

The Foothills Outlook

Connecting Foothills community members with vital resources, organizations and events



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Free

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BECOME A CONTRIBUTOR

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

Submissions Deadline: 15th of each month

Please review our **SUBMISSION GUIDELINES** under Contributor Information on our website at foothillsinfo.com

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bugwalla

by Doug Imhoff

THE BACK TO SCHOOL BLUES

by Melonie Ancheta

Going back to school is often idealized as sunny mornings, kids eating pancakes, backpacks neatly packed, and cheerful goodbyes before a shiny bus whisks them off to “worlds of wonder.” Hands up for anyone who’s actually lived that. No one? Not surprising.

For most families, this season is more stressful than winter holidays. Long supply lists, new clothes and shoes a child will outgrow in a month, transportation costs, and fees for band instruments or sports quickly add up. In households with multiple children, the challenge multiplies: coordinating schedules, arranging rides, choosing classes, finding that perfect first-day outfit, enrolling in activities, and making the first bell on day one.

According to the National Retail Federation, American households spend \$146.8 billion on back-to-school: \$43.3 billion for K-12 and \$103.5 billion for college students. The average K-12 family spends \$863-\$886 per child, while lower-income families spend about \$188 less, especially with current inflation pressures.

And the stress doesn’t stop with parents. Student stress is widespread, measurable, and intensifying across K-12 and higher education. Research shows rising academic pressure, mental health strain, social anxiety, financial stress, and transition-related anxiety. With more children diagnosed as neurodivergent or struggling with mental health—and public schools lacking capacity to fully support them—many students start the year already at a disadvantage.

Learning is always a challenge, but when combined with stress, anxiety, depression, or hopelessness, “it becomes a nightmare just to get a child out the door and through an ordinary school day.”

Youth Mental Health Snapshot

- 1 in 7 teens ages 10-19 experience a mental disorder (WHO).
- 40% of high schoolers report persistent sadness or hopelessness (CDC).
- 20% seriously considered suicide; 9% attempted.

Academic Pressure & Burnout

- 68% feel pressure to get good grades.
- 83% cite academic pressure as a major stressor.
- 56% feel pressured to “have their lives figured out.”
- 53% feel obligated to be “exceptional.”
- 27% report burnout.

Support & 504 Plans

Students needing help may qualify for **504 Plans***, which adjust the learning environment—not the curriculum—to ensure access to free and appropriate education. They cover a wide range of needs, including physical impairments, health conditions, mental health disorders, learning disabilities, and “any other impairments that substantially limit one or more major life activities.”

504 Plan vs IEP: What's the Difference?

504 Plan

Focuses on accommodations to ensure equal access

Removes barriers related to disability

Same curriculum as peers, no modified instruction

Prevents discrimination under civil rights law

Classroom teacher is primary implementer

IEP (Individualized Education Program)

Provides specialized instruction and related services

Involves intensive, individualized support

May include modified curriculum or alternative goals

Falls under special education law (IDEA)

Requires specialized education team

of a new school can seem endless. Many kids are afraid they’ll get lost or feel overwhelmed by the sheer space. Knowing where to go if they need help also helps reduce worry so show them where the nurse, principal and counselors offices are. Introduce them to the librarian and show them how to check out books.

Working with teachers and counselors is also essential. Let teachers and counselors know if your child has any special needs and discuss ways in which you and they can make your child more comfortable. Identify special programs such as **Communities in Schools****, which provides trained staff who greet students daily and support all the students, but especially work to meet the needs of those who require support. Meeting this trusted adult some at a time other than the morning rush can help children build confidence and connection with them before the child is in a difficult situation.

Talking with your child is also critical. Asking what they’re worried about, what and whom they enjoy or dislike at school, and what might help them feel better can give you insights into what may be the source of a problem and how to resolve it. And let them know that everyone, even adults, feel scared and have mixed emotions—excitement and nerves—about all sorts of things and it’s completely normal to feel like that. Demystifying feelings can often provide a lot of relief for kids; when they know they’re not the only one feeling a particular way, or worrying about something, it helps alleviate the stress and anxiety surrounding the feelings.

Kids don’t always express stress verbally. Stomachaches, headaches, acting out, or resistance to school, among other things, can be red flags. Ask about their feelings, favorite and least favorite parts of school, and what they’d change if they could. This can help you identify where problems may lie.

Practicing Bravery

Teach kids that bravery means doing something even when one feels scared. Walk through challenging situations together and create a plan for navigating them. Even if you only do this for one or two situations, it helps them focus on managing the situation, not fearing it.

For younger children, a “touchstone” can help—a small object they keep in their pocket. Turn it into a power object, like Superman’s kryptonite, by saying special words over it and “charging it” with power to give them extra strength when they need it.

Parents should also check their own stress. Children notice pinched eyebrows, lack of smiles, and constant tension. When parents’ stress spills over, kids worry not only about their own challenges, they also start worrying about you!

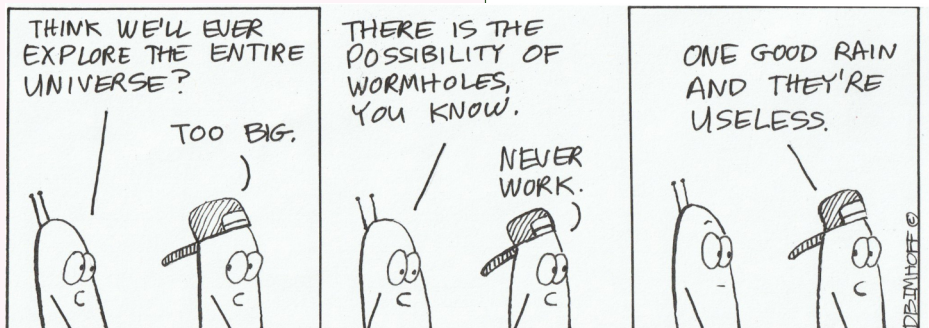
Looking Forward

Despite the cost, stress and chaos, what matters most is your child’s well-being and their ability to access the same education as their peers. Years from now, they won’t remember the trendy shoes you bought for them at the beginning of 8th grade, or how long it took to make class choices; they’ll remember your support, your love, and how you helped them navigate stressful times. They’ll remember you always championing them, going those extra miles to smooth their path, and always being at their side through rough times and successes.

***For more information on 504 plans:** <https://tinyurl.com/35rpxbww>

****Communities in Schools Whatcom/Skagit:** <https://whatcomskagit.ciswa.org/>

MBSD Family Support Services: <https://www.mtbaker.wednet.edu/article/855752>



FOOTHILLS FEAST FEST

by Henry Fisher

On Saturday, July 25th, Foothills Food Bank hosted our second annual success, raising over \$7,500 to support families in the Foothills! Common Threads Farm's food truck provided dinner, and local brews from North Fork Brewery and Stones Throw Brewery rounded out the perfect meal. Throughout the event, Pretty Little Feet, Peachcot Special, and BandZandt accompanied the festivities with live music. From swing to folk to blues, the dynamic music of these three bands had people up and dancing the whole night!



One of the most exciting parts of the Feast Fest was the silent auction, offering a diverse array of items from 21 community donors. With local farm products, handmade pieces of art, opportunities for outdoor recreation, and self-care bundles, there was truly something for everyone. By the end of the night, all the items had found a home, and we ultimately raised over \$2,200 from the auction alone. We're so grateful to all our auction donors, and excited for everyone who won the items they bid on!

While the Feast Fest was a night filled with music, dancing, and gathering in community, it also served a larger purpose. The Feast Fest is our primary annual fundraiser, critical to our ongoing ability to provide food to families in Foothills who need it. Over 350 families rely on us each week, and for many, we are their most consistent and accessible source of food throughout the month.

The money raised from the Feast Fest goes towards supporting all our programs, including our in-person shopping times on Tuesdays and Thursdays, our home delivery program, and the Mt. Baker School District Pantry program that supports children during school breaks.

In a time when funding continues to be uncertain and need remains high, coming together to raise \$7,500 is a huge accomplishment that will support food purchasing and stability for Foothills Food Bank. Thank you to Chuckanut Health Foundation, Superfeet Worldwide, and Arcora Foundation for sponsoring the event, which meant that all of the money we raised is able to go right back to our community. Every person who came helped make this happen and made the night one to remember.

If you didn't have the chance to attend the Feast Fest but would like to support Foothills Food Bank, you can always give online at www.foothillsfoodbank.org or mail your contribution to Foothills Food Bank, 8255 Kendall Road, Maple Falls, WA 98266.

Thank you to everyone who made the Feast Fest so special.



Despite rain and heavy winds early on August 1st, the 7th Annual Kendall Summerfest kicked off under clear, sunny skies and drew a good crowd of attendees.

Vendors and providers stretched the length of Kendall Elementary School offering handcrafted goods including hand-carved bowls and statuary, jewelry, and baked goods.

Resource providers were on hand to share information on services and resources available to community members.

Volunteers from the District 14 Fire Hall across the street grilled and served up free hamburgers and hotdogs, providing more than 600 free meals throughout the afternoon and evening (Kendall Summerfest always provides food and beverages free of charge and the event itself is always free).

As always, the area with kid's activities was one of the highlights of the day, teeming with happy kids playing games, romping in the bounce house, crafting and just having way too much fun! Chelsey Smith, who is the organizer for the kid's activities, ups her game each year and this year the addition of two clowns created joy and peals of laughter. Her photo booth was again a big attraction with its farm theme, and the games and crafting area stayed busy all day!



Fire District 14 brought their new ambulance and wildland fire engine, a Stewart and Stevenson M-1083, and the Whatcom County Sheriff's department brought their armored tactical vehicle and watercraft. Both allowed the kids to explore the vehicles, pretend to be racing after bad guys in the watercraft, and learn more about being First Responders.

Local band, The Alger Rhythms, played all afternoon and evening, providing a great soundtrack for the day while people perused hand-crafted items, connected with resource providers and enjoyed a day out.

Everything at Kendall Summerfest is free to all-comers so you can have fun, catch up with neighbors, and meet new people!

A HUGE THANK YOU to all the people who volunteered!

Join us again next year on the first Saturday of August!



VAN ZANDT STEWARDS

SUMMERFEST IN VAN ZANDT

by Jessica Bee

What does it mean to have community? Is it all party time fun? Does it only show up when there is a crisis? Is it

related to age, perhaps meant for only the young or only the elderly? Some will go so far as to say it happened way back when, back before the immense amount of tech that runs rampant through our lives these days. As Rebecca Solnit author of A Paradise Built In Hell says of community or free association: "There is no money in what is aptly called free association: we are instead encouraged by media and advertising to fear each other and regard public life as a danger and a nuisance, to live in secured spaces, communicate by electronic means, and acquire our information from media rather than each other."

Yet, beyond all the talk, beyond all the showy electronic flashes online, community, it turns out, happens when people show up. It is here belonging is nurtured. When we step into public spaces consistently; even when it is hard, when things are good, as well as all the in between; we create the conditions necessary to thrive together.

Southfork Summerfest is an East County tradition that is a beacon of this possibility of connection made real. Something the Van Zandt Stewards have been dedicated to for many decades under the auspices of different names and folks, yet always with the same purpose, community belonging. It has roots reaching back to at least the 1990s when folks gathered for potlucks and music at the park behind Van Zandt Hall. Then in 2002, the park was renamed: Josh Vander Yacht Memorial Park in honor of Joshua's passing with three Olivine Memorial Stones engraved with the names of more than 30 local youth who passed away. Since then dozens more names are etched in the stones. Each year the legacy and loss is honored with a somber reading of the names. This year Robin Wallbridge's memorial songs grew to encompass a heartfelt community singing of Taps.



However, Southfork Summerfest is more than a memorial event, it is also a joyful celebration with 2026 being no exception: hosting a robust potluck, grilled burgers and dogs, vendors galore for early holiday shopping and practical needs (next Everybody's Market is August 29th). This year, in addition to Band Zandt and Paradox playing under the big tent with community dancers a plenty, a pie-in-the-face fundraiser was held thanks to the dedication and daring of Will Radecki and Jeff Margolis. These two community champions stepped it up accepting donations for an emergency generator; the highest contributors won a chance to toss a pie at them! This first year of pie throwing was a delightful and messy success with Tammy Cooper-Woodrich, local Nooksack Storyteller, taking top spot to throw at Jeff and high bidders Maria and Ben Townsend throwing at Will. With unerring aim Ben and Tammy gave the crowd, to say the least, a memorable moment! While more than 100 neighbors new and old visited, connected, blew ginormous bubbles, danced, laughed, and found meaning in time spent together throughout the day, one thing is sure, the Southfork Valley's exuberant care for connection is no small thing! It is a testament to the tradition of gathering initiated more than 75 years ago when the hall was first gifted to the community by Whatcom County. With a newly renovated Van Zandt Hall as an anchor, may the next hundred years continue to honor this legacy of belonging in the good times, in the hard times, and everything in between.

BIGFOOT FESTIVAL

by Gretchen Woody

The Maple Falls Park Bigfoot Festival of 2026 was a great success once again! The festival was held this year on August 1st with a great spread of participants on the Crossroads Grocery corner lot and on the Mt. Visitor Center lot here in Maple Falls, WA. This event has grown a little more with each year and is typically scheduled from 9am-4pm the first Saturday in the month of August which is just before the Kendall Summerfest on the same day from 4pm-8pm.



The Bigfoot festival this year had close to 70 local vendors set up in 10x10 pop-up canopies that were set up around the Visitor Center, and the overflow set up by the Food Trucks in the lot by Crossroads Grocery. The local artists brought an array of handcrafted goods, artwork, soaps and apothecaries, a variety of merchandise, and Bigfoot themed souvenirs.

The Food Trucks are always a hit! The Sasquatch Taqueria which was stationed at their permanent location nearby in the Green Stop parking lot and is famous for their street tacos, giant burritos, pupusas and more. Our other famous beverage & food truck is The Bean Water who serve hot and cold coffee, espresso, teas, energy spritzers, and a variety of breakfast bagels, sandwiches, cookies, and merch. The other food trucks included Ciccitti's East Coast Pizza, Northwest Kettle Corn, and Deb's Dog Haus. The well-loved Root-Beer Floats were overflowing with the donated keg of Northfork Rootbeer with vanilla ice-cream and served in a special mug that changes to a bright green color with the ice-cold beverage. So much fun!

The stage was nicely set up with a cover overhead for a full day line-up which started out at 10am for Bigfoot Bingo and the Best-of-542 Raffle with lots of big prizes that were donated by our sponsors. By 12pm - 4pm, Beer Garden was on! The featured beer was sponsored by Stones Throw Brewery with their very cool mobile tap-truck and the Mt. Baker Chamber of Commerce. The 2 bands played for the entire afternoon. First up was Kellee Bradley Band, and second was the Stones Society who rocked and did not disappoint!

The Maple Falls Park Committee deserves a Big, Big Thank You, and the donated space and volunteer work initiated by the Mt. Baker Chamber of Commerce and Crossroad Grocery as well. And a big thank you goes to Mt. Baker Foothills Community and Visitors who showed up to make it happen!

Maple Falls Committee is listed as follows: Jeff Hambelton, President: Hilary Groh, Vice President: Sonya Buckner, Secretary: Doris Roosma, Treasurer: Corey Saxon, Board Member: Bradlee Frierott, Board Member: Jamy Pearson, Web Design Volunteer

The Frost Rd. Festival

A Glimpse of Community Spirit!

by Kathleen Greenbaum

The 4th Annual Frost Road Festival held on 8/16/26 was a big success, with 200+ in attendance! Perfect weather, good food, great music and wonderful company! Thanks to Tyler Clarke for managing the music and performing. The bands who sponsored us are Sleeping Dragons, bandZandt, Saltwater Cowboys, Tiny as a Tear, Love-A-Saurus-Rex and the ToadMortons. Also a big thank you to Stone's Throw and Northfork for beer, all those who volunteered, who contributed to our silent auction, who made direct donations and who came to share their smiling faces. This event not only raises money to help fight the 64 acre Ranch Quarry, but brings our community together by caring about these precious foothills. Here is part of a review from a Hipcamper who was present which provides an outside perspective.



"...once a year (I believe), they host a small community festival for a cause in the big field with live music, food & drinks, games, silent auction, and activities for kids. ... As a professional musician, getting a glimpse of their community spirit and seeing live music incorporated as a foundation of their event made me very happy :)"



Sidewalk Puffy Paint

Your kids will spend hours outside creating art masterpieces with this simple, 3-D puffy paint that can be used outdoors! And it's washable! Anne Deacon Center for Hope / Whatcom County Triage Center: Located at 2026 Division Street, Bellingham, WA 98226. Offers short-term crisis stabilization and behavioral health/ substance use services. Mobile Crisis Outreach Team (MCOT): Dispatched through the Care Crisis line for on-site mental health intervention in the community.

- Materials:**
Flour
Water
Dish soap
Food colors
Zip lock bags



Instructions:

Mix together equal parts flour, water, and dish soap and

African Safari Word Search

Find all the animals you might meet while on safari in Africa!

- giraffe

elephant

hyena

gorilla

rhino

lion

ostrich

antelope

orangutan

mongoose
- cheetah

bushbaby

hippo

warthog

dugong

leopard

eland

zebra

meerkat



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

A New Kind of Family Outing:
Take a Virtual Field Trip



Meet the Mountain Gorillas of Rwanda

Join an expedition into the forests of Rwanda, Africa, to meet four mountain gorilla families who live there. This field trip will bring your family right into gorilla daily life and you'll learn more about how they interact with each other and with people who study and care for them.

https://explore.org/films/watch/ytb_yc0muCc7dQ

This website has a wide variety of live wildlife videos from the skies to our seas, as well as films of various wildlife activities.

Food Matters



Roasted Summer Vegetables

As summer begins to fade, our gardens are still busy producing fresh veggies and fruits that make all the hard. One of the best ways of offering up our garden gems is by roasting them. The dry heat of the oven concentrates the natural flavors and caramelizes the exteriors to produce crispy outsides and tender, creamy insides without losing any nutrients.



Prep time: 7 min Cooking time: 30 min Servings: 7 cups

Ingredients

- 8 ounces carrot coins (about 2 cups)
- 8 ounces (trimmed) asparagus, cut into 1½" pieces to equal about 1½ cups
- 4 ounces cremini (baby bella) mushrooms, sliced to equal about 1½ cups
- 1¼ cups yellow squash (sliced about ½" thick)
- 1¼ cups zucchini (sliced about ½" thick)
- 1 cup green pepper (cut into 1" pieces)
- 1 cup red pepper (cut into 1" pieces)
- 1 cup yellow pepper (cut into 1" pieces)
- 3½ tablespoons extra virgin olive oil
- 1½ teaspoons kosher salt
- ¼ teaspoon black pepper
- 1 cup (about 5 ounces) whole grape tomatoes
- minced fresh parsley for garnish, if desired

Directions:

Preheat oven to 375 °F. Line 2 sheet pans with parchment paper. Toss all the vegetables EXCEPT TOMATOES with oil, salt, and pepper. (You can do this in a bowl before spreading the veggies on the sheet pans, or you can do it directly on the lined sheet pans. Be sure all the vegetables are evenly coated in oil, and that the salt and pepper are evenly distributed.) Arrange vegetables EXCEPT TOMATOES in a single layer on the sheet pans. (Don't overcrowd them.) Roast for 15 minutes. Stir vegetables, adding in the tomatoes and then spreading the veggies back out evenly across the sheet pans. Return vegetables to the oven, rotating the position of the sheet pans, and continue roasting for about another 15 minutes, until they're done to your liking. Serve immediately, garnished with minced fresh parsley (if desired, to add a pop of color).

Nutrition

Serving: 1/2 cup | Calories: 57 | Fat: 4g | Saturated Fat: 1g | Trans Fat: 0g | Unsaturated Fat: 3g | Cholesterol: 0mg | Sodium: 149mg | Carbohydrates: 6g | Fiber: 2g | Sugar: 3g | Protein: 1g
* Nutrition information should be considered an estimate only, and may vary depending on your choice of ingredients or preparation. No guarantees are made regarding allergies or dietary needs. Always consult a physician or dietician for specific advice and questions.



Kitchen Hacks

by Mahalia Blue

Cut Defrosting Times

The fastest way to defrost meat is under a cold running tap. But if you want to save water and speed things up a bit, place your meat on an aluminum sheet tray or skillet. Aluminum is a great conductor of heat and will draw energy from the surrounding environment into your frozen meat much faster than a wooden cutting board or wood or stone countertop. You can cut defrosting times down by about 30 percent this way. It also works on soups, stews, and anything frozen flat.

Freeze Before Slicing

Slicing meat to grind or cook in a stir-fry can be tricky even with a sharp knife. To make it easier, place the meat in the freezer for 10 to 15 minutes to stiffen it up. This also works for cheese, but do not let it freeze solid before slicing or grating otherwise it just crumbles.

Mozzarella or Feta Liquid as the Base for Pasta Sauce

Use the water some feta cheeses and mozzarella come in as the base of a cheesy sauce for pasta. Simply pour the water from the container into the same pot you used to make the pasta while it's still hot, put in little pieces of cheese and you've got a winner of a pasta sauce. Adding a few raw in-season cherry tomato halves and/or some fresh corn kernels shaved off the cob to the cheese sauce and you've got something seriously delicious.

Egg Shell Magnets

The empty half of an egg shell is the best tool to extract stubborn bits of cracked shells that have ended up in the bowl. It's almost as if egg shell is a magnet for other egg shell bits.

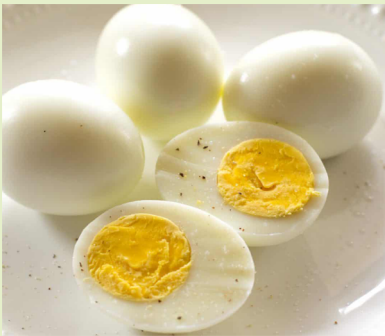
Perfect Boiled Eggs Everytime

Whether your eggs are fresh from beneath a chicken or are store bought, this hack works like a dream.

Bring a pot with enough water to cover all the eggs to a simmer and add 1 tbsp salt or 2 tbsp white vinegar.

Carefully crack the FAT end of each egg slightly (just enough to let water seep in) and drop into the pan. Raise heat to high, cover and bring to a full boil, then turn heat off, leaving pan covered for 15 minutes.

Drain and run under cold water until cool enough to handle. Take the back of a spoon and crack each shell all over, then peel. The shells will slip off due to the hot water that has seeped in between the shell and the membrane surrounding the white and yolk. There will be no green surrounding the yolk and the eggs will be perfectly set.



FROM THE MOUNTAIN

by Gretchen Woody



This summer at the Mt. Baker Chamber of Commerce & Visitor Center in the Maple Falls Town Hall, Gretchen, Sonya, and Rebecca are hard at work. This time of year, when fire smoke can make viewpoints a bit hazy, they look for times of day when the smoke clears, and it's best for viewing Mt. Baker from Artist Point and Mt. Shuksan from Picture Lake.

As visitors travel from countries all over the world and every state in the US, staff at the visitor center make sure everyone knows road, trail, and air-quality conditions so they can make the most of their outdoor experiences. Gretchen is the newest member of the team, and her job is to do seasonal trail reports and share them across their social media platforms. She also shares local events, special reports, fun facts, and free Chamber member advertisements throughout the year.

Currently, the **Bagley Lakes Trail** through Heather Meadows and the **Lake Ann Trail** are exploding with ripe Oval-Leaf Blueberries. These berries are also referred to as Bilberries; the Latin name is *Vaccinium Ovalifolium*, in the Ericaceae family. And yes, hikers may graze them along the trails! But do be conservative, as this is food for marmots, birds, and other wildlife.



The **Nooksack Cirque Trailhead** has a tree bridge to cross Ruth Creek, which was reinstalled after floodwaters washed it out. This trail has gorgeous native flora such as stunning blue Lupine and vibrant red Indian Paint Brush along the way. The trail is 4.5 miles in (10 miles round trip) and, because it lacks bathrooms and garbage cans, does not require a NW Forest Pass, so be sure to pack *everything* out. However, if you plan to hike further, beyond the North Cascades National Park boundary line, you will need a Backcountry Permit issued through www.recreation.gov at least 3 days in advance to print out your permit.

Other exciting improvements include repairs to Deadhorse Creek after floodwaters washed out SR 37, the access road to Skyline Divide Trail! Everyone who knows this trail is anxiously waiting to reach the heights of this breathtaking outdoor experience. But please be patient, as no motorized or foot traffic is allowed until the construction is complete.

Important for kayakers and river rafters to know: you may not put in your watercraft north of this construction due to the low bridges in place for these repairs. Stay tuned! Follow us on Facebook at Mt. Baker Chamber of Commerce and on Instagram at Mt. Baker Chamber.

The Book Shelf



whatcom county library system



September events at the North Fork Library

Friends of the North Fork Library Meeting

Monday, September 21st
2-3pm, North Fork Library
friendsnorthforklibrary@gmail.com

Description - Express your library love by joining a Friends of the Library group and attending their events. Funds raised support programs and needs not covered by the library budget. Ask library staff how to get involved or join us at the North Fork Library for one of our monthly meetings. All are welcome.

Qi Gong

September 17, 7-8pm
Space is limited; registration recommended. Registration is encouraged but not required. Kelly Uusitalo has practiced Qi Gong for 15 years. Her sessions will include healing sounds, postures, flows, and breathing techniques. Each workshop will end with a 10-minute meditation. Wear loose, comfortable clothing. A matt and grippy socks are recommended but not required. Bring a water bottle, if you like, and a sense of adventure! Please contact the library with any questions.
Another session will be held September 26th, 10-11am.

Friends of the North Fork Library Book and Bake Sale September 5, 10am-4pm
Come on down and make supporting your local library a Labor Day tradition!

September events at the Deming Library

Deming Storytime -

Wednesdays starting September 16th through December 9th from 10:30am to 11am
For ages 2-6, 30 minutes. An open program that includes stories, rhymes, and songs with opportunities for movement and interactive participation.

Deming Teen Paint Night

Join us for a fun night of painting, music and creating something all your own. We provide all the materials including canvases, paints and brushes. Space is limited, registration is required. Grades 6-12. Thursday, Sep. 24 from 4pm to 5:30pm

Learn Hand Sewing Stitches

Join Deming staff member Wendy, to learn basic hand sewing skills. Participants will learn a variety of stitches as well as how to add a patch for function or fashion or both! All materials are provided. Seats are limited, please register for this program. Saturday, Sep. 26th from 12pm to 2pm

Orange Shirt Day Blue Lightning Performance

Join us as we recognize Orange Shirt Day, a time to honor Indigenous children, families, and survivors of residential schools. Through stories, learning, and reflection, we come together to acknowledge the past, promote understanding, and reaffirm that Every Child Matters. Everyone is welcome. Come to the Deming Library to enjoy a performance by The Blue Lightning Canoe Family and learn about Orange Shirt Day. Wednesday, Sep. 30th from 6pm to 7:30pm

The Magic of Baking Soda

by Linda Kerth



This is part 3 of our article on the many uses of baking soda — we have discussed uses for health and hygiene. Today we discuss the many, many household uses of simple baking soda to clean and refresh our homes.

Baking soda is one of those humble household staples that quietly does everything. A natural deodorizer, gentle scrub, and all-purpose helper, it's the kind of staple that earns its spot on the shelf.

Freshen & Deodorize

Simply open a box of baking soda and place it in the fridge to absorb odors or place a few tablespoons in a small open container and stash it in the back of your fridge. Sprinkling some in the bottom of your garbage bin can cut odors by up to 70%. For all those shoes that may not smell their best, slip small cloth bundles of baking soda into shoes, or just sprinkle some inside to freshen them up.

Sprinkle a small amount in lunch boxes and bags and eat lunch odor-free.

Plastic food containers can harbor odors; simply rinse well in warm water with some baking soda to banish odors.

Clean & Brighten

Add ½ cup to your laundry to boost stain and odor removal. In the kitchen, a paste of baking soda and vinegar tackles grease, stained mugs, clogged drains, and even tarnished silver. It's great for removing burnt on residue on pots and pans. Simmer baking soda and water to lift burnt residue.

Ditch harsh grill grate cleaners by making a paste of 1 ½ cup baking soda and ½ cup water in a small bowl. It should be a thick liquid consistency that sticks to the grill grates. Using a brush or sponge, cover the grill grates with the baking soda paste and let sit for a few minutes. Scrub with a crumpled piece of aluminum foil and rinse well with plain water.

Dirty oven? Don't heat the house up and put your oven out of commission for hours. Mix up a paste of 1lb baking soda, 1 tbsp salt, and 2 tbsp water. With a spatula, spread it over dirty racks, walls and oven floor, avoiding the heating elements, and close the oven door. Let sit overnight then use the spatula and warm, wet paper towels to wipe away hardened paste and greasy grime.

Grime in microwaves builds up fast. Remove it simply by boiling a bowl of water with a couple tablespoons of baking soda, then wipe clean.

Carpet stain? Let baking soda and vinegar fizz away the grime before vacuuming.

And for those stinky cat litter boxes, sprinkle some directly in the bottom of the litter box before adding litter, add a small sprinkle on top and mix it into the fresh litter—even your cat will thank you!

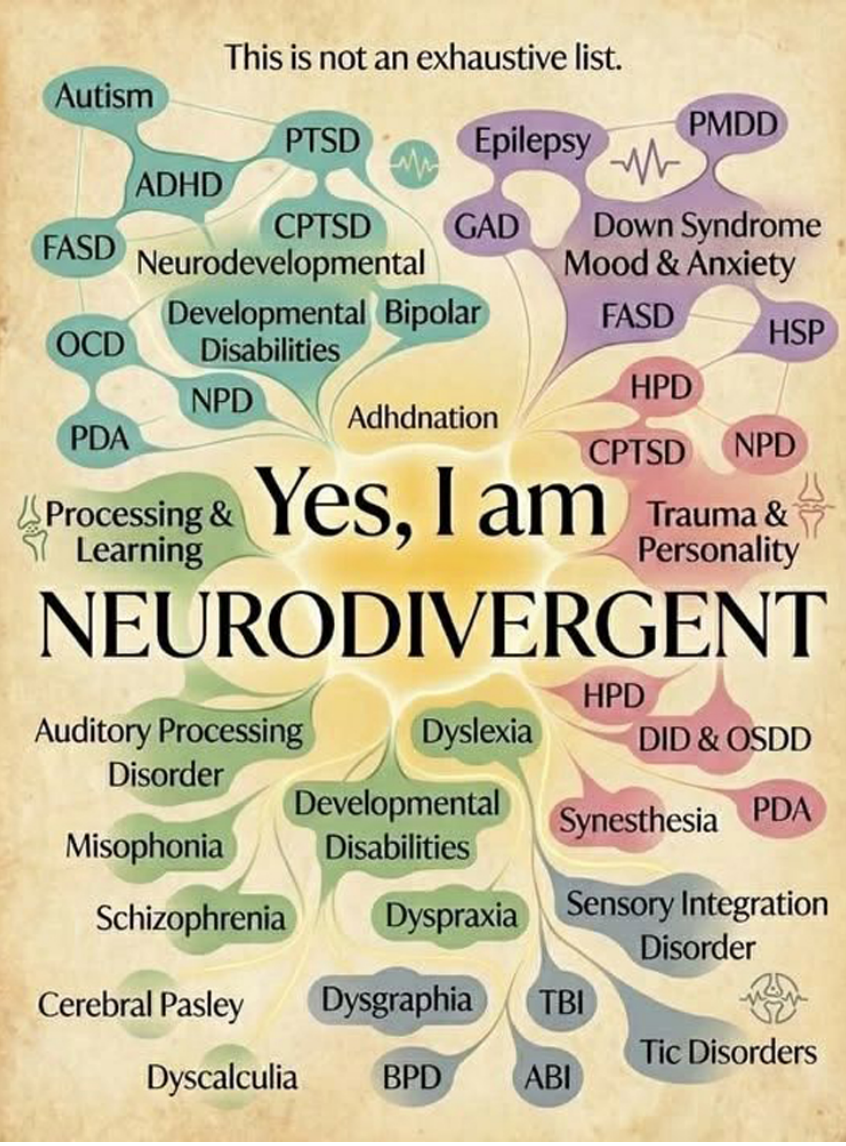
In the bathroom, a quick baking-soda paste cleans tiles, tubs, sinks, and toilets without harsh chemicals.

Safety & Everyday Use

For small grease fires, use baking soda to smother flames by sprinkling over the fire. And before you prep produce, give fruits and veggies a soak in a baking-soda bath to remove pests and pesticide residue.

Electrical fires can be extinguished by sprinkling baking soda over them.

A single box, dozens of uses — baking soda helps keep our homes and belongings fresh, clean, and a little more chemical-free.



Primary Medical Care Services at the East Whatcom Regional Resource Center

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

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

Appointments can be scheduled by calling 360-230-8157

Most major insurance accepted including the following:

- Molina
- Premera
- UHC
- Lifewise, and more

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



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

From Kristi's Desk

by Kristi Warren Slette
Director Whatcom Family & Community Network

Learning Isn't Just for Back to School!

Yes, it is Back-to-school season for families and kids in their K-12 years!
However, seeing one's self as a "Lifelong Learner" is a great mind-set to adopt! Learning doesn't stop after high-school or even college, if you have the privilege to attend. Learning new things across our life span can be exciting as well as necessary.
Primary and secondary school experiences intend to set a strong foundation of academic, social and technical skills that give children the framework upon which they need to succeed in society at a basic level. Higher education at any level expands that framework to both provide broader exposures to concepts, opportunities, and career fields or to dive deeper into specialties and areas of interest.
However, the daily learning and experiences we have teach us the most relevant lessons needed for success in our every-day lives and help us apply what we have learned and identify what we have yet to learn.
Experiences—hands on doing—are excellent learning experiences that if we focus our attention on what we are doing and what we are learning informally, we can be surprised at the wealth of knowledge, information and skills we are developing daily—outside of school!
Recently, a work friend's spouse, who works in the construction industry quipped that he was annoyed when his younger workers did not take opportunities to learn new skills on the job when opportunities were presented. "They are passing by a free education!" When I inquired, why they would pass by the opportunity, the response was that they would rather choose to "rest" or "stay in their lane"—if the opportunity didn't seem relevant to them in the circumstance.
I feel the pride of an elder person when they share how they became "a self-made" person during an era when completing school beyond the 8th grade was less common. This does not mean that education wasn't necessary. In fact, it means that they used every opportunity available to learn and develop skills and knowledge they could leverage for their better future. This spirit of self-development embodies what we mean by being a "Lifelong Learner."
Adopting two concepts is helpful.
1) I am a leader!
And 2) Every experience is a lesson!
We are each the leader in our own lives. We make thousands of choices a day. Each choice can be for or against our better future. As a leader in our own lives, we do best when we have goals and can identify the pathways to reach those goals. As the leader in our lives, we can set daily intention to take one or more steps toward those goals. And as a Lifelong Learner, we understand that there will be lessons along each pathway. We may have a smooth journey, and if so—there is time to observe the experience, reflect on it and make meaning from it. We notice what and who made the travel easy and we note how we might repeat, recreate or even improve the journey for next time. We ask: What went well? What might a better future look like? What actions can I take to make even smother the way? We may have a rockier, experience with many barriers along the way. As a Lifelong Learner we meet each challenge with curiosity and perseverance—rather than frustration and discouragement. We understand that a lesson is unfolding before us and that there is an opportunity to learn. We accept that the concept of failure is not personal, but rather we are learning to do hard things and at first we won't be good at all of them. We may learn that some barriers are unpassable with the skills, resources and supports that are currently available. We learn that we need to adapt, be flexible in our thinking and find ways over, around—if not through.
As adults, if we model being a Lifelong Learner—we benefit in our own lives, but so do our children and others who observe us. Our everyday experiences shape not only our future but the future of generations to come!
Adopting the attitude that everyone is a leader and learner, opens up positive pathways for a better future for our families and communities. Lifelong Learning boosts confidence, adds joy and satisfaction to life, keeps your brain healthy, helps you stay relevant personally and professionally, opens up new opportunities and possibilities and models for others how to do the same!
Cheers to the Back-To-School Season and a lifetime of important lessons

When it's just too hot to eat!





SENIOR FESTIVAL AND PICNIC

GAMES, PRIZES, AND FUN!

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To Your Health

Increase Emotional Readiness for Back to School

by Dr Gabriel Durben

As the new school year kicks off there are often so many things that parents and students feel they need to juggle as they prepare for the first day: the various supplies of notebooks, backpacks, and new shoes. But as a healthcare professional, one of the most critical things for back-to-school preparations isn't on a store shelf: it is emotional readiness.
The transition from summer back to the classroom brings a surge of change. Academic expectations rise, social dynamics shift, and routines tighten. While a touch of first-day nerves is normal, sustained emotional stress can quickly compromise a child's immune system, focus, and overall well-being. Fortunately, three accessible, evidence-based practices can help our youth build resilience from the inside out.
First, we must prioritize healthy sleep routines. Summer naturally loosens bedtime rules, but chronic sleep deprivation severely weakens a child's emotional coping mechanisms. School-aged children and teens require anywhere from 8 to 11 hours of quality rest to process the day's learning and regulate their mood. Re-establishing a consistent sleep schedule—moving bedtimes earlier a week before school starts and removing screens from bedrooms an hour before lights-out—is one of the most powerful safeguards against school-year burnout.
Second, regular physical activity serves as a natural reset button for a stressed mind. Exercise isn't just about physical fitness; movement releases endorphins and reduces cortisol, the body's primary stress hormone. Whether it's an organized sport, a family bike ride after dinner, or simply playing outside, 60 minutes of daily physical activity helps kids burn off accumulated tension, leading to better mood stability and more sound sleep.
Finally, mindfulness offers children a reliable anchor amidst academic pressure. Teaching kids simple mindfulness practices—like taking three deliberate, deep belly breaths before stepping onto the bus or doing a two-minute "body scan" before homework—trains their nervous system to step down from fight-or-flight mode. These brief moments of presence help kids process anxiety before it escalates into full-blown distress, improving emotional regulation and classroom focus.
As our community steps into a new academic year, let's remember that academic success begins with emotional wellness. By grounding our children in mindfulness, protecting their sleep, and keeping them active, we give them the daily tools they need to thrive both inside and outside the classroom.



Dear Deb...

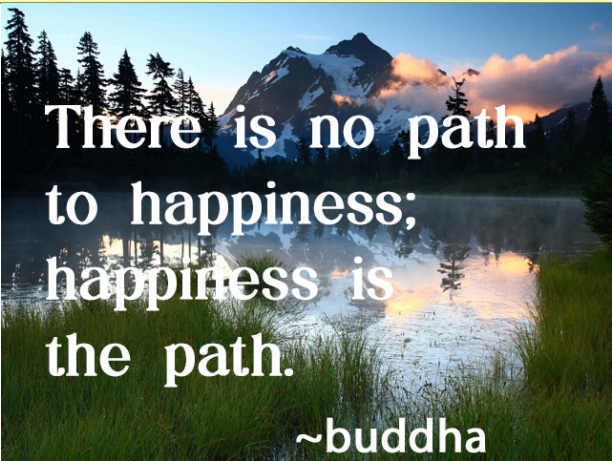
Answering your questions with compassion, not criticism!
Deb Shawver, LICSW



Hello Foothills Parents! The start of the 2026/2027 school year is upon us for the Mount Baker School District! Parents are juggling end-of-summer projects, school shopping, figuring out transportation, child care, new teachers and bus drivers, returning to kids' social circles or lack thereof, and any other crazy random things that happen to jump into the mix of excitement or dread and stress for their kids returning to school....
Dear Deb,
My daughter enters eighth grade this fall, and I assumed being the oldest in the building would bring confidence. *No such luck.* She is spiraling over her hair, a new ear piercing, a lack of "cool" clothes, and disruption to the summer habits. How do I navigate these daily crises?— *Gonna drop the ball!!*
Dear 8th grade parent,
By the time our kids turn three, parents develop the reflexes of a circus performer. It's a struggle, but we are able to keep food, shelter, clothes, education, and safety suspended in mid-air. We, as parents, are used to knowing our kids' specific recipes for happiness from their very first blanket or stuffie, to their favorite flavor of oatmeal or type of Mac and Cheese. However, school can feel like unknown territory, especially at the beginning of the year. Here are some parental tips for Fall of 2026:

- **Recognize you can't prepare them for everything:** understand that you cannot solve every perceived crisis. Giving them space to find their own solutions leads to resilience.
- **Master your Skyward portal:** Log in ahead of time. Having class schedules handy on your own phone saves the day when kids inevitably forget.
- **Check your email:** Teachers regularly send syllabi and classroom expectations directly to guardians during the first week of school. Understanding your child's routine and expectations will help you better support them.
- **Prompt the paperwork:** Remind your student to share forms requiring a signature during week one so they earn early credit, show they are responsible, and make a good impression with their teacher.
- **Validate without feeding the fire:** When venting begins about buses, peers, or new rules, listen without judgment. Avoid contradicting their feelings, but resist joining the complaint train. This is an opportunity to connect and be supportive of your teen.
- **Rely on your community:** Reach out to neighboring parents; they are likely facing many of the same challenges. Isolation breeds unnecessary stress, but shared carpools and quick check-ins keep us all grounded.
- **Seek out support within the school:** OneBakerVoice, Health Center at HS, Family Services, and Student Services.

School is officially back, Foothills families! Extend grace to your own household so that you can work together to get the new school year off to a successful start.



There is no path to happiness; happiness is the path.

~buddha



Back to School: Giving Ourselves and Our Kids a Little Grace

by Kathryn DeFilippo

For some families, summer feels like pure joy—long evenings, fewer schedules, sleeping in, time outside and nowhere to be until you actually have to be there. For others, summer is more of a logistical puzzle: child care, camps, work, changing routines and trying to keep everyone moving in the same direction. For most of us, it's probably somewhere in between.

However your summer has looked, we all know a big transition is coming.

Soon, leisurely mornings will become an obstacle course race to get everyone out the door on time. And for children just starting school and those with disabilities or who are neurodivergent—including kids with ADHD, autism, sensory differences or learning differences—new people, new routines, noise and transitions can create anxiety and stress.

So first: give yourself—and your kids—a little grace. Start with what you can control by making home a place that helps them recharge and makes the transition a little easier. Protect sleep when you can. Keep mornings as predictable as possible. Build in some after-school decompression time. Connect with teachers early, preferably before school starts. Notice what's going right and compliment your kids, tell them how amazing they are and how proud you are of them.

Beyond the basics

When we think about children's health, it's easy to focus on daily care, but so much of well-being depends on things beyond good nutrition, adequate sleep and exercise, predictable routines...

But, there isn't one perfect routine. Every kid is different, and what works one week may not work the next. Notice what seems to help your child feel more settled, and become a bit of a detective by paying attention to what helps your child get through the day at home and apply those to school days.

Tips to ease the way

Some things that can help are:

Making an “About Me” page. This can be a simple way to help a teacher get to know your child beyond their grades or behavior.

Sit down with your child and ask:

- What are you good at?
- What do you love doing?
- What do you want to tell your teacher about you?

Sharing these things with a teacher can help build a relationship before there is a problem to solve.

When negative behavior appears, look beneath the behavior; sometimes a meltdown over shoes isn't really about shoes. Try asking, “*What is making this hard right now?*” Behavior is often communication, especially when kids don't yet have the words to tell us what they need.

The messages we send matter. Positive messaging like: your teacher is part of your team, there are grown-ups at school who care about you, if something is hard, we can ask for help, and perhaps most important: we'll figure it out together, can all make children feel more secure and supported.

Focus on things they feel good about and point out strengths you recognize in them; acknowledging those strengths out loud to your child is one of the best things you can do to boost their self-confidence and self-esteem. That's as true for a two-year-old as it is for a fourth grader or a teenager.

At the end of the day, we want our kids to feel:

- I belong here. I can do hard things.
- There are people who care about me.
- And I don't have to figure it all out alone.

Before the backpacks come out, ask your child:

- How can I help you?
- What are you excited about?
- Is there anything worrying you?

The answers to these questions might be some of the most important things you can address to help ease your child's way into a new classroom.



Make Kidney Health Part of Your Back-to-School Checklist

Summer has a way of creating space. Space to slow down. Spend time outdoors, reconnect with family and friends. To travel. To notice what matters. We hope this season brought you some of that.

As the days grow shorter and backpacks come out of the closet, our thoughts naturally turn to routines and responsibility. Back-to-school season is a reminder that fall is a season of preparation — not just for the kids, but for all of us. It's the perfect time to check something off your own to-do list: **your kidney health.**

Here's the thing about kidney disease — it usually doesn't announce itself. Most people with early kidney disease feel completely fine. No pain, no obvious signs, nothing that would send you to the doctor on its own. That's exactly what makes screening so important. It's how you find out something's wrong while there's still a lot you can do about it.

You're at higher risk if you have diabetes, high blood pressure, heart disease, a family history of kidney disease, or you're over 60.

If any of these apply to you, or if it's simply been a while since your last check-up, now is a great time to talk to your provider.

The Test Is Simple

Checking your kidney health doesn't require anything complicated. It takes just two simple tests: **A blood test** to measure your eGFR (estimated glomerular filtration rate), which shows how well your kidneys are filtering waste AND **A urine test** to check for albumin, a protein that can leak into urine when kidneys are damaged

Together, these two tests give your provider a clear picture of your kidney health — and they're often included as part of routine bloodwork you may already be scheduled for.

This fall, as you're making appointments and checking items off your list, take a minute for this one: ask your provider to screen you for kidney disease risk.

It's a quick conversation that could make a real difference down the road.

Just like summer taught us to notice what matters, let this season of new routines be a reminder to take care of the systems in our bodies that quietly take care of us.

Talk to your healthcare provider today about kidney health screening. Early detection is one of the most powerful tools we have.

MtbakerFoundation.org

15 REASONS TO DRINK MORE WATER

Drinking water has numerous benefits. Water is crucial for many bodily functions, such as lubricating the joints, delivering oxygen throughout the body, preventing kidney damage, and more. function properly, all the cells and organs of the body need water.



Here are some reasons our body needs water:

1. It lubricates the joints

Cartilage, found in joints and the disks of the spine, contains around 80% water. Long-term dehydration can reduce the joints' shock-absorbing ability, leading to joint pain.

2. It forms saliva and mucus

Saliva helps us digest our food and keeps the mouth, nose, and eyes moist. This prevents friction and damage. Drinking water also keeps the mouth clean. Consumed instead of sweetened beverages, it can also reduce tooth decay.

3. It delivers oxygen throughout the body

Blood is more than 90% water, and blood carries oxygen to different parts of the body.

4. It boosts skin health

Water intake is associated with improved skin barrier. With dehydration, the skin can become more vulnerable to skin disorders.

5. It cushions the brain, spinal cord, and other sensitive tissues

Dehydration can affect brain structure and function. It is also involved in the production of hormones and neurotransmitters. Prolonged dehydration can lead to problems with thinking and reasoning.

6. It regulates body temperature

Water that is stored in the middle layers of the skin comes to the skin's surface as sweat when the body heats up. As it evaporates, it cools the body. Some scientists have suggested that when there is too little water in the body, heat storage increases and the individual is less able to tolerate heat strain.

Having a lot of water in the body may reduce physical strain if heat stress occurs during exercise. However, more research is needed into these effects.

7. The digestive system depends on it

The bowel needs water to work properly. Dehydration can lead to digestive problems, constipation, and an overly acidic stomach. This increases the risk of heartburn and stomach ulcers.

8. It flushes body waste

Water is needed in the processes of sweating and the removal of urine and feces.

9. It helps maintain blood pressure

Dehydration can cause blood to become thicker, which is associated with blood pressure.

10. The airways need it

When dehydrated, airways are restricted by the body in an effort to minimize water loss. This can worsen allergies and asthma.

11. It makes minerals and nutrients accessible

These dissolve in water, which makes it possible for them to reach different parts of the body.

12. It prevents kidney damage

The kidneys regulate fluid in the body. Insufficient water can lead to kidney stones and other problems.

13. It boosts performance during exercise

Some scientists have proposed that consuming more water might enhance performance during strenuous activity.

More research is needed to confirm this, but one review found that dehydration reduces performance in activities lasting longer than 30 minutes.

14. Weight loss

Water may also help with weight loss if it is consumed instead of sweetened juices and sodas. “Preloading” with water before meals can help prevent overeating by creating a sense of fullness.

15. It reduces the chance of a hangover

When partying, still water with ice and lemon alternated with alcoholic drinks can help prevent overconsumption of alcohol.

A person should avoid alternating between alcohol and carbonated drinks, as these drinks can speed up the absorption of alcohol into the body.

Volunteer Trainers Needed



The MAD HOPE Youth Suicide Prevention and Mental Well-Being Program is looking for trainers for the 2026-27 school year. If you care about Whatcom youth, have availability during the school day, and are looking for a way to help your community, this may be for you!

Making A Difference – Helping Other People Everywhere



This opportunity requires completion of our free in-person Train the Trainer series:

Tuesday, September 22nd - 10am-2pm

Thursday, September 24th - 10am-2pm

Friday, September 25th - 10am-2pm

Tuesday, September 29th - 10am-2pm

All sessions are required

ADA accommodation requests must be received at least 3 business days in advance

www.madhope.org
@MadHopeWhatcom
on Instagram
and Facebook

Register here
by September 20th:



Questions or concerns?

Sav Hummelschell, Prevention Program Manager
managermadhope@wfcn.org

Demaris Natividad, Program Coordinator
programmadhope@wfcn.org
Or call (360) 738-1196



MT BAKER SCHOOL DISTRICT
FAMILY & STUDENT RESOURCES

With a new school year beginning, families may find they need more information about programs and resources that can help their student/s thrive and succeed. The following are available to all students in the Mt Baker School District.

Family Service Coordinators: Family service coordinators (FSC) work closely with students and families to ensure students have everything they need from supplies to support. Each primary school has its own FSC.

Acme, MBA, Jr/Sr High:
Christina Ortiz | (360) 617-4511 (Hablo Español).
cortiz@mtbaker.wednet.edu

Harmony: Kate Davies | (360) 617-4303 | kdavies@mtbaker.wednet.edu

Kendall: Cynthia Flores | (360) 617-4406 | cflores@mtbaker.wednet.edu

Language Assistance: Multilingual families can access the dedicated Spanish and Russian Language Line at (360) 383-2065.

Wildbird Weekend Food Backpack Program

Mount Baker School District is partnering with [Wildbird Charity](#) to offer a weekend food backpack program to students at Harmony, Acme, and Kendall Elementary.

The backpack program will provide a bag full of kid-friendly food for your child to take home and eat over the weekend. Food bags will contain nutritious kid-friendly food that requires little or no preparation.

If you are interested in your child/ren participating in a weekend food backpack program this school year, please contact your child’s **Family Services Coordinator**.

In addition, the following organizations are available to provide prevention education and support for substances, suicide, and to help families become stronger and more resilient together.

Mt Baker Community Coalition: The mission of the Mount Baker Community Coalition is to strategically build a strong community that offers well-being to all by focusing on youth and families, through substance use/abuse prevention strategies and mental health promotion. We work together to provide education, resources, eliminate risks, increase protective factors, and leverage community strengths and assets.

obv@wfcn.org

One Baker Voice: (OBV) is a local student-led youth club and leadership program in the Mount Baker School District area of Whatcom County, Washington. Facilitated through the [Mount Baker Community Coalition](#), it engages 7th-through-12th grade students in peer education, mental health advocacy, and substance use prevention.

obv@wfcn.org

(360) 375-0883

Mad Hope: Our mission is to empower young people and school communities to take informed action to increase interpersonal connectedness, to share accurate information about youth mental health, and to teach practical tools for suicide prevention.
360.738.1196

managemadhope@wfcn.org

Communities in Schools: At Communities In Schools, we believe every student, no matter their race, gender, ability, zip code, or background, deserves the support to reach their full potential in school and beyond. We stand alongside students in their communities, breaking down barriers and challenging systems that hold them back from success.

As the nation’s largest and most effective organization dedicated to keeping youth in school and helping them thrive, CIS connects caring adults with schools to address students’ unmet needs. By bridging educators and communities, we ensure every student has the tools and support they need to succeed in life.

253-248-1991

Email: info@ciswa.org

MBSD 504 plans: For more information about 504 plans for students with atypical needs, contact whatcomtakingaction.org, or call, 360.715.7485

<https://whatcomtakingaction.org/wp-content/uploads/2015/11/school-services-over-5-2015-11-12.pdf>

SEAS: Our family resource navigators are experts in Whatcom County’s programs for caregivers and children. We listen to caregiver’s concerns, help figure out what they need, and get them pointed in the right direction. If you have questions or concerns about a child, you can contact our family resource navigators. We’ll help you figure out what’s needed, connect you with resources, and get you pointed in the right direction.

<https://www.seaswhatcom.org/services>

360.715.7485

seas@oppco.org

MBSD Numbers to Know

Jessica Schenck, Superintendent
(360) 383-2000 / jschenck@mtbaker.wednet.edu

Tammy Baisden: Assistant to the Superintendent/Substitute Coordinator
(360) 617-4614 / tbaisden@mtbaker.wednet.edu

Angie Bass: District Secretary / Transcripts
(360) 617-4602 / abass@mtbaker.wednet.edu

Mount Baker School District Office
(360) 383-2000

School Safety & Crisis Resources: Vector Alert Safety Tip Line: (360) 383-5875 (call or text)
Our district code is : 2181

Additional Safety Tip Line information: School Closures, Inclement Weather, & Transportation Updates
Inclement Weather Line: (360) 383-2070

Health Services: (360) 617-4607

Student Services: (360) 383-2012

Family Services Confidential Phone: (360) 617-4511



Additional Programs
Available for Students

Unity Care Mobile Dental Clinic

Elementary, Junior High, and High School students have an opportunity to have a free dental screening at school.

Operation School Bell

Families with Elementary, Junior High, and High School students who qualify for free or reduced lunch can sign up for free back to school clothes at the beginning of the school year (spaces are limited).

School Supplies & Backpacks

All district students who qualify for free or reduced lunch can receive some free school supplies at the beginning of each school year (grades K-6 are covered already at their schools). Grades 7-12 can contact your school FSC to receive supplies. Backpacks are available on request for all students through your school FSC.

Food Pantry Programs

Families with children at any of Mount Baker schools (pre-k and Head Start through high school) can sign up to receive a box of food before winter and spring break to help them with added food costs during these times. Families can sign up any of their kids in their household (birth-18 years) to receive food.

Holiday Assistance Program

Mount Baker families who qualify for free or reduced lunch can apply for holiday assistance including Thanksgiving baskets (a limited number spaces are available; applications can be picked up at school offices in October or found online on the MBSD website).

McKinney-Vento Homelessness Support

We provide help for families in transition who have lost their housing due to economic hardship or other factors. If you are homeless, at risk of becoming homeless, or doubled up with another family, please contact us to see what services you may be eligible for. View the Student Services webpage for more information.

Foster Care & Relative Caregiver Support

We provide support and services to relative caregivers, family friends, foster parents, and students in foster care or not in the care of their parents. Please contact your school FSC to see what services you may be eligible for.

For more information about these programs, contact the Family Services Coordinator at your child's school.

10 things not to say on a date

1. You're wearing that?	6. My dad has a suit just like that.
2. Something smells funny.	7. That man is hot. Look at him!
3. Where's the Tylenol?	8. My ex, may he rot in hell forever...
4. And to think, I first wanted to date your brother.	9. You're going to order that?
5. I have a confession to make...	10. You're how old?

EDDIE'S SCOREBOARD

Crossroads

by Eddie Whirley III

Football season is upon us once more! The Seahawks are set to defend their Super Bowl title while the Huskies prepare to build off of a nine win season that saw an LA Bowl victory over Boise State.

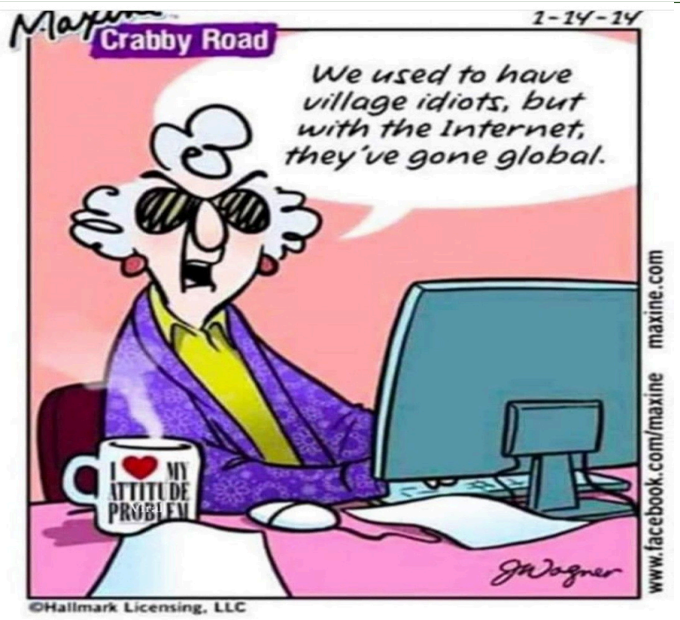
For Mount Baker football, it's time to defend the Northwest Conference 1A championship and attempt to return (and possibly go beyond) the semifinal round of the state playoffs. The Mountaineers will turn towards a new quarterback to lead the team forward this year. At the time of this piece being written, the roster is currently unknown.

The preseason begins on August 27th with the annual Red and Black scrimmage followed by a jamboree at Rollie DeKoster Field on Lynden High School the following afternoon. The regular season will begin on September 4th at home against a seemingly annual opponent in Port Angeles.

Only four home games are scheduled this year. These include rivalry games against Blaine and Nooksack Valley as well as the aforementioned Port Angeles game and a Saturday day game against Onalaska. Five road games are scheduled against rivals Lynden Christian and Meridian. Non conference action includes 4A powerhouse Kamiak as well as 2A North Kitsap. Another game against Omak is also scheduled.

Sub-varsity teams and opponents have yet to be announced. The Mountaineers will attempt to improve on their 8-1 record from the previous season, make the playoffs for the third straight season, and defend their conference championship. The Royal Knights are the current defending champion. Royal has won six straight state championships including a win over Mount Baker in 2022. The Colville Crimson Hawks (Colville Indians prior to the 2021 mandate that high schools couldn't use Native American imagery or names) were the most recent non-Royal team to win the 1A state title doing so in 2018.

New Year Resolution #9



Resources

8

Crisis/Emergency



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



211 helps connect you to community resources statewide.



24/7 Crisis Line
800.584.3578



The Kendall Fire Station (Whatcom County Fire District Station 92) is housed at the roundabout in Kendall Washington and has fire fighters highly trained in fighting building fires as well as wild fires. They provide a number of other emergency services including medical aid, as well as offering fire safety and prevention education to our community. Non-emergency number: (360) 599-2823
Remember: in an emergency dial 911
info@wcfd14.org



The **Red Cross** is a registered(c)(3) nonprofit organization providing disaster relief whether it's loss of home due to fire or flood to mobilizing volunteers, supplies and services in disaster stricken regions of the world. 1 800 RED CROSS (1-800-733-2767)
<https://www.redcross.org>



Salvation Army
For many, making ends meet is a daily challenge, forcing people to choose between things like heating their homes and putting food on the table. We understand the stress these situations put on families and are here to help. 360-733-1410
shevaun.malone@usw.
salvationarmy.org <https://bellingham.salvationarmy.org>
2912 Northwest Ave., Bellingham



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

24/7 Crisis Connections

Care Crisis Line: Call 1-800-584-3578 for local, 24/7 crisis response and local resource connection (including the Mobile Crisis Outreach Team).

National Crisis Text Line: Text HOME to 741741 to connect with a crisis counselor.

Veterans Crisis Line: Dial 988 then press 1, or text 838255.

Washington Warm Line: Call 1-877-500-9276 for peer support.

Washington Recovery Help Line: Call 1-866-789-1511 for substance use, problem gambling, and mental health support.

Anne Deacon Center for Hope / Whatcom County Triage Center: Located at 2026 Division Street, Bellingham, WA 98226. Offers short-term crisis stabilization and behavioral health/substance use services.

Mobile Crisis Outreach Team (MCOT): Dispatched through the Care Crisis line for on-site mental health intervention in the community.

Food



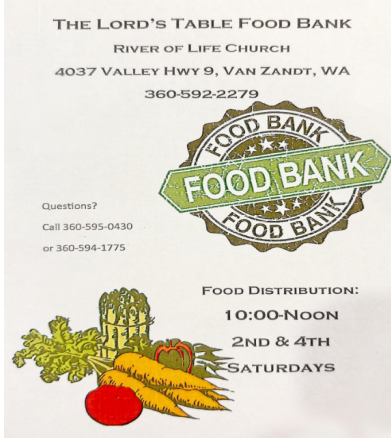
Distribution Hours

Tuesdays
8:00 am – 11:00 am
Thursdays
4:00 pm – 7:00 pm
Home Delivery: Tuesday mornings. Enroll on our website (<https://www.foothillsfoodbank.org/get-help>) or call 360-392-8149
Closed 12/25 and 1/1 if these dates happen to fall on a Tuesday or Thursday
8255 Kendall Road, Maple Falls, WA 98266
(on the campus of the EWRRRC)
Contact us at 360-392-8149 or director@foothillsfoodbank.org



St. Peter's Catholic Church Social

Action invites our community to join us every Thursday afternoon from 3:00 -5:00pm at 6210 Mt. Baker Hwy. Deming.
We are happy to accept your donations of lightly used clothing and household items. Also shelf stable food items, feminine care items, paper products, body wash, and cleaning products for our community resources bank. Our friends have access to these items as inventory lasts each week.
On the last Thursday of each month each family receives 4 pack toilet paper and laundry soap.
If you are in need of a specific item let us try to help you!



Low Income Health Care



Unity Care

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



Sea Mar Community Health Center is a community-based organization committed to providing quality, comprehensive health, human, housing, educational and cultural services to diverse communities. Sea Mar proudly serves all persons without regard to race, ethnicity, immigration status, gender, or sexual orientation regardless of ability to pay for services.
360.671.3225
<https://www.seamar.org/whatcom-medical-bellingham.html>

Rebus 1

Raven Coal Ink Night



Homeless Help



Bridge 2 Services is a mobile outreach program that bridges

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

Local Healthcare



Ask-a Nurse Clinics

Health

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

DON'T FORGET!

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



Whatcom Mobile Medicine

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

Mental Health



NAMI Whatcom Mental Health

Support Group meets the 2nd Thursday of each month 10:00am -11:30AM at the East Whatcom Regional Resource Center, 8251 Kendall Rd, Maple Falls WA 98226.
This no-cost structured support group, facilitated by trained peers offers respect, encouragement, connection, and hope for individuals 18 and over affected by mental health conditions, including family and friends.
THERE WILL BE NO NAMI WHATCOM SUPPORT GROUP MEETING On JANUARY 8th, 2026
GROUP WILL RESUME FEBRUARY 12, 2026
For more information visit www.namiwhatcom.org, call us at 360-671-4950 or email namiadmin@namiwhatcom.org
NAMI Whatcom Office
800 E. Chestnut St., Suite 1C
P.O. Box 5571, Bellingham, WA 98227
Phone: (360)-671-4950
Website: namiwhatcom.org

Deb Shawver, LICSW offers individual counseling sessions in-person and on telehealth for ages 13+, as well as support groups for teenagers and parents.

On the 2nd and 4th Tuesdays of each month, she will be joining the Ask-A-Nurse program from 8-11 AM. In addition, Deb is offering a free drop-in group for teenagers starting July 1st. This group will meet weekly on Tuesdays 6-7:30 PM through the summer.
Deb accepts most insurances, including Cigna (out of network) Molina, Medicare, Kaiser, Premera, Blue Cross, Regence, CHPW, Humana.
Catch-Me, LLC
360-536-1565
catchmecoachme@gmail.com
<https://www.catch-me.io>



Additional Health



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



Center for Independence

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



Washington Connection

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

Rebus 2



Addiction



Lifeline

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



ALANON

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

NA

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

AA

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

Resources

9

Addiction Continued



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

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

Seniors

Whatcom Council on Aging



WHATCOM Council on Aging

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



Northwest Regional Council

connects and creates new solutions to navigate the challenges of aging and disability. NWRC provides an extensive array of services and resource to assist the elderly and disabled improve their lives with short- and long-term solutions including health care, medical transportation, in-home care, case management, resources for veterans, housing, food, a variety of support services, and much more. (360) 676-6749 <https://nwrcwa.org> 600 Lakeway Drive Bellingham, WA

Home Owners/Utilities



Senior Resources

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



Adult Protective Services (APS)

is dedicated to serving vulnerable adults. We investigate reports about abuse, abandonment, neglect, exploitation and self-neglect of vulnerable adults in Washington State. We collaborate with other agencies to offer protective services as needed. Our goal is to promote lives free of harm while respecting individual choice. **Make an APS Report: Report Online or Call 1-877-734-6277** <https://www.dshs.wa.gov/altsa/adult-protective-services>

Catholic Community Services is the largest local private provider of assistance to individuals and families struggling with poverty and the most vulnerable in our communities. (360) 676-2164 info@ccsww.org <https://ccsww.org>



Medicare.gov

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



Volunteer Chore Program



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



Each year we provide hundreds of hours of

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

Family Services

FAMILY SERVICES & PARENTING SUPPORT



There are four Family Services Coordinators at Mount Baker School District. Our mission is to create partnerships between families, school, and the community. All our services are confidential. We provide support which enables children and adolescents to live in a safe and healthy environment, as well as encourages them to be present and do their best in school. We assist families with resources, information and problem solving to help their children succeed in school. We are available for confidential meetings by phone, at school, or at home. (360) 383-2000 (360) 383-2009 **Kendall Elementary** (360) 383-2055 <https://www.mtbaker.wednet.edu/o/kendall> 7547 Kendall Road Maple Falls, WA 98266 **Acme Elementary School** (360) 383-2045 <https://www.mtbaker.wednet.edu/o/acme> 5200 Turkington Road Acme, WA **Mt Baker Jr High School** (360) 383-2016 5100 Mitchell Road Deming, WA <https://www.mtbaker.wednet.edu/o/mbjh> **Mt Baker Senior High School** (360) 383-2015 <https://www.mtbaker.wednet.edu/o/mbhs> 4936 Deming Road Deming, WA



PARENT TRUST

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

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



Care Connect

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



NYS offers a wide variety of programs, services and support for Whatcom County youth, including

housing, health care, mental health, employment and education, gender identity support, and teen court. Youth are welcome to drop in. (360) 734-9862 hello@nwys.org <https://www.nwys.org> 1020 North State St. Bellingham,



ECEAP & Head Start

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

Family Reconciliation Services

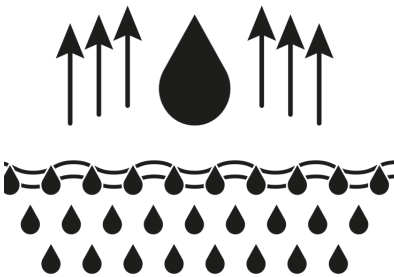
(FRS) is a voluntary program serving runaway adolescents and youth who are in conflict with their families. The program targets adolescents between the ages of 12 through 17. FRS services are meant to resolve crisis situations and prevent unnecessary out-of-home placement. They are not long-term services.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

Department of Children, Youth, and Families

DCYF is a cabinet-level agency focused on the well-being of children. Our vision is to ensure that “Washington state's children and youth grow up safe and healthy—thriving physically, emotionally and academically, nurtured by family and community.

Report Child Abuse and Neglect | 1-866-ENDHARM (1-866-363-4276) <https://dcyf.wa.gov/services/child-welfare-system/cps>

Rebus 2



The Parent to Parent Support Programs

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

Parent to Parent of Whatcom County

Veterans



U.S. Department of Veterans Affairs

Veterans Administration

Serving

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



WASHINGTON STATE DEPARTMENT OF VETERANS AFFAIRS

“Serving Those Who Served”

Vet Center

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



WHATCOM COUNTY HEALTH AND COMMUNITY SERVICES



If you're a Whatcom

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

Education

ESL: English Language Learning



Whatcom Literacy Council
Opening Doors. Changing Lives.

Roughly two thirds of the people we serve are immigrants who are learning English for the first time. More than half of our learners have no high school diploma or GED, and the majority have no computer at home. Our free, customized, individual tutoring and small group classes make a difference in their lives by...
*Improving their basic reading, writing, math, computer, and parenting skills. *Helping them prepare for a GED test and/or further education.
*Helping them attain US citizenship.
*Increasing their employment opportunities.
*Enabling self-sufficiency.
*Enhancing the stability of their daily lives. ell@whatcomliteracy.org (360) 685-6756 <https://www.whatcomliteracy.org/english-language-learner>



WASHINGTON STATE DEPARTMENT OF SOCIAL & HEALTH SERVICES

Vocational Rehabilitation

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

Resources

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Education/Jobs



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

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



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



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

Home Owners/Utilities

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 Legal Aid Home Repair or Home Modification Assistance Payment Assistance Programs (Availability varies. Call for information) 877.894.4663 www.homeownership-wa.org



Are you eligible for free home weatherization?

Check it out at PSE: <https://tinyurl.com/t6ue8bt2>

Home Owners/Utilities



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

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



Whatcom County Water District 13 is committed to protecting the environment and the natural habitat while supplying pristine water and reliable wastewater services to our customers. 360-599-1801 admin@wcwd13.com 532 Sprague Valley Drive, Maple Falls



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



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>



Energy Assistance Do you need help with energy costs?

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

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

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



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

Immigrants/Refugees



Supporting Families of Those Detained/

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



Whatcom Human Rights Task Force The Northwest Immigrant Rights Project (NWIRP) provides

comprehensive immigration legal services and community education to advance the human rights and well-being of low-income immigrants and refugees. 360-389-3898 whatcomhrtf@gmail.com <http://www.nwirp.org/>



Office of Refugee and Immigrant

Assistance Resource Tool The Office of Refugee and Immigrant Assistance goal is to help refugee and immigrant families and individuals succeed and thrive in Washington state. <https://app.smartsheet.com/b/publish?EQBCT=8e7e2fd0641f4f1e90bbaa36a0bc232d>



Helping Immigrant Families

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



WHATCOM DISPUTE RESOLUTION CENTER

Whatcom Dispute Resolution Center services focus on both conflict

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



Immigrant Rights Resources

WAISN-Washington Immigrant Solidarity Network At WAISN, we are committed to defending immigrant and refugee communities from deportation while advocating for meaningful, systemic change. Our work focuses on both deportation defense and pushing for policies that ensure justice for all Washingtonians. Deportation Defense Hotline (Monday-Friday; 6am-6pm) at 1-844-724-3737. info@waisn.org <https://waisn.org>



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

24/7 Helpline • 1.800.272.3900 Visit us online at www.alzwa.org

ALZHEIMER'S ASSOCIATION

Rebus 4

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Septic Systems Evaluation Rebates

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

Organizations

11

ORGANIZATIONS



Columbia Valley Park and Recreation

District is a local government body serving the Columbia Valley Urban Growth Area in the East Whatcom Foothills. Learn more about our commissioners and the work CVPRD is doing on our About page at cv-prd.org. 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

We are the only community, low-power FM radio station in East Whatcom County. Please contact us at info@kavz.org if you want to find out how you can contribute, participate and learn. You can stream music from our website 24 hours a day at: <https://foothillsinfo.com/print-and-radio/> (360) 230-8176 info@kavz.org <https://www.kavz.org>



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

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



The Foothills Community Alliance (FCA), a

501c3 organization was formed in 2020 by local community members with the purpose of funding projects aimed at improving the lives of the residents of Columbia Valley UGA. JOIN US THE 2ND WEDNESDAY OF EACH MONTH at the Kendall Elementary Library, 7547 Kendall Rd. Maple Falls at 5:30pm in person and via Zoom Look for our event on our Calendar and in The Foothills Outlook and on www.foothillsinfo.com. info@foothillscommunityalliance.com 360-410-9114 foothillscommunityalliance.com



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. 8251 Kendall Rd, Maple Falls. Or contact us at 360-599-3944. 8251 Kendall Rd (360) 599-3944 ewrrc-allstaff@oppco.org <https://www.oppco.org/ewrrc/>



Mt. Baker Chamber of Commerce

Staff and Volunteers are on hand to answer questions and provide suggestions to travelers and locals alike. Some business support services are available including printing, laminating, and notary. Stop by, Rebecca and Sonya will be happy to see you! The Chamber Board of Directors meets once per month on the second Tuesday at 6 o'clock in the Maple Falls Town Hall. Members and visitors are welcome. Contact Rebecca if you'd like to make a presentation. The Mt. Baker Visitor Center in the Maple Falls Town Hall is open daily from 10 am to 4 pm, 360-599-1518 mtbakervisitorcenter@gmail.com



Mount Baker Community Coalition

The Mount Baker Community Coalition (MBCC) works to promote healthy, resilient youth and families by preventing substance use and promoting mental health in our community. We are guided by a trauma-informed approach, resilience, and cultural humility.

Welcome Back!

We are so happy to see another school year getting underway and to be back in our schools, connecting with students and families and supporting a healthy, connected community.

There is always something exciting about the start of a new school year. It is a chance to reconnect, build new relationships, and look ahead to what we can accomplish together. MBCC is especially excited about the year ahead and the opportunities we have to strengthen our youth engagement work throughout the Mount Baker School District.

Welcome, Deb Shawver!

We are thrilled to welcome Deb Shawver as MBCC's new Youth Program Coordinator!

Many community members may already recognize Deb's name. She is an accomplished social worker and therapist who lives and works in the Columbia Valley. In recent years, Deb has also been doing significant work with the Washington State Health Equity Zone, Foothills Community Alliance, and Chucanut Health Foundation, specifically around youth engagement and youth support.

We are excited to bring Deb onto the MBCC team in a formal capacity. This fall, students at Mount Baker Junior & Senior High will be able to connect with Deb on campus three days a week as our youth programming gets underway.

As One Baker Voice and Peer 2 Peer begin meeting this fall, Deb will be working alongside students to support youth-led prevention, connection, leadership, and mental health promotion. More information about meeting times and opportunities to get involved will be coming soon!

September Coalition Meeting

Our next MBCC coalition meeting will be held on Monday, September 21, from 2:45–4:15 p.m. at the Mount Baker School District Board Office. As always, the meeting will be offered in a hybrid format. If you would like to participate via Zoom, please email mbcc@wfcn.org for the meeting link.

At this meeting, we will revisit MBCC's priorities and the work we want to prioritize for the remainder of the year. This is an important opportunity for coalition members and community partners to help shape where we focus our time and energy moving forward.

What do you think our community needs? What prevention or mental health priorities should we be focusing on? What role would you like to play?

If you would like to have a voice in MBCC's work for the rest of the year, we invite you to join us on September 21!

With gratitude,

Allison Ormsby, MPA, Prevention Program Manager
Mount Baker Community Coalition
Whatcom Family & Community Network
360.375.0883
wfcn.org

September Crossword

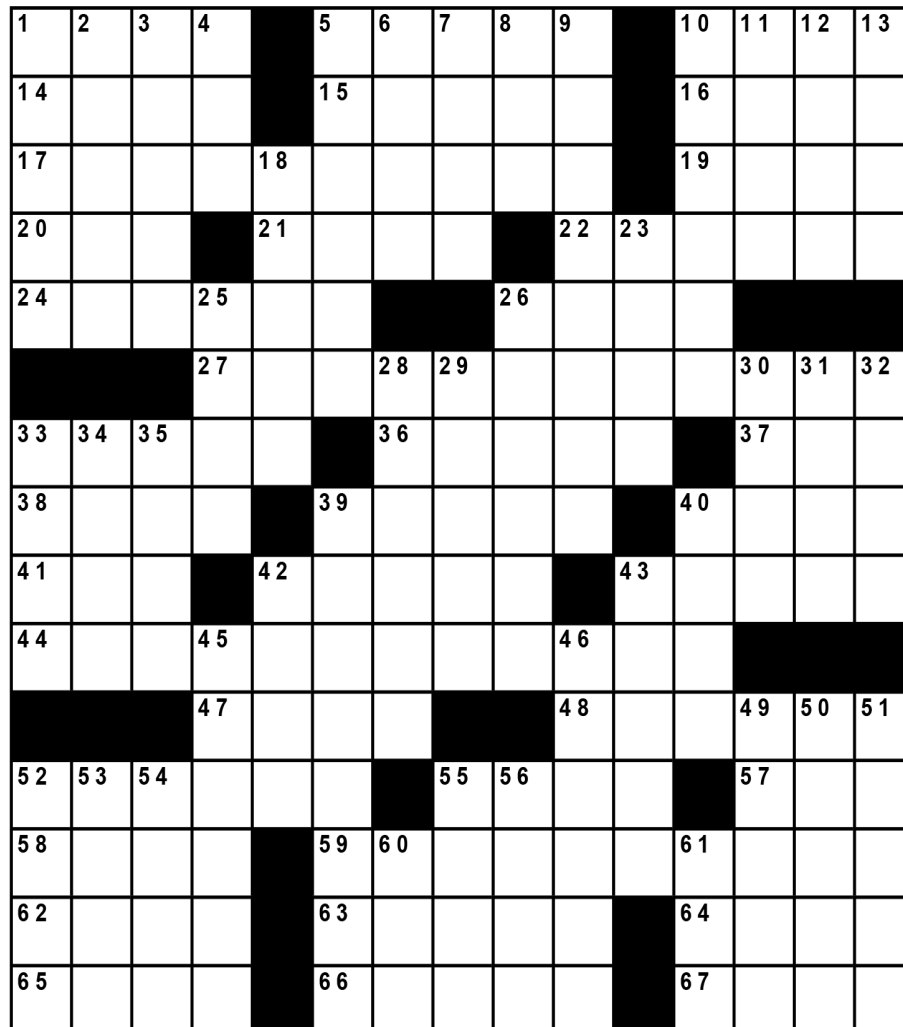
THE GODFATHER: test your knowledge of The Godfather movies

Across

- Violent, hotheaded brother
- Double-barrel, sawed off shotgun
- Term for lieutenant or 2nd in command
- Thank you, Italian
- He seeks revenge for daughter's assault
- Coreleone family's muscle
- Sleep with the ?
- The Godfather
- Big shot or powerful person
- Coreleone's biggest rival
- Derogatory term for Italians
- To your health, Italian
- He betrays Michael to Barzini
- Biz partner in Vegas
- Grudge, often cause for murder
- Derogatory term for homosexual

Down

- Don C's bodyguard/driver
- Slang for romantic liaison
- Racial slur for Italian/Americans
- Dishonest business or practices
- Mafia captain
- 2nd son, handles family's gambling interests
- Secretly follow
- Don C's caporegime
- Counselor
- Betrays Michael and gets Apollonia killed
- Epithet used as vulgar insult
- Sonny nearly kills him for beating Connie
- He's ruthless and power-hungry
- Michael's 1st wife
- Family consigliere
- You're welcome, Italian
- Bodyguards/hired killers
- Low ranking family member



VAN ZANDT STEWARDS

The Van Zandt Stewards is a small but mighty 501(c)(3) non-profit, comprised of volunteers who are dedicated to building community in the Nooksack River's South Fork Valley and the Kulshan Foothills. The Stewards manage, maintain and improve the Van Zandt Community Hall, the KAVZ Community Radio station (102.5 FM and streaming at kavz.org), and the Josh VanderYacht Memorial Park. We host a wide variety of community events and programs, including the Everybody's Market, Third Thursday Potluck and Open Mic, Third Place Sunday Coffeehouse, Summerfest, Poetry Café, and programs for seniors and children. In addition, the VZS distribute a monthly email newsletter, the South Fork Scoop (request at info@vzstewards.org). All are welcome, 4106 Valley Hwy/SR 9, Deming WA 98244. www.vzstewards.org



Do you live in the Columbia Valley Urban Growth Area?

NEED A NEW WOOD STOVE? 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 wood stoves 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 has funded the replacement of nearly 200 wood stoves in Columbia Valley. For more information, check NWCAA's website: <https://nwcleanairwa.gov/resources/columbia-valley-air-quality-improvement-project/> Columbia Valley (Whatcom County) air quality improvement project - North West Clean Air Wood stove Change-Out Program: This program helps residents in the Columbia Valley urban growth area of Whatcom County replace old wood stoves with new, certified wood or pellet stoves and/or heat pumps. It is open to Columbia Valley residents who meet certain qualifications.

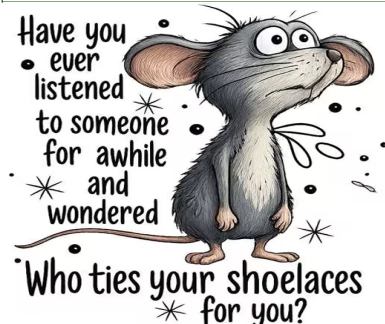
Grown Up Brain Busters

1. One family wants to get through a tunnel. Dad can make it in 1 minute, mom in 2 minutes, son in 4 and daughter in 5 minutes. No more than 2 persons can go through the tunnel at one time, moving at the speed of the slower one. Can they all make it to the other side if they have a torch that lasts only 12 minutes and they are afraid of the dark?

2. A petri dish hosts a healthy colony of bacteria. Once a minute every bacterium divides into two. The colony was founded by a single cell at noon. At exactly 12:43 (43 minutes later) the petri dish was half full. At what time will the dish be completely full?

3. How can you throw a ball as hard as you can and have it come back to you, even if it doesn't bounce off anything? There is nothing attached to it, and no one else catches or throws it back to you.

Answers on back page



September 2026

Foothills Events

Footprints through damp grass
Slow fog drifting over hills
Breeze shivers golden leaves

Do you have an upcoming event? Email us at info@foothillinfo.com and we'll promote it in the Outlook and on our website.

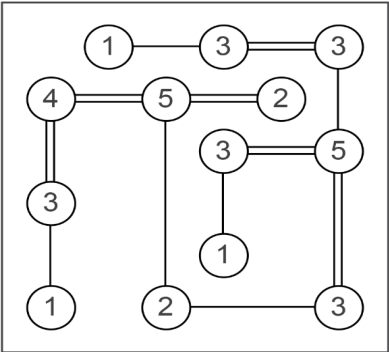
WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
Tuesday 1 <u>10.30am Foundations & Flow Yoga @ Van Zandt Hall</u> <u>12-2pm Senior Lunch & Activities @ Van Zandt Hall</u> Wednesday 2 <u>10.30-11 Storytime @ Deming Library</u> Thursday 3 <u>6pm Foundations & Flow Yoga @ Van Zandt Hall</u> Saturday 5 <u>10-3pm Everybody's Market Van Zandt Hall</u> <u>10-4pm Friends of North Fork Library Book and Bake Sale North Fork Library</u> Sunday 6 <u>11-2pm Third Place Coffeehouse @ Van Zandt Hall</u>	Monday 7 <u>1pm Whatcom Mobile Medicine clinic</u> Tuesday 8 <u>8am Ask-a-Nurse clinic</u> <u>8-11am Foothills Food Bank (weekly on Tues)</u> <u>10.30am Foundations & Flow Yoga @ Van Zandt Hall</u> <u>12-2pm Senior Lunch & Activities @ Van Zandt Hall</u> Wednesday 9 <u>10-30-11 Storytime @ Deming Library</u> <u>6pm Good Yarns @ Deming Library</u> <u>Crafting Community @ North Fork Library Every Tuesday, 6pm</u> Thursday 10 <u>6pm Foundations & Flow Yoga @ Van Zandt Hall</u> <u>3pm St Peter's "Thursdays with Friends"</u> <u>4-7pm Foothills Food Bank</u> <u>5.30pm Deming Library Writer's Circle</u> <u>6.30-7.30pm Columbia Valley Park and Recreation District Regular Meeting</u> Friday 11 <u>10am Tai Chi with Howard @ Van Zandt Hall</u> SATURDAY 12 <u>10-5pm Summer Saturday Book Sales @ Deming and North Fork Libraries</u> <u>1-4pm Friends Over 50 Festival @ Van Zandt hall</u> <u>10-3pm Everybody's Market @ Van Zandt Hall</u> Sunday 13 <u>11-2pm Third Place Coffeehouse @ Van Zandt Hall</u>	Monday 14 <u>2.45-4.15pm Mt Baker Community Coalition Meeting</u> Tuesday 15 <u>8-11am Foothills Food Bank</u> <u>10.30-11.30 Digital Equity Bus @ Deming Library</u> <u>10.30am Foundations & Flow Yoga @ Van Zandt Hall</u> <u>12-2 Senior Lunch & Activities @ Van Zandt Hall</u> Wednesday 16 <u>10.30-11 Storytime @ Deming Library</u> <u>6-8pm Good Yarns @ Deming Library</u> <u>4pm Foothills Entrepreneurs Collective @ Van Zandt Hall</u> Thursday 17 <u>3-5pm St Peter's "Thursdays with Friends" St Peter's Catholic Church</u> <u>4-7pm Foothills Food Bank</u> <u>5.30-6.30 Foothills Communication Hub meeting North Fork Library</u> <u>6pm Foundations & Flow Yoga @ Van Zandt Hall</u> <u>7pm Potluck and Open Mic @ Van Zandt Hall</u> <u>7-8pm Qi Gong @ North Fork Library</u> Friday 18 <u>10am Tai Chi with Howard @ Van Zandt Hall</u> SATURDAY 19 <u>10-5pm Summer Saturday Book Sales @ Deming and North Fork Libraries</u> Sunday 20 <u>11-2pm Third Place Coffeehouse @ Van Zandt Hall</u>	Monday 21 <u>8am Ask-a-Nurse clinic @ EWRRC</u> <u>1-5pm Whatcom Mobile Medicine Clinic @ EWRRC</u> <u>2:00 pm Friends of the North Fork Community Library Monthly Meeting</u> Tuesday 22 <u>8-11am Foothills Food Bank</u> <u>10.30-11.30 Digital Equity Bus @ Deming Library</u> <u>10.30am Foundations & Flow Yoga Van Zandt Hall</u> <u>12-2 Senior Lunch & Activities @ Van Zandt Hall</u> Wednesday 23 <u>10.30-11am Storytime @ Deming Library</u> <u>6pm Good Yarns @ Deming Library</u> Thursday 24 <u>3-5pm St Peter's "Thursdays with Friends" St Peter's Catholic Church</u> <u>5.30pm Deming Library Writer's Circle</u> <u>4-5.30 Teen Paint Night @ Deming Library</u> <u>6pm Foundations & Flow Yoga @ Van Zandt Hall</u> Friday 25 <u>10am Tai Chi with Howard @ Van Zandt Hall</u> Saturday 26 <u>10am to 3pm Everybody's Market @ Van Zandt Hall</u> <u>10-11am Qi Gong North Fork Library</u> <u>10-5pm Summer Saturday Book Sales @ Deming and North Fork Libraries</u> <u>12-2pm Learn Hand Stitches @ Deming Library</u> <u>10-3pm Everybody's Market @ Van Zandt Hall</u> Sunday 27 <u>11-2pm Third Place Coffeehouse @ Van Zandt Hall</u>	Monday 28 <u>8am Ask-a-Nurse clinic @ EWRRC</u> <u>1-5pm Whatcom Mobile Medicine Clinic @ EWRRC</u> Tuesday 29 <u>8-11am Foothills Food Bank</u> <u>10.30-11.30 Digital Equity Bus @ Deming Library</u> <u>10.30am Foundations & Flow Yoga @ Van Zandt Hall</u> <u>12-2pm Senior Lunch & Activities @ Van Zandt Hall</u> Wednesday 30 <u>10.30-11am Storytime @ Deming Library</u> <u>6-7.30 Orange Shirt Day & Blue Lightening Performance @ Deming Library</u>

PUZZLE SOLUTIONS

Crosswords

- Across**
2. Sonny
9. Lupara
11. Caporegime
13. Grazie
14. Bonasera
15. LucaBrasi
16. Fishes
18. Don Corleone
21. Pezzonavonte
25. Donbarzini
27. Goombah
28. Tesalud
29. Tessio
31. Moegreen
32. Vendetta
33. Finochchio
- Down**
1. Pauliegatto
2. Shackdup
3. Guinea
4. Racket
5. Capo
6. Fredo
7. Tail
8. Clemenza
10. Consigliere
12. Fabrizio
17. Strunz
19. Carlorizzi
20. Michael
22. Apollonia
23. Tomhagen
24. Prego
26. Buttonman
30. Soldier

Hashi



Brain Busters

1. First mom and dad – 2 minutes. Dad comes back – 3 minutes, both children go to mom – 8 minutes. Mom comes to dad – 10 minutes and they both get to their children – 12 minutes.
2. The dish will be full at 12:44.
3. Throw the ball up in the air.

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

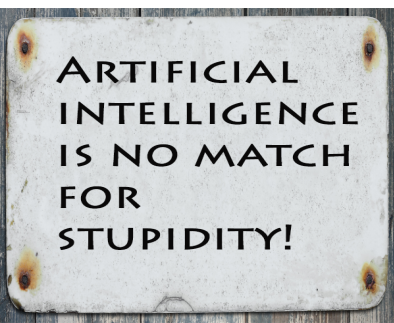
Do you have photos of the area you'd like to share with the community?
Would you like to write reviews of local events and activities?
Are you interested in writing about local history, interesting sites, local geology, and more?

LET US KNOW!

We're always interested in what you'd like to see in the paper as well as what you'd like to share.
Contact the editor at: info@foothillsinfo.com

Rebus'

1. Black list
2. 1/2 price
3. Moisturizing
4. Hidden fortress



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