

# The Foothills Outlook

Connecting Foothills community members with vital resources, organizations and events



## District 3 Has New County Council Representative

by Melonie Ancheta



Jessica Rienstra isn't a career politician. She's a nurse practitioner, a small business owner, and a lifelong resident of rural Whatcom County who believes that real leadership means showing up when it matters most.

Currently serving her first term on the Whatcom County Council as the representative for District 3, which includes Mt Baker School District, among others. Jessica has a huge job ahead of her., Jessica's new position will keep her busy.

### Local Perspective

Rienstra brings a unique perspective to her new position shaped by two decades in healthcare and a deep commitment to the community where her family has lived for generations. Rienstra's connection to Whatcom County runs deep. "This isn't just where I live — it's my home," Rienstra says.

Her family roots go back to when her grandfather moved to Everson after serving in World War II. Growing up in a family of

union members, educators and caregivers, Rienstra learned early the power of paying attention and showing up; she also learned the value of perseverance, generosity and doing right by others. Along with a calm eagerness, a willingness to listen and learn from others, enhanced by a belief in the personal touch, this background and beliefs will serve her well in her new capacity as council member for our district.

### Dedication to Serving

Over the past 20 years, Rienstra has worked in several aspects of the healthcare spectrum — from local clinics to global disaster response, her experience is broad and diverse. She started as a nursing assistant, completing programs at Bellingham Technical College and Western Washington University, then going on to Gonzaga University in Spokane, graduating as a nurse practitioner.

Her experience spans memory care, pediatrics, infectious disease, rural health access, substance use disorder treatment, and emergency response during the pandemic. Her belief in showing up extends from responding to the 2021 and 2025 Nooksack floods here at home or helping set up clinics in East Africa, she's consistently drawn to challenging situations and work that brings people together during devastating disasters.

### The Turning Point

The 2021 Nooksack flood became a pivotal moment in Rienstra's decision to enter public service. As she and her neighbors bailed out homes, moved animals, and cleaned up wreckage, she experienced both personal and communal devastation alongside remarkable community strength and determination.

"That experience showed me what real community looks like: showing up to help and working to build systems that help prevent suffering in the first place," she reflects.

The 2021 flood also crystallized her understanding that healthcare extends far beyond doctors and prescriptions. She knows healthcare encompasses safe and affordable housing, reliable transportation, internet access for telehealth, education, good communication systems, and disaster preparedness — issues that county government directly influences.

### Prevention First

Rienstra's move from healthcare to local government stems from a desire to address what are called "upstream" issues. The social determinants of health (housing, income, education, environment) that create illness affects everyone in our community in various ways, but instead of waiting until illness has impacted lives on a personal, individual level, Rienstra knows that tackling upstream issues helps prevent health problems for many. Instead of treating a disease (downstream), upstream intervention addresses the living conditions that cause it in the first place. While she values medical tools and knowledge, she believes that without the systems and policies that improve conditions, communities can only mitigate risks rather than eliminate them.

"Prevention is more cost-effective than crisis management," she emphasizes, advocating for evidence-based, data-driven decisions while never losing sight of the human element. When it comes to data, she says, "Every number represents a person with unique needs."

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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](mailto:info@foothillsinfo.com) or go to [foothillsinfo.com](http://foothillsinfo.com) to request an account.

## Submissions Deadline: 15th of each month

You can find our **Submission Guidelines** under Contributor Information on our website at [foothillsinfo.com](http://foothillsinfo.com)

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## bugwalla

by Doug Imhoff



## DentAll: Dental Care That Comes to You



by Melonie Ancheta

For many Foothills residents, dental care is out of reach. But the problems caused by lack of dental care can deeply impact our overall health and well-being. While a toothache may not seem like a vehicle for other health issues, the fallout from a bad tooth can have deep and long-lasting consequences if not treated properly. Dr. Jessica Dubek says,

"Poor oral health is linked to various systemic health issues, including heart disease, diabetes, and adverse pregnancy outcomes, underscoring the critical need for accessible dental care."

This is why Dr. Jessica Dubek is bringing dental services to Foothills residents and other areas in NW Washington. Her mobile dental program, DentAll, provides exams, cleanings, fillings, extractions and more to many people who face geographic and logistical barriers to getting dental care.

### Building Clinics

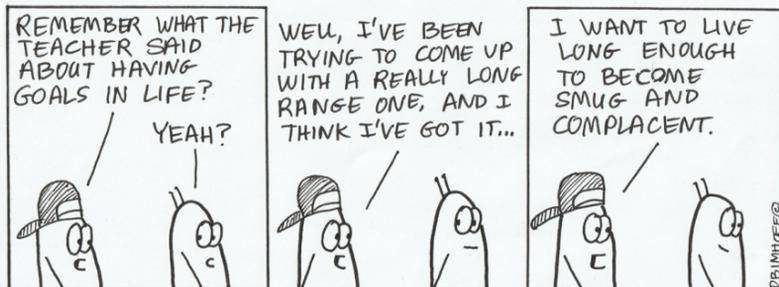
Dr. Dubek's path to mobile dentistry began with a decade at the Lummi dental clinic. After mentoring her successor, she launched a consulting business focused on building clinics and expanding public-health-oriented dental care. That work led her to creating portable clinics in the Whatcom County Jail and for the Orcas Island Community Clinic.

Because of her experience in public health and creating dental clinics, she was invited to create a mobile dental program modeled after one in Kentucky. Early challenges including mechanical and logistical issues have been ironed out and Dr. Dubek's mobile dental service now runs on a well-designed and efficient system. Portable services have now operated for four years, and the mobile van for two.

### Why Mobile Works Here

Due to the geographic distances they must cover while dealing with ferries and large rural areas, DentAll uses small, vans that work well for bringing oral healthcare to rural residents here. Washington's ferries, islands, and rural distances make large RV-style clinics impractical. The van's are kitted out with the same technologies and equipment you would find in any dental office in Bellingham, but designed for transport and small spaces. With a team of dentists, hygienists and other staff, DentAll is able to provide preventive and urgent care while dentures and partials are referred elsewhere.

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# COMMUNITY SCENE

## District 3 New County Council Representative

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### Priorities: Affordable, Safe, and Healthy Communities

Rienstra intends approaching her position as council member from three interconnected priorities:

#### --Affordable Communities

Families who work in Whatcom County should be able to afford to live there. Rienstra supports zoning updates that allow more housing choices — duplexes, town homes, ADUs, and cottages — while keeping growth focused on cities and protecting farmland and forests. She also champions expanding career training in trades, healthcare, clean energy, and agriculture, alongside support for small businesses and farmers.

#### --Safe Communities

Safety, in Rienstra's view, isn't just about responding to emergencies — it's about preventing them. She supports first responders, crisis response teams, and safety officers while investing in prevention through youth programs, mental health care, and community partnerships. Stable housing, affordable childcare, and healthcare access are proven drivers of safety that she's committed to strengthening.

#### --Healthy Communities



Health depends on whether families have safe housing, clean water, affordable childcare, good schools, and reliable services. Rienstra champions pledges to expand mental health and addiction support, strengthening public health programs, protecting the Nooksack River and farmland, and investing in parks, trails, and transportation to

keep communities active and connected.

#### A Different Approach

In her role as Chair of the Planning & Development Committee and Vice-Chair of the Finance and Administrative Services and Climate Action and Natural Resources Committees, Rienstra approaches county governance much like she approached healthcare: identifying goals, determining available resources, and working collaboratively to create and implement plans. "It takes working together to achieve results," she notes.

She sees county government as a viable leader in fostering civil, less polarizing discussions that impact the county and specific areas in particular. Rienstra is an ardent advocate for council members going to their constituents, holding frequent town halls with locals and making our government more accessible and responsive to our concerns and issues.

"The more we make ourselves available to hear what concerns are, I think the better we'll be able to represent the really diverse needs in the community," she says. "We need to lean in locally to protect and care for one another better."

#### Building Coalitions

Rienstra's collaborative approach has earned her support from a broad coalition, including State Senators Shewmake and Lovelett, Representatives Alicia Rule, Joe Timmons, and Alex Ramel, fellow County Council members, Fire Fighters Local #106, and UFCW 3000, among others.

Rienstra says the most important thing she can do as a new council member for District 3 is "listen and learn". As a local, Jessica is familiar with the issues residents of District 3 experience daily, but she recognizes that familiarity is not enough: she stresses the importance of listening to people and learning from them, and from past successes and failures when developing policy and plans.

#### Living the Challenges

What helps Rienstra in understanding the issues faced by residents of this district is she's a lifelong member of the community and struggles with the same challenges and obstacles we all do: increased cost of living, insufficient resources and services, the impacts of flooding, and more. That gives her an insider's point of view which will help her in developing policies and planning that will improve the lives of everyone in the district.

"I won't play political games," she promises. "I will show up for you and get things done."

For Rienstra, county council work is about more than policy and budgets. It's about creating an environment in which everyone can thrive, where families can put down roots, and where the community takes care of its own, just as neighbors have done throughout history. She looks toward a future where our community is strong, healthy, safe and resilient and intends playing a vital role in creating that future.

Jessica Rienstra represents District 3 on the Whatcom County Council. Her term runs through January 2030. She can be reached at [jrienstra@co.whatcom.wa.us](mailto:jrienstra@co.whatcom.wa.us) or 360-319-2535.

## SUDOKU—Hard

solution on back page

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## Helping Hands: DentAll, cont.

### Funding and the Medicaid Gap

"DentAll is committed to ensuring that everyone, regardless of their circumstances, has access to the dental care they deserve."

While Medicaid still covers most basic dental treatments and procedures, Medicare still does not cover dental care at all, leaving many older adults to pay out of pocket or go without; DentAll isnow helping fill gaps like these for many.

Not yet a nonprofit, DentAll relies on grant funding secured by partner organizations. Like many other public health startups, DentAll is always seeking funding to keep the wheels rolling and patients getting care, so they welcome donations as well as other sources of funding. But whether your insurance will payout, or you can pay out of pocket, many people have to live within a very tight budget that doesn't include dental care. DentAll's mission is to make dental care accessible to everyone regardless of their financial situation or geographic location.

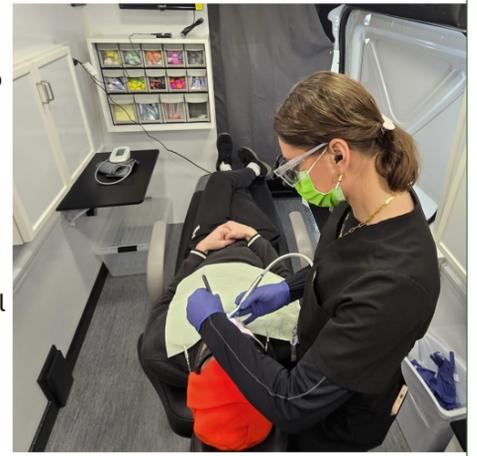
### Preventive Care Saves Lives

Dr. Dubek stresses that oral health is inseparable from overall health. She says the foundation of good oral health is regular cleaning, exams, and x-rays, but maintaining good oral health also contributes to overall good health and well-being. She says cleanings should be done twice a year, or more often for people with gum disease or diabetes. For those patients with Medicaid, three cleanings per year are now covered which will help improve health outcomes.

As DentAll grows, Dr. Dubek is exploring nonprofit status, new partnerships, and deeper involvement in local public health efforts. What remains constant is her commitment to meeting people where they are and ensuring that oral health is treated as an essential part of good healthcare.

### Scheduling an Appointment

Patients can schedule by visiting the East Whatcom Resource Center or by using the contact form on the DentAll website.



### Dates at EWRRC:

Times: 9-3pm

Available services include:

- Preventive Care
- Exams and X-Rays
- Deep Cleaning
- Extractions
- Child and Adult appointments available
- Restorative Treatment

Spanish, Russian, Ukrainian interpreting available

**Insurance:** Most dental insurances accepted

- Medicaid
- ABCD

This is a free service if people do not have dental insurance.

**Patients will not be turned away for inability to pay.**

### To schedule an appointment:

1. I&R staff at EWRRC can help facilitate scheduling appointments. Patients can call **360-599-3944** to access this assistance

OR

**1. People can schedule themselves directly at <https://dentall.dentafllo.com/patient>**

1. All patients will register as new patient and select new patient exam for appointment type.
2. Patients will receive a text with a link for consent forms and medical histories. This will need to be completed before their appointment.
3. Patients need to arrive 15 minutes early to their appointment.

<https://www.wereadentall.com>

[admin@dentallpllc.com](mailto:admin@dentallpllc.com)

### Brain Teaser: Where's the Missing Money?

Three friends share a \$300 hotel room. They each pay \$100, but the hotel manager realizes there was a discount and gives the bellboy \$50 to return. The bellboy keeps \$20 and gives \$10 back to each person, meaning they each paid \$270. But  $3 \times \$90 = \$270$ , plus the \$20 the bellboy kept, makes \$290. Where's the missing \$10?

answer on back page



## Call for Board Members

The Foothills Communication Hub is seeking board members. We are a nonprofit organization based in the Mt Baker School district providing timely and reliable local news, information and vital resource listings through a website ([foothillsinfo.com](http://foothillsinfo.com)) and the Foothills Outlook, a monthly, broadsheet print publication available throughout the Mt Baker School District.

The time commitment is less than 3 hours per month, including monthly board meetings that occur on the third Thursday of each month at 5.30pm. Meetings can be attended in person or via zoom.

To apply, please fill out this short form: <https://forms.gle/qxxL7veiUYCsNnu8>, and we will contact you within 5 business days.



# FOOTHILLS ALIVE



## Jellyfish Hangers

This paper jellyfish craft is a perfect craft activity to keep your kids busy on a rainy spring day. It is a great under the sea craft to make with preschoolers, kindergarteners, and school-age kids.

### Materials

Construction paper in various colors

Crayons, markers, paint, glitter, sequins, or anything else you want to decorate your jellyfish.

Tape

Craft glue

Yarn or string

### Instructions

Cut out a shape like jellyfish body in any size you want. Poke a small hole at the top and run a 6 inch piece of yarn through it. Tie the yarn in a loop for hanging from the ceiling.

Decorate your jellyfish with paint, glitter, sequins, markers, buttons, or anything else you want.

Cut strips of construction paper 6 inches long and 1 inch wide (the strips do not have to be perfect, in fact, if they're a little wavy they are more interesting!). Form a loop with one of the strips and glue ends together. Loop another strip of paper through the first and glue. Repeat until the chain is as long as desired.

When your chain is ready, cut a strip of paper for each length of chain. Fold the strip in half and place the end loop of a chain inside it. Bring the ends together in a U shape and glue or tape to the bottom of the back of your jellyfish. You can add as many chains as you like.

Using the yarn at the top, tape to ceiling or wherever you want.



## Food Matters



This time of year when the weather can't make up its mind but the evenings are still chilly, a hearty meal of Swamp Potatoes and Sausage is just the dinner to warm you up. Your family will love this simple, economical and tasty recipe!

### Swamp Potatoes and Sausage

These swamp potatoes and sausage are so hearty, full of flavor and comforting.

Highly recommend serving with crusty bread for soaking in the delicious juices.

Prep Time: 15 mins Cook

Time: 6 hrs Total Time: 6 hrs 15 mins

Servings: 6

### Ingredients

3 pounds gold potatoes, cut into 1 1/2-inch pieces

1 small onion, chopped

3 med cloves garlic, minced

1 1/2 Tbsp olive oil

1 tsp kosher salt

1/2 tsp freshly ground black pepper

1 1/2 tsp Cajun seasoning

1 lb fresh green beans, cut into 2-inch pieces (you can substitute carrots, peas, or other veg here)

1/2 tsp garlic powder

1 Tbsp beef bouillon

1/2 cup butter

### Directions

Add potatoes, garlic and chopped onion to the bottom of a slow cooker. Drizzle with olive oil and season with salt, pepper, and Cajun seasoning. Mix beef bouillon in 1 cup hot water until dissolved; pour over ingredients in cooker. Toss to coat evenly.

Layer the sliced smoked sausage and green beans on top.

Season with garlic powder. Place pieces of butter evenly over the top. Cover and cook for 2 hours or until potatoes are cooked through.

\* If you don't have a slow cooker, use a Dutch oven or other heavy pot with a lid, and bake on 350 for 2 hours or until potatoes are cooked through.



Cooking with your kids is a great way to have fun together and bond! Try this simple recipe that every kid will love making, and eating!, and watch the glow of pride on their faces when the family digs in!

## Perfect Baked Popcorn Chicken

### Ingredients

Cooking oil 2-lbs skinless, boneless chicken breast, cut in 1 inch pieces

Kosher salt Black pepper

2 large beaten eggs 2 cups Panko bread crumbs

1/2 cup cornmeal 1/2 cup grated parmesan

### For dipping sauce

1/2 cup mayonnaise 1 Tbsp Dijon mustard

1 tsp honey

### Instructions

Preheat oven to 400. Grease two sheet pans with oil. Season chicken with salt and pepper. In medium shallow bowl, whisk eggs thoroughly. In another medium shallow bowl, whisk together bread crumbs, cornmeal, Parmesan and salt and pepper.

Working in batches, dip chicken pieces into egg then coat with crumb mixture to evenly cover. Place chicken in an even, single layer on sheet pan, filling both pans.

Bake chicken until golden and cooked through, about 25 minutes, flipping halfway through.

Meanwhile, in small bowl combine ingredients for dipping sauce and whisk together until fully combined.

Svs 4 Prep time: 10m, Cook time: 25m, Total time: 35m



## Fresh vs Canned

The debate between fresh and canned vegetables tends to sound simple: fresh is "better," canned is "convenient," but the question is far more layered than that. Both forms offer nutritional value, affordability, and versatility, and the best choice often depends on context rather than a common rule.

Fresh vegetables are visually appealing. Their texture, color, and flavor are hard to beat, especially when they're in season and locally grown. Because they're usually consumed raw or lightly cooked, they retain their natural crunch and much of their vitamin content. Fresh produce also offers variety: farmers markets, grocery stores, and home gardens provide a rotating selection that reflects the seasons. However, freshness is on a clock; many vegetables begin losing nutrients soon after harvest, and by the time they have been shipped, kept in storage and finally reach the home kitchen, their vitamin levels, particularly vitamin C and some B vitamins, may have declined. Fresh vegetables also tend to be more expensive, especially out of season, and they require more prep time and planning for the cook.

Canned vegetables, on the other hand, are often dismissed as inferior, but that reputation doesn't hold up when we actually examine it. Because vegetables are canned at peak ripeness, they're preserved when their nutrient levels are highest. The canning process which requires heat, can decrease some heat-sensitive vitamins, but it also makes certain nutrients, like the lycopene in tomatoes, more available to our bodies.

Additionally, canned vegetables are shelf-stable, budget-friendly, and ready to use, making them a practical option for busy households or for people with limited access to fresh produce. They also reduce food waste: a can of green beans doesn't wilt in the crisper drawer. However, most canned veggies have add sodium so check your labels for low or no sodium options. Alternatively you can rinse canned veggies to remove some of the salt.

Ultimately, the "best" choice depends on your priorities. If flavor, texture, and seasonal eating matter most, fresh vegetables are for you. If affordability, convenience, and long-term storage are key, canned vegetables are a wise, nutritious option. Most households benefit from a mix of both. What matters most is not the form in which you eat your veggies but your habits: eating vegetables regularly, in whatever form fits your life, is far more important than choosing canned or fresh.



## Crisp Up Those Canned Veggies

We all know how unappetizing canned vegetables look and, often, feel. But there's a simple trick to turn them into something even your kids will want to eat.

About half an hour prior to cooking, dump your canned veg into a strainer and rinse under cold water. Let them sit for half an hour occasionally giving them a toss to help them dry. Then spread on a baking sheet, season to your taste and bake for about 20 minutes in a preheated, 475F oven.

The high heat will bring the natural sugars to the surface which helps produce the Maillard reaction in which food caramelizes and crisps up. Even letting your veg char a bit can add another dimension of texture and flavor (charred veggies are the secret to good Chinese food!) that will inspire your family to say, "More please!"

## From Kristi's Desk

by Kristi Warren Slette  
Director Whatcom Family & Community Network

### G.A.I.N. Control Over Stress

S-T-R-E-S-S! We know it! It visits daily. Our bodies know just what to do.

We have stress responses to both internal and external activity. That activity can be turned on due to thoughts, actions, and feelings. We have a lot going on in and around us all the time. We need stress responses for survival.

What happens when our body's stress response system turns on?

Our brain's limbic system, which is the center of memory and emotion, connects with something from our past that tells us we may be in danger. Stress hormones (unhappy hormones) are released—like, cortisol and adrenalin. Then our bodies respond. For some, teeth clench, shoulders tighten and lift up toward the ears, eyes focus, brain flips into auto-mode—not problem-solving mode, and throat tightens. A burst of energy goes through us that can make us want to run, hide, fight or nap in a dark room. That burst of energy, if not released can bring on what we often describe as anxiety or nervousness.

Some stress is normal—even healthy and helpful for us. It can be a signal of danger and a motivator for us to act. Other stress responses hamper our health across our life span and disrupt our ability to do well and feel well. The continuum of stress can be expressed in three categories: Positive Stress, Tolerable Stress and Toxic Stress.

**Positive Stress** is mild to moderate response and is short-lived. The alarm clock rings at 4:45 a.m. Our body hears the noise. Stress responses kick in to wake us up and get our body moving. On the way to work you get a call that your pet has escaped your fenced area. You have to attend to the issue and this will make you late to work. Your body responds with increased heart and breathing rate. A burst of energy goes through you that feels like anxiety. You breathe. You pull-over. Then as you calm, you remember that you neighbor and friend is home today and perhaps they can help you. At 3 p.m. you get a text reminder about a dinner meeting at 6 p.m. You had forgotten. Now you need to rearrange some plans and communicate with your family. Those types of stressors are typical. We learn to be adaptable and flexible. We learn to move through them generally quickly and even better when we can ask for help from a trusted person around us.

**Tolerable Stress** is more severe, but limited in duration which allows for recovery. We often need family, friends or community supports to buffer the emotion, mental or physical impacts that the stressors turn on. Examples of tolerable stress include a loved-one having an extended hospital stay or health crisis; a natural disaster, like flooding or ice storm with prolonged power outage, that makes staying in your home impossible; loss of a job; or unexpected loss of a loved one. The stress you feel is stronger. When you can ask for and receive support from others in these situations, most people do better at handling this type of stress.

**Toxic Stress** is extreme, frequent or extended activation of the body's stress response without the presence of supportive adults or peers. When we experience toxic stress, it floods our bodies with unhappy hormones that flood our cells over and over, and in time wreak havoc on physical health.

Learning to manage stress takes intention, but it may be easier than you imagine.

Dr. Greg Hammer visited Whatcom County on February 18 to share his experience as a retired physician and mindfulness expert.

He shared what he called the tripod of wellbeing. Sleep; Exercise and Nutrition.

**Sleep**—avoid caffeine 4 to 5 hours before bedtime; avoid alcohol as it disrupts restorative sleep (GABA sleep cycles), and avoid screen time in bed. Put away phones and turn off computers and televisions.

**Exercise**—Aim to get 5 hours of vigorous exercise weekly. And remember that some is better than none!

**Nutrition**—Eat clean and close to the source. If possible for you, transition closer to a plant-based diet.

Dr. Hammer's main message was that we all benefit from mindfulness practice. He shared the G.A.I.N. method that he outlines in his book, "A Mindful Teen" (2025) "**Gratitude** is the foundation of happiness" p.107. Look around at your life for the things you can be grateful for and keep your focus on the positive. Pay attention to the good, the beautiful and all that supports you.

**Acceptance, open-heartedness:** Dr. Hammer writes that "Acceptance is within all of us, but it has been veiled by years of "resistance training" (unfortunately, not the good kind practiced in the gym) p.115.

Acceptance helps us relieve the suffering that we feel when life is harsh and things can't be changed on our timeline or for our benefit.

**Intention:** "So much of what is truly good in our lives arises through paying attention, on purpose, in the present moment, nonjudgmentally" p. 123. Intention is about discovering what you truly want. What people truly want sparks joy, energy and engagement versus what we should do, which can increase stress and anxiety. "Intention is all about process--there is no destination" p.128.

**Nonjudgment:** Humans tend to categorize people, things, and experiences into good or bad, too much this, not enough that. The habit of categorizing, criticizing, labeling and judging is mentally exhausting and often filled with negativity bias. We can teach ourselves to accept what is—not needing everything to be good or bad. This can alleviate rumination, which is "the obsessive dwelling on negative thoughts—repeatedly" (p.131).

Dr. Hammer is also the author of "GAIN Without Pain: The Happiness Handbook for Healthcare Professionals" (2020).

## The Book Shelf

whatcom county library system



### March events at the North Fork Library

#### North Fork Library Storytime Fridays 10:30am

For ages 2-6, 30 minutes. An open program that includes stories, rhymes, and songs with opportunities for movement and interactive participation.

#### Whatcom READS Presents: Celebrating Salvadoran Art Through Painting/ Celebrando el arte salvadoreño a través de la pintura Sat March 7<sup>th</sup> 2:00pm

Join us for a hands-on workshop celebrating the El Salvadoran folk art of Fernando Llorca. WCLS Hispanic Cultural Liaisons, Diana and Amelia, will discuss how Llorca's use of vibrant colors and the naive art style captures the beauty of Salvadoran culture, nature, and everyday life.

Each attendee will paint a small piece in the folk style. All materials are provided. No prior experience is required.

Suitable for ages 16 and up. It will be presented in both English and Spanish.

Space is limited; registration is required.

#### All About Space for Kids Tue March 10<sup>th</sup> 3:45pm

The moon, the stars, and more! We'll discover, create, and explore the mysteries of the universe at this out-of-this-world program.

#### Water Rights Adjudication Help Sessions Sat March 14<sup>th</sup> 10am-2pm

Get filing assistance and one-on-one support from Department of Ecology staff. Technical experts will be there to answer questions.

Reservation required for 12 30-minute timeslots between 10am & 1pm. Reserve a time by calling (360)599-2020.

From 1-2pm walk-ins will be welcome; no registration required. If this date and these times don't work for you, sign up for an hour-long 1:1 appointment with Ecology at other times.

#### Traditional Indigenous Plants with Lora Boome Sat March 21<sup>st</sup> 2:00pm

Join us for a workshop where you'll learn how to make Devil's club herbal-infused oil and make a roll-on massage oil you can take home. Provided in partnership with the Nooksack Tribe.

Spaces are limited so register soon to reserve your spot.

#### Poetry Collage Workshop Sat March 28<sup>th</sup> 1:00pm

Combine collage techniques with found poetry and make a piece of art to take home in this hands-on workshop with local collage artist and poet Crash Solo. Tools and materials will be provided, but you're welcome to bring your own as well. Fun, casual, and relaxing! Space is limited; registration is required.

**TO REGISTER:** Please contact North Fork Library at 360.599.2020 for information on how to register.

### March events at the Deming Library

#### Art and Audio for Tweens Thursdays in March from 4 to 5pm

This program mixes our two favorite things - doing art and listening to audiobooks! We will share a few ideas for destress doodling and provide all art supplies. Snacks provided. Grades 4-7

#### Digitize Your Memories at the Library

**Tuesday, March 10 from 6:30 to 8pm**

Learn about a variety of library resources for scanning documents and photos, and ways to digitize video recordings from VHS, film and other bygone formats.

#### Pi Day Pie Potluck

**Saturday, March 14<sup>th</sup> from 2 to 3pm**

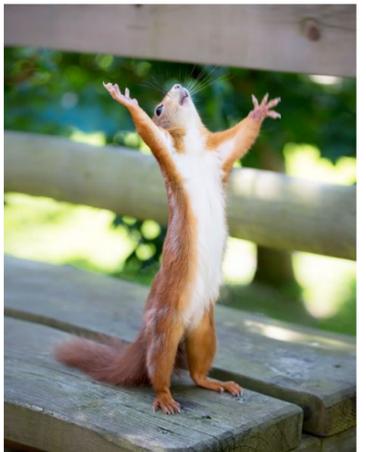
Celebrate the mathematical constant of Pi with a slice of pie on 3.14. Bring your favorite sweet or savory pie to share for this Pi Day celebration feast.

#### Poetry in the Foothills

**Saturday, March 21<sup>st</sup> from 7 to 9pm**

You are cordially invited to an evening of original poetry by select local writers on World Poetry Day. Hear your neighbors muse on life celebrated through verse.

Sponsored by the Friends of the Deming Library.



"But, soft! what light through yonder window breaks? / It is the east, and Juliet is the sun."

### Rebus 1



Whatcom County Council Updates

### March 2026 Council Meetings

#### Public meetings: 6pm–3.10 and 3.24

**Schedule:** Meetings usually occur on a bi-weekly basis, with committee meetings beginning in the morning (e.g., around 9:00 a.m. or 10:00 a.m.) and the formal Council meeting at 6:00 p.m..

**Location:** 311 Grand Avenue, 1st Floor, Bellingham, WA 98225.

**Access:** Meetings are broadcast on BTV10 and in the Legislative Information Center. The public can join meetings in person or via zoom. To join via zoom, go to: <https://www.whatcomcounty.us/3415/Participate-in-Council-Meetings>

It is advised that you check the official agenda for specific, up-to-date times and dates, as they can change.

**Council Office:** 360-778-5010

Regular Whatcom County Council meetings take place in Council Chambers at the Whatcom County Courthouse located at 311 Grand Avenue in Bellingham, WA. Accessible parking is available near the south entrance of the Courthouse.

If you plan on speaking to the Council during a public hearing or open session, please note the following:

—Each speaker has three minutes to speak and may speak only once.

—All live testimony will be broadcast, recorded, and retained for the public record.

—In accordance with Whatcom County Code 02.02.040(O) Meetings - General rules, members of the public who make slanderous or boisterous remarks will be dismissed from the meeting.

**Fundraising Party to Benefit Whatcom Mobile Medicine**

**March 28, 6-8PM @ East Whatcom Regional Resource Center**

Join the CELEBRATION!



Get your tickets now!



[www.whatcommobilemedicine.org](http://www.whatcommobilemedicine.org)

# HEALTHY CHOICES



## Dear Deb...

Answering your questions with compassion, not criticism!

Deb Shawyer, LICSW



## When Life Feels Like Too Much All At Once

Dear Deb, I want to quit. Every time I try to catch a break, I get another hurdle to

jump over. Why is life so hard right now? Taxes, floods, Valentine's Day alone, huge power bills, and crazy news headlines every time I turn around. How do I get anything accomplished when all I want to do is lay in bed?

Sincerely,  
Hopelessly Overwhelmed

### Dear Hopeless and Overwhelmed,

First, you are not alone in this state of mind, heart, or bank account. Truly. Many people are feeling stretched thin right now, especially in smaller communities like Kendall. Start by validating your own experience. You are responding to real stressors, not personal failure. Across many different wisdom traditions, the message is surprisingly similar. Whether it is one day at a time from recovery culture, stacking small wins like the coach philosophy of the Seattle Seahawks, or present-moment awareness taught by Eckhart Tolle, the takeaway is consistent. **Never give up. Do your best in this moment. Every small positive step matters and makes the next step easier.** When everything feels overwhelming, shrink time. Not forever — just for now. Ask yourself: *What is right in front of me today?* Sometimes even, *What is right in front of me this hour?* One effective recipe for moving through anxiety, depression, or overwhelm is breaking time into bite-sized pieces. Try making two short lists — what you need to do and what you want to do. If you choose just one thing from each list and take action, you are already moving forward instead of staying stuck. Progress counts, even when it is small.

Sometimes doing the opposite of what you feel like doing works best. The old idea of *fake it till you make it* actually has brain science behind it. Smiling can trigger dopamine and serotonin release. Standing tall with open posture can shift body chemistry toward confidence and calm. Our bodies and brains constantly talk to each other.

It also helps to remember you are surrounded by humans going through similar struggles. Small positive interactions matter. A smile, a nod, a "Hey, good to see you" can shift your mood and someone else's. Positive moments can be contagious in the best possible way.

As we move from hearts and flowers toward four-leaf clovers and spring hope, look for small ways to create positive moments for yourself and others. Tiny good things add up. They always have.

You don't have to solve life today. Just live this moment as well as you can.

With care,  
Deb

## To Your Health

Dear Foothills Outlook readers, I have introduced myself several times over the last few months in these pages, but I wanted to take a moment to do so again, here. My name is Gabriel Durben- I am a naturopathic doctor and have practiced in primary care settings since 2011. For the last 15 years I have worked with children and adults with the goal of promoting health through a holistic paradigm, which, I believe, includes understanding the necessity of diet and lifestyle interventions along with evidence-based interventions that take the unique story and experience of the individual patient into consideration. I feel compelled to offer this brief introduction, because I want to spend some time on a subject that has a tendency to prompt strong responses- the use of the class of medications commonly referred to as GLP-1s, which are most often used in the treatment of diabetes and for efforts at weight loss. And, I feel such topics are best written about, and discussed, from a place of kindness, familiarity and curiosity.

All that said, the topic of GLP-1s has a tendency to draw both great enthusiasm and cynicism- often portrayed as a semi-miraculous cure-all, or the latest ploy of a corrupt pharmaceutical industry. My contention is that these medications represent something different, and I would like to take some time to go over (what I think) are the most important considerations for these meds.

1) They are effective, and they are something that you have to keep taking indefinitely to have the benefits last. GLP-1s have been found to be significantly more effective at promoting weight loss and lowering blood sugar in people with diabetes when compared with things like diet or exercise plans. That doesn't mean that diet and exercise are unimportant, quite the opposite- diet and exercise are some of the most important things we can do to promote our overall health and longevity. But, when it comes to the basic numbers of pounds loss or reductions in someone's hemoglobin A1C, GLP-1s tend to be more effective. That said, that effect goes away for the vast majority of people shortly after stopping the medications, so, for benefits to last, these medications do need to be taken long term.

2) There are side effects, but those side effects can be a reasonable trade off for some people. The most common side effect for all GLP-1 medications is stomach upset. This includes things like nausea and constipation most often, and can get better over time for many people. There are some side effects that scientists are still trying to clarify, including how much the medications contribute to the loss of muscle mass or how much they might contribute to disordered eating. And, there are more serious side effects that happen infrequently.

3) These medications are expensive, but they are becoming significantly less expensive. GLP-1 medications come in different forms. Some are injected on a weekly basis, while others can be taken as a daily pill. All the medications act in a similar way by decreasing our body's natural hunger signals. Insurance coverage for the medications can be challenging, and for many plans coverage is only approved if someone has a diagnosis of diabetes. That being said, there are now widely available manufacturer coupons that make the daily pill option between \$150-200 per month without insurance (previously, these meds were at least \$1,000 per month if not covered by insurance).

All this being said, I think GLP-1 medications should primarily be seen as a tool that works for some people, but is not the right option for everyone. If they are treated as the sole tool in promoting health, or if their benefit is entirely denied, I suspect we will miss the potential for something positive. Deciding on starting one of these medications should be done in a supportive environment that considers a patient's unique story, and it should be done with significant deliberation regarding the financial investment and risk of adverse reactions associated with medication use.

## 2026 Adult Community Survey

Ferndale Community Coalition · Whatcom Prevention Coalition



### What is the community survey?

Adults across Whatcom County participate in local Community Prevention and Wellness Initiative Surveys every two years. The survey asks questions about adult perspectives as they relate to youth substance use, mental wellness and other topics that impact young people. This anonymous survey takes 5 minutes. Please help bring more community representation by participating and sharing. You can complete both Ferndale and Bellingham surveys if you work in both communities, or live in one and work in the other!

### How does the data get used?

Local coalitions use multiple data sources to build our strategic plans, including the community survey. We use community survey data to prioritize funding and implement:

- Best-practice strategies that help decrease risk factors and increase protective factors for youth
- Trainings to address emergent community issues
- Campaigns to inform and encourage healthy community norms and positive family communication, like the transit and social media ad shown here.

### Participate in the community survey!

#### Ferndale Area Survey

English

Spanish



#### Bellingham Survey

English

Spanish



**89%**  
of Whatcom parents have recently talked to their teen about marijuana use.



Join us or learn more about your local coalition: [whatcomcounty.us/3201/Prevention-Coalitions](https://whatcomcounty.us/3201/Prevention-Coalitions)



The Ferndale Community Coalition and the Whatcom Prevention Coalition are part of the Community Prevention and Wellness Initiative (CPWI) through the Division of Behavioral Health & Recovery – Washington State Health Care Authority

## A Healthier You

Participating in our own healthcare is essential for dealing with health issues, even when we are not ill. Whether visiting our health care provider in person or virtually, it is important to ask your provider questions about the medications being prescribed, even those you have taken for a long period already. A good provider will welcome your questions and concerns and address them to your satisfaction.

Here's a list pertaining to medications. Write them down and take them with you next time you see your provider.

- *Why am I taking this medicine? What is it doing for my health?*
- *How do you spell the name of that drug?*
- *Will this medicine interact with medicines that I'm already taking?*
- *What side effects can I expect?*
- *When should I take each of my pills?*
- *Are any side effects a warning sign of an emergency?*
- *Which pills should I take on an empty stomach? Which pills should I take with food?*
- *What should I do if I forget to take a dose?*
- *What should I avoid while taking this medicine?*
- *Are there alternatives (like generic medication) that are just as effective?*
- *How do I store my medicines? Do any need to be stored in the dark or in the refrigerator?*
- *I'm having trouble paying for my medicine. Are there any resources that can help me?*

These are the kinds of questions that will help you understand and manage your medications better. Your provider expects you to have questions, so don't feel like you are asking for special treatment. The more you know about your health, the healthier you become!

## Cold remedies: What works, what doesn't, what can't hurt (for adults only)

excerpted from: <https://www.mayoclinic.org/diseases-conditions/common-cold/in-depth/cold-remedies/art-20046403>

Cold remedies are almost as common as the common cold. But do they work? Nothing can cure a cold, which is caused by germs called viruses. But some remedies might help ease your symptoms and keep you from feeling so bad.

Here's a look at some common cold remedies and what's known about them.

There's no cure for the common cold. But what about cold remedies that claim to make you feel better faster? Find out what's effective — and what's not.

### Cold remedies that work

If you catch a cold, expect to be sick for 1 to 2 weeks. That doesn't mean you have to feel awful. The following might help you feel better:

- ~Drink plenty of fluids.
- ~Rest. Your body needs rest to heal.
- ~Sip warm liquids.
- ~Try honey.
- ~Add cool moisture to the air.

### Soothe a sore throat

If you have a sore throat, using a saltwater gargle can relieve it for a while. Put 1/4 to 1/2 teaspoon salt in an 8-ounce glass of warm water.

~You also can try ice chips, sore throat sprays, lozenges or hard candy.

### Ease stuffiness

Saline nasal drops and sprays you can get without a prescription can help relieve stuffiness.

### Vitamin C

Taking vitamin C has not been shown to help prevent colds.

### Zinc

Some studies show that zinc lozenges or syrup may prevent a cold or shorten symptoms. Other studies show zinc doesn't help.

### Medicines called antibiotics

These attack germs called bacteria. But they're no help against cold viruses. Don't ask your healthcare professional for antibiotics for a cold or use old antibiotics you have. You won't get well faster. And using antibiotics when you don't need them adds to the serious and growing problem of germs that can resist antibiotics.

*For children it's always best to consult your doctor before administering treatments or medications to children under 12.*

*This article is not a replacement for medical advice nor does it advocate any treatments. It suggests simple home remedies to help alleviate the symptoms of a cold in adults.*

# HEALTHY CHOICES



## HOW DOES YOUR GARDEN GROW?

by Linda Kerth

Spring is around the corner and those of us who love to dig around in the dirt are just itching to get out and start planting. Whether we want flowers or vegetables, we just want to get our hands in the soil. And for our local farmers, of course, it is time to buy seeds, stock up on fertilizers and compost, check out all the equipment, and otherwise get busy.

Lifeless dirt

Healthy Soil



But dirt and soil are not interchangeable. Any farmer, community gardener, and home gardener will quickly tell you there is a big difference. As shown here on the left side, dirt is a terrible growing medium — it is dry, coarse and completely lifeless. Good soil (right side) on the other hand, is rich, loose and full of microbial life.

We owe a surprising debt to soil; life on Earth could not exist without soil. Healthy soil typically is about 45% minerals, 5% organic matter, and 50% of air and water, all of which provide nutrients, structure, and a habitat for plant growth. Soil is a complex and diverse ecosystem, and it maintains a vast living biosphere. Even one cup of it can contain *millions* of different kinds of microorganisms like microbes, fungi, insects, and roots which are all living organisms that contribute to nutrient uptake and cycling.

*“Soil is not an inert growing medium – It is a living and life-giving natural resource.”*

USDA Natural Resources Conservation Service

### The exchange of nutrients

Microbial soil communities interact with plants through mutually beneficial symbiosis. Roots exude 10%–40% of the sugars they make during photosynthesis, providing an important source of food for soil microbes. The plant absorbs some of the microbes into its roots and extracts the nutrients which the plant needs to grow. Roots then release the microbes to rebuild what the roots have taken. Newly grown roots then alter more of the physical structure of the soil (tilth), creating pores as they grow through the soil, releasing enzymes and creating space for more microbial growth. Microbes then scavenge the new space for minerals and microbes, and the cycle repeats.

### Breaking ground — tilling vs. tilth

Digging too deep into the soil (tractor tilling) and using chemical fertilizers and pesticides result in erosion and adverse effects on microbial communities. Without a cover crop, such as clover, soil becomes too dry and is easily blown or washed away. Deep tillage actually damages tilth by breaking up its physical structure. Tillage and lack of cover crops have caused the loss of more than *57 billion metric tons* of topsoil from Midwestern farms. The cost to the environment and human health are clear and severe — water and air pollution, biodiversity loss, and increased greenhouse gas emissions, which are heating up the planet.

### Medicines extracted from soil

There is an interconnectedness between microbiomes across soil, plants, humans and all other life forms. Soil microbes also provide medicines that can treat human sickness. Our first antibiotic, penicillin, was found in the analysis of soil. Many other antibiotics (streptomycin, cyclosporin) are derived from soil microbes. To date, the store of antibiotics and other medicinal products in soils remains largely unknown. It's estimated that *only 5% of hundreds of thousands of antibiotic substances in soil* have been discovered. And many medicines not found in soil are found in the plants growing in the soil!

Around 25% to 40% of prescription drugs are derived from plants. Over 28,000 plant species are currently used for medicinal purposes, and it is estimated that over 70,000 species are used in Indigenous medicines used globally — a vast, untapped potential for future pharmacology. Quinine (for malaria), morphine (for pain), and digoxin (for heart disease) are derived from plants. Over two-thirds of all medicines with cancer-treating properties are found in plants, especially from the rainforests.

### Food

Though soils have all these abilities — to cycle nutrients and carbon, filter water, provide medicine — the most obvious linkage between soil and humans rests on the production of foods. The quantity and quality of nutrients synthesized within plants determines nutritional quality, including minerals and large molecules such as proteins, carbohydrates, fats, and vitamins — all of which are essential to human health.

To maximize the growth of food the world needs, we need to understand the role soil plays in the balance of nature. We need to restore the biodiversity in soil that we have largely taken for granted and abused. Tillage kills large invertebrates like earthworms and reduces the presence of beneficial fungi. Compaction of soils by large tractors or livestock compresses pore space needed for gas exchange and water infiltration. Working soil while it is wet is another major cause of compaction. Planting deep-rooted cover crops and adding organic matter alleviates compaction. Leaving crop residues in place armors the soil.

Challenges humanity faces in this century include global warming, air and water pollution, food insecurity, malnutrition, famine, and antibiotic resistance. In all of these cases, soil has a major, beneficial role to play.



## THE IMPORTANCE OF PRIMARY CARE

Early in the year, we are thinking about how to be our healthiest. One of the main strategies is to have a consistent Primary Care Provider.

A primary care provider (PCP) is a healthcare professional who identifies and treats common medical issues. They can get to know you and your medical

history. Over time, you can build a trusting relationship that may help you get the care that's best for you. How can your Primary Care Provider best help you?

A PCP is your first choice for care in nonemergency situations.

They are your go-to resource for:

- Help with colds, flu, and fevers.
- Care for ongoing issues such as diabetes or asthma.
- Vaccinations, preventive care general advice about your overall health
- Annual wellness exams.

They can also refer you to other in-network providers or specialists if needed.

Choosing an in-network PCP is a great start toward a healthier you! In-network means the provider, pharmacy or facility is with your Health Insurance network.

Always use in-network services and providers to prevent additional costs. Consider going to your online member account or calling your insurance to find an in-network PCP.



Whatcom Healthy Children's Fund

## Planning Ahead for Summer: Inclusive Recreation for Children with Disabilities

If you're like many families, February and March feel full already. You're managing school schedules, appointments, work, and the everyday details that keep your household moving. Summer might not be top of mind — but registration for many camps and recreation programs is already open.

For families of children with disabilities and neurodivergent children, planning ahead can make a big difference. Many programs fill quickly, and thinking about options now can mean less stress later — and more confidence heading into June.

Summer programs offer more than childcare. They can be places where children build friendships, try new activities, grow independence, and experience success in ways that matter. Whether it's paddling a kayak, performing in a play, learning to cook, or exploring a forest trail, these experiences build confidence and connection.

For parents and caregivers, summer programming can also provide essential breathing room — time to work, attend appointments, rest, or focus on another child. That support matters.

Whatcom County and nearby communities offer a variety of inclusive and specialized programs. Some bring children with and without disabilities together. Others are designed specifically for children with developmental or medical needs. There are day camps, overnight camps, arts programs, outdoor experiences, sports, and social groups.

Rather than listing every detail here, we invite you to explore the full [Summer & Recreation Activities Directory](#) using the QR code below.

The directory includes contact information, ages served, and notes about funding options.

Programs include:

- AIROW Project (adaptive outdoor recreation for all ages)
- BAAY! (arts programs, ages 5–17)
- D.I.S.H. Foundation (cooking and life skills)
- FACES Northwest (social opportunities for individuals with autism)
- Wild Whatcom and Bell Creek Nature School (nature-based camps)
- Lions Camp Horizon (residential camp for teens and adults)
- Max Higbee Center, Majestic Adventures, Camp Korey, Whatcom Family YMCA, Whatcom Sports & Recreation, and more

Summer can feel expensive, but there are resources available and other free and low cost options available:

- **Free Boys & Girls Club Membership:** Youth ages 6–18 with Apple Health (Medicaid) qualify for a free annual membership at Boys & Girls Clubs of Whatcom County.
- **National Parks Access Pass:** Individuals with disabilities can receive a free lifetime pass for federal recreation sites.
- **Washington State Parks Fee Reductions:** Reduced or waived camping and recreation fees for individuals with disabilities.
- **Childcare Subsidies (DCYF):** Eligible families may receive assistance through Working Connections Child Care.
- Some camps accept **Developmental Disabilities Community Services (DDCS, formerly DDA)** funding or offer scholarships.

Scan the qr code for the full list. If you have any issues accessing you can email [kdefilippo@co.whatcom.wa.us](mailto:kdefilippo@co.whatcom.wa.us)

As you explore options, consider:

- Does this program understand my child's sensory or communication needs?
- Is it inclusive, specialized, or a mix?
- What financial supports are available?
- Can we visit or speak with staff ahead of time?

If your family is navigating a hospitalization, new diagnosis, or serious health condition, Washington's **Paid Family & Medical Leave (PFML)** may allow you to take paid time off to care for your child or yourself. Learn more at [paidleave.wa.gov](http://paidleave.wa.gov).

Summer doesn't have to be perfect to be meaningful. Planning a little now can help create a season of connection, growth, and a bit more ease for your family.

## Rebus 2

1. glance
- 2.
3. glance
4. glance
5. glance

## New Year Resolution #2

My New Year's resolution was going to be that I would stop being sarcastic, but dammit, I'm no quitter.



ROTTENCARDS



# School Zone

## A Case for the Arts



by Mahalia Blue

I recently attended a performance of "Pride and Prejudice" at Mt. Baker High School. The production was great but the auditorium was barely a quarter full. These students—cast and crew—worked hard to put on a good show and they deserve far more support from their community, both emotionally and financially.

For decades, schools have treated the arts as expendable, frivolous or luxuries, funding them only after athletics and core academics. Too often while the budgets for sports are being increased, the dollars allocated to arts programming is cut, and currently the Mt Baker School District is considering cutting classes like band from the curriculum entirely. But the research is clear: the arts are not merely ornamental; they are proven to be essential for student success, especially for those facing socio-economic challenges.

Even on minimal budgets, arts programs deliver some of the strongest academic, social, personal, and civic outcomes in education. Students involved in the arts earn higher GPAs, take more advanced coursework, and are five times more likely to stay in school and three times more likely to earn a bachelor's degree. As the National Endowment for the Arts notes, "Eighth graders who had high levels of arts engagement... showed higher test scores in science and writing."

But across the country arts programs are reduced to scraping by on parent-run fundraisers that bring in just \$10,000–\$12,000 a year which leaves many students paying their expenses out of their pockets. And while these kids work just as hard as school athletes do, they do not receive the same enthusiastic community support as do sports teams.

### What the Arts Deliver

Arts education strengthens critical thinking, creativity, problem-solving, and flexible thinking. Students who participate in arts programming have higher levels of self-confidence, empathy, resilience, as well as a connection with their school and community. With a dropout rate of just four percent, students involved in the arts are also more likely to graduate and go on for higher education. The arts also encourage students to become engaged citizens: "High school students from low SES backgrounds with arts-rich experiences participated in student government... at four times the rate of other students." In addition, arts involvement helps students learn teamwork, accept criticism constructively, and develop a wide variety of skills that improve their success in college and in the workplace.

For at-risk youth, the impact is even more profound. Low-income students who are active in the arts are 10% more likely to take and complete calculus, 15% more likely to enroll in selective colleges, and three times more likely to earn a bachelor's degree than non-arts peers. They also participate in sports, honor societies, and student publications at two to three times the rate of their low-arts peers. Arts involvement clearly expands opportunities for students throughout their lives.

### Why the Arts Matter

The arts build creativity, communication, literacy, self-esteem, cultural understanding, and school climate. They open career pathways, support students with disabilities and English learners, and strengthen teacher innovation and attendance.

### Supporting Our Youth

The arts are not just fluff and feathers; they are a proven route to academic success, emotional well-being, civic participation, and long-term opportunity. Yet they remain chronically underfunded and undervalued.

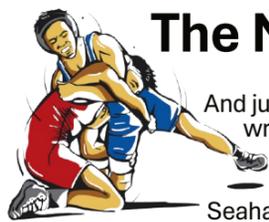
Our students deserve more than the bare minimum. They deserve the well-rounded education they've been promised, and the arts are central to that promise. Community support strengthens student development, builds school-community connection, and enriches local culture. It's time we start showing up for them.

If we want schools that serve all students, we must invest in the arts with the same seriousness we invest in athletics. We need to show up for these students, cheer them on, and tell them, "We're proud of you!"

"Stumbling upon your own uniqueness often begins with the awkward march through puberty."

– Lisa Adams

## EDDIE'S SCOREBOARD



### The Nitty-Gritty

And just like that, another season of high school wrestling is about to reach its cessation.

While everyone was preoccupied by the Seahawks and the Super Bowl, Mount Baker's wrestling teams participated in District Tournaments on Saturday February 7th. The boys met up with fellow Northwest Conference 1A rivals Blaine, Meridian and Nooksack Valley at Blaine High School. The Girls meanwhile faced off in a much bigger tournament against local 1A, 1B and 2B teams at Squalicum High School in Bellingham.

A grand total of eighteen wrestlers from both teams qualified for the MatClassic due to be held the week following President's Day.

Henry Brown, Cole Christensen, Gavin Compton, James Cranbourne, Issac DeKriek, Joe Jordan, Eli Knutzen, Syllis Maple, Gunner McGrath, Andrew Monteith and Henry Tobin will all represent the boys team. Kelly and Stefany Camacho, Karalyn Cook, Elliott Koenig, Emily Moa, Alina Romanyuk and Arabella Rozeboom will all compete for the girls team.

Ana Camacho, Compton, and Monteith ascended the podium at last year's tournament. Ana Camacho and Andrew Monteith finished fourth while Compton took fifth and Stefany Camacho earned sixth. Kelly Camacho, Cook, McGrath, Moa and Tobin have the chance to place this year after finishing as participants last year as well.

Last year's tournament saw the girls bring home ninth place overall for the second time in three years. The boys finished outside of the top ten for the first time since 2020. Wapato and Granger are the respective defending state champions for the boys and girls teams.

Final MatClassic results will be provided in next month's article.



### Poetry Submissions Still Open!

Words have meaning and Whatcom County Library System (WCLS) celebrates the words of young poets with their annual "A Forest of Words Poetry Anthology".

If you are a student in grades 6-12, submit up to two of your original poems before March 15th.

A panel of library staff and local teens will select poems based on originality, creativity, and craft. All selected poems will be included in WCLS's annual teen poetry anthology, "A Forest of Words".

Poetry will be considered based on originality, creativity and craft. In addition to being published, accepted poets receive a copy of the book to keep and are invited to a poetry reading and celebration at the Ferndale Library in May. For "more information about A Forest of Words" and to see past editions, go to the "Get Published" section of our teen page at [wcls.org/teen](https://wcls.org/teen). Accepted poets receive a copy of the book (and bragging rights!)

For submission guidelines and rules, and for more information go to: <https://www.wcls.org/youth-services/afow/#rulesubmitted> online at [wcls.org/a-forest-of-words](https://wcls.org/a-forest-of-words) or dropped off at any public library.



## THE HALLMARKS OF HORROR

By Peter Bloedel

### Mt Baker Junior High Spring Play

Performances:

March 20 & 21 @ 7pm

Mt Baker Jr High Auditorium

Scary movies are full of different ways to give you nightmares-- but once you figure out the formula, the frightful looks pretty funny. Take a whirlwind tour through the common categories of the creepy, from lines like "let's split up!" to tropes like the car that never starts. If you dare to master everything from cobwebs to clowns, you'll be ready when they all converge in a single hilarious finale scene. You won't believe how fast the spine-chilling turns side-splitting when you know the secrets of The Hallmarks of Horror.

Purchase tickets at [Gofan.co](https://Gofan.co)

## Spring Fair 2026

SUNDAY 29TH MARCH  
12:00PM-3:00PM  
EGG HUNT AT 1PM

KENDALL ELEMENTARY,  
7547 KENDALL RD,  
MAPLE FALLS.



COME AND SHOP FROM LOCAL VENDORS, JOIN IN THE EGG HUNT AND GET YOUR PHOTO WITH THE EASTER BUNNY (AND A SURPRISE GUEST!)

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

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



### Pride and Prejudice, review

by Mahalia Blue

Sassy, smart, and timeless, "Pride and Prejudice" remains as relevant today as it was when Austen first published it in 1813. Kate Hamill's adaptation brings us a spirited and self-confident Lizzy Bennet (Nena Pierce), who vows never to marry despite her mother's relentless pursuit of wealthy husbands for her four daughters. But in a society that expects women to be compliant and "accomplished," Lizzy refuses to bow to societal expectations.

Wyatt Wheeler delivers a comically over-the-top Mrs. Bennet, whose high hysterics and insistent matchmaking contrasts with Saul Beaudin's Mr. Bennet, a man who wants nothing more than peace, quiet, and his newspaper somewhere his wife and daughters can't find him. Their household chaos sets the stage for Lizzy's distasteful encounter with the very suitable (for marriage, according to Mrs Bennet) Mr. Darcy. Van Morris portrays Darcy as socially awkward and inept at casual conversation which causes Lizzy to deem Darcy "a proud and disagreeable man," and Darcy to stalk off in anger.

When Jane (Eleanor Okan) falls for the playful Mr. Bingley (Sam Steffensen), Lizzy dismisses love as a game and marriage as an "irreparable mistake." Her cynicism seems justified when Bingley decamps to London without even a farewell, leaving Jane heartbroken.

The whole family is left reeling when their precocious 14-year-old Lydia (Cloud Malloy) runs off with the deceitful Mr. Wickham, but when they discover Wickham has a history of seducing young girls, the family is sent into panic. As Mama Bennet bewails Lydia's ruin and the blow to the Bennet's social standing, Mary played by Gwen Pidgeon, is prompted to say, "Unhappy as the event must be for Lydia, we may draw from it this useful lesson: that loss of virtue in a female is irretrievable...and that she cannot be too much guarded in her behaviour towards the undeserving of the other sex." A fitting statement for that time period.

As the situations with her sisters heats up, Lizzy is more inclined to reject any kindness Darcy attempts which does bring to mind the famous line from Hamlet, "The lady doth protest too much, methinks". The Mt Baker High School student cast bring the hectic Bennet family's tribulations and triumphs to life with vibrance, enthusiasm, and well-played characters.

# RESOURCES

## Crisis/Emergency

**988** SUICIDE & CRISIS LIFELINE **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** Get Connected. Get Help.™ **211** helps connect you to community resources statewide.

**imhurting** CRISIS CHAT **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@wcf14.org](mailto:info@wcf14.org)

 **American Red Cross** 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](mailto:shevaun.malone@usw). [salvationarmy.org](https://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>

**Maximizing your Heating Capacity: Wood Stove Tips**

**It's getting to be that time of year again when we're trying to keep the house warm. Follow these tips to maximize the heating capacity of your wood stove.**

–Wood burning stoves are built and optimized to burn firewood. Other types of combustibles can create significant challenges with respect to controlling the combustion process, which can result at best in higher emissions, and at worst in a chimney fire.

–Different types of firewood have different properties. Hardwood, like birch, have a higher density than softer (more porous) varieties like spruce. The energy density of hard firewood is correspondingly higher. It follows that the volume of wood used has to be reduced. Bark has a different composition than the wood it protects and gives higher emissions of certain compounds. Try to avoid inserting many thin logs with lots of bark at the same time in the stove.

–When loading your wood stove, pile the logs horizontally in two layers so they aren't touching the sides or door. Place largest logs on bottom, medium next, then smallest (kindling or firestarters) on top. Avoid using

## Food

 **Foothills Food Bank** Tuesday: 8-11am Thursday: 4-7pm Mobile Pantry outside Food Bank: 1st Saturday of every month 11:30 - 12:30 And third Friday of every month 10am-11am Contact: [foothillsfoodbankcontact@gmail.com](mailto:foothillsfoodbankcontact@gmail.com) 360-392-8149 \*We are always looking for volunteers! [www.foothillsfoodbank.org](http://www.foothillsfoodbank.org)

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

**River of Life Community**  
Mission: To Love God and To Love Others

THE LORD'S TABLE FOOD BANK  
RIVER OF LIFE CHURCH  
4037 VALLEY HWY 9, VAN ZANDT, WA  
360-592-2279

FOOD BANK

Questions? Call 360-595-0430 or 360-594-1775

FOOD DISTRIBUTION:  
10:00-NOON  
2ND & 4TH SATURDAYS

**Low Income Health Care**

 **Unity Care NW** Health Care for Everyone **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>

paper to start your fire. Light your fire from the top. This ensures reaching optimal temperatures quickly and will spread the flames to larger combustibles below. It takes considerably longer for your fire to reach the temperatures required for clean combustion if you light it from below, and the emissions will be higher.

**Rebus 3**

ca se  
case

## 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](mailto:info@ferndalecs.org) Text: 813-957-4935 <https://ferndalecs.org/bridge-2-services/>

## Local Healthcare

 **Health Ministries Network** **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 1<sup>st</sup> and 3<sup>rd</sup> 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** National Alliance on Mental Illness **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](http://www.namiwhatcom.org), call us at 360-671-4950 or email [namiadmin@namiwhatcom.org](mailto: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](http://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 2<sup>nd</sup> and 4<sup>th</sup> 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](mailto: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@oppco.org](mailto:seas@oppco.org) <https://www.seaswhatcom.org>

 **Center for Independence** (CFI) is a non-residential, community-based 501(c)(3) non-profit organization operated by people with disabilities, serving people with disabilities ages 14 and up. We serve as a resource for individuals with disabilities to fully access and participate in the community through outreach, advocacy, and independent living skills development. We work together with participants to achieve independent living goals such as self-advocacy, self-sufficiency, and self-determination. 1-888-482-4839 [info@cfi-wa.org](mailto: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 4



## Addiction

 **Lifeline Connections** is a community-based behavioral health organization that specializes in providing confidential and compassionate care to individuals who experience a substance use and/or mental health condition. Dial or Text 988the 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](mailto: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 [Webervant@nwsrna.org](mailto:Webervant@nwsrna.org)

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

# RESOURCES

## Addiction Continued

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



**Northwest Regional Council** connects and creates new

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

## Home Owners/Utilities

**Senior Resources** A guide to services and resources for seniors in Whatcom County 360.344.3333 [guide@olypen.com](https://nwseiors.com/whatcom-county/) <https://nwseiors.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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:eceap@dcyf.wa.gov) for ECEAP [dcyf.hsco@dcyf.wa.gov](mailto: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 5

**XR** small

**XR** medium

**XR** large

**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](mailto:p2p@arcwhatcom.org) <https://www.p2pwhatcom.org/home>

**Parent to Parent of Whatcom County**

## Veterans

**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,



**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>



**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](mailto:ell@whatcomliteracy.org) (360) 685-6756 <https://www.whatcomliteracy.org/english-language-learner>

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



# RESOURCES

## Education/Jobs



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

**Are you eligible for free home weatherization?**

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

## Home Owners/Utilities

**Bellingham & Whatcom County Housing Authorities** 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](mailto:info@bellinghamhousing.org) <https://bellinghamhousing.org>

You can be emailed important Columbia Valley Water District News and Updates by creating a login at Xpressbillpay. Go to [www.cv-wd.com](http://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](http://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](mailto: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](mailto: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](mailto: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](mailto:info@hfhwhatcom.org) <https://www.hfhwhatcom.org>

**PSE 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 WASHINGTON** **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

**WHATCOM community FOUNDATION** 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](mailto:wcf@whatcomcf.org) [https://wcf.fcsuite.com/erp/donate/create/fund?funit\\_id=1523](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](mailto:whatcomhrtf@gmail.com) <http://www.nwirp.org/>

**Washington State Department of Social & Health Services** **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>

**IRIS** **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](mailto:info@irisnw.org) 1050 Larrabee Ave. Ste. 104 #498 Bellingham 360-935-1688 [irisnw.org](http://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](mailto:wdr@whatcomdrc.org) [www.whatcomdrc.org](http://www.whatcomdrc.org)

**WASHINGTON IMMIGRANT SOLIDARITY NETWORK** **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](mailto:info@waisn.org) <https://waisn.org>

The dementia journey isn't easy. Reaching us is. You're not alone. We're here to help. 24/7 Helpline • 1.800.272.3900 Visit us online at [www.alzwa.org](http://www.alzwa.org) **ALZHEIMER'S ASSOCIATION**

**Rebus 6**

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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](http://whatcomcounty.us/septicrebate), or call: 360.778.6267.

# ORGANIZATIONS

## 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](http://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](mailto:cvparksandrec@gmail.com)



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

We are the only community, low-power FM radio station in East Whatcom County. Please contact us at [info@kavz.org](mailto: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](mailto: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](mailto: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](http://www.foothillsinfo.com). [info@foothillscommunityalliance.com](mailto:info@foothillscommunityalliance.com) 360-410-9114 [foothillscommunityalliance.com](http://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](mailto: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](mailto:mtbakervisitorcenter@gmail.com)

### Rebus 7

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### Dear MBCC,

The Mount Baker Community Coalition (MBCC) invites community members to attend its next monthly meeting on Monday, March 16th from 2:45-4:15 PM at the Mount Baker School District Board Office. Participants may attend in person or join virtually via Zoom.

MBCC works to build a strong and connected community that supports the health and well-being of youth and families throughout the Mount Baker School District. The coalition focuses on substance use prevention, mental health promotion, and strengthening protective factors so that young people can thrive.

Community involvement is essential to this work. It takes educators, parents, youth, business owners, service providers, and caring neighbors working together to create meaningful, community-level change. MBCC envisions a future where youth and families in the Mount Baker School District are healthy, supported, and empowered — and where every community member knows they have a role to play.

In addition to the monthly coalition meeting, high school students are encouraged to get involved with One Baker Voice, MBCC's youth coalition. One Baker Voice provides leadership opportunities for students interested in substance use prevention, peer education, and promoting mental well-being. The group meets on Tuesdays during lunch and on Club Fridays in Room 311 at Mount Baker High School.

For more information about attending the March meeting, accessing the Zoom link, or learning more about MBCC or One Baker Voice, please contact Allison at [mbcc@wfcn.org](mailto:mbcc@wfcn.org). Even if you are unable to attend the monthly meeting, we welcome and encourage anyone interested in supporting youth and families to reach out and get involved.

Together, we can continue building a community where everyone belongs and every young person has the opportunity to thrive.

gratitude,

Allison Ormsby, MPA, Prevention Program Manager  
Mount Baker Community Coalition  
Whatcom Family & Community Network  
360.375.0883  
[wfcn.org](http://wfcn.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.

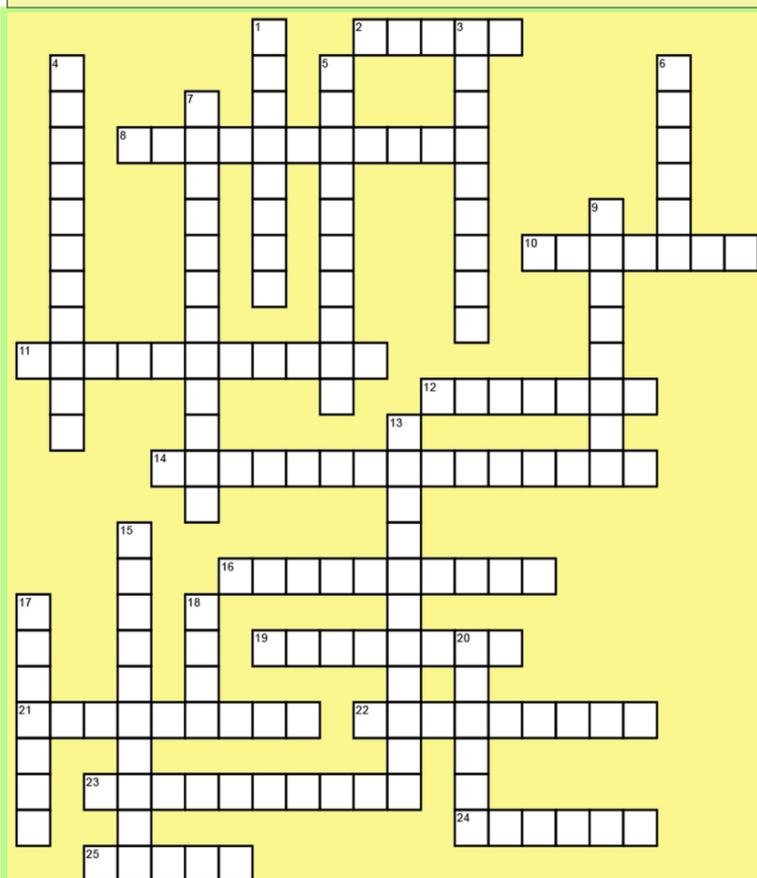
### MARCH CROSSWORD PUZZLE: NATIONAL PARKS (all in US)

#### Across

- 2 Gypsum creates these stunning ? sands
- 8 Only 3rd deepest in US
- 10 Going-to-the-Sun road is here
- 11 Has the most hoodoos in US
- 12 The Rio Grande runs through it
- 14 Has 200-million yr old ? wood here
- 16 An archipelago on Lake Superior
- 19 More than 119 caverns here
- 21 Most glaciated mt peak
- 22 International Dark Sky Park in Minnesota
- 23 Deepest lake in US
- 24 Has 2,000+ stone ?
- 25 Lowest point in US at 282 ft below sea level

#### Down

- 1 Cave with rare "boxwork" formations
- 3 Spans North Carolina and this state
- 4 Tallest manmade monument in US
- 5 White water raft on Snake River here
- 6 Has highest peak in US
- 7 These caves are an International Biosphere
- 9 Fossil beds abound here
- 13 First national park
- 15 Named for false tree in Mojave Desert
- 17 Riff on home of Greek gods
- 18 Known for stunning pink cliffs
- 20 1st place to see sunrise in US



### South Fork Valley

### Community Association

#### Come Celebrate With Us at the newly Renovated Van Zandt Community Hall!

The historic Van Zandt Hall will officially reopen with a week-long celebration from **Friday, April 10 to Friday, April 17**. More details are forthcoming, but here's a peek at the week's events:

**Friday, April 10** – Grand Reopening Ceremony from 3pm to 5pm

**Saturday, April 11** – First Public Market Day of 2026 from 10am to 3pm

**Sunday, April 12** – Third Place Coffeehouse from 10am to 2pm

**Monday, April 13** – Open House from 4pm to 8pm

**Tuesday, April 14** – First gathering of Foothills Seniors from noon to 3pm Van Zandt History Enthusiasts from 7pm to 9pm

**Wednesday, April 15** – Inaugural meeting of Foothills Entrepreneurs Collective from 4pm to 5:30pm

**Thursday, April 16** – Potluck and Open Mic from 6pm to 9pm

**Friday, April 17** – [Robert Sarazin Blake and The High, Wide & Handsome Band](#) rock the Hall from 7pm to whenever

#### 2026 Van Zandt Seed & Plant Swap

Saturday April 18th 10AM-2PM

All are welcome to this perennial South Fork spring event at the historical Van Zandt Community Hall located at 4106 Valley Highway, Deming, WA 98244. Bring your plants and seeds to share with your community and take some home to diversify your garden this growing season!

#### SFVCA INFO

The South Fork Valley Community Association (SFVCA) is a small, all-volunteer group focused on maintaining and improving the Van Zandt Community Hall, providing opportunities to gather as a community, and sharing information of interest to the Mt. Baker Foothills area.

Planning an event or celebration? For Hall rental rates and availability, call 360-230-8176.

Learn more about upcoming SFVCA events and programs at [southforkvalley.org/](http://southforkvalley.org/) or [facebook.com/southforkvalley/](https://facebook.com/southforkvalley/).

If you have information that would be of interest to people in the South Fork Valley and Mt. Baker Foothills, we'll share it in the South Fork Scoop. Email [info@southforkvalley.org](mailto:info@southforkvalley.org) or call Will at 360 393-9583.

Listen to KAVZ, your Voice of the Valley, at 102.5 FM, or online at <http://kavz.org/>

### Rebus 8



### 5 Simple Rules in Life:

- 1.If you don't ask, the answer will **always be no**.
- 2.If you don't go after what you want, **you'll never have it**.
- 3.If you don't **step forward**, you'll always stay in the same place.
- 4.If you don't **believe in yourself**, no one else will either.
- 5.If you don't make **time for what matters**, life will fill it with what doesn't.



# Community Events Calendar



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

## MARCH 2026

### COMMUNITY CALENDAR

GREEN SHOOTS BURSTING FORTH  
SUNLIGHT THROUGH NEW PETALS  
SPRING'S JOYFUL PROMISE

#### Week One

##### Tuesday 3rd

8am Foothills Food Bank

10.30am Digital Equity Bus @ Deming Library

10.30am North Fork Storytime

5pm Neighborhood Watchdogs

##### Wednesday 4th

10.30am Storytime @ Deming Library

6pm Good Yarns @ Deming Library

##### Thursday 5th

3pm St Peter's "Thursdays with Friends"

4pm Foothills Foodbank

4pm Art & Audio for Tweens @ Deming Library  
Weekly on Thursdays in March

#### Week Two

##### Monday 9

1pm Whatcom Mobile Medicine clinic

##### Tuesday 10

8am Ask-a-Nurse clinic

8am Catch Me: Teen Mental Health

8am Foothills Food Bank (weekly on Tues)

10.30am Digital Equity Bus @ Deming Library

10.30am Storytime North Fork Library

##### Wednesday 11

Storytime @ Deming Library  
6pm Good Yarns @ Deming Library

##### Thursday 12

3pm St Peter's "Thursdays with Friends"

4pm Art & Audio for Tweens @ Deming Library

4pm Foothills Food Bank

6.30-7.30pm Columbia Valley Park and Recreation District Regular Meeting

#### Week Three

##### Monday 16

2.45-4.15pm Mt Baker Community Coalition Meeting

##### Tuesday 17

8-11am Foothills Food Bank

10.30-11.30 Digital Equity Bus @ Deming Library

10.30-11 North Fork Storytime

##### Wednesday 18

10.30-11 Storytime @ Deming Library

6-8pm Good Yarns @ Deming Library

##### Thursday 19

3-5pm St Peter's "Thursdays with Friends"  
St Peter's Catholic Church

4-7pm Foothills Food Bank

4-5pm Art & Audio for Tweens @ Deming Library

5.30-6.30 Foothills Communication Hub meeting

#### Week Four

##### Monday 23

8am Ask-a-Nurse clinic @ EWRRRC

1-5pm Whatcom Mobile Medicine Clinic @ EWRRRC

##### Tuesday 24

8-11am Catch Me: Teen Mental Health Support @ EWRRRC

8-11am Foothills Food Bank

10.30-11.30 Digital Equity Bus @ Deming Library

10.30-11am North Fork Storytime

##### Wednesday 25

10.30-11am Storytime @ Deming Library

6pm Good Yarns @ Deming Library

##### Saturday 28

1-1.30pm Poetry Collage @ North Fork Library

6-8pm Whatcom Mobile Medicine Fundraising Party @ EWRRRC

##### Sunday 29

12-3pm Kendall Elementary Spring Fair & Egg Hunt

## PUZZLE SOLUTIONS

### Crossword Solution

#### Across

2 WHITE  
8 GRANDCANYON  
10 GLACIER  
11 BRYCECANYON  
12 BIGBEND  
14 PETRIFIED  
16 ISLEROYALE  
19 CARLSBAD  
21 MT RAINIER  
22 VOYAGEURS  
23 CRATER  
24 ARCHES  
25 DEATH

#### DOWN

1 WIND  
3 TENNESSEE  
4 GATEWAYARCH  
5 GRANDTETON  
6 DENALI  
7 MAMMOTHCAVES  
9 BADLANDS  
13 YELLOWSTONE  
15 JOSHUATREE  
17 OLYMPIC  
18 ZION  
20 ACADIA

### Sudoku

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

#### Rebus solutions

- Scrambled eggs
- Without a second glance
- Open and shut case
- Apple pie
- Excercise
- 4 leaf clovers
- Longtime no see
- Eyeshadow

**Brain Teaser:** There's no missing dollar. The math mixes amounts in an invalid way. The €270 already includes the bellboy's €20.

**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](mailto:info@foothillsinfo.com)

*If you run out of money after you pay your bills and take care of your family and home, you're not broke, you're responsible!*

**Do you have an upcoming event? Let us know by the 15<sup>th</sup> of the month prior and we'll help promote it. Email the editor at [info@foothillsinfo.com](mailto:info@foothillsinfo.com).**