of an inability to pay.
360-676-6177
<https://unitycarenw.org>

Sea Mar Community Health Center



is a community-based organization committed to providing quality, comprehensive health, human, housing, educational and cultural services to diverse communities. Sea Mar proudly serves all persons without regard to race, ethnicity, immigration status, gender, or sexual orientation regardless of ability to pay for services.

360.671.3225

<https://www.seamar.org/whatcom-medical-bellingham.html>

Homeless Help



Bridge 2 Services is a mobile outreach program that bridges

homeless people to the organizations and services they need. We help make connections to vital services like housing, medical assessments, substance treatment, case management, and more. Supplies we offer: basic triage supplies like water, food (sometimes hot), snacks, clothing, hygiene items. Tents, sleeping bags, tarps, blankets
services@bridge2services.com
Text: 813-957-4935
<https://ferndalecs.org/bridge-2-services/>

Local Healthcare



Ask-a Nurse Clinics

Health Ministries

Network volunteer nurses provide free blood pressure checks, health counsel, referral and telehealth, as well as limited screening. On the fourth Tuesday of the month, the "Ask a Nurse" program is augmented by community partners that include the Family YMCA, Baker Foundation, of Whatcom County, and Support Northwest. 8-11am—2nd and 4th Tuesday each month at EWRRRC.

DON'T FORGET!

Stop by an Ask a Nurse clinic at the EWRRRC on the 2nd & 4th Tuesdays of each month between 8 & 11.30 am, and get your A1C tested. It's the best way to understand your blood sugar levels and see if you're at risk for diabetes.



Whatcom Mobile Medicine

Primary care services the 1st and 3rd Monday each month from 1-5pm at East Whatcom Regional Resource Center. For an appointment, call 360.230.8157. We take non-emergency, acute and chronic health problems. Walk-in appointments are available. Sliding scale or Molina, Premera, UHC, Lifewise and more. Patients will not be refused help based on ability to pay.

Mental Health



NAMI Whatcom Mental Health Support Group meets the 2nd Thursday of each month 10:00am -11:30AM at the East Whatcom Regional Resource Center, 8251 Kendall Rd, Maple Falls WA 98226.

This no-cost structured support group, facilitated by trained peers offers respect, encouragement, connection, and hope for individuals 18 and over affected by mental health conditions, including family and friends. Learn from other's experiences, share coping strategies, and offer each other encouragement and understanding in a safe, confidential space. For more information visit www.namiwhatcom.org, call us at 360-671-4950 or email namiadmin@namiwhatcom.org
NAMI Whatcom Office
800 E. Chestnut St., Suite 1C
P.O. Box 5571, Bellingham, WA 98227
Phone: (360)-671-4950
Website: namiwhatcom.org

Deb Shawver, LICSW offers individual counseling sessions in-person and on telehealth for ages 13+, as well as support groups for teenagers and parents. On the 2nd and 4th Tuesdays of each month, she will be joining the Ask-A-Nurse program from 8-11 AM. In addition, Deb is offering a free drop-in group for teenagers starting July 1st. This group will meet weekly on Tuesdays 6-7:30 PM through the summer.

Deb accepts most insurances, including Cigna (out of network) Molina, Medicare, Kaiser, Premera, Blue Cross, Regence, CHPW, Humana.
Catch-Me, LLC
360-536-1565
catchmeccoachme@gmail.com
<https://www.catch-me.io>



Additional Health



SEAS is a free local resource navigation service available to families in Whatcom County. SEAS provides resource navigation for all families that have a child with a disability or developmental concern under 21. Additionally, in 2022, SEAS expanded to provide resource navigation for all families with a child under 5, and expecting families. From questions about your child's development or behaviors, to connecting to services or resources, SEAS works with you to help you get what you need so your children and family can thrive. SEAS family resource navigators are experts in Whatcom County's programs for families and children. They provide confidential, judgment-free, multi-language navigation services. Staff are multilingual and interpretive services are available. Our goal is to help every family get connected to the resources that they need.
360-715-7485
seas@oppco.org
<https://www.seaswhatcom.org>



Center for Independence

(CFI) is a non-residential, community-based 501(c)(3) non-profit organization operated by people with disabilities, serving people with disabilities ages 14 and up. We serve as a resource for individuals with disabilities to fully access and participate in the community through outreach, advocacy, and independent living skills development. We work together with participants to achieve independent living goals such as self-advocacy, self-sufficiency, and self-determination. 1-888-482-4839
info@cfi-wa.org
<https://www.cfi-wa.org>



Washington Connection

offers a fast and easy way for families and individuals to apply for a variety of services such as Food, Cash, Child Care, Long-Term Care, and Medicare Savings Programs. Individuals that are age 65 or older, blind or disabled may also apply for medical assistance. (877) 501-2233
<https://www.washingtonconnection.org/home/>

Rebus #1

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Addiction



Lifeline Connections is a community-based behavioral health organization that specializes in providing confidential and compassionate care to individuals who experience a substance use and/or mental health condition. Dial or Text 988 the Suicide & Crisis Lifeline, if you or a family member is experiencing a mental health crisis. The Lifeline is available for everyone, is free, and confidential. info@lifelineconnections.org (800) 604-0025
<https://lifelineconnections.org>



ALANON A part of the Al-Anon Family Groups' fellowship for younger members whose lives have been affected by someone else's drinking. Find an Alateen meeting: <https://www.whatcomafg.org>
Find an Alanon meeting: <https://www.whatcomafg.org>

NA
Find a Meeting: <https://nwsrna.org/meetings/>
360-647-3234
WebServant@nwsrna.org

AA
Find a Meeting: <https://whatcomaa.org/meetings>
altwebservant@district11aa.org
<https://whatcomaa.org/>
(360) 734-1688

KNOW THE SIGNS!

Heat Exhaustion

Heat Stroke

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Dizziness
Thirst
Heavy Sweating
Nausea
Weakness



Confusion
Dizziness
Becomes Unconscious

ACT FAST

CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Heat exhaustion can lead to heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not given.



Stay Cool, Stay Hydrated, Stay Informed!



RESOURCES

Addiction Continued



SAMHSA's
National Helpline,
1-800-662-HELP

(4357) (also known as the Treatment Referral Routing Service), or TTY: 1-800-487-4889 is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.
1-800-662-HELP (4357)
<https://www.samhsa.gov/find-help/helplines/national-helpline>

Seniors

Whatcom Council on Aging



WHATCOM
Council on Aging

Aging, in partnership with the people we serve, offers nutritional, health, social, recreational, and educational programs that promote lifelong independence. Vision: Lifelong empowerment through education, advocacy, and support: Independence through affordable housing, nutritious food, health care and programs that support lifetime wellness. Connections with community Senior Centers, programs and outreach. Opportunities for civic and community life engagement through education, recreation, and volunteerism. Self-respect through self-determined and independent living to prevent premature non-independent living and through opportunities for seniors to maintain autonomy. Good physical and mental health through proper nutrition, exercise, and other social activities. Community support built through advocacy for older adults and through a positive image of aging. Values: Whatcom Council on Aging engages in partnerships with agencies and community groups that support the values of Accessibility, Connectedness, Involvement, Independence, Individual Respect, Health, and Advocacy.
360-733-4030
<https://whatcomcoa.org/contact-us/>



Northwest Regional Council

connects and creates new solutions to navigate the challenges of aging and disability. NWRC provides an extensive array of services and resource to assist the elderly and disabled improve their lives with short- and long-term solutions including health care, medical transportation, in-home care, case management, resources for veterans, housing, food, a variety of support services, and much more.

(360) 676-6749
<https://nwrwa.org>
600 Lakeway Drive
Bellingham, WA



Senior Resources

A guide to services and resources for seniors in Whatcom County
360.344.3333
guide@olypen.com
<https://nwseniors.com/whatcom-county/>



Adult Protective Services (APS)

is dedicated to serving vulnerable adults. We investigate reports about abuse, abandonment, neglect, exploitation and self-neglect of vulnerable adults in Washington State. We collaborate with other agencies to offer protective services as needed. Our goal is to promote lives free of harm while respecting individual choice.

Make an APS Report: Report Online or Call 1-877-734-6277
<https://www.dshs.wa.gov/altsa/adult-protective-services>

Catholic Community Services

is the largest local private provider of assistance to individuals and families struggling with poverty and the most vulnerable in our communities.

(360) 676-2164
info@ccsww.org
<https://ccsww.org>



Medicare.gov

provides information on how to get started with Medicare, with what Medicare covers, as well as information about prescription drug/dental/vision plans, has health counseling, assists in finding a provider, and other health-related resources.
1-800-MEDICARE(1-800-633-4227)
TTY users can call-877-486-2048
<https://www.medicare.gov>



Volunteer Chore Program



provides volunteers to help the elderly (60 and over) and adults with functional disabilities remain independent in their own homes. The Chore Program serves as a safety net, helping those for whom other resources are unavailable. Chore assists 200+ Whatcom County residents each year.
(360) 734-5121 ext. 1172
chore@whatcomvolunteer.org



Each year we provide hundreds of hours of

support to caregivers in Whatcom and Skagit County through our free programs: Adult Day Programs for scheduled caregiver respite Support Groups for adults caring for those affected by dementia Adult Children Support Groups for those adults caring for a parent affected by dementia Dementia-Friendly events Art Access Classes with Allied Arts of Whatcom County Project Lifesaver (a partnering with the Whatcom County Sheriff) providing electronic technology to locate those who wander All seek to provide a support to those living with dementia as well as to those providing their care.
(360) 671-3316
<https://www.dementiasupportnw.org>

Family Services

FAMILY SERVICES & PARENTING SUPPORT



There are four Family Services Coordinators at Mount Baker School District. Our mission is to create partnerships between families, school, and the community. All our services are confidential. We provide support which enables children and adolescents to live in a safe and healthy environment, as well as encourages them to be present and do their best in school. We assist families with resources, information and problem solving to help their children succeed in school.

We are available for confidential meetings by phone, at school, or at home.

(360) 383-2000
(360) 383-2009
Kendall Elementary
(360) 383-2055
<https://www.mtbaker.wednet.edu/o/kendall>

7547 Kendall Road
Maple Falls, WA 98266
Acme Elementary School
(360) 383-2045
<https://www.mtbaker.wednet.edu/o/acme>

5200 Turkington Road Acme, WA
Mt Baker Jr High School
(360) 383-2016
5100 Mitchell Road Deming, WA
<https://www.mtbaker.wednet.edu/o/mbjh>

Mt Baker Senior High School
(360) 383-2015
<https://www.mtbaker.wednet.edu/o/mbhs>
4936 Deming Road Deming, WA



PARENT TRUST

Because kids don't come with instructions! The Family Help Line is free call from anywhere

in Washington State, available to parents, caregivers, and anyone who has an interest in or questions about a child in their community. We can help you find resources, parenting classes, community resources and so much more. We are here to talk and problem solve with you! If you need a translator, please call and let us know – in most cases we can have a translator available in minutes!
800-932-4673
familyhelpline@parenttrust.org
<https://www.parenttrust.org>



Care Connect

helps pregnant and newly parenting women prepare for delivery and parenthood with a series of classes. Lessons include topics such as Understanding Pregnancy, Labor and Delivery, Postpartum, Infant Hygiene, Infant First-Aid and Getting Your Baby to Sleep. At each weekly appointment, clients will meet one-on-one with a trained peer mentor for one hour. With each lesson that is completed, clients will earn "baby bucks" for supplies such as diapers, wipes, clothing and blankets.
(360)-9057
info@whatcomclinic.com
<https://www.whatcomclinic.com/services/education/>



NYS offers a wide variety of programs, services and support for Whatcom County youth, including housing, health care, mental health, employment and education, gender identity support, and teen court. Youth are welcome to drop in.
(360) 734-9862
hello@nwys.org
<https://www.nwys.org>
1020 North State St. Bellingham,



ECEAP & Head Start

ECEAP (pronounced "E-Cap") is the Early Childhood Education and Assistance Program funded by Washington State for children 3 and 4 and, in some locations, infants or toddlers who are younger than 3 years old. Both ECEAP and Head Start include: Free early learning child care or preschool to support child's development and learning. In some locations, Head Start may also offer home-based services. Family support and parent involvement. Child health coordination and nutrition. Services responsive and appropriate to each child's and family's heritage and experience. Children who attend ECEAP and Head Start learn to manage their feelings, get along with others and follow classroom procedures. They build the beginning skills for reading, math and science. The programs work closely with parents to support their children's health and education and to meet family goals. They help families access medical and dental care and social services.eceap@dcyf.wa.gov for ECEAP dcyf.hsco@dcyf.wa.gov for Head Start
<https://dcyf.wa.gov/services/earlylearning-childcare/eceap-headstart>.

Family Reconciliation Services (FRS) is a voluntary program serving runaway adolescents and youth who are in conflict with their families. The program targets adolescents between the ages of 12 through 17. FRS services are meant to resolve crisis situations and prevent unnecessary out-of-home placement. They are not long-term services. The services will assess and stabilize the family's situation. The goal is to return the family to a pre-crisis state and to work with the family to identify alternative methods of handling similar conflicts. If longer-term service needs are identified, FRS will help facilitate getting the youth and their family into ongoing services. If you experience any difficulties when calling to make a referral to the FRS program, contact Hannah Merley at 253-254-3473. For FRS Intakes call: 1-866-363-4276 and tell the intake worker that you would like "Family Reconciliation Services" to start working with your family.



Department of Children, Youth, and Families

DCYF is a cabinet-level agency focused on the well-being of children. Our vision is to ensure that "Washington state's children and youth grow up safe and healthy—thriving physically, emotionally and academically, nurtured by family and community."
Report Child Abuse and Neglect | 1-866-ENDHARM (1-866-363-4276) <https://dcyf.wa.gov/services/child-welfare-system/cps>

The Parent to Parent Support Programs

provide emotional support and information to families of children with developmental disabilities, delays, and special health care needs. Personal support from another parent, who has a child with similar needs, can be helpful in coping with many challenging experiences and feelings. Helping Parent volunteers have completed a training program and are available to provide support and information to other parents. All information will be kept confidential. There is no cost for this service.
(360) 715-0170
p2p@arcwhatcom.org
<https://www.p2pwhatcom.org/home>

Parent to Parent of Whatcom County

Veterans



U.S. Department
of Veterans Affairs

Veterans Administration

Serving

Whatcom, Skagit, San Juan, and Island counties, we offer confidential help for Veterans, service members, and their families at no cost in a non-medical setting. Our services include counseling for needs such as depression, post traumatic stress disorder (PTSD), and the psychological effects of military sexual trauma (MST). We can also connect you with more support in VA and your community.
800-698-2411
<https://www.va.gov>
3800 Byron Av, Suite 124,
Bellingham,



WASHINGTON STATE
DEPARTMENT OF
VETERANS AFFAIRS

"Serving Those Who Served"

Vet Center

Serving Whatcom, Skagit, San Juan, and Island counties, we offer confidential help for Veterans, service members, and their families at no cost in a non-medical setting. Our services include counseling for needs such as depression, post traumatic stress disorder (PTSD), and the psychological effects of military sexual trauma (MST). We can also connect you with more support in VA and your community.
800-698-2411
Hours: 24/7
<https://www.va.gov>



WHATCOM COUNTY
HEALTH AND
COMMUNITY
SERVICES



If you're a Whatcom County veteran,

we can help you or your family access local, state, and federal benefits and services. Call or visit us in person to find out how.
509 Girard Street, Lower Level,
676-6724 ext. #50700
M/W/F 12:30-5pm; information for all available

Education

ESL: English Language Learning



Whatcom
Literacy Council
Opening Doors. Changing Lives.

Roughly two thirds of the people we serve are immigrants who are learning English for the first time. More than half of our learners have no high school diploma or GED, and the majority have no computer at home. Our free, customized, individual tutoring and small group classes make a difference in their lives by...

*Improving their basic reading, writing, math, computer, and parenting skills. *Helping them prepare for a GED test and/or further education. *Helping them attain US citizenship. *Increasing their employment opportunities. *Enabling self-sufficiency. *Enhancing the stability of their daily lives.
ell@whatcomliteracy.org
(360) 685-6756
<https://www.whatcomliteracy.org/english-language-learner>



WASHINGTON STATE
DEPARTMENT OF SOCIAL
& HEALTH SERVICES

Vocational Rehabilitation

Providing vocational rehabilitation services for disabled and displaced workers.
(360) 812-6610
DVRBellinghamReferral@dshs.wa.gov <https://www.dshs.wa.gov/location/dshs-dvr-bellingham>
4101 Meridian St Bellingham,

RESOURCES

Education/Jobs



Evergreen Goodwill offers ESOL classes at basic and intermediate levels for people who want to develop English literacy and improve language skills for the workplace. Classes include ESOL Basic through ESOL Level 4 and Citizenship Test Preparation. **Digital Skills:** With our different Digital Skills classes, you'll learn the basics of how to operate a computer, including file management (saving), typing (keyboarding), internet, and email. Later, you can take classes in Microsoft Word and Excel to learn to create spreadsheets for organizing data and documents for writing a resume or cover letter. We also offer online job search classes and special computer classes for non-native English speakers. No previous computer knowledge or experience is required. **Wraparound Services:** Evergreen Goodwill's instructors, case managers, and employment specialists support students holistically based on their individual needs and help remove barriers to employment and education. Students can receive support for barriers like housing, transportation, legal or immigration matters, among many others. **Reentry Services:** Finding work with a conviction history can be a challenge, but Evergreen Goodwill is here to help. Initially, our Employment and Reintegration Strategies class focuses on mental and physical health, stress management, the theory of change, and goal setting exercises. The second half of the curriculum helps students plan their careers, search for jobs, and prepare for interviews. (360) 752-2080 evergreengoodwill.org

WorkSource is a statewide partnership of state, local and nonprofit agencies that provides an array of employment and training services to job seekers and employers in Washington. We also offer assistance in applying for unemployment. 888-316-5627 <https://www.worksourcewa.com>



Vocational Rehabilitation Providing vocational rehabilitation services for disabled and displaced workers. (360) 812-6610 DVRBellinghamReferral@dshs.wa.gov <https://www.dshs.wa.gov/location/dshs-dvr-bellingham> 4101 Meridian St Bellingham,



Employment Security Agency dealing with employment/unemployment issues. Apply for unemployment insurance. Paid family and medical leave. 360-890-3500 <https://www.esd.wa.gov>

Sudoku – Medium

Solution on back page

5		7	2				9	
		6		3		7		1
4							6	
1			4	9				7
			5		8			
8				2	7			5
	7							9
2		9		8		6		
	4				9	3		8

Home Owners/Utilities

Septic Systems Evaluation Rebates

Do you need your septic system evaluated? Washington State and local public health regulations require septic system owners to have a complete evaluation of their septic system performed one to three years (depending on the type of system) and to report the condition of their system to the local health jurisdiction. Whatcom County Health Department is offering enhanced rebates for homeowners who have senior or disability tax exemptions who need their septic system evaluated. You can learn more at: whatcomcounty.us/septicrebate, or call: 360.778.6267.

Washington State Homeowner Assistance Fund (HAF)



(HAF) provides individual support and federal relief funds to qualified Washington homeowners behind on their mortgage due to pandemic hardship. This program is administered by the Washington State Housing Finance Commission (WSHFC). Pre-Purchase Homebuyer Education Classes or Housing Counseling Down-Payment Assistance Programs or other help buying a home Foreclosure Prevention Housing Counseling Legal Aid Home Repair or Home Modification Assistance Payment Assistance Programs (Availability varies. Call for information) 877.894.4663 www.homeownership-wa.org



We are a local government agency that serves thousands of residents in Whatcom County. **The Bellingham Housing Authority(BHA)& the Whatcom County Housing Authority** work together provide needed housing in our community. We serve Low-Income Families, Elderly People, Those with Disabilities, & Working Families in need of affordable housing. (360) 676-6887 ext. 1025 info@bellinghamhousing.org <https://bellinghamhousing.org>

Are you eligible for free home weatherization?

Check it out at PSE: https://www.pse.com/rebates/insulation?utm_source=google&utm_medium=cpc&utm_campaign=rem-wx-e&sc_camp=D919B664C064490784988653CB82AEE3&gad_source=1&gclid=CjwKCAjw3624BhBAEiwAkxgTOg2T58DRtQs9HtgCYL1gm0vPI6ITIUCd4f2jgMPVuzFWMdc8uuWBkhoC7VcQAvD_BwE

You can be emailed important Columbia Valley Water District News and Updates by creating a login at Xpressbillpay. Go to www.cv-wd.com On the home page you will see a button that says “Pay Your Bill Online” hit that button and it will take you to Xpressbillpay.com. Create a login by providing your email address and answering a couple of questions. It's that simple! Once you have a login you will begin to receive email updates about Columbia Valley Water District activities like: Emergency Notifications and Newsletters. Although creating a login will ensure you receive email notifications - Here you can also pay your bills online, sign up for auto-pay and/or paperless billing if you choose. All you need is an internet connection and an email address. Once you sign up for your account and start using this service, you'll wonder how you ever got along without it! It's simple to use. If you choose paperless billing, every month we'll send you a reminder email to let you know when your bill is online. Then, you just log into your account at xpressbillpay.com or use our mobile app to view your bill. You can also see two years' history of your account online, so you can compare your current bill to a previous bill. When you're ready to pay your bill, select a payment type. You can pay with a credit card, or debit card. Enter the information and you're done! It's that easy, and only takes you a few minutes each month. Or you can set up your bill on Auto Pay and have it automatically paid for you each month! 6229 Azure Way, Maple Falls, WA (360)599-1699 admin@cv-wd.com



Whatcom County Water District 13

is committed to protecting the environment and the natural habitat while supplying pristine water and reliable wastewater services to our customers. 360-599-1801 admin@wcwd13.com 532 Sprague Valley Drive, Maple Falls



Habitat for Humanity in Whatcom County

provides a unique opportunity for hardworking families to help build and buy their own homes. We work closely with qualified individuals and families to build safe, decent, and affordable homes here in Whatcom. 360.715.9170 info@hfhwhatcom.org <https://www.hfhwhatcom.org>



Whatcom/Skagit Housing

Since 1976, we have assisted over 700 families in building their own homes in Whatcom and Skagit Counties. Mutual Self-Help combines your sweat equity with technical assistance from WSH and affordable loans from USDA Rural Development. (360) 398-0223 julia@whatcomskagithousing.com <https://whatcomskagithousing.com>



The dementia journey isn't easy.

Reaching us is.

You're not alone. We're here to help.

24/7 Helpline • 1.800.272.3900

Visit us online at www.alzwa.org

ALZHEIMER'S ASSOCIATION



Energy Assistance

Do you need help with energy costs?

Apply for Energy Assistance directly through PSE now by going to: <https://www.pse.com/en/account-and-billing/assistance-programs> 1-888-225-5773

PSE's Bill Discount Rate (BDR)

program provides you with ongoing help on your monthly energy bill. Depending on your household income and household size, you can save 5% to 45% a month on your bill. There is one simple application to fill out. In most cases, no proof of income is required to apply. And the application only takes a few minutes to complete online. If you've received energy assistance in the past, it's likely you qualify. 1-888-225-5773 <https://www.pse.com/en/account-and-billing/assistance-programs/bill-discount-rate>

PSE customers: Manage your energy usage online.

For personalized energy-saving suggestions, complete an online home assessment to update your home's energy profile in the my usage of your online account. Measure, and monitor your home's usage. Find additional energy efficiency suggestions in our to Save library. To learn more or receive personalized advice over the phone, call an Energy Advisor 1-800-562-1482, Monday through Friday, 8 a.m. to 5 p.m.



Whatcom County Property Tax Exemption for Senior Citizens and People with Disabilities

If you are a senior citizen or a person with disabilities with your residence in Washington State you may qualify for a property tax reduction under the property tax exemption for senior citizens and people with disabilities program. 360-778-5000 <https://www.whatcomcounty.us/265/Property-Tax-Exemption>

Anagrams: Summer Activities

- groin ks In
- askew tiring
- aging tzars
- a big knack pc
- bombing cache
- drab witching
- baron del grill
- a king yak
- bingy kc pie rr
- ages blab male
- I nc nick pig
- taco umping

5 DEADLY TERMS USED BY A WOMAN

1- FINE

This is the word women use to end an argument when she knows she is right and you need to shut up

2- NOTHING

Means "Something" and you need to be worried

3- GO AHEAD

This is a dare, not permission, don't do it

4- WHATEVER

A woman's way of saying screw you

5-IT'S OK

She is thinking long and hard on how and when you will pay for your mistake.

Rebus #2



RESOURCES

Immigrants/Refugees



Office of Refugee and Immigrant Assistance Resource Tool

The Office of Refugee and Immigrant Assistance is part of the Washington State Department of Social and Health Services, within the agency's Economic Services Administration and Community Services Division. Our goal is to help refugee and immigrant families and individuals succeed and thrive in Washington state.
<https://app.smartsheet.com/b/publish?EQBCT=8e7e2fd0641f4f1e90bbaa36a0bc232d>



Helping Immigrant Families

IRIS primarily serves immigrant women and children who are survivors of violence. IRIS responds to the urgent and unmet needs of immigrants in our communities in Whatcom, Skagit and Snohomish counties in an inclusive and comprehensive manner. IRIS connects immigrants with needed resources in our communities by acting as liaisons for our recipients. IRIS also directly provides funding for items and services that are not accessible to this marginalized population.
info@irisnw.org
1050 Larrabee Ave. Ste. 104 #498 Bellingham
360-935-1688
irisnw.org



Whatcom Human Rights Task Force
The Northwest Immigrant Rights Project (NWIRP) provides comprehensive immigration legal services and community education to advance the human rights and well-being of low-income immigrants and refugees.
360-389-3898
whatcomhrtf@gmail.com
<http://www.nwirp.org/>



Whatcom Dispute Resolution Center
services focus on both conflict prevention and conflict intervention and include mediation, training, facilitation, coaching, supervised visitation, and community education for youth, adults, families, organizations, and businesses throughout Whatcom County. Services are offered in-person and virtually.
206 Prospect Street, Bellingham
360/676.0122
wdrdc@whatcomdrc.org
www.whatcomdrc.org



Immigrant Rights Resources

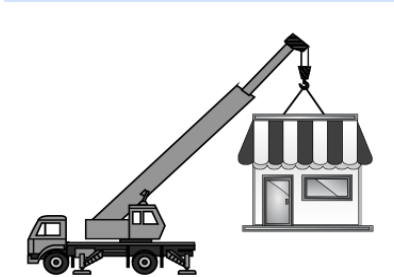
WAISN-Washington Immigrant Solidarity Network
At WAISN, we are committed to defending immigrant and refugee communities from deportation while advocating for meaningful, systemic change. Our work focuses on both deportation defense and pushing for policies that ensure justice for all Washingtonians. We invite you to join us in advocating for policies that guarantee everyone, regardless of immigration status, has access to healthcare, and that all excluded immigrant workers have access to unemployment insurance. Together, we can make a real difference and fight for a more just and equitable future for immigrant communities across Washington.
Deportation Defense Hotline (Monday-Friday; 6am-6pm) at 1-844-724-3737.
info@waisn.org
<https://waisn.org>



Supporting Families of Those Detained/Deported

The Whatcom Community Foundation has three funds (they established them when the last ICE raid occurred several years ago) open to support immigrant families and those detained. The Immigrant Relief Fund is set to support families in need. The Immigrant Bond Fund helps post bond for those while they are being detained. And the Immigrant Legal Defense fund helps provide funding for legal defense. 100% of donations go to those families impacted. Other organizations that are providing family support include the Immigrant Resources and Immediate Support (IRIS), school-district based family engagement specialists, and Racial Unity Now.
360.671.6463
wcf@whatcomcf.org
https://wcf.fcsuite.com/erp/donate/create/fund?funit_id=1523

Rebus #3



Anagrams: Summer Activities

- | | |
|--------------------|--------------------|
| 1. groin ks ln | 2. askew tiring |
| 3. aging tzars | 4. a big knock pc |
| 5. bombing cache | 6. drab witching |
| 7. baron del grill | 8. a king yak |
| 9. bingy kc ple rr | 10. ages blab male |
| 11. l nc nick pig | 12. taco umping |

FOOD STORAGE FYI

1. FoodSafety.gov provides information on food storage, including the FoodKeeper App which allows users to search for more than 650 specific food products and beverages to find proper storage details.
2. <https://www.foodsafety.gov/food-safety-charts/cold-food-storage-charts>: Guidelines for storing food in the refrigerator and freezer.
3. <https://www.ready.gov/food>: Info for prepping for power outages and other emergency situations.
4. <https://food.unl.edu/free-resource/food-storage>: Excellent site for food storage information.



Riddles for Kiddles

answers on back page

1. Why did the math book look sad?
2. What has four wheels and flies?
3. What do you get when you cross a snowman with a vampire?
4. An elephant in Africa is called Lala. An elephant in Asia is called Lulu. What do you call an elephant in Antarctica?



Looking for a fun craft project to do with your kids? This sidewalk chalk paint activity uses things you have around the house, is quick to make and will give the kids hours, if not days, of outdoor fun!
Total time: 5 minutes
Makes: 2 cups of paint **Cost: \$1**

Ingredients
1 cup cornstarch 1 cup water
Food coloring
You can replace the cornstarch with equal amount of flour but will need to double the amount of water to 2 cups. Place dry ingredients in bowl, add water and stir well. Divide the mix between smaller bowls and put a few drops of food color in each bowl. Try mixing yellow and red to get orange, and red and blue to get purple!

Turn the kids loose with paint brushes and see what gorgeous creations they come up with!
The paint colors deepen as they dry.
This paint washes off surfaces, kids and clothing easily.

WORD SEARCH: AT THE BEACH

M	S	G	S	S	T	A	R	F	I	S	H	L	C
S	E	S	S	A	L	G	N	U	S	A	L	L	H
N	A	S	L	K	H	D	B	K	S	A	T	S	S
L	G	S	H	O	V	E	L	S	B	A	S	R	M
T	S	L	T	A	N	U	L	H	S	A	A	E	A
S	S	L	S	S	B	U	C	K	E	T	N	P	L
I	W	E	W	P	N	A	E	N	G	S	D	P	C
S	I	H	I	I	E	O	N	B	E	S	C	I	N
S	M	S	M	B	S	B	R	L	D	N	A	L	A
U	S	A	M	W	E	L	G	K	O	S	S	F	N
N	U	E	I	R	E	G	B	S	E	L	T	E	N
H	I	S	N	E	O	N	E	W	E	L	L	L	M
A	T	P	G	G	W	E	S	S	M	F	E	N	L
T	A	D	I	V	I	N	G	N	U	I	U	S	L

WORD LIST		
bucket	goggles	sunhat
starfish	diving	sandcastle
flippers	snorkel	swimsuit
sunglasses	sea shells	shovel
swimming	sunhat	clams



KIDS IN THE KITCHEN

Cooking with your kids is a great way to bond! Try this simple, delicious recipe and see the glow of pride on their faces when the family digs in!

Chicken Sliders

Prep: 25 min Cook: 25-35 Makes: 12 sliders

Ingredients

1-12 pack Hawaiian sweet rolls or dinner rolls	1 cup shredded sharp cheddar
1 cup shredded mozzarella	1 garlic clove, minced
1 lb boneless, skinless cooked chicken (rotisserie will work) bite size pieces	
4 medium scallions sliced thinly	1/4 cup mayonnaise
1/4 cup sour cream	1 tablespoon Dijon mustard
1/2 teaspoon black pepper	1/4 teaspoon kosher salt
3 tablespoons butter	

Instructions
Arrange rack in center of oven and preheat to 350F. Without separating the rolls, cut the whole block in half horizontally with a serrated knife. Place the bottom half of the rolls, cut side up, in 9x13 baking dish.
Toss together both cheeses in medium bowl.
In larger bowl mix together chicken, scallions, mayonnaise, Dijon mustard, sour cream, salt and pepper and stir to combine.
Spread half the cheese mixture over the bottom half of the rolls in an even layer, then evenly top with the chicken mixture. Top with remaining cheese.
Melt butter with minced garlic and brush half of it over the cut side of the top half of the rolls. Lay the top half over everything and brush tops with remaining garlic butter.
Cover dish tightly with aluminum foil and bake 20-25 minutes. Uncover and bake until rolls are lightly browned, 5-7 minutes. Cut with serrated knife to separate the sliders and serve.



ORGANIZATIONS



The goal of the **Health Equity Zone** is to ensure that everyone has a fair shot at being healthy, no matter who they are or where they come from. Food and childcare will be provided at each event, and all ages are welcome. As a thank you for your participation, all attendees will receive Visa gift cards. Find out more and register here: CHF Health Equity Zone. HEZInfo360@gmail.com 360.222.7031



Columbia Valley Park and Recreation

District is a local government body serving the Columbia Valley Urban Growth Area in the East Whatcom Foothills. Our commissioners are elected from our community by our community and volunteer for this service. Learn more about our commissioners and the work CVPRD is doing on our About page. We welcome the public at our meetings on the 2nd Thursday of the month at 6.30 pm at 8251 Kendall Rd, Maple Falls, Rm 3. You can contact us at: cvparksandrec@gmail.com cv-prd.org



KAVZ Radio is Your Voice of the Valley in the South Fork Nooksack Valley and East Whatcom County.

We are the only community, low-power FM radio station in East Whatcom County. As an all-volunteer station, we are always open and seeking more volunteers to help us in our mission. Whether you bring relevant experience in broadcast, music and audio or want to learn, please contact us at info@kavz.org if you want to find out how you can contribute, participate and learn. You can stream music from our website 24 hours a day at: <https://foothillsinfo.com/print-and-radio/> (360) 230-8176 info@kavz.org <https://www.kavz.org>



Local community-led Watch Group focused on safety in the Columbia Valley UGA area.

Monthly meetings held the first Tuesday of each month at the North Fork Library. nwmplefalls@gmail.com 360-933-1620 <https://www.facebook.com/groups/718686472042194>



The Foothills Community Alliance (FCA), a

501c3 organization was formed in 2020 by local community members with the purpose of funding projects aimed at improving the lives of the residents of Columbia Valley UGA. We welcome ALL of you to join our organization and be a voice! To volunteer, apply for a board position, or request funding for a project or idea, please visit our website at: www.foothillscommunityalliance.com or reach out via email at: info@foothillscommunityalliance.com. JOIN US THE 2ND WEDNESDAY OF EACH MONTH at the Kendall Elementary Library, 7547 Kendall Rd. Maple Falls at 5:30pm in person and via Zoom Look for our event on our Calendar and in The Foothills Outlook and on www.foothillsinfo.com. info@foothillscommunityalliance.com 360-410-9114 <https://www.facebook.com/FoothillsCommunityAlliance>

Rebus #4



East Whatcom Regional Resource Center

The East Whatcom Regional Resource Center Information and Referral (I&R) Team serves the East Whatcom Community as a branch of the Opportunity Council. We provide the same access to services that can be found at our downtown Bellingham Opportunity Council location. by our office if you need housing services, deposit assistance, basic food applications, community resource referrals and so much more! (see lists below). Please stop by our office at 8251 Kendall Rd, Maple Falls. Or contact us at 360-599-3944. 8251 Kendall Rd (360) 599-3944 ewrrc-allstaff@oppco.org <https://www.oppco.org/ewrrc/>



Mt. Baker Chamber of Commerce

was formed in 1982 to support businesses and build community in the East Whatcom region of Whatcom County in Washington State. Staff and Volunteers are on hand to answer questions and provide suggestions to travelers and locals alike. Some business support services are available including printing, laminating, and notary. Stop by, Rebecca and Sonya will be happy to see you! Volunteers are needed and appreciated! If interested contact Sonya at the number below. Produced in the Mt. Baker Visitor Center, the Mt. Baker Local Resource Guide is our local directory of businesses in the East Whatcom region. The Chamber Board of Directors meets once per month on the second Tuesday at 6 o'clock in the Maple Falls Town Hall. Members and visitors are welcome. Contact Rebecca if you'd like to make a presentation. The Mt. Baker Visitor Center in the Maple Falls Town Hall is open daily from 10 am to 4 pm, 360-599-1518 mtbakervisitorcenter@gmail.com

Rebus #5



Never regret a day in your life: Good days give happiness, Bad days give experience, worst days give lessons, and best days give memories!

Across

2. Fair version of main street
6. Comedic entertainers
7. Bronco busting/bull riding event
8. Up, down, all around
10. Series of food stalls
11. What winners get
12. Oinker wrangling
13. Predicting the future
18. Kids pet animals
19. Deep fried snack cakes
20. Mexican fritters
21. Popup varmints
22. Unusual & daring stunts

Down

1. Planes doing tricks
2. Illusions of the impossible
3. Top prize
4. Swings you into the sky
5. Ring that bell!
9. Overeating for prize
14. Where kids try to defy gravity
15. Hall of mazes, illusions, mirrors
16. Flavored icy treats
17. Best baker contest

It's easy!
HERE'S HOW IT WORKS:

1. GO to your farmers market information tent
2. SWIPE your EBT card for Fresh Bucks
3. DOUBLE your dollars, up to \$10 per person
4. SHOP for fresh produce, including:



A dollar-for-dollar match is provided, up to \$10 per EBT card per market day. Fresh Bucks are redeemable at participating markets and farm stands. Vendors accept Fresh Bucks for full or partial payment. No change will be given for Fresh Bucks.

Find this season's schedule and learn more: www.FreshBucks.org

Did you know...? Farm fresh produce is a great value – it stays fresher longer and tastes better.

Feed your family and help a local farmer



Fresh Bucks is a program administered by the

SEATTLE OFFICE OF Sustainability & Environment

Funding provided in part by the Washington State Department of Health through the Food Insecurity Nutrition Incentive (FINI) grant, funded by the United States Department of Agriculture.

Generously funded by:



DOUBLE
YOUR EBT DOLLARS
at the farmers market
with Fresh Bucks



Farmers markets
are for **EVERYONE!**

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Start simple
with MyPlate



Eat Healthy on a Budget

Healthy eating is important at every age—and can be done on a budget. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Plan, plan, plan

Plan your meals for the week based on your food budget and make a grocery list that includes staples and perishables. Save money by buying only what you need.



Compare similar products

Locate the "unit price" on the shelf sticker near the item price. Compare different brands and sizes for the best money-saving option.



Stretch your food dollars

Add beans and canned or frozen vegetables to bulk up your meals and make your food dollars go farther. You will reap the benefits of extra fiber, vitamins, and nutrients while feeling full.



Grow your own in your home

Grow herbs like basil and oregano inside your home for a fraction of the price. Small gardens can be grown on a windowsill or a kitchen counter.



Buy in bulk

Save money by buying larger quantities of foods that store well like whole grains, canned or dried beans, and frozen vegetables. Don't overbuy foods that you will throw out later.



Look for on-sale produce

Grocery stores rotate their sales and buying what is on sale is a great way to save money and get variety. Do the same with frozen and canned items.

DGA Dietary Guidelines for Americans
Go to MyPlate.gov for more information. USDA is an equal opportunity provider, employer, and lender.

The benefits of healthy eating
add up over time, bite by bite.

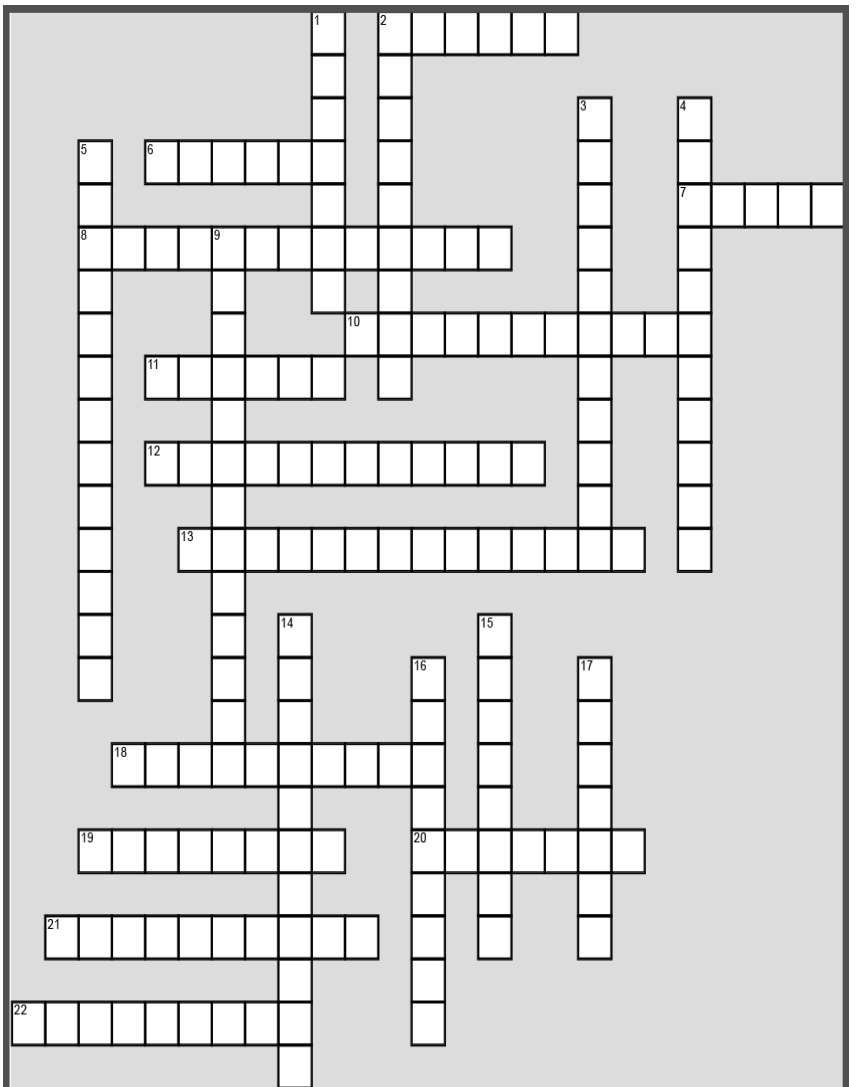
FNS-905-23
March 2022



What the kids
really do when
told
“GO OUTSIDE
AND
PLAY!”

August Crossword: The County Fair

answers on back



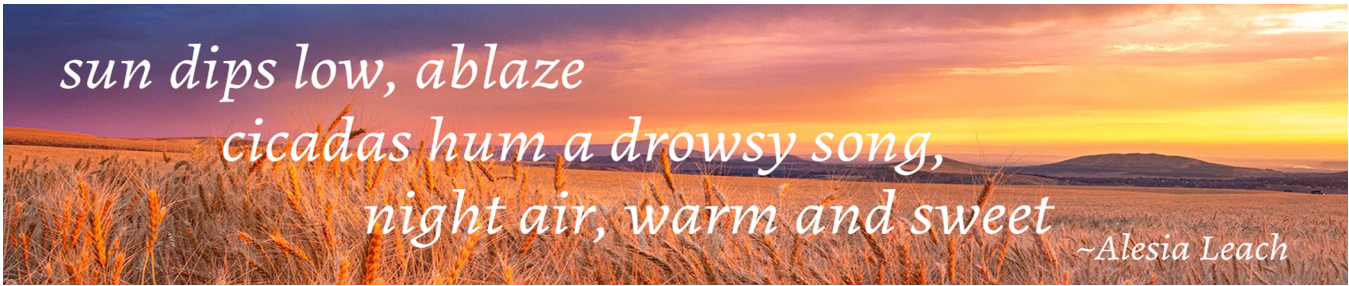


Community Events Calendar



For more information about each event, go to foothillsinfo.com and click on our Events Calendar. You can find a description of the event, see the cost, view the location on our map, visit their website, and more.

August 2025
Calendar of Events



SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	Aug 1	2
	<div>● 1pm Whatcom Mobile M</div>	<div>● 8am Ask-a-Nurse Clinic</div> <div>● 8am Catch Me: Teen Me</div> <div>● 8am Foothills Food Bank</div>	<div>● 11am Storytime @ Demir</div> <div>● 6pm Good Yarns</div>	<div>● 3pm St Peter's "Thursda</div> <div>● 4pm Foothills Food Bank</div>		<div>● 9am Twin Sisters Mobile</div> <div>● 10am Foothills Food Ban</div>
3	4	5	6	7	8	9
		<div>● 8am Foothills Food Bank</div> <div>● 5pm Neighborhood Wat</div>	<div>● 11am Storytime @ Demir</div> <div>● 6pm Good Yarns</div>	<div>● 3pm St Peter's "Thursda</div> <div>● 4pm Foothills Food Bank</div>	<div>● 2pm Solar Celebration €</div>	<div>● 9am Twin Sisters Mobile</div>
10	11	12	13	14	15	16
	<div>● 1pm Whatcom Mobile M</div>	<div>● 8am Ask-a-Nurse Clinic</div> <div>● 8am Catch Me: Teen Me</div> <div>● 8am Foothills Food Bank</div>	<div>● 11am Storytime @ Demir</div> <div>● 6pm Good Yarns</div>	<div>● 3pm St Peter's "Thursda</div> <div>● 4pm Foothills Food Bank</div> <div>● 6:30pm Columbia Valley</div>	<div>● 10am Foothills Food Bar</div>	<div>● 9am Twin Sisters Mobile</div> <div>● 11am Cedar Weaving Clk</div>
17	18	19	20	21	22	23
		<div>● 8am Foothills Food Bank</div>	<div>● 11am Storytime @ Demir</div> <div>● 6pm Good Yarns</div>	<div>● 3pm St Peter's "Thursda</div> <div>● 4pm Foothills Food Bank</div> <div>● 5:30pm Foothills Commu</div>		<div>● 9am Twin Sisters Mobile</div> <div>● 10am Summer Reading</div> <div>● 11am Freedge Celebrati</div>
24	25	26	27	28	29	30
	<div>● 1pm Whatcom Mobile M</div>	<div>● 8am Ask-a-Nurse Clinic</div> <div>● 8am Catch Me: Teen Me</div> <div>● 8am Foothills Food Bank</div>	<div>● 11am Storytime @ Demir</div> <div>● 6pm Good Yarns</div>	<div>● 3pm St Peter's "Thursda</div> <div>● 4pm Foothills Food Bank</div> <div>● 6:30pm Columbia Valley</div>		<div>● 9am Twin Sisters Mobile</div>
31	Sep 1	2	3	4	5	6
	<div>Labor Day</div>	<div>● 8am Foothills Food Bank</div> <div>● 5pm Neighborhood Wat</div>	<div>● 11am Storytime @ Demir</div> <div>● 6pm Good Yarns</div>	<div>● 3pm St Peter's "Thursda</div> <div>● 4pm Foothills Food Bank</div>		<div>● 9am Twin Sisters Mobile</div> <div>● 10am Foothills Food Ban</div>

PUZZLE SOLUTIONS

Anagrams

1. snorkeling

2. water skiing

3. star gazing

4. backpacking

5. beach combing

6. bird watching

7. roller blading

8. kayaking

9. berry picking

10. baseball games

11. picnicking

12. camping out

Crossword solution

Across:

2. Midway

6. Clowns

7. Rodeo

8. Roller coaster

10. Concessions

11. Prizes

12. Pig wrestling

13. Fortune telling

18. Petting zoo

19. Twinkies

20. Churros

21. Whackamole

22. Side show

Rebus Answers

1. Easel

2. Karaoke

3. Shop lift

4. Photo finish

5. And old hand

Kids Corner Riddle Answers

1. Because it had too many problems.

2. A garbage truck

3. Frost bite

4. Lost

Down:

1. Air show

2. Magic show

3. Blue ribbon

4. Ferris wheel

5. Strong man game

9. Eating contest

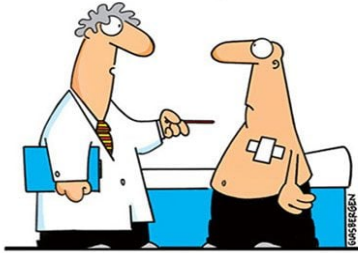
14. Bouncy house

15. Fun house

16. Snow cones

17. Bakeoffs

Do you have or know of an upcoming event? Let us know by the 15th of the month prior and we'll help promote it. Email the editor at info@foothillsinfo.com.



Soduko

5	1	7	2	6	4	8	9	3
9	2	6	8	3	5	7	4	1
4	8	3	9	7	1	5	6	2
1	3	5	4	9	6	2	8	7
7	9	2	5	1	8	4	3	6
8	6	4	3	2	7	9	1	5
3	7	8	6	4	2	1	5	9
2	5	9	1	8	3	6	7	4
6	4	1	7	5	9	3	2	8

Do you have an idea for a feature story, Helping Hands article, or an interview with someone who is making a positive difference in the Foothills communities?

Do you have photos of the area you'd like to share with the community?

Would you like to write reviews of local events and activities?

Are you interested in writing about local history, interesting sites, local geology, and more?

LET US KNOW!

We're always interested in what you'd like to see in the paper as well as what you'd like to share.

Contact the editor at: info@foothillsinfo.com