

The Foothills Outlook

Connecting Foothills community members with vital resources, organizations and events



Happier, Healthier Youth



How many of you know a student who is struggling to cope with social stress from peer relationships, or issues within their family life, are under academic pressures to excel, and facing uncertainty about their futures? All these stressors are compounded by the physical and mental changes youth are undergoing as they leave childhood, and each stressor impacts their mental health in myriad ways leaving them vulnerable to misusing drugs or alcohol, engaging in risky behaviors, or considering suicide.

The objective of keeping our children and teens healthy and safe from substance misuse relies on programming directed at educating students, families/ care givers and community members on strategies for delaying or preventing substance misuse. The Mt Baker Community Coalition (MBCC), formed in 2017,

has focused their efforts and resources on substance use prevention and ways to improve mental health for the students and families in the Mt Baker School district. Partnering with school district staff and faculty, social services, task forces, and other agencies such as the Washington State Health Care Authority, parents/care givers, and other local community groups, MBCC works to support and educate youth to provide them with the skills and resources to become proactive in their own well-being.

The MBCC is based on building trust with students and uses a trauma-informed approach which is premised on the assumption that everyone has experienced some form of trauma. So, instead of asking "What's wrong with you?", the question is reframed so that it focuses on "What happened to you?". Reframing the question this way helps us recognize that a person's behavior is usually a symptom of trauma or an unmet need. That is exacerbated by the fact that most of us are never taught strategies for coping with the stress and challenges in our lives. By acknowledging that trauma has occurred, blame and judgement are eliminated, which allows the person to take the offensive instead of putting them in a defensive position. Focusing on their trauma helps them to come to terms with it and to learn coping mechanisms for overcoming that trauma. More than 750 community coalitions across the country receive funding from the Center for Disease Control for the Drug Free Communities Support Program each year to create and strengthen the infrastructure and collaborative partnerships that help reduce substance use among youth. This funding goes toward paying staff and providing programming for community coalitions working to reduce local youth substance use and improve mental health. In addition, the Washington State Community Prevention and Wellness Initiative (CPWI) supports strategies developed by coalitions like MBCC that have proven long-term, positive impacts on substance misuse among youth that also impact families and communities.

In accordance with the definition of "coalition", MBCC creates partnerships with more than a dozen sectors including government entities and organizations serving youth that gather and work together for a common objective. Health care, law enforcement, schools, and more are represented within the Mt Baker Community Coalition to provide support as well as resources and information that inform programming that helps youth make positive choices that support good mental health and prevent substance use.

continued p.2



One Baker Voice: Empowering Youth

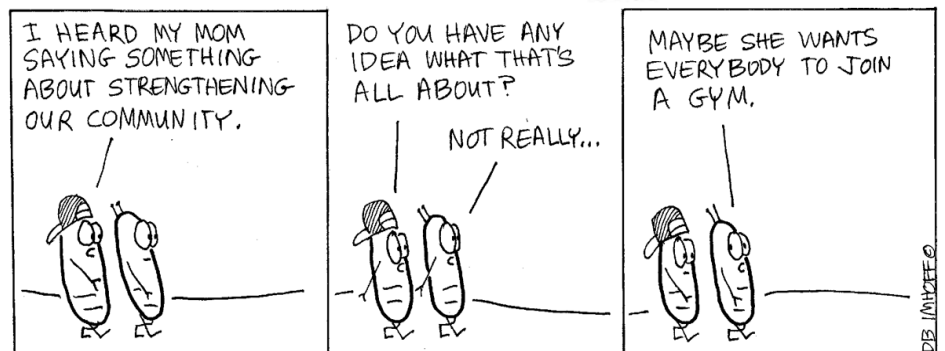
You have probably seen the signs in people's yards saying Mt Baker Strong and maybe you have wondered what that is about. Those signs are from One Baker Voice (OBV), a youth-driven and led club at Mt Baker High School that is the youth component of the Mt Baker Community Coalition (MBCC), an organization focused on supporting students in positive, healthy behaviors while reducing substance use and promoting good mental health among young people.

What makes OBV different from MBCC, and other school based clubs is while there are two advisors facilitating and supporting the students, it is a youth-led initiative in which the students are at the helm of the group, deciding what projects and activities they want to create and implement throughout the school year. And through these projects and other activities, students are learning a wide range of skills and gain experiences they might otherwise never get. All the programming the students develop is youth-specific, in other words, directed at and for engaging in peer focused mental and physical well-being efforts. Often the voices of young people are tuned out and considered unimportant. What we forget is these young people need to be heard and recognized for what they can contribute to their families and communities, and we forget they are a few short years from an adulthood in which they need to speak up, be heard, make important decisions for themselves, and for others. OBV not only gives young people the opportunity to share their thoughts and feelings, the program would not work without those voices speaking up. OBV is a non-hierarchical club in which all members are on a level playing field. Even the two adult coordinators do not take a "leadership" role but rather serve as assistants and facilitators to the students who make all the decisions. This



allows the young people to make choices and decisions based on their own skills, talents and experiences. During the teen years many people feel like they don't fit anywhere; they feel like they are disconnected and on the outside of things. Part of this is due to them not being in positions to make decisions or even have a voice regarding their own lives, part of it is because they are in that difficult transition phase between childhood and adulthood. Both are valid reasons for feeling dislocated and disassociated from their families, communities, and even their peers. Programs like OBV teach students to communicate their thoughts and feelings in ways that help their peers hear them, but also for adults to hear them and understand their collective and individual needs and desires. By allowing them this opportunity, they build confidence, self-esteem, learn how to communicate with a wide variety of people from different backgrounds and in different sectors of the community. All of which helps them make good decisions and lets them actively participate in their own lives and contribute something that is helpful and valuable to their communities. I wanted to learn more about what students experience and learn through OBV so I interviewed former member, Althea Patterson, who is now an honors student at WWU. I first met Althea after she had graduated from Mt Baker High School and was in her first year of university. Each OBV members do community service work and that year

they chose to help clear brush from the new park in Columbia Valley. When I arrived I saw several young people on the bank at the rear of the park hauling out debris and at the very top, tied off to a tree was Althea, hacking her way through black berry vines and saplings with determination and vigor. As the day progressed I became more and more impressed by how hard these students were working on one of the hottest days of the year, never fussing over the dust or thorns, or any of the other discomforts they were experiencing. That was my introduction to One Baker Voice. When Althea and I sat down for the interview, I of course wanted to know what inspires a teen to join a club like OBV. She laughed and said, "I was rebelling against the rebellion. I knew people who were dabbling in drugs as a form of rebellion and I decided to rebel against what they were doing." As a freshman the first year of Covid while schools were closed, Althea learned about OBV and thought it might be a good way to connect with other students, make friends and make a difference. She quickly realized that OBV is a safe place where student voices are valued and encouraged; where they can speak up without fear or concern. She also realized that the students are the ones who make all the decisions; that they work as a team to learn healthy, safe coping strategies for dealing with a wide variety of situations and problems. This encouraged her to continue with OBV throughout her high school years. Even after graduation Althea still participates in OBV activities and programs and continues to be a strong voice for young people in continued p.2



Vol 2, no 9

April 2025

Free

Publication of The Foothills

Communication Hub ©2025

www.foothillsinfo.com

Contact Editor: Melonie Ancheta

info@foothillsinfo.com

360.306.4413

Contact Editorial Board

chair@foothillinfo.com

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. Resource providers will be given an account and login credentials specific to them. Each account holder is allocated a permanent space in the paper and on the website to upload their information and will be able to curate their information as needed. We will send you an email with your login credentials when your account becomes active and you will be able to access your space as needed.

Submissions Deadline: 15th of each month

All submissions for posts and events must be completed by the 15th of each month to be included in the next issue of the *Outlook*. You can find our **Submission Guidelines** under Contributor Information on our website at foothillsinfo.com

To submit a post, an event, meeting or other activity relevant to Foothills residents, please request an account by clicking Request for Account on our homepage at foothillsinfo.com. Fill out the form as completely as possible making sure you include contact information for the organizer; we cannot provide information about your organization or event to people who call or email with inquiries.

Your account will be created and you will receive login information via email.

Please Note: All post submissions must be focused on and relevant to East Whatcom Foothills residents.

To submit a post, please email it to the editor at [foothillsinfo.com](mailto:info@foothillsinfo.com) by the 15th of the month to be included in the next issue.

To submit an event, click on Submit Event in the dropdown below Events Calendar on the website.

We reserve the right to decline any materials that do not meet our mission and objectives.

If you would like to submit ideas, outlines or summaries for articles about local events, activities, or about an organization, program or person who is working to improve the lives of Foothills residents, please email us at info@foothillsinfo.com, or use the contact form on our website at foothillsinfo.com.

bugwalla



Foothills Live



Ha p p i e r, He alt h -

While MBCC has representatives from all those sectors, the most important participants in this program are the young people, their families and community members. Each community has unique needs and those needs trickle down to the young people who live there. For example, rural communities often lack activities for young people to participate in and safe places for them to gather. This results in them not having enough to do to keep them busy and prevent boredom. That boredom often leads to engaging in risky behaviors, poor mental health, problems at school and home, and acting out in unhealthy ways. When parents/caregivers and community members work with MBCC, youth feel seen, heard, and valued.

Just as important, MBCC gives young people the opportunity to work alongside adults who support and mentor them. It allows them to share their ideas and experiences and to engage as equal partners in their wellbeing, as well as the wellbeing of other young people. And when they are heard, when their thoughts and experiences are respected and accepted, they begin to shine. Their self-confidence grows, they begin developing leadership skills, are engaged civically, and feel a sense of belonging and inclusivity within a safe space that provides the support and encouragement necessary for them to take control of their own lives and make positive change. MBCC is also the parent organization for One Baker Voice (OBV), a youth led initiative in which young people are creating programming, developing educational materials about substance use and mental health, and educating their peers and the community on these subjects.

Co-coordinator of MBCC, Allison Ormsby describes MBCC as “a group centered around supporting young people to be the healthiest, happiest versions of themselves they can be.” She knows that when we put effort into ensuring our youth have the skills and resources necessary for good mental health, they are much less likely to turn to substances or other unhealthy behaviors that endanger their lives. The African adage “It takes a village to raise a child.” is especially true when it comes to helping our young people navigate the transitions through which they are going while supporting good mental health and positive choices. Participating in programs like MBCC is one way to do that. But it’s also important that we model what we desire for our young people, that we provide them with support, nurture their ideas and feelings, listen to their stories. This can be done in any home, in any classroom...It’s up to us as adults to to be a village.

Co-coordinator, Allison Ormsby, invites anyone interested in participating in this effort to contact her at: obv@wfcn.org

Helping Hands, cont.

Mt Baker School District.

“I have learned so much being part of OBV, but I also know there’s so much more to learn still.” She said. “The opportunities we are offered through this club cover so much territory...we get to work with other students from elementary, middle and high school to help educate them about safe, healthy practices. We get to meet with community and business leaders, policy makers at multiple levels of government, we even get to go to Washington DC to meet with legislators and learn more about how our government operates.”

MA: How do you work with other students?

AP: There are several ways we do it. We create learning modules that we can present to other high school students during class time, we host events and activities where we share information and positive messaging...For example, we might host a pizza party and welcome students who aren’t part of OBV to join us. We may play some games that include education about substance use reduction or prevention, and about good mental health. And we always eat together!

We also have a Peer to Peer program where OBV members go into the middle school, and even the elementary schools now, to start educating younger students on these subjects as well. We had to learn how to present the material in ways that those age groups can understand and adapt for their lives. There’s also a Spring Summit where we get together with students in programs similar to OBV from other schools. There we have competitions with other groups, do team-building activities, learn from one another, and we have fun together. Pretty much everything we do whether it’s in our own group or in larger groups like Spring Summit, we have a lot of fun.

MA: So, tell me more about the skills you learn that enable you to have so many different kinds of conversations.


AP: We learn how to work as a team. There is no hierarchy, we’re all there on an equal footing. The two coordinators who oversee everything are there to facilitate and advise when needed, but otherwise we call on each OBV member’s skills, talents and experiences to accomplish our goals.

I think one of the most important things is learning how to communicate with adults so they could better understand what young people are experiencing today. Too often our voices are dismissed or ignored; OBV and MBCC are two places where we participate in the discussion, we offer ideas and share what we, and our peers are experiencing. Adults don’t really have a clear

window into the lives of young people, so being able to share that with them is critical.

But we also learn how to communicate with our peers, adults and even younger students about substance use prevention and mental health using positive messaging that leaves out any judgement or stigmatization. All our messaging is supportive, encouraging, and positive. We advocate for understanding the risks and consequences of what the behaviors they are engaging in. We explain what drugs and other substances do to our brains and bodies, and what some of the consequences of that can be.

And while we advocate for prevention, it’s important to support anyone struggling and be there for them even while they are doing risky things. That peer support is vital; it’s just not the same when it comes from an adult who hasn’t experienced what kids today are



going through. So many kids feel like their futures are in jeopardy, that the way things are going will prevent them from following any dreams or hopes. They feel like it’s all pointless. That leads to an “I don’t care” way of thinking so they just do whatever no matter how dangerous it might be.”

Too many young people feel like they don’t fit; they don’t fit at school, in their families, in their communities. They feel isolated and alone and that’s when they are most at risk of engaging in unhealthy behaviors or considering suicide. Programs like OBV direct everything into helping youth feel valued, cared for and supported. The members of OBV spend time with individuals who are struggling, just listening to their stories, offering reassurance and just being there for those who need help and support. That peer support is vital; “It’s just not the same when it comes from an adult.” Althea explains. “One of the most important things for teens is being accepted by their peers. At this point in their lives, kids aren’t as much concerned about what adults think as they are about what other kids think. When we as peers are able to be there for them wholeheartedly, that goes a long way toward them feeling accepted, heard and understood. We also teach facts about what substances do to your brain/body, how to spot symptoms, how to minimize risk...and we work to destigmatize substance use and thoughts of suicide.

When we take away the negativity around those things and treat them like an illness or something like that, it helps young people to really look at themselves and their behaviors through a clearer lens. They can see their behaviors are symptoms of trauma, or a need that hasn’t been fulfilled, and that makes it easier to begin making healthier decisions.”

MA: So you not only a role model, you’ve been trained in how to deal with quite a variety of situations, taught how to really hear what’s being said, and how to offer support that is nurturing, kind and practical.

AP: Yes, that’s a good way to put it.

MA: So what are some of the events or activities OBV participates in other than the Spring Summit?

AP: Oh, every year OBV students get to go to Washington DC for the CADCA (Community Anti-Drug Coalitions of America) conference where we meet with other CADCA students, with legislators, and get to see how our country is run. We also do field trips to places like the Library of Congress and other important institutions that help us understand our countries history better. Mainly it’s an opportunity to conference with other groups from all over the country who are working to reduce and prevent substance use and improve mental health among young people.

We also do a Summer Youth Prevention program with other youth prevention groups. We present modules at places like the YMCA, and we have the Learn, Serve and Earn program that pays OBV students a stipend for doing community work during the summer. Like when we came to the park to help the park district clean up the brush and sticker bushes. Throughout all of it though, we have fun. We get to decide what we want to do throughout the year, lay out the steps to plan it, organize it by arranging venues and working with businesses or whatever, create promotional materials and invitations...Then we have the fun of hosting, or doing the community work or whatever.

MA: It appears you get a pretty thorough education on the subject of substance use and mental health, but I can see where you’re learning a huge variety of skills that will help as you move into adulthood.

AP: We learn so many skills it’s hard to list them all. Some of them are obvious, but some that aren’t are things like building our confidence, learning what our personal boundaries are, how to say “no” or “I don’t know” and offering other resources. For me one of the biggest things has been learning how to speak in public. I do a lot of presentations now so that’s really important for me.

We also learn coping strategies for ourselves, but also that we can teach others. Everything we’re taught helps us see things from multiple perspectives and to understand there are no hard answers. Every situation is unique and we have to be able to adapt to the situation, not make it fit any preconceived ideas. But maybe one of the most important things is learning to have an open mind and how to be truly supportive of our peers. By hearing them, giving them our time and energy, they begin to feel like someone cares about them, and that can make all the difference in the world.

One Baker Voice meets once a week after school and once a week during class time. To learn more about OBV, contact Allison Ormsby at: obv@wfcn.org. Or ask at the school office. All students are welcome!

REBUS #1



From Kristi’s Desk

By Kristi Slette, Executive Director Whatcom Family and Community Network

Keep It Simple & Keep Them Smiling!

The children who love us may ask for a lot on their gift lists or grab at luxury items down every grocery store aisle. However, helping them develop a solid sense of safety, wellbeing and connection relies on less expensive things. Kids tell us that they want our time, attention and positive gestures.

We can Keep It Simple:

Eat at least one meal or snack a day with the children for whom you love and care.

Making the dining table a “phone free zone” for adults, teens and children. Instead, make eye contact!

Have light conversation: Ask—What was the best/hardest/most interesting part of your day?

Notice what your child is good at and tell them! Children and teens have a hard time seeing their strengths or being able to name them. “You were courageous and brave yesterday when you ...” “I notice that you draw very well!” “I see how patient you are with your sister.” “You are a good friend. I see the way you listen and share when your friends are visiting.” Call out the positives! The little things matter.

Smile at your children! They may smile back!

When you walk past your child, offer a quick hug, high-five or other welcome and healthy touch.

When you take them to a park—play with, pay attention, put down your phone. They want you to see them! When you are driving to appointments and places, take a moment to ask deeper questions. Sitting side by side has a magic to it. “How are things going in your friendships?” “What are the things going on in the world that you are paying attention to or caring about these days?” “How are you feeling about yourself.”

There are so many demands in life for time. It is easy to speed through a day and not really see, notice, hear or attend to those who have frequent presence in our lives. Yet, our young people want and need to be seen for the smart, kind, capable people you are helping them develop into for a healthy future. For more information, contact Kristi Slette at kristi.slette@wfcn.org

Ten Tips for Parenting Teens

- 1) Conflict is normal
- 2) Give clear guidelines
- 3) Respect their views
- 4) Show interest
- 5) Spend time together
- 6) Make time for talking and listening
- 7) Give them space
- 8) Encourage them
- 9) Share your life experiences
- 10) Look after yourself

CALLS

HUB SEEKING ARTICLES, PHOTOGRAPHS, STORIES, LOCAL DESTINATIONS & MORE

The Foothills Communication Hub is seeking articles, stories, etc. about the foothills region for the Outlook. Do you have a story about the history of one of our communities, or about someone who is making a positive difference in you neighborhood? Do you have a favorite local destination for a day out with the kids, an afternoon picnic, or a hike? Share local photos, stories and more with us and see your work published in the Outlook. Or maybe you have an idea for an article or story? Let us know! To submit to the Foothills Outlook, please review our submission guidelines on the Contributor Information page at foothillsinfo.com before emailing submissions to the editor at info@foothillsinfo.com.



Community Scene



Why do YOU Love Your Community?

Each of us has a reason, or several, why we love where we live and we’d like to hear why you love living in the Foothills. Tell us why you love your community in a poem, a couple of lines, photos or a short story (200 wds or less). Send them to us at info@foothillsinfo.com by the 15th of each month to be included in the next issue of the *Outlook*.

MB of Columbia Valley says, “Beyond the sheer beauty of where we live, what I love about our community is seeing how people are working hard to build community and improve life for everyone here through their efforts to bring health and food equity to our community. I also love how neighbors look out for one another and share their skills and talents by helping each other. That looking out for each other, that caring is what makes a great community!”



Photo credit: Dan—Kendall Lake on a foggy morning



Mt Baker Community Coalition

Mt Baker Community Coalition (MBCC) continues our efforts to support youth mental health and substance use prevention. We meet on the third Monday of the month in the Mt Baker School District boardroom. Our next meeting is Monday, April 21, 2025 from 2:45 - 4:15pm. You can also attend via Zoom: Meeting ID: 873 2868 2462 Passcode: 893392

Our high school group, **One Baker Voice**, meets after school on Mondays from 2:45 - 4:45pm in room 311 at MBHS. We also meet Club Fridays during PRIDE in room 311. If you are a high school student who likes helping others, hosting fun events, and is passionate about making change, please join us! We want to remind you about the importance of safe storage for your prescription medications. If you are taking a medication that could be harmful if used by others, we recommend storing your medication in a lock bag. If you have unused, unwanted, or expired meds in your home, the safest way to dispose of them is to return them. Both the Deming and North Fork libraries have medication mail back envelopes to return unused medications. However, you can also save the date for May 17, as MBCC will host a Drug Take Back event as part of the wellness fair at the EWRRRC.

For more information, please contact Allison Ormsby (obv@wfcn.org) or Abby Worline (mbcoalition@wfcn.org).

The Strengthening Families Program for families raising children ages 10 to 14 offers programming at various times throughout the academic year. The Strengthening Families Program helps families connect, communicate and celebrate the strengths within their family and identify areas where they can grow and develop together. The program is for all families—not those who are experiencing hardships. Every family has room to strengthen bonds, understanding and goals.

Eight, 2-hour sessions are generally hosted at one of the Mount Baker School buildings in spring or fall each year. Mount Baker Schools hosts this evidence-based program that successfully decreases many risks that come with adolescence. The Mount Baker Community Coalition coordinates and supports the effort.

Washington State University staff and trained facilitators present 8 weeks of curriculum. Each session starts with a free meal for the entire family. A supervised child play space is provided for families with children under age 10. Parents, Foster Parents, Grandparents; Step-Parents; Aunts, Uncles and adult children are welcome to attend with their youth ages 10 to 14. After the meal the adult meet separate from the youth for a learning and skills session. Then the group comes back together for activities and discussion that build on what was taught.

The program can be taught in English and/or Spanish. Some sessions are bilingual.

Depending on funding, some sessions offer gas cards as incentives to families to help offset the cost of travel.

There are so many good reasons to participate in Strengthening Families Program. Our regular monthly meeting is scheduled for Tuesday, February 18, from 2:45 pm - 4:15 pm, in the Mt Baker School District boardroom. All are welcome and encouraged to attend! You may also join virtually on zoom: <https://us02web.zoom.us/j/86082135916?pwd=aXN3RnRld0xkdEVHc1o3bkNWc2VCZz09> If you have any questions or need to contact the coalition, please email Allison Ormsby at obv@wfcn.org or call (360) 375-0883.

Serenity Prayer for the Parents of Teens

Grant me the serenity to hold my anger while they roll their eyes in front of me as if I can't see them; the courage to trust in hours of driver training I paid for and to stop air-braking; the wisdom to know all of this is normal and it's not just happening in our home.

Give me the grace to live one day at a time and to enjoy the fleeting moments when they want to talk, or cuddle, or actual do something together; Grant me the strength to accept the heartbreak of watching them flail and fail as they figure out their own pathways.

Give me the patience to take this parenting as it is and not as I imagined it would be; Allow me to trust that we've done our best with what we have and to know that in spite of, or because of that, these kids will be alright; Give me the comfort of knowing they will be reasonably happy with the life we've provided them and to know that we are always a safe place to come home to because, Forever will they be my babies.



HAPPENINGS AT THE HALL

Third Place Coffeehouse – Noon to 4pm every Sunday, starting February 9. There is your home place, and there is your workplace. This new, weekly gathering the Hall is a chance for local people to get together in a third place, with your friends and neighbors. Enjoy meeting new people or gathering with your closest friends.

Grab a coffee or tea. Play games, tell stories, solve the world’s problems. Think of it as your chance to turn off the phone and the TV, get off the couch, and exercise your conversational muscles.

Third Thursday Potluck and Open Mic – **PLEASE NOTE: We’ve been bumped to April 10 due to a scheduling conflict this month.** Normally Third Thursday Potluck and Open Mic occur on the third Thursday of each month. The monthly potluck and musical gatherings at the Van Zandt Hall are gaining momentum. Enjoy a meal and good conversation with friends and neighbors, followed by music, stories, poetry, comedy, whatever. Bring a dish to share.

The Saturday Public Market – Public Markets will be held every first and third Saturday of the month until October. Swing by for treats, art, crafts, and other treasures. To rent a table, email market@southforkvalley.org or call 360 594-7728.

Volunteer at the Hall

Join a fun group of volunteers to help with programs and events at the Van Zandt Community Hall and Josh Vander Yacht Park. Volunteers will decorate, set up and clean up for Hall events, join work parties in the Park, and contribute ideas for new ways to build community. All ages welcome! To join this fun and dedicated group, call Pam at (360) 739-9381 or email volunteer@southforkvalley.org.

The Van Zandt History Project

Did you know there used to be a branch rail line up the Van Zandt Dike, just east of Schornbush Rd? A few locals even claim there is a small rail car up there to this day. The South Fork Valley Community Association (SFVCA) is documenting the history of Van Zandt and the Community Hall, from its early days as a school through present day. We are collecting memorabilia, photos, and stories and we need your help. Do you have something to share? Please contact history@southforkvalley.org.



SHARE YOUR SPARE!

- Hear inspiring stories from local kidney donors, recipients, & medical experts
- Discover the profound impact of giving the gift of life through Living Kidney Donation
- Learn how to navigate the kidney donation & transplant process
- Our moonshot goal: Eliminate the kidney transplant waiting list in Whatcom County!



SCAN TO REGISTER

mtbakerfoundation.org

Lunch Provided!

May 4, 2025

12PM-2PM

Squalicum Boathouse
2600 N Harbor Loop Dr.
Bellingham, WA 98225



Mount Baker Foundation

More info: email kate@mtbakerfoundation.org

REBUS #2

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EDDIE’S SCOREBOARD

Another Season in the History Books *by Eddie F Whirley Jr*

And just like that, another season of Mount Baker Wrestling is in the history books. The season came to an end as always on post-President’s Day weekend with Mount Baker sending their best to the MatClassic state championship tournament down south in the Tacoma Dome. Thirteen members of the roster earned their shot to wrestle under the multicolored light of Stephen Antonakos’ controversial "Neons for the Tacoma Dome" this season; six from the boys side and seven from the girls side.

The highest placer for either team was senior Tyla Olson who took home second place. It was the first time that Mount Baker sent a girl wrestler to the championship match since Emma Brunttil in 2017. Olson previously took fourth place the year prior. Senior Wyatt Freeman was the highest placer on the boys side taking a third place finish. Freeman took sixth place the year prior. Senior Ana Camacho and sophomore Andrew Monteith took home fourth place. This was Camacho’s first time placing while Monteith finished sixth last year.

Junior Gavin Compton placed for the first time in his career with his fifth place finish. Sophomore Stefany Camacho finished sixth in her first trip to the dome.

Kelly Camacho, Karalyn Cook, Gunner McGrath, Dylan Moa, Emily Moa, Sophia Moa, Jeremiah Sheridan and Henry Tobin also came along for the ride, but did not place.

Mount Baker’s boys team finished in seventeenth place with 74.5 points scored. Wapato took home the overall state championship with 300.5 points scored. The Wolves sent twenty wrestlers and came home with one state champion, four runners up and four consolation placers. Of note for Wapato was Noeh Martinez who’s undefeated season ambitions came to an end against fellow undefeated wrestler James Oliver of Medical Lake in the championship match.

On the girls side, Mount Baker finished ninth with 84 points scored for their second straight top-ten finish; a feat not seen since 2015-17 when the team took home second place twice and fourth place once. Granger was the overall state champion with 184 points scored. The Spartans finished their two day stop in Tacoma’s premier venue with three state champions, one runner up and three consolation placers. Seven wrestlers represented said school.

REBUS #3





Are your green thumbs twitching to get busy? Mine too! All my seed packets are organized according to what goes in the ground first and even though I know it’s still too cold, I’m taking the temperature of my beds every few days (best minimum temp for outdoor seed planting is 50F). Now if the weather will start cooperating...

Right now is the perfect time to start hardening off your indoor planted seedlings by putting them outdoors for a few hours a day. This helps them adapt to the outdoor climate before transplanting. A light breeze helps strengthen the stems, but don’t leave them out if there’s a stronger wind. And if it begins raining, bring them back in so they don’t get flooded out.

Another way to harden them off is to build a little cold frame in which you can place them until ready for planting. Each day open the lid of the cold frame during the day, but make sure to close it at night until all danger of frost has passed. For those of you new to gardening, or the area, we are in growing zone 8. While there are microclimates that bump us into subzones 8a and 8b, you can use zone 8 guidelines for either subzone. For our zone, April 1 is considered the earliest date to plant tender crops and avoid risk of frost. You can get your beans, lettuces, kale, spinach, broccoli, brussels sprouts, cabbage, carrots and beets in this early.

When planting beans, consider more than one variety. Kentucky Wonders and Blue Lakes are proven pole beans and both varieties are delicious. Bush beans will happily grow in containers or raised beds and one of the most popular is Romano beans which are wide, flat and meaty. But have fun experimenting with other varieties. Beans are typically ready to harvest about 65 days after planting. Beets, kale, cabbage, broccoli and brussels sprouts are all cold hardy plants. For beets and kale you can do successive planting throughout the season. And remember, the flavor of all these plants is really amped up if you harvest them after the first frost. You can expect to harvest baby beets in about 30 days, but the others are ready later in the season. Lettuces, spinach and other greens can be planted in April, and like beets, plan successive plantings throughout the season. These plants like to bolt (shoot up and produce seeds) during hot spells, so successive plantings will keep providing fresh, tender, tasty greens. You can expect to harvest young greens in about 30 days.

Carrots have a tiny seed and you can buy all sorts of fancy things that might help with planting them, but the best way I’ve found is to put them in an old spice bottle that still has the plastic lid with the holes in it. You can expect to harvest baby carrots in about 40 days.

There’s a lot of work to do this time of year, but one of the most satisfying (and tasty) is getting your garden ready for planting and getting those seeds in. If you are anything like me, you’ll be out there rain or shine waiting for the first little pops of green to emerge!

If you’d like more information about growing in our area, have questions, or have a plant problem, one of the best gardening resources we have is the Master Gardener Program and Plant Clinic. You can find them at: <https://extension.wsu.edu/whatcom/hg/mg/>.



Keep up with all the resources at the Deming and North Fork Libraries. They have events, activities, and you can check out a wide variety of games, activities, and sooooo much more!

The North Fork library is cozy, and bright, filled with books, movies, games, coloring books, backpacks with Discover passes, and all kinds of fun adventures waiting for you to explore! The library continues to offer printing and copying as well as friendly staff who can help you find that specific item you are looking for. Young patrons can learn about Earth Day and how to upcycle by crafting with odds and ends on Thursday April 3rd at 3:45pm. Kids are encouraged to bring any extra junk to craft with! Kids will be excited to see the Kamishibai, Japanese Story Theater at North Fork Library on Thursday, May 1st at 3:45. Children will be able to make their own set of Kamishibai cards to take home and continue telling their stories! If adults are looking for something fun to do as well, come join the Knitting and Crochet Circle at North Fork on Tuesdays at 4:00pm. Look for more upcoming exciting and informative programs at the North Fork Library at wcls.org.

March at North Fork Library

- North Fork Storytime**
For ages 2-6, 30 minutes. An open program that includes stories, rhymes, and songs with opportunities for movement and interactive participation. Every Tuesday in April, 10:30am
- North Fork Let's Upcycle for Earth Day: Creative Crafting from Odds & Ends**
Kids: What can you make with an assortment of stuff? Come to the library to explore. We're cleaning out our closet for materials galore. Feel free to bring any extra junk you have lying around! Thursday, April 3rd, 3:45pm
- North Fork Art + Audio**
Teens: This program mixes our two favorite things - doing art and listening to audiobooks! Decompress from your day as you draw, doodle or paint while listening to a great story read by some of the world's best audiobook readers. Thursday, April 15th 4:00pm
- North Fork Japanese Story Theater**
Kids: Come to the library to experience Kamishibai, traditional Japanese story theater, and make a set of your own Kamishibai cards. Thursday, May 1st 3:45am.
- Knitting and Crochet Circle:**
Adults: Bring whatever craft you are working on, and join a group of committed creative minds. Tuesdays 4pm to 6pm

REBUS #4



- Across:**
- 3. Grape Nuts sponsored an expedition to this continent
 - 6. Jackson Five hawked this cereal
 - 7. Chex uses these three grains
 - 9. Capn Crunch’s nemesis
 - 12. This cereal caused neon pink poop
 - 13. Cereal capital of the world
 - 14. Almonds add nutty flavor to this fave cereal
 - 18. Fruit Brute was eaten in which 1994 Tarantino film
 - 21. Cereal sponsor of radio serial, “Adventures of Wild Bill Hickok”
 - 22. Fruit Loops have how many flavors?
 - 23. What is Pebble’s always trying to steal?
 - 24. Three is how many times Trix the Rabbit has done this
 - 25. Jingle based on 1957 Jimmy Rodger’s hit
- Down:**
- 1. Elfin trio sell this fave cereal
 - 2. What cereal sponsors NASCAR
 - 4. Tony Tiger’s mascot competitor
 - 5. Apple Jack’s original mascot
 - 8. Two scoops in every box
 - 10. Athlete who made 18 appearances on this cereal box
 - 11. This cereal went to the moon on Apollo 11
 - 15. What were Corn Pops originally called
 - 16. What cereal features the Good Ship Guppy
 - 17. Capn Crunch’s middle name after this explorer
 - 19. Mikey.....
 - 20. All time best selling cereal

The Book Shelf

Friends of the Deming Library Monthly Board

The Friends plan activities that support the library, and Deming has a fantastic group of Friends! Visitors welcome. Meets monthly on the fourth Monday of the month. For more information, please contact FODL President, Virginia Naef at 360-595-1093. Monday, Feb 24, 2025, 6:30pm - 8:00pm

DSHS Mobile Office at the Library

The Department of Social and Health Services Mobile Office is on the open road and coming to the Deming Library!

The Mobile Office gives DSHS the opportunity to provide crucial services in environments that may not have DSHS brick-and-mortar offices nearby, and to be agile in meeting the needs of people who could benefit from their programs. Each DSHS Mobile Office is staffed by specialists who can determine people’s eligibility for state and federal medical, cash and food assistance programs. The team processes new applications, case reviews, changes, EBT card requests and required documents. They also take applications for the Child Care Subsidy Program and forward them to the Department of Children, Youth and families for processing. The DSHS Mobile Offices do not provide: Onsite social service intakes and assessments. Workfirst vouchers. Child care subsidy determinations. Thursday, Feb 27, 2025, 10:00am - 2:00pm

CALLS

HUB SEEKING ARTICLES, PHOTOGRAPHS, STORIES, LOCAL DESTINATIONS & MORE

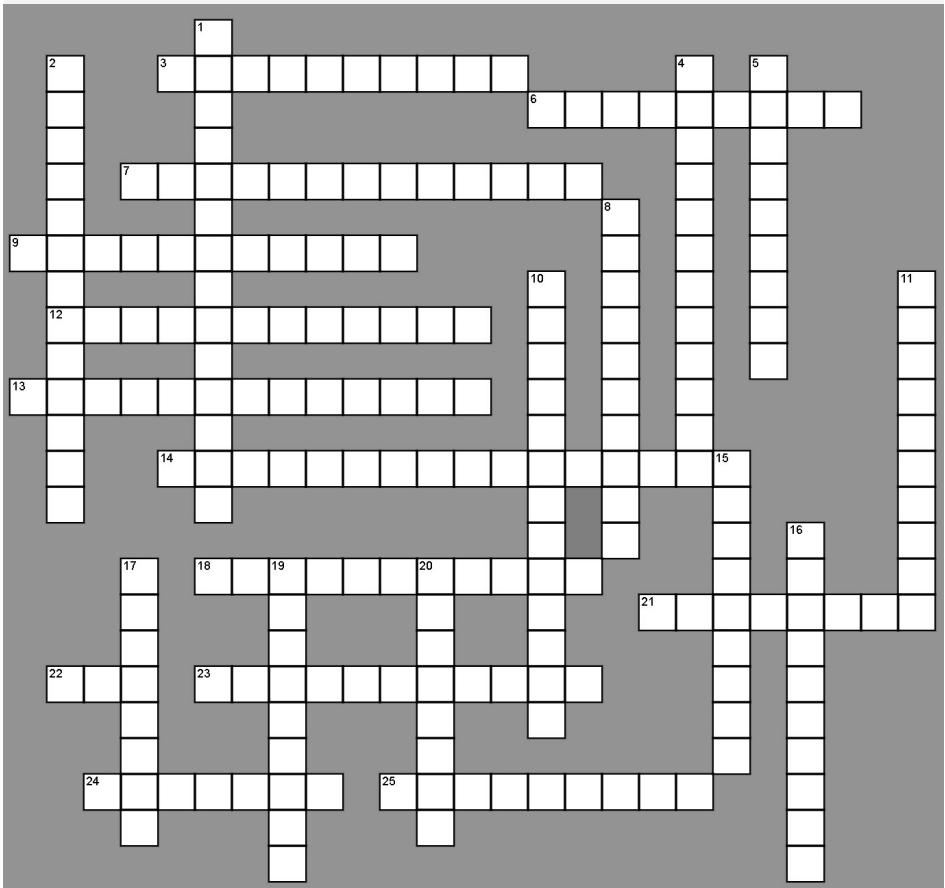
The Foothills Communication Hub is seeking articles, stories, etc. about the foothills region for the Outlook. Do you have a story about the history of one of our communities, or about someone who is making a positive difference in you neighborhood? Do you have a favorite local destination for a day out with the kids, an afternoon picnic, or a hike? Share local photos, stories and more with us and see your work published in the Outlook. Or maybe you have an idea for an article or story? Let us know! To submit to the Foothills Outlook, please review our submission guidelines on the Contributor Information page at foothillsinfo.com before emailing submissions to the editor at info@foothillsinfo.com.

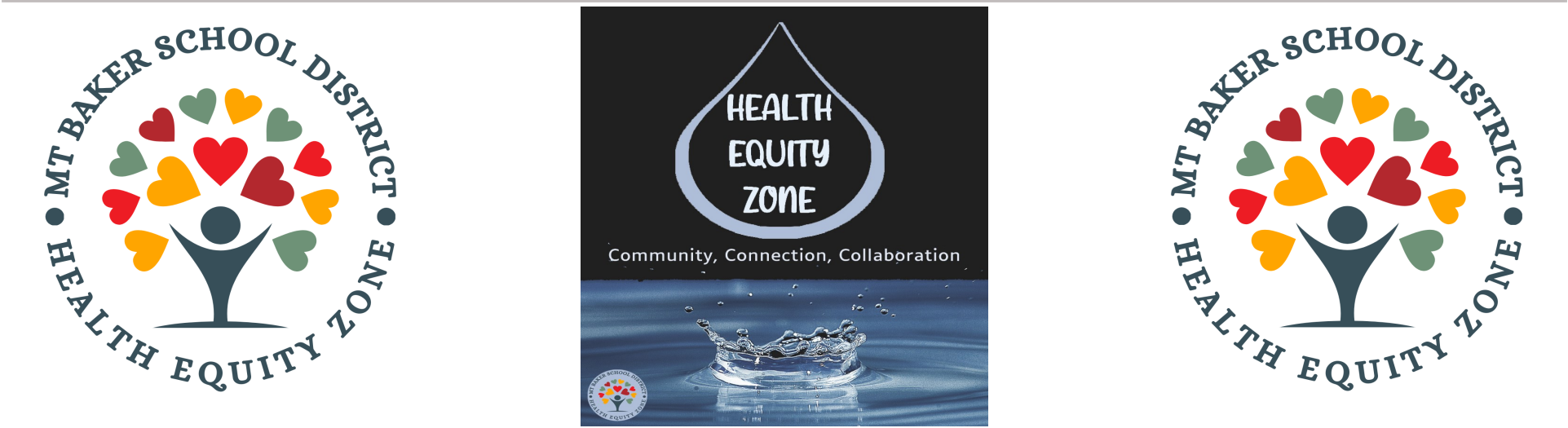
REBUS #5



April Crossword Puzzle: The Cereal Aisle

See if you can figure out the solutions to these clues about familiar cold cereals.





Відвідайте наш семінар для спільноти з перетворення ідей на дії

Маєте чудову ідею щодо забезпечення рівності у сфері охорони здоров'я в нашій громаді?

На цьому семінарі ви організуєте команду з друзями та сусідами, щоб висловити свої ідеї, обговорити рішення та вивчити способи втілення їх у життя!

Дата: 26 квітня
Час: 13:00-15:30
Де: кафетерій старшої школи округу Маунт-Бейкер

На цьому заході немає заздалегідь установленого порядку денного

лише пріоритети, які визначаєте ви. Ми зберемо всі теми та створимо простір для відкритих, продуктивних дискусій із найважливіших питань.

Tham dự Hội thảo hành động cộng đồng của chúng tôi

Bạn có ý tưởng tuyệt vời để cải thiện công bằng y tế trong cộng đồng của chúng ta?

Tại hội thảo này, bạn sẽ lập nhóm với bạn bè và hàng xóm để hiện thực hóa ý tưởng của bạn, thảo luận về các giải pháp và khám phá cách thức để biến giải pháp thành hiện thực!

Ngày: 26 tháng 4
Giờ: 1:00 chiều – 3:30 chiều
Địa điểm: Nhà ăn Mt Baker HS

Sự kiện này không có chương trình nghị sự được lập sẵn –

chỉ có các ưu tiên mà BẠN đưa ra. Chúng tôi sẽ thu thập tất cả các chủ đề và tạo không gian cho các cuộc thảo luận cởi mở, hiệu quả về những vấn đề quan trọng nhất.

Посетите наш семинар по общественным инициативам

У вас есть отличная идея для улучшения справедливости в сфере здравоохранения в нашем сообществе?

На семинаре вы встретитесь со своими друзьями и соседями, чтобы обсудить ваши идеи и решения, а также узнать, как их воплотить в жизнь.

На этом мероприятии нет заранее установленной повестки

вестки дня. Здесь идет речь только о тех приоритетах, которые предлагаете вы. Мы соберем все темы и создадим пространство для открытых, продуктивных дискуссий по наиболее важным вопросам.

Дата: 26 апреля
Время: 13:00-15:30
Место: столовая школы Маунт-Бейкер

ਸਾਡੀ ਕਮਿਊਨਿਟੀ ਐਕਸ਼ਨ ਵਰਕਸ਼ਾਪ ਵਿੱਚ ਸ਼ਾਮਲ ਹੋਵੋ

ਕੀ ਤੁਹਾਡੇ ਕੋਲ ਸਾਡੀ ਕਮਿਊਨਿਟੀ ਵਿੱਚ ਸਿਹਤ ਬਰਾਬਰੀ ਵਿੱਚ ਸੁਧਾਰ ਕਰਨ ਲਈ ਕੋਈ ਵਧੀਆ ਵਿਚਾਰ ਹੈ?

ਇਸ ਵਰਕਸ਼ਾਪ ਵਿੱਚ, ਤੁਸੀਂ ਆਪਣੇ ਵਿਚਾਰਾਂ ਨੂੰ ਜੀਵਨ ਵਿੱਚ ਲਿਆਉਣ, ਹੱਲਾਂ ਬਾਰੇ ਗੱਲ ਕਰਨ, ਅਤੇ ਉਹਨਾਂ ਨੂੰ ਹਕੀਕਤ ਬਣਾਉਣ ਦੇ ਤਰੀਕਿਆਂ ਦੀ ਪੜਚੋਲ ਕਰਨ ਲਈ ਦੇਸ਼ਾਂ ਅਤੇ ਗੁਆਂਢੀਆਂ ਨਾਲ ਮਿਲ ਕੇ ਕੰਮ ਕਰੋਗੇ!

ਤਾਰੀਖ: 26 ਅਪ੍ਰੈਲ
ਸਮਾਂ: ਦੁਪਹਿਰ 1:00 ਵਜੇ - 3:30 ਵਜੇ
ਕਿੱਥੇ: ਮਾਊਂਟ ਬੇਕਰ ਹਾਈ ਸਕੂਲ ਕੈਟੀਨ

ਇਸ ਸਮਾਗਮ ਵਿਖੇ, ਕੋਈ ਪੂਰਵ-ਨਿਰਧਾਰਤ ਏਜੰਡਾ ਨਹੀਂ ਹੈ- ਸਿਰਫ ਉਹ ਤਰਜੀਹਾਂ ਹਨ, ਜਿਨ੍ਹਾਂ ਨੂੰ ਤੁਸੀਂ ਅੱਗੇ ਲਿਆਉਂਦੇ ਹੋ। ਅਸੀਂ ਸਾਰੇ ਵਿਸ਼ਿਆਂ ਨੂੰ ਇਕੱਠਾ ਕਰਾਂਗੇ ਅਤੇ ਸਭ ਤੋਂ ਮਹੱਤਵਪੂਰਨ ਮੁੱਦਿਆਂ 'ਤੇ ਖੁੱਲ੍ਹੀ ਅਤੇ ਲਭਕਾਰੀ

Asiste a nuestro taller de acción comunitaria

¿Tienes una gran idea para mejorar la igualdad en la salud de nuestra comunidad?

En este taller, te unirás a amigos y vecinos para hacer que tus ideas cobren vida, hablar de soluciones y explorar cómo hacerlas realidad.

Fecha: 26 de abril
Hora: de 13:00 a 15:30
Dónde: Mt Baker HS Cafeteria

Este evento carece de un orden del día preestablecido—

solo se abordarán las prioridades que TÚ menciones. Recopilaremos todos los temas y dejaremos que haya debates abiertos y productivos sobre los problemas que más importan.

Attend Our Community Action Workshop

Have a great idea to improve health equity in our community?

At this workshop, you'll team up with friends and neighbors to bring your ideas to life, talk through solutions, and explore ways to make them a reality!

Date: April 26th
Time: 1:00 PM - 3:30 PM
Where: Mt Baker HS Cafeteria

At this event, there's no pre-set agenda—

only the priorities that YOU bring forward. We'll collect all the topics and make space for open, productive discussions on the issues that matter most.



HEZ Updates





HEZ ਕਿਮਉਨਟੀ ਅੱਪਡੇਟ: ਗੱਲ-ਬਾਤ ਤ ਅਮਲ ਤੋਂ ਕਾ

ਮਾ ਟ ਬੇਕਰ, ਅਸ ਤੁਹਾਡੀ ਆਵਾਜ਼ ਸਾਫ਼-ਸਾਫ਼ ਸੁਣ ਲਈ ਹੈ। ਿਪਛਲੇ ਕੁਝ ਮਹੀਨਿਆਂ ਦੌਰਾਨ, ਅਸ ਤੁਹਾਡੀਆਂ ਿਚੰਤਾਵ ਨੂਂ ਿਧਾਨ ਨਾਲ ਸੁਣਿਆ, ਫੀਡਬੈਕ ਇਕੱਠਾ ਕੀਤਾ, ਅਤੇ ਉਹਨ ਪਾਥਿਮਕਤਾਵ ਦੀ ਪਛਾਣ ਕੀਤੀ ਜੋ ਤੁਹਾਡੇ ਲਈ ਸਭ ਤੋਂ ਮਹੱਤਵਪੂਰਨ ਹਨ। ਹੁਣ, ਉਹਨ ਗੱਲਬਾਤ ਨੂਂ ਾਮਲ ਿਵੱਚ ਿਲਾਉਣ ਦਾ ਸਮਾਂ ਹੈ।

ਅਗਲਾ ਕਦਮ: ਕਿਮਉਨਟੀ ਐਕਸ਼ਨ ਵਰਕ ਾਪ 26 ਅਪ੍ਰੈਲ ਦੁਪਿਰ 1 ਤੋਂ 3 ਵਜੇ ਤੱਕ ਮਾ ਟ ਬੇਕਰ ਹਾਈ ਸਕੂਲ

ਇਹ ਕੋਈ ਆਮ ਮੀਟਿੰਗ ਨਹੀਂ ਹੈ, ਬਲਕਿ ਇੱਕ ਪੈਕਟੀਕਲ ਅਤੇ ਹੱਲ-ਕੇਂਦਰਿਤ ਮੈਨ ਹੈ, ਜਿੱਥੇ ਗਵਰਨੀ ਇਕੱਠੇ ਹੋ ਕੇ ਇਹ ਚਰਚਾ ਕਰਨਗੇ ਕਿ ਕੀ ਕੰਮ ਕਰ ਰਿਹਾ ਹੈ, ਕੀ ਨਹੀਂ, ਅਤੇ ਅਸ ਅਸਲ ਬਦਲਾਅ ਕਿਵੇਂ ਲਿਆ ਸਕਦੇ ਹਾਂ। ਤੁਸ ਸਭ ਤੋਂ ਵੱਡੀਆਂ ਚੁਣੌਤੀਆਂ ਚੁਣ ਸਕਦੇ ਹੋ, ਨਵੇਂ ਿਖਿਆਲ ਬਾਰੇ ਿਵਚਾਰ-ਵਟੇਰਾ ਕਰ ਸਕਦੇ ਹੋ, ਅਤੇ ਸਲਾਹਕਾਰ ਅਤੇ ਲੋਕਲ ਲੋਕ ਨਾਲ ਮਿਲ ਕੇ ਇਹਨ ਿਵਚਾਰ ਨੂਂ ਾਮਲ ਿਵੱਚ ਿਲਾਉਣ ਲਈ ਕੰਮ ਕਰ ਸਕਦੇ ਹੋ।

ਸਾਰੇ ਭਾਗੀਦਾਰ ਨੂਂ ਿਭਾਗਤਾਨ ਿਦੱਤਾ ਜਾਵੇਗਾ ਭਰਪੂਰ ਨਾ ਤਾਂ ਉਪਲਬਧ ਹੋਵੇਗਾ ਸਾਈਟ 'ਤੇ ਲਾਇਸੰਸਯੁਕਤ ਚਾਈਲਡਕੇਅਰ ਦੀ ਸਹੂਲਤ ਉਪਲਬਧ ਹੋਵੇਗੀ।

CAB ਲਈ ਅਰਜ਼ੀ ਦੀ ਮਿਥਾਦ ਵਧਾਈ ਗਈ ਹੈ।

ਅਸ ਹਾਲੇ ਵੀ Community Advisory Board (CAB) ਦੇ ਮੈਂਬਰ ਦੀ ਭਾਲ ਕਰ ਰਹੇ ਹਾਂ, ਇਸ ਲਈ ਅਸ ਅਰਜ਼ੀ ਦੀ ਮਿਥਾਦ 29 ਅਪ੍ਰੈਲ ਤੱਕ ਵਧਾ ਿਦਿੱਤੀ ਹੈ। ਜੇਕਰ ਤੁਹਾਡੇ ਿਵੱਚ ਸਾਡੀ ਕਿਮਉਨਟੀ ਨੂਂ ਿਬਹਤਰ ਬਣਾਉਣ ਲਈ ਜਨੂੰਨ ਹੈ ਅਤੇ HEZ ਯਤਨ ਨੂਂ ਾੱਗੀ ਵਧਾਉਣ ਿਵੱਚ ਮਦਦ ਕਰਨਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਇਹ ਤੁਹਾਡੇ ਲਈ ਅੱਗੇ ਵੱਧ ਕੇ ਬਦਲਾਅ ਿਲਾਉਣ ਦਾ ਮੌਕਾ ਹੈ।

ਅਸ ਭਰੋਸੇਯੋਗ ਦੂਤ (Trusted Messengers) ਵੀ ਲੱਭ ਰਹੇ ਹਾਂ—ਉਹ ਕਿਮਉਨਟੀ ਮੈਂਬਰ ਜੋ ਸੁਨਹੇ ਨੂਂ ਿਫੈਲਾਉਣ ਿਵੱਚ ਮਦਦ ਕਰਨ ਅਤੇ ਇਹ ਯਕੀਨੀ ਬਣਾ ਸਕਣ ਕਿ ਜਿਸਨੇ ਹੋ ਸਕੇ ਵੱਧ ਤੋਂ ਵੱਧ ਆਵਾਜ਼ ਨੂਂ ਿਸ ਕੰਮ ਿਵੱਚ ਾਮਲ ਕੀਤਾ ਜਾ ਸਕੇ।

HEZ ਤੇ ਹੀ ਸਫਲ ਹੋਵੇਗਾ ਜੋ ਤੁਸ ਇਸਦਾ ਿਹੱਸਾ ਬਣੋਗੇ।

ਇਹ ਪਿਹਲਕਦਮੀ ਸਾਡੀ ਕੰਮ ਉਨਟੀ ਿਵਚ ਰਿਹਾ ਅਤੇ ਕੰਮ ਕਰਨ ਵਾਲੇ ਲੋਕ 'ਤੇ ਿਨਰਭਰ ਕਰਦੀ ਹੈ—ਤੁਹਾਡੇ ਿਵਚਾਰ, ਇਨਪੁਟ ਅਤੇ ਲੀਡਰਸ਼ਿਪ ਤੋਂ ਬਿਨਾਂ HEZ ਅੱਗੇ ਨਹੀਂ ਵੱਧ ਸਕਦਾ। ਤੁਸ ਚੁਣੌਤੀਆਂ ਨੂਂ ਸਭ ਤੋਂ ਵਧੀਆ ਜਾਣਦੇ ਹੋ, ਅਤੇ ਤੁਹਾਡੀ ਭਾਗੀਦਾਰੀ ਨਾਲ ਅਸ ਅਸਲ ਬਦਲਾਅ ਿਲਾ ਸਕਦੇ ਹਾਂ। ਜੇ ਅਸ ਇਕੱਠੇ ਨਾ ਆਈਏ, ਤਾਂ ਕੁਝ ਨਹੀਂ ਬਦਲੇਗਾ। ਪਰ ਜੇ ਅਸ ਇਕੱਠੇ ਕੰਮ ਕਰੀਏ? ਤਾਂ ਅਸ ਉਹ ਸਮਾਧਾਨ ਿਤਾਅਰ ਕਰ ਸਕਦੇ ਹਾਂ ਜੋ ਅਸਲ ਿਵੱਚ ਸਾਡੇ ਲਈ ਕੰਮ ਕਰਨਗੇ।

CAB ਲਈ ਅਪਲਾਈ ਕਰੋ, ਇਸ ਿਵੱਚ ਾਮਲ ਹੋਵੇ ਜਾਂ ਹੋਰ ਜਾਣਕਾਰੀ ਲਈ ਸੰਪਰਕ ਕਰੋ:
kristina@chuckanuthealthfoundation.org – ਜ HEZInfo360@gmail.com

ਵਧੇਰੇ ਜਾਣਕਾਰੀ: [h: https://www.chuckanuthealthfoundation.org/health-equity-zone-initiative](https://www.chuckanuthealthfoundation.org/health-equity-zone-initiative)

ਆਉ ਇਸ ਗਤੀ ਨੂਂ ਜਾਰੀ ਰੱਖੀਏ—ਇਕੱਠੇ ਮਿਲ ਕੇ, ਅਸ ਕੁਝ ਿਬਹਤਰ ਬਣਾ ਸਕਦੇ ਹਾਂ।

Новости сообщества HEZ: Переходим от разговоров к действиям!

Маунт Бейкер, мы услышали Вас громко и ясно! В течение последних нескольких месяцев мы выслушивали Ваши проблемы, собирали отзывы и определяли главные приоритеты, которые имеют для Вас наибольшее значение. Теперь настало время перевести эти разговоры в действие.

Далее: Семинар по действиям сообществ

26 апреля

1PM - 3PM


Старшая школа Маунт Бейкер

Это не просто очередное собрание - это практическая сессия, ориентированная на решение проблем, где соседи собираются вместе, чтобы обсудить, что работает, что нет, и как мы можем добиться реальных изменений. Вам предстоит выбрать самые серьезные проблемы, провести мозговой штурм идей и вместе с ведущими и местными жителями воплотить эти идеи в реальные действия.

Всем участникам будет выплачена компенсация


Обильные закуски предоставляются

Лицензированный детский сад на территории

 **Срок подачи заявок на участие в САВ продлен!**

Мы по-прежнему активно ищем членов Консультативного совета сообщества (CAB), и мы продлили срок подачи заявок до 29 апреля! Если Вы неравнодушны к улучшению нашего сообщества и хотите помочь направить усилия HEZ, это Ваш шанс сделать шаг вперед и изменить ситуацию к лучшему.

Мы также ищем доверенных посланников - членов сообщества, которые могут помочь распространить информацию и обеспечить участие в этой работе как можно большего числа людей

 **HEZ работает, только если Вы участвуете в ней!**

Эта инициатива зависит от людей, которые живут и работают в нашем сообществе - без Ваших идей, вклада и лидерства HEZ не продвинется вперед. Вы знаете о проблемах лучше, чем кто-либо другой, и Ваше участие - это то, что делает реальные изменения возможными. Если мы не будем помогать друг другу, ничего не изменится. Но если мы будем? Мы создаем решения, которые действительно работают на нас.

Подайте заявку на участие в САВ, примите участие или задайте вопросы: Kristina@ChuckanutHealthFoundation.org - или HEZInfo360@gmail.com

Дополнительная информация:
<https://www.chuckanuthealthfoundation.org/health-equity-zone-initiative>

Давайте сохраним динамику — вместе мы сможем построить что-то лучшее!

Actualización de la comunidad HEZ: ¡puesta en acción!

Queridos residentes de Mount Baker, ¡les hemos prestado atención! Durante los últimos meses, nos dedicamos a escuchar sus preocupaciones y opiniones, e identificamos las prioridades principales que más les importan. Ahora, llegó el momento de poner en práctica todo lo conversado.

Siguiente paso: taller de acción comunitaria

26 de abril 13 a 15 horas Escuela Secundaria de Mount Baker (Mount Baker Highschool)

No se trata de una reunión común y corriente, sino de una sesión práctica orientada a la búsqueda de soluciones donde los vecinos podrán reunirse para conversar sobre lo que funciona, lo que no funciona y de qué manera podemos lograr cambios concretos. Podrás elegir los desafíos más grandes, sugerir ideas y trabajar junto con moderadores y residentes para poner en práctica esas ideas.

Todos los participantes recibirán una remuneración Se brindarán tentempiés abundantes Servicio de guardería oficial disponible en el lugar

□ ¡Se extendió la fecha límite para presentar la postulación al Consejo Comunitario (CAB)!

Continuamos buscando activamente miembros para el Consejo Comunitario. Por ello, extendimos la fecha límite al 29 de abril. Si te apasiona mejorar nuestra comunidad y deseas contribuir con el trabajo de la HEZ, esta es tu oportunidad para destacarte y marcar la diferencia.

También estamos buscando Mensajeros de Confianza: miembros de la comunidad que hagan correr la voz y se aseguren de incluir a la mayor cantidad de personas posible en este trabajo.

□ ¡HEZ solo funciona si formas parte de ella!

Esta iniciativa depende de las personas que viven y trabajan en nuestra comunidad. Sin sus ideas, aportes y liderazgo, la iniciativa HEZ no podrá avanzar. Ustedes conocen los desafíos mejor que nadie, por lo tanto, es su participación lo que convierte en realidad los cambios que se necesitan. Si no nos apoyamos mutuamente, nada cambiará. Pero si trabajamos en equipo, crearemos soluciones que realmente nos resulten útiles.

Postúlate al CAB, participa o envía tus consultas: Kristina@ChuckanutHealthFoundation.org o HEZInfo360@gmail.com

Más información: <https://www.chuckanuthealthfoundation.org/health-equity-zone-initiative>

¡No perdamos el impulso! ¡Juntos, podemos crear algo mejor

Громадський інформаційний бюлетень «Зони рівноправного здоров'я»: від розмов до дій!

Маунт Бейкер, ми вас чудово зрозуміли! Впродовж останніх місяців ми уважно вислуховували ваші проблеми, збирали відгуки та визначали найважливіші пріоритети. Настав час перетворити розмови на дії.

Наступний крок: Семінар з громадської діяльності.

26 квітня

13:00 – 15:00

Середня школа Маунт Бейкер

Це не просто чергова зустріч — це практичний семінар, спрямований на пошук рішень, на якому зберуться сусіди, щоб обговорити, що працює, що ні, та як досягти реальних змін. Ви зможете визначити ключові проблеми, обговорити ідеї та опрацювати їх разом з модераторами та місцевими лідерами, щоб перетворити їх на конкретні дії.

Усі учасники отримують компенсацію.

Вас чекають щедрі закуски.

Надаватимуться послуги ліцензованої няні.

Продовжено термін подачі заявок на членство у Громадській консультативній раді (CAB).

Ми ведемо активний пошук членів Громадської консультативної ради (CAB) та продовжили термін подання заявок до 29 квітня. Якщо ви небайдужі до громади, прагнете покращень та хочете долучитися до роботи «ЗРЗ» — це ваш шанс зробити свій внесок і змінити життя на краще.

Ми також шукаємо Довіrenих посланців — активних членів громади, які допомагатимуть поширювати інформацію та сприятимуть залученню до роботи якомога більшої кількості голосів.

«ЗРЗ» працюватиме, тільки якщо ви долучитесь до роботи!

Дана ініціатива реалізується завдяки людям, які живуть і працюють у нашій громаді — без ваших ідей, пропозицій та лідерства «ЗРЗ» не зможе рухатися вперед. Ви найкраще розумієте місцеві проблеми, тож саме ваша участь є запорукою реальних змін. Якщо ми не допоможемо один одному, нічого не зміниться. А якщо допоможемо? Ми знайдемо рішення, які працюватимуть на нас.

Подайте заявку на участь у CAB, долучайтесь або задавайте питання: Kristina@ChuckanutHealthFoundation.org, або: HEZInfo360@gmail.com Додаткова інформація: <https://www.chuckanuthealthfoundation.org/health-equity-zone-initiative>

Не зупиняймося — спільна праця приведе до змін на краще!

Громадський інформаційний бюлетень «Зони рівноправного здоров'я»: від розмов до дій!

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Усі учасники отримують компенсацію.

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Не зупиняймося — спільна праця приведе до змін на краще!

HEZ Community Update: Moving from Conversations to Action!


Mount Baker, we've heard you loud and clear! Over the past few months, we've been listening to your concerns, gathering feedback, and identifying the top priorities that matter most to you. Now, it's time to turn those conversations into action.

Next Up: Community Action Workshop

April 26th
1PM – 3PM
Mount Baker High School


This isn't just another meeting—it's a hands-on, solution-focused session where neighbors come together to talk about what's working, what's not, and how we can make real changes. You'll get to choose the biggest challenges, brainstorm ideas, and work alongside facilitators and local voices to turn those ideas into real action.

All participants will be compensated
Heavy snacks provided
Licensed childcare available onsite

 **CAB Application Deadline Extended!**

We are still actively seeking Community Advisory Board (CAB) members, and we've extended the deadline to April 29th! If you're passionate about improving our community and want to help guide HEZ efforts, this is your chance to step up and make a difference.

We are also looking for Trusted Messengers—community members who can help spread the word and ensure that as many voices as possible are included in this work.

 **HEZ Only Works If You're Part of It!**

This initiative depends on the people who live and work in our community—without your ideas, input, and leadership, HEZ doesn't move forward. You know the challenges better than anyone, and your participation is what makes real change possible. If we don't show up for each other, nothing changes. But if we do? We build solutions that actually work for us.


Apply for the CAB, get involved, or ask questions: Kristina@ChuckanutHealthFoundation.org -or- HEZInfo360@gmail.com
More info: <https://www.chuckanuthealthfoundation.org/health-equity-zone-initiative>

Let's keep the momentum going—together, we can build something better!



Foothills Resources & Organizations

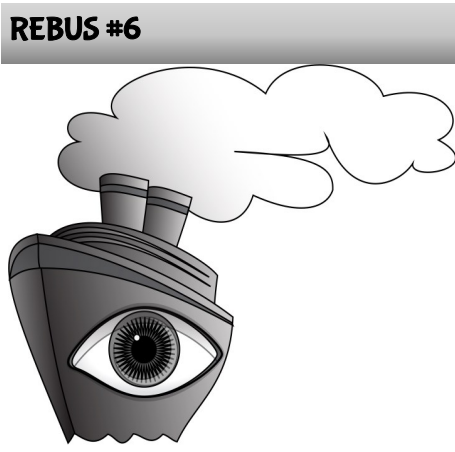




Columbia Valley Community Connections

What Do You See Growing Strong in the Foothills?

There is wisdom in being able to see and identify the positives around you! We live in an abundant community! What are you noticing growing strong in your neighborhood or community? Part of improving a community starts with noticing its strengths, assets, treasures and beauty. A challenge for each of this this next month is simply to notice all the good around you. When we focus on what we have, we begin recognize what we want more of to make a better future. We can begin to imagine that better future, feel inspired to set some goals to engage in community, lend our resources to the effort, and participate and contribute to what is possible. As you drive, look and notice the community strengths and ask yourself what you see that you want more of in your community? Inquire, within yourself about what you have to contribute? It is time, money, resources, knowledge, ideas? There are opportunities awaiting! If you are interested in getting connected to any number of efforts in Columbia Valley, email Kristi at executivedirector@wfcn.org



- Anagrams: Think 60’s-70’s Saturday morning cartoons
1. all agog lail rmi

2. buckle under dry hoogh

3. jegger tse ono

4. leonerd fft sin

5. marge iom tos

6. cow eyed doko wopr

7. rat cheese lsv tty

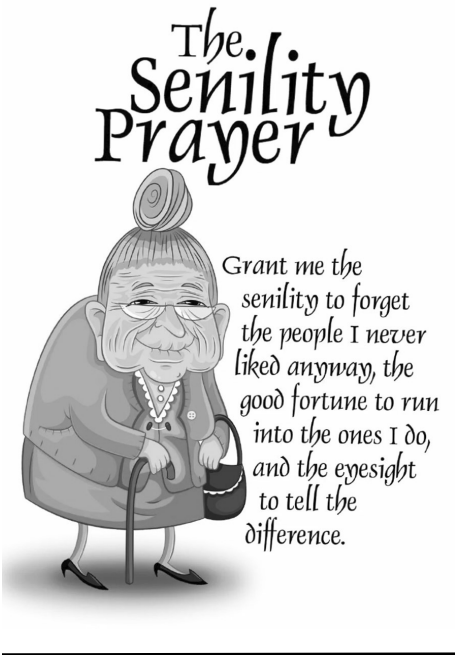
8. blue joke mill snow

9. jonme tyrr

10. café hex tli

11. ones due esten tex


12. fat cat surf ion





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](https://CHFHealthEquityZone.org). HEZInfo360@gmail.com 360.222.7031



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. A generous grant from the Mount Baker Foundation has made it possible to fund projects such as a park, the Kendall Elementary reader board, a local chipping event, the Foothills Communication Hub, Kendall Spring Fair and Easter Egg Hunt, Food Bank funding for quality food, since 2020 the Kendall Summerfest, and many other wonderful programs and events. Our goal is to be the voice of the community through actively listening to our neighbors needs and addressing concerns regarding things like Safety, Health, Food Access, Education, Recreation, Transportation, and so many other vital issues that affect our residents. We aim to provide funding for projects that will benefit all Columbia Valley UGA residents. 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 5pm in person and via Zoom Look for our event invitations on Facebook, NextDoor, our Calendar and in The Foothills Outlook and on www.foothillsinfo.com. info@foothillscommunityalliance.com 360-410-9114 foothillscommunityalliance.com <https://www.facebook.com/>




Serving individuals throughout Whatcom County, DVSAS is a volunteer-driven 501

(c)(3) non-profit organization working to heal victims and end domestic violence 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>




FAMILY SERVICES & PAR-ENTING SUP-PORT

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



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 website 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




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. We are located in Van Zandt in the beautiful South Fork Nooksack Valley. and serve the communities of Van Zandt, Acme, Deming, Welcome and all the rural areas in and around Van Zandt. We are an all-volunteer radio station that provides a diverse program of music and informational programming with a focus on local interests and local needs. KAVZ is a program of the South Fork Valley Community Association (southforkvalley.org) and is housed at the historic Van Zandt Community Hall. KAVZ has a long and storied past as a community radio station and we are undertaking to continue our service to the community and refresh our programming and our vision in response to community feedback. 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

Your Headlights are Worse than you Thought

You’re being lied to. I know, that sentence sounds like conspiracy theory clickbait. But the lie I’m talking about isn’t coming from the government, Hollywood, NASA, the educational system, or a cabal of doctors. It’s from your own brain. Next time you drive at *Sheriff’s car after hitting a deer*. night, your brain is going to tell you that you can see better than you actually can. Vision has two jobs when you drive; your ambient vision takes care of lane-keeping (helping you know where you are), and your focal vision identifies objects and obstacles up ahead. The problem is that we don’t need a lot of light for lane-keeping; our headlights are more than adequate. But they fall short for obstacle recognition, and sometimes by a lot. Your ability to safely travel in your lane leads you to believe that you can adequately see and respond to any obstacle up ahead in the road. That’s the lie. Headlight tests have found that low beams provide a lighted distance of between 300 and 450 feet, depending on the type of bulb, and high beams reach up to 500 feet. That would correlate with a maximum speed of 39 mph at the low end and 55 mph at the top before overdriving your headlights. But that’s an overly optimistic result based on ideal circumstances. Even if headlights reach that far, drivers don’t notice obstacles at that range. When a pedestrian in dark clothing approaches a roadway from the right, the average driver spots them at 150 feet. When approaching from the left, visibility distances are cut in half. If you’re puzzled about the difference, it’s easier to spot pedestrians approaching from the right because car headlights are aimed slightly toward the right to reduce glare for oncoming traffic. We can calculate an estimated vehicle stopping distance for given speeds. If we use a perception-reaction time (the time it takes to see and then respond to a hazard) of 1.5 seconds (the standard for an attentive driver), at 25 mph it takes 85 feet to stop, at 35 mph it’s 135 feet, at 50 mph it’s 230 feet. Those distances only get longer if road conditions aren’t ideal or if the driver isn’t looking at the road when the hazard emerges. Conceivably then, even at 25 mph a driver might not spot a pedestrian approaching the road from the left until it’s too late. And think about all the rural roads with 50 mph speed limits. You’re not likely to encounter pedestrians, but if a deer wanders out in front of you, both the deer and your fender don’t stand a chance. Is the problem our headlights? One report stated that “headlights found in U.S. vehicles fall short on safety.” But that’s not exactly correct. Our headlights fall short of illuminating the road at the speeds we’d like to drive. If we drove slow enough, our headlights would be sufficient. However, many drivers would probably find that speed unacceptable. What about making headlights brighter? In the movie Joy Ride, the lighting crew replaced the vehicle headlights with aircraft landing lights for the nighttime chase scenes. Great on a closed movie set, but not for oncoming traffic on a public road. We’re already at the limits set in law for the maximum brightness of headlights. I’m not proposing 20 mph nighttime speed limits. My point here is that our headlights aren’t up to the task of illuminating hazards in the road at the speeds we typically travel. Knowing that driving at night is a sub-optimum condition, it’s up to us as both drivers and pedestrians to make wise decisions.



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 <https://wcfd14.org> 7528 Kendall Road, Maple Falls **The Whatcom County burn ban is at Stage 1 - Recreational Fires Only** Recreational fire requirements: Up to 3 feet by 3 feet of seasoned firewood or charcoal only Must have enclosure 16 inches high, made of steel or masonry/rockery 25 feet from structures, timber, and combustible material 15 feet of overhead clearance required Garden hose or (2) 5-gallon buckets of water at fire Hand tools required onsite Allowed after dark if attended until fire is out cold No burning when winds exceed 7 MPH



ROADRULES


by Doug Dahl






Foothills Resources & Organizations






The **988 Lifeline** provides 24/7, free and confidential support for people in distress, prevention and crisis resources for



211 helps connect you to community resources statewide.

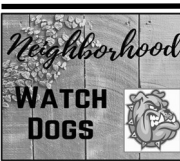


24/7 Crisis line


800-584-3578
www.imhurting.org



Whatcom County Water District 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



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.
nwmaplefalls@gmail.com
360-933-1620
https://www.facebook.com/groups/718686472042194



DID I REALLY USE THAT MUCH WATER?

Did you know that most people use an average of 70-90 gallons of water per day? In the average house, two thirds of indoor water is used in the bathroom.

Average Household Use


Toilet	26.7%
Faucet	15.7%
Bath	1.7%
Shower	16.8%
Clothes Washer	21.7%
Dishwasher	1.4%
Leaks	13.7%
Other Domestic	2.2%

Take some time to go through your house and look for ways to conserve. Be sure to check out the District website for useful tips and guides on water conservation.
manager@cv-wd.com
360.599.1699
6229 Azure Way Maple Falls, WA 98266

Our Business Hours
Mon, Wed, Fri : 08:00 am –12:00 pm and 01:00 pm – 04:30 pm

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.




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 Whatcom Family YMCA, Mt. Baker Foundation, NAMI of Whatcom County, and Dementia Support Northwest.
8-11am—2nd and 4th Tuesday each month at EWRRRC.




Foothills Food Bank

Tuesday: 8-11am
Thursday: 4-7pm
Mobile Pantry outside Food Bank:
1st Saturday of every month 11:30 - 12:30
And 3rd Friday of every month 10am-11am
Contact: foothillsfoodbankcontact@gmail.com
360-392-8149
*We are always looking for volunteers!
www.foothillsfoodbank.org



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/>



The National Alliance on Mental Illness

NAMI Whatcom Mental Health Support Group meets the 2nd Thursday of each month 10:00—11:30AM at the East Whatcom Regional Resource Center, 8251 Kendall Rd. 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 others 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

REBUS #8

GIVE GET
GIVE GET
GIVE GET
GIVE GET

Top Ten Senior Pickup Lines

10. Come here often? If so, could you tell me where I am?

9. Do you have an oxygen tank? Because you took my breath away.

8. Like to come by and see my medicine cabinet?

7. Make like a compression sock and give me a squeeze!

6. Ever had a lap dance in a wheel chair before?


5. Do you play bingo, because I swear I've seen you B4.


4. Hey, baby. Wanna help me test my new hip replacement?

3. That pretty smile of yours would sure look good in a glass on my nightstand!

2. You're not dead yet either? We have so much in common!

1. Your heating pad or mine?





DSHS/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



KID'S CORNER



Rainy Day Fun! Eggshell Gardens

This is a great spring activity for kids. Gently tap pointed end of egg to break shell. Using fingers, remove cracked pieces to make an opening large enough to add dirt and seeds. Empty the egg contents into a bowl (safe to use for cooking), then rinse out the shell and let it dry. When dry use sharp pin or tack to gently make drainage holes. This is the time to decorate the shells with markers or acrylic paint. Add dirt to fill shell 2/3rds. Add 2-3 bean/pea seeds and cover with dirt and press gently. Set shells back into carton and water lightly. Place near a sunny window and keep soil slightly moist until seeds sprout. When warm enough outdoors, transplant eggs by breaking the bottom of the shell and plant in the garden.



Word Scramble: Under the Big Top

Answers on back page

1. ICKTTE	2. NETT	3. OINL	4. POCONRP
5. LLBONOA	6. AMERT	7. CLNOW	8. TANIR
9. ZAR TPEE	10. JGGLERU	11. ISLTTS	12. NONACN

Word Search: Spring Fun!

B	A	A	S	H	E	S	U	S	A	R	F	M	O
H	O	S	E	M	B	E	R	S	I	R	N	A	D
E	T	M	E	T	R	D	X	F	R	S	A	T	O
T	S	T	O	O	B	U	E	H	T	I	M	S	A
N	N	R	M	N	L	O	A	H	A	E	E	E	E
L	N	A	R	R	D	M	M	A	N	A	R	X	N
A	H	H	R	M	H	I	A	K	K	I	I	A	E
D	L	H	D	D	N	R	K	D	K	R	F	U	R
D	A	R	A	M	Y	A	L	A	R	M	L	E	A
E	R	I	Y	U	F	H	T	A	C	H	I	E	F
R	T	F	H	E	L	M	E	T	T	D	S	L	I
F	I	R	E	D	R	I	L	L	R	H	M	M	N
R	H	L	L	B	R	I	M	N	E	R	I	S	R
T	R	U	C	K	R	R	F	E	S	C	E	I	I

Word Search word list

butterflies	bees
ducklings	ladybugs
slugs	buds
flowers	rain
puddles	seeds
egg hunt	nests
bunnies	sprouts
chicks	lambs

RIDDLES FOR KIDDLES

Answers on back page

1. Q: What do elves learn at school?

2. Q: What is a tree's favorite drink?

3. Q: What kind of dog never bites?

4. Q: What game do frogs love to play?

PARENTS: Did you know you can download your child's favorite comic books from the library? Help them keep up with new issues and adventures. Go to wcls.com and type, "Kids comic books" into the search bar. You can also access them on Hoopladigital.com.



**KENDALL ELEMENTARY,
7547 KENDALL RD,
MAPLE FALLS.**

**SUNDAY 13TH APRIL
12:00PM-3:00PM
EGG HUNT AT 1PM**



COME AND SHOP FROM LOCAL VENDORS, JOIN IN THE EGG HUNT, PLAY GAMES AND ACTIVITIES AND GET YOUR PHOTO WITH THE EASTER BUNNY!


ALL PROCEEDS RAISED BENEFIT KENDALL STAFF AND STUDENTS!!!
THANK YOU TO FCA FOR THEIR SUPPORT AND OUR DONORS!
CONTACT KENDALLPTA2015@GMAIL.COM FOR MORE INFO!

The district does not sponsor or endorse this event/information and the district assumes no responsibility for it. In consideration of the privilege to distribute materials, the Mount Baker School District will be held harmless from any cause of action filed in any court or administrative tribunal arising out of the distribution of these materials, including costs, attorney's fees and judgments or awards



Resources





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>

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 Analyze my usage section of your online account. Measure, and monitor your home’s energy usage. Find additional energy efficiency suggestions in our Ways to Save tips library.

To learn more or receive personalized advice over the phone, call a PSE Energy Advisor at 1-800-562-1482, Monday through Friday, 8 a.m. to 5 p.m.



The White House’s Investing in America agenda makes saving on energy costs easier than ever with our Energy Savings Hub. This online resource provides information about clean energy tax credits and rebates for homeowners, renters, and drivers, helping you lower your energy bills and make your home more efficient. Visit [Energy.gov/Save](https://www.energy.gov/save) today to learn more and start saving!


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

Rebus #9



April 2025 Tribonds: Can you figure out what each set of three have in common?

1 Murder is Easy The ABC Murders Cards on the Table	2 The Castle The Trial The Metamorphosis	3 Mansfield Park Persuasion Northanger Abbey
4 Russia Canada United States	5 Vatican City Monaco Nauru	6 Caspian Sea Lake Superior Lake Victoria
7 Golden Bears Banana Slugs Poets	8 Wolfpack Tarheels Runnin’ Bulldogs	9 Owls Dutchmen Panthers
10 Henry Winkler Aubrey Plaza Rob Lowe	11 Marion Ross Kathy Kinney Craig Ferguson	12 Ron Howard Portia de Rossi Tony Hale



NW Clean Air Agency is responsible for enforcing federal, state, and local air quality regulations at stationary sources of air pollution in our jurisdiction. In addition to regulating businesses, we focus on informing the public about air quality issues and how to make clean air choices. Please contact us to report illegal burning or other forms of air pollution: <https://nwcleanairwa.gov/permits-and-services/enforcement/complaints/> Call 360-428-1617. Check current air quality in your area: <https://nwcleanairwa.gov/new-air-quality-center/>

Gather firewood NOW! If you burn wood for home heating, even part-time, NOW is the time to prepare firewood for NEXT winter. Stack, cover, and season wood to make sure it's clean and dry, so you limit smoke when you burn it. Clean, dry wood burns better so there’s less smoke and more heat.

Need a new woodstove? We can help!

Need a new woodstove? We can help! A major Northwest Clean Air Agency effort focuses on reducing wood smoke in the Columbia Valley Urban Growth Area. We do this in part by helping people replace old, polluting woodstoves with new stoves and ductless heat pumps. This helps cut down on smoke during winter periods when stoves are in heavy use. To date, NWCAA -- working with the Opportunity Council -- has replaced nearly 200 woodstoves in Columbia Valley. Contact the Opportunity Council at 360-734-5121 ext. 1020 or homerepair@oppco.org for more information.

Get a free air sensor to track smoke particles!


You can get a free air sensor at home from NWCAA to track fine particles like those in smoke! NWCAA uses PurpleAir sensors in addition to our monitoring stations. We are adding outdoor sensors in the Columbia Valley urban growth area to give us more information about smoke in the area. You just need to live inside the Columbia Valley urban growth area and have a power source and a WiFi connection. Interested? Contact NWCAA monitoring manager Evan Bing at evanb@nwcleanairwa.gov. And you can watch our video about PurpleAir’s sensor map and data! <https://bit.ly/3M6zrFE>




The Nooksack Youth and Family Services Department provides an array of advocacy and case management services to Nooksack children and families involving child welfare, domestic violence, sexual assault, and elder abuse. (360) 306-5090 <https://nooksacktribe.org/departments/youth-family-services/>



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Whatcom County Health and Community Services is a countywide department that works to promote health, prevent disease and injury, provide accurate and reliable health information, preserve a healthy environment, and prepare for and respond to emergencies. Whatcom County Health Department provides vaccine clinics, septic homeowner trainings, opportunities for engagement, and more. 360-778-6000 arobinso@co.whatcom.wa.us <https://www.whatcomcounty.us/4307/Health-Department>



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. Stop by our office if you need housing services, deposit assistance, basic food applications, community resource referrals and so much more! (see lists below). Accessing I&R services in Maple Falls saves travel time and expenses and our two I&R staff would love to help you access services to meet your needs. Please stop by our office at 8251 Kendall Rd, Maple Falls. Or contact us at 360-599-3944. Free AMMENITIES

Copying, faxing, and printing documents. Bus passes

Dental hygiene products

Teal bags (menstrual products)

Donation Corner (clothing, toys, household items, shoes, etc)

Other basic hygiene products as donated by partners.

Community resource referrals and information

Diapers/Pull-ups and wipes

Water & Snacks

I&R SERVICES

Housing Pool Intake applications and check-ins


Deposit Assistance Screenings

Energy Assistance

Basic Food application assistance

Referrals to other Opportunity Council Programs that can help with employment, childcare, education, utilities, housing, care coordination, and much more.

Working with Opportunity Council but don’t want to meet your case manager in Bellingham? Anyone can request appointments or meetings to be scheduled at the EWRRC! Our I&R team can help you communicate with Opportunity Council programs operated out of Bellingham. We can facilitate the required paperwork, help schedule appointments, and return any information that your case manager needs. 8251 Kendall Rd (360) 599-3944 ewrrc-allstaff@oppco.org




The Volunteer Center of Whatcom County


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



The Arc of Whatcom County provides information and referrals, educational programs, and funding for people with developmental disabilities, their families and the organizations that serve them. The Arc of Whatcom County is dedicated to meeting the needs of children and adults with developmental disabilities, such as cerebral palsy, autism and Down syndrome. (360) 715-0170 admin@arcwhatcom.org




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



Catholic Community Services of Western Washington

We are 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>





ESOL: 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



ALATEEN **AL-ANON**


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>



Narcotics Anonymous World Services

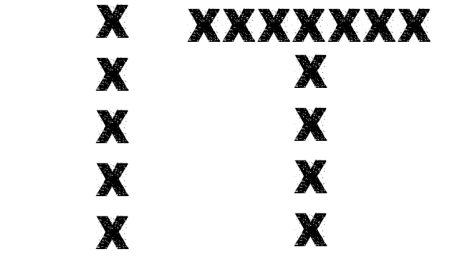
Find a Meeting: <https://nwscna.org/meetings/> 360-647-3234 Webservant@nwscna.org



Whatcom County AA

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

Rebus #10



Resources

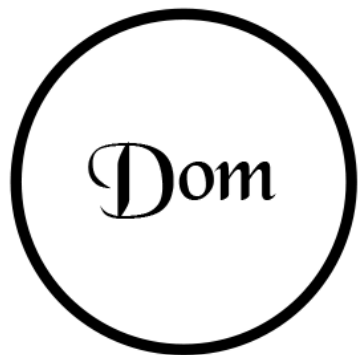


We are a local government agency that serves thousands of residents in Whatcom County. **The Bellingham Housing Authority (BHA) & the Whatcom County Housing Authority** work together to provide needed housing in our community. We serve Low-Income Families, Elderly People, Those with Disabilities, & Working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



The Washington State Homeowner Assistance Fund (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 Foreclosure Prevention Legal Aid Home Repair or Home Modification Assistance Payment Assistance Programs (Availability varies. Call for information) 877.894.4663 www.homeownership-wa.org

Rebus #11



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>



Single Family Housing Repair Loans & Grants in Washington Also known as the Section 504 Home Repair program, this provides loans to very-low-income homeowners to repair, improve or modernize their homes or grants to elderly very-low-income homeowners to remove health and safety hazards. 1-800-414-1226 <https://www.rd.usda.gov/programs-services/single-family-housing-programs/single-family-housing-repair>



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



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>



Meals and Wheels and More supports the health and independence of the older adult populations of Whatcom and San Juan Counties by providing nutritious food, social connection, and nutrition education. Through our Meals on Wheels and Community Meals programs we provide 2000+ seniors throughout Whatcom and San Juan Counties with more than 200,000 nutritious meals each year! Every meal we provide meets at least one third of a senior's daily nutritional requirements. Seniors are at increased risk for malnutrition for multiple reasons including: Chronic or acute illnesses Decreased ability to shop for and to prepare healthy meals Depression Lack of funds It is our goal to ensure that all Whatcom and San Juan seniors have access to the nutrition they need to remain healthy and independent in their homes as long as possible. 360-746-6480



Dementia Support NW 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. Dementia Support Northwest provides professional education and training to those likely to engage with those living with dementia through our partnership with our local Area Agency on Aging, the Northwest Regional Council in Bellingham. Trainings for community groups and professionals alike promote our vision for a more understanding, accepting, and supportive community for those affected by cognitive decline. 360-671-3316 alz@alzsociety.org



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 every 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.



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 1-877-486-2048 <https://www.medicare.gov>



Whatcom Council on 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 rights of older adults and through promotion of 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



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>

Rebus #12



Whatcom Human Rights Task Force Northwest Immigrant

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



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



Senior Resources

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



NW Immigrant Rights Project provides a wide variety of services for legal and illegal immigrants, including: Impact Litigation Community Education Practice Advisories Direct Legal Services Survivors of Domestic Violence and Other Crimes Asylum Family Services Children and Youth Citizenship DACA (Deferred Action for Childhood Arrivals) Detention and Deportation Defense 206.587.4009



ESL: English Language Learning 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 their 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/>



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



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>




The human race has one really effective weapon, and that is laughter. ~Mark Twain



Resources





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

she-vaun.malone@usw.salvationarmy.org

<https://bellingham.salvationarmy.org>



The **Red Cross** is a registered 501(c)(3) non-profit 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)

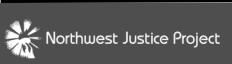
<https://www.redcross.org>



Our mission is to provide free civil legal assistance to low-income Whatcom County residents by linking them with attorney and community volunteers.


360-671-6079

info @ lawadvocates.org



Northwest Justice Project (NJP) provides free legal assistance to address fundamental human needs such as housing, family safety, income security, health care, education, and more. Our work challenges structural and racial inequities to promote the long-term well-being of low-income individuals, families and communities across Washington State.

360-734-8680



The 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






WTA's paratransit service provides curb-to-curb (and if needed, door-to-door) transportation to riders whose disability prevents them from riding our fixed route bus system. Paratransit service is designed to be equal to—not better than—our fixed route service. For this reason, paratransit's service area and hours of operation mirror those of our fixed routes.

(360) 733-1144

customerservice@ridewta.com

<https://www.ridewta.com>



Unity Care NW provides affordable primary medical, dental, behavioral health, and pharmacy services for children and adults. Unity 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->



A free, unbiased and confidential service of the **Washington State Office of the Insurance Commissioner**, SHIBA volunteers help people of all ages and backgrounds with their Medicare questions and options.


Local: 360-725-7080

TDD: 360-586-0241

800-562-6900

shiba@oic.wa.gov

<https://www.insurance.wa.gov/find-local-shiba-office>



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




Rebus # 13



Free Tax Preparation at EWRRC

IRS certified free tax preparation is available at the East Whatcom Regional Resource Center in Maple Falls. Through a partnership with the Volunteer Income Tax Assistance Program and Western Washington University, Opportunity Council staff at the resource center are available to provide free tax preparation for most taxpayers. For more information and to schedule an appointment, call (360) 599-3944 or stop by at 8251 Kendall Rd, Maple Falls, WA 98266. For more information on tax credits and filing tips, visit www.whatcomabc.org/money-management/taxes/




Trevor Project

Crisis counselors are trained to answer calls, chats, or texts from LGBTQ young people who reach out on our free, confidential and secure 24/7 service when they are struggling with issues such as coming out, LGBTQ identity, depression, and suicide.

(212) 695-8650

info@thetrevorproject.org



The Y is committed to ensuring that every youth has the opportunity to become a healthy, contributing member of society. The Y offers teens a safe environment where they can develop healthy, trusting relationships and build self-reliance through the Y values of caring, honesty, respect and responsibility. We offer activities and programs for teens that provide them with academic assistance, life skills, healthy habits, positive social experiences, all while having fun.

360 733 863

<https://www.whatcomymca.org/teen-programs>




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,

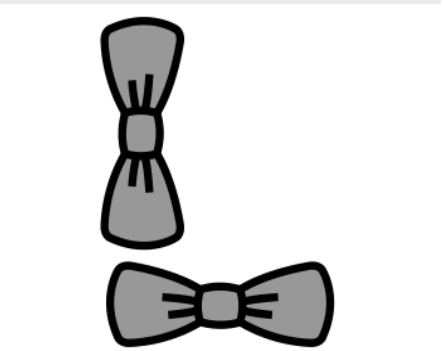



The **Home Free program** reunites youth with their family or legal guardian or helps them get to an alternative living arrangement (ALA), such as a community-based transitional living program, through a free bus ticket. In addition, Home Free works in collaboration with youth, parents and guardians, law enforcement, anti-trafficking organizations, social service and health care providers and others to ensure youth who are victims of labor and sex trafficking benefit from reuniting with caring adults or getting to an alternative living program.

1-800-RUNAWAY

1-800-786-2929,


Rebus # 14





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



ADULT BASIC EDUCATION

ESOL

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.

Also offered:

Digital Skills


Wraparound Services

Reentry Services

360) 752-2080

1115 E Sunset Dr. Bellingham

<https://evergreengoodwill.org/job-training-and-education/adult-basic->




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>




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>



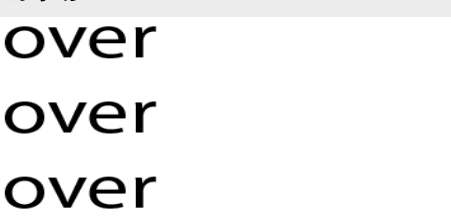
Care Connect helps pregnant and newly parenting women prepare for delivery and parenthood with a series of classes. Lessons include topics such as Understanding Pregnancy, Labor and Delivery, Postpartum, Infant Hygiene, Infant First-Aid and Getting Your Baby to Sleep. At each weekly appointment, clients 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) 671-9057

info@whatcomclinic.com

<https://www.whatcomclinic.com/services/education/>

Rebus # 15



Sudoku Challenge (Medium)

solution on back page

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



Foothills Community 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.

The Foothills Outlook

April 2025 Calendar of Events

"some of the blue blues/laughing on the orchid leaves/good morning April ."

~~Ashraful Musaddeq

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1 <div>10:30 AM - 11:00 AM Story Time at North Fork Library</div> <div>5:00 PM - 6:00 PM Neighborhood Watch Dogs</div>	2	3 <div>4:00 PM - 7:00 PM Foothills Food Bank Distribution</div>	4 <div>5:00 PM - 7:00 PM Dungeons & Dragons</div>	5
6	7	8 <div>8:00 AM - 11:30 AM Ask-a-Nurse Clinic</div> <div>10:30 AM - 11:00 AM Story Time at North Fork Library</div>	9 <div>5:00 PM - 6:30 PM Foothills Community Alliance Community Meeting</div>	10 <div>8:00 AM - 5:00 PM  Columbia Valley Park and Recreation District Public Meeting</div> <div>4:00 PM - 7:00 PM Foothills Food Bank Distribution</div> <div>7:00 PM - 9:00 PM "3rd Thursday" Open Mic and Potluck</div>	11 <div>5:00 PM - 7:00 PM Dungeons & Dragons</div>	12
13 <div>12:00 PM - 4:00 PM 3rd Place Coffee House</div>	14	15 <div>10:30 AM - 11:00 AM Story Time at North Fork Library</div>	16 <div>5:30 PM - 7:00 PM Southfork Flood Control Subzone Committee</div>	17 <div>4:00 PM - 7:00 PM Foothills Food Bank Distribution</div>	18 <div>10:00 AM - 11:00 AM Mobile Food Pantry Distribution</div> <div>5:00 PM - 7:00 PM Dungeons & Dragons</div>	19
20	21 <div>2:45 PM - 4:15 PM Mt Baker Community Coalition Meeting</div>	22 <div>8:00 AM - 11:30 AM Ask-a-Nurse Clinic</div> <div>10:30 AM - 11:00 AM Story Time at North Fork Library</div>	23	24 <div>4:00 PM - 7:00 PM Foothills Food Bank Distribution</div> <div>6:30 PM - 8:00 PM Columbia Valley Water District Regular Meeting</div>	25 <div>5:00 PM - 7:00 PM Dungeons & Dragons</div>	26
27	28	29 <div>10:30 AM - 11:00 AM Story Time at North Fork Library</div>	30	1 <div>4:00 PM - 7:00 PM Foothills Food Bank Distribution</div>	2 <div>5:00 PM - 7:00 PM Dungeons & Dragons</div>	3

PUZZLE SOLUTIONS

Kid’s Word Scramble Solutions

1. ticket, 2. tent, 3. lion, 4. popcorn, 5. balloon, 6. tamer, 7. clown, 8. train, 9. trapeze, 10. juggler, 11. stilts, 12. cannon

Rebus answers: 1. fishwife, 2. safety in numbers, 3. careers, 4. Eiffel Tower, 5. go up in smoke, 6. eyeliner, 7. long-time, no see, 8. forgive & forget, 9. in between jobs, 10. exit, 11. domino, 12. shorten, 13. defense, 14. elbows, 15. leftovers

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

Crossword Solution

Across: 3. Antarctica, 6. Alphabits, 7. ricewheatcorn, 9. Jean la Foote, 12. Frankenberry, 13. Battle Creek, 14. Honey Nut Cheerios, 18. Pulp Fiction, 21. Corn Pops, 22. One, 23. Fred’s cereal

Down: 1. Snap, Crackle, Pop, 2. Frost-ed Flakes, 4. Katy Kangaroo, 5. Dig Em Frog, 8. Raisin Bran, 10. Michael Jordan, 11. Corn Flakes, 15. Sugar Pops, 16. Capn Crunch, 17. Magellan, 19. loves them, 20. Cheerios

Kid’s Corner Riddle answers: 1. The Elf-abet, 2. Root Beer, 3. A hot dog

Anagrams Solutions

1. George of the Jungle, 2. Magilla Gorilla, 3. Mister Magoo, 4. Tom and Jerry, 5. Marvin Martian, 6. Woody Woodpecker, 7. Fred Flintstone, 8. Sylvester the Cat, 9. Bullwinkle J Moose, 10. Wile E Coyote, 11. George Jetson, 12. Felix the Cat