

The Foothills Outlook

Connecting Foothills community members with vital resources, organizations and events



Issue 2, no. 18
February 2026

BREAKING NEWS:

The Importance of Local Newspapers in Rural Areas

by Melonie Ancheta

It has never been easier to get news from around the world. With a phone in your hand, you can follow events in Japan or check football scores in Brazil in seconds. But try finding out how your local school board is spending tax dollars, who is working to address food insecurity in your area, or how the high school basketball team did, and what about that recipe for the fabulous chocolate cake Miss Edna makes. You are likely to come up empty-handed.

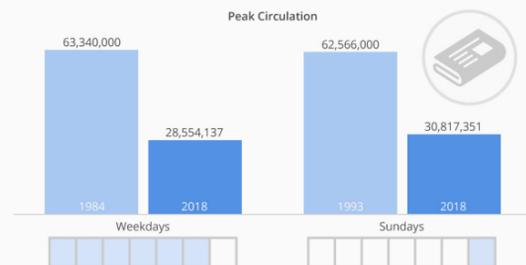
Those stories once lived in every community newspaper. Today, many of those papers are gone.

Across the United States, local newspapers are quietly disappearing, and with them a cornerstone of democracy. Since 2005, roughly one-third of U.S. newspapers have closed. In 2023 alone, 131 papers shut down. These are not abstract media-industry losses; they are civic failures felt most acutely in rural and small-town communities.

Local journalism matters because democracy is local. City councils, school boards, fire districts, and public health decisions shape our daily lives, yet they receive little, if any, attention from national or corporate media. Local newspapers provide accurate, timely reporting that residents can verify and trust. Because local journalists live in the communities they cover, they are accessible and accountable—to their readers, their sources, and their neighbors.

Then & Now Newspaper Circulation

Total estimated peak circulation of U.S. newspapers compared to 2018



statista

reporting, the door to misinformation and division quickly opens.

Research consistently shows that the loss of local news is linked to lower voter turnout, increased political polarization, and weaker government accountability. Social media has rushed in to fill the void, but it cannot replace journalism. Algorithms reward outrage and confirmation bias, not verification or context. True journalism's key role is checking facts, explaining complexity, and informing citizens; it is not at the whim of whomever is posting.

Beyond accountability, rural newspapers play a vital cultural role. They preserve local history, document community milestones, and tell the stories that bind neighbors together. Coverage of school sports, local events, neighborhood activities and recording local history all contribute to our senses of identity and connection. This is journalism rooted in lived experience, not content produced by distant outsiders.

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BECOME A CONTRIBUTOR

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

Submissions Deadline: 15th of each month

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

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DEFINITION of FRIEND:

Someone I can admire & respect, and who makes me want to be a better person.

Don't forget to check out our website at foothillsinfo.com for more on events and other local information. You can download a digital version of the Outlook on the **Print & Radio page.**

bugwalla

by Doug Imhoff

Helping Hands Making Change in the Foothills

FLOODING LEAVES VALLEY RESIDENTS IN HOUSING CRISIS

by Melonie Ancheta

Four years after the devastating 2021 flood, and following yet another major winter storm, hundreds of Whatcom County residents remain displaced, rebuilding, or struggling to recover — a reminder that disaster recovery does not end when floodwaters recede.

According to Ashley Butenshoen, vice president of the Whatcom Long Term Recovery Group (WLTRG), the county is now dealing with the compounded effects of repeated flooding, landslides, and winter storms that have left hundreds of people without safe housing and recovery resources that are stretched far too thinly.

"This is not a short-term problem. Flood recovery takes four to five years at a minimum." Butenshoen says.

Community in Action

Following the 2021 flooding, community volunteers realized there was a gap between emergency response and long-term rebuilding and formed Whatcom Strong, now known as Whatcom Long Term Recovery Group (WLTRG). This nationally recognized group coordinates funding,



volunteers and case management to assist households displaced by natural disasters in rebuilding their homes and lives.

"You can't live in a house without walls or heat in the winter. People try anyway — but it's not safe."

The effects of climate change are being felt all too personally by our neighbors in the Nooksack Valley as well as those further downstream. Those effects are extensive and each person, regardless of age, background, and income are impacted at every level of their lives. Most residents cannot simply return to their homes, muck out the mud and debris and get dinner on the table. The cleanup phase of recovery takes months and in the case of black water (water from rivers/streams and is often contaminated with human and animal waste) contamination, extra care must be taken to make certain the

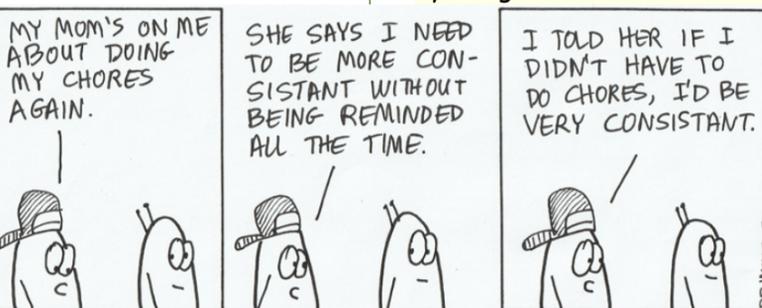
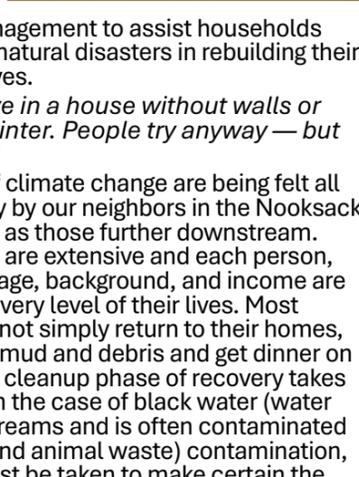
contamination is mitigated so it does not harm humans or animals.

And cleanup is only the beginning. Homeowners spend months—or years—navigating paperwork, waiting for rebuilding funds, or hoping for a buyout. Many face an agonizing question: *Do we rebuild or leave?* For some, the deeper question is whether they have the strength to go through it again, knowing future flooding will occur.

Home

For many flood survivors, the Nooksack Valley is more than a place—it's HOME! And for the people who both live and work in the Valley, they are doubly displaced if their workplace was in the path of the floodwaters. Those who have more recently moved into the area did so with dreams of making memories for many years to come. They make friends with neighbors, watch their kids all riding bikes together, and become part of a community. They knew where they would lay their heads each night.

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COMMUNITY SCENE

Breaking News, cont.

Social media has rushed in to fill the void—but it cannot replace journalism. Unlike journalism, social media lacks the discipline of verification and is at the whim of the person posting. People increasingly rely on information that confirms what they already believe, often from unverified sources. Journalism, at its core, is about checking facts, providing context, and giving citizens trustworthy information so they can make informed decisions on issues that affect them directly.

Papers like *The Foothills Outlook* show what is possible. Created to serve all the rural communities in the Mt. Baker School District area, the *Outlook* ensures access to local news for residents who lack reliable internet or prefer print. By offering both a printed paper and an online presence (foothillsinfo.com), it bridges the digital divide and reaches people who would otherwise be left out—including the most vulnerable among us. Despite small budgets, rural newspapers remain among the most trusted sources of information. In many communities, they are still the only consistent watchdog keeping an eye on local power. They connect people to one another and remind us that we share responsibility for the place we call home.

Today the stakes could not be higher. Without local journalism, we lose more than a newspaper—we lose civic engagement, accountability, and the shared stories that hold communities together. A strong local newspaper is not a luxury or a nostalgic relic; it is infrastructure for democracy, it helps build and strengthen communities, and helps keep people informed on local issues, especially in rural America. If we want resilient, informed communities, supporting local journalism will ensure the continuation of consistent, trustworthy and reliable information.

Key Statistics & Evidence

- **One-third of U.S. newspapers have closed since 2005**
- **131 newspapers shut down in 2023 alone**
- **About 6,000 newspapers remain in the U.S., only 1,200 of them dailies**
- **Approximately 1,300 mostly small newspapers have closed in the last 15 years**, often in non-county seat towns
- **Loss of local news is linked to:**
 - Lower voter turnout
 - Increased political polarization
 - Reduced government accountability
 - Loss of community resilience
 - Marginalization of rural communities
- **80% of people who most closely follow crime and public safety have no college degree**, compared to 67% of the broader population ages 16–40
- **Social media is the primary source of crime and public safety news for 54% of Millennials and Gen Z's**, highlighting reliance on social media when local news is weak

Helping Hands, continued

There are those who have ties to the Valley through family and then there are those who are tied to the land by farming, sometimes a multi-generational farm. But, thousands of acres of arable farmland (land on which food crops can be grown) now has sewage, chemicals, heavy metals, unhealthy microorganisms, and other pollutants that can contaminate the food being grown there. Making the decision to stay or go is a terrible choice to have to make.



Housing Gaps and Funding Delays
Housing is the most urgent unmet need. While emergency shelter is available short-term, there is a significant gap between immediate shelter and longer-term housing solutions. WLTRG is advocating for the use of Whatcom County's Healthy Children's Fund, also known as Proposition 5, to provide short-term housing for families

with children ages 0–5. Although a \$750,000 allocation passed unanimously by the County Council, implementation has yet to begin. Since 2021, the group has worked with 677 households affected by 2021 flooding. Following the most recent winter storm in December, WLTRG has identified 807 impacted households, of which 527 have completed intake assessments to determine their needs. Every application is carefully reviewed because WLTRG case managers strive to meet the common as well as unique needs of each household. Everyone at WLTRG understand there is no cookie-cutter solution; every household's needs are different.

Serving the Most Vulnerable

WLTRG serves all disaster-impacted residents regardless of income, language, or immigration status. Approximately 40 percent of current clients are non-English speakers, and many live at or near the poverty level. Families who earn just above state assistance thresholds often do not qualify for aid but lack the savings to recover independently. WLTRG staff work with each family to determine their needs in order to provide the best resources to fit their situation.

Vulnerable populations—including children, seniors, people with disabilities, non-English speakers, and those without internet access—face additional barriers. Much of the application process for government aid is online, leaving some unable to apply at all. WLTRG case managers conduct outreach to ensure people do not fall through the cracks.

Case managers assess the needs of every household member. For children, maintaining stability is critical, so staff work to keep kids in their schools whenever possible to reduce fear and trauma. Through partnerships with organizations such as North Sound ACH, Catholic Community Services, the Northwest Regional Council, government agencies, and faith groups, WLTRG helps meet a wide range of needs.

“Homelessness doesn't always look like tents downtown,” Butenshoen said. “If you can't go back to your home after a disaster, you are displaced.”

Many families still cannot return home due to mold, structural damage, missing insulation, or lack of heat. Some have been displaced multiple times.

“The money exists,” Butenshoen added. “What we're waiting for is action.”

Although some state disaster relief funding is available, it has been difficult to access and slow to in distribution. In some cases, statewide funds were depleted within hours, raising concerns about whether they reached the hardest-hit communities. Whatcom County currently has no local disaster relief fund to address immediate needs.

Community Collaboration

Despite ongoing challenges, coordination among local agencies, nonprofits, and volunteers has improved significantly since 2021. Local businesses, faith groups, and volunteers have supported cleanup and rebuilding efforts. BP Cherry Point provided logistical support, planners, and heavy equipment during emergency operations. Butenshoen also gives credit to Mark Stremmler and Barry Buchanon for not just rolling up their sleeves, but for diving into the muck to help. Alicia Rule was there every day buying food for those with special needs out of her own pocket, and Sharon Shewmake helped provide food for others. And while Governor Bob Ferguson personally saw the devastation, our legislators are having to fight for recovery funding for this area.

“All of this only works because people show up.”

LTRG operates with a small paid staff funded through grants, while its board is entirely volunteer. One hundred percent of donated funds go directly to client recovery, covering needs such as housing, rebuilding materials, appliances, and skilled labor.

Buttonsone emphasized that recovery extends beyond physical reconstruction.

“The house might look fine from the outside, but inside it may still be bare bones.”

Disaster headlines fade quickly and within a week or two most of the public has moved on. But it is imperative that we stay aware and engaged, that we continue to seek ways of helping our neighbors so they can rebuild, but also so they can truly recover.

“This is a five-year recovery. If we forget now, people fall through the cracks.”

The Whatcom Long Term Recovery Group, a 501(c)(3) tax-exempt nonprofit, supports disaster-impacted communities in their long-term recovery, with 100% of donations always going directly to clients' needs. You can help contribute at whatcomstrong.com or contact Ashley Butenschoen at whatcomLTRG@gmail.com.

As rebuilding begins, we're seeking skilled volunteers in HVAC, electrical work, drywall, and reconstruction; sign up on the website by filling out the volunteer form and noting your relevant skills.

THANK YOU!

A BIG THANK YOU TO EVERYONE WHO HAS HELPED WITH FLOOD RELIEF.

From across Whatcom County and points further away, so many people have stepped up to help with rescue, clean up, rebuilding, donations and so much more that it's impossible to thank you all individually.

We want you to know that every flood survivor is grateful for your assistance.



WHATCOM COUNTY WATER DISTRICT 13

WHATCOM COUNTY WATER DISTRICT 13'S BOARD OF COMMISSIONERS, ENGINEERS, AND STAFF WOULD LIKE TO INVITE THE DISTRICT'S RATEPAYERS TO A COMMUNITY MEETING TO DISCUSS THE WASTEWATER TREATMENT PLANT UPGRADE PROJECT

WHEN: FEBRUARY 11, 2026 AT 6:00 PM

WHERE: EAST WHATCOM REGIONAL RESOURCE CENTER AT 8251 KENDALL ROAD IN MAPLE FALLS

INFORMATION ON THE PROJECT, THE COST AND FUNDING OPTIONS WILL BE PRESENTED. YOUR INPUT AND COMMENTS ARE VERY IMPORTANT IN THIS PLANNING AND DESIGN PROCESS. WE HOPE TO SEE YOU THERE!

WWW.WCWD13.COM



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) 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/qxxL7veiUYCsNjnu8>, and we will contact you within 5 business days.

FOOTHILLS ALIVE

KID'S CORNER

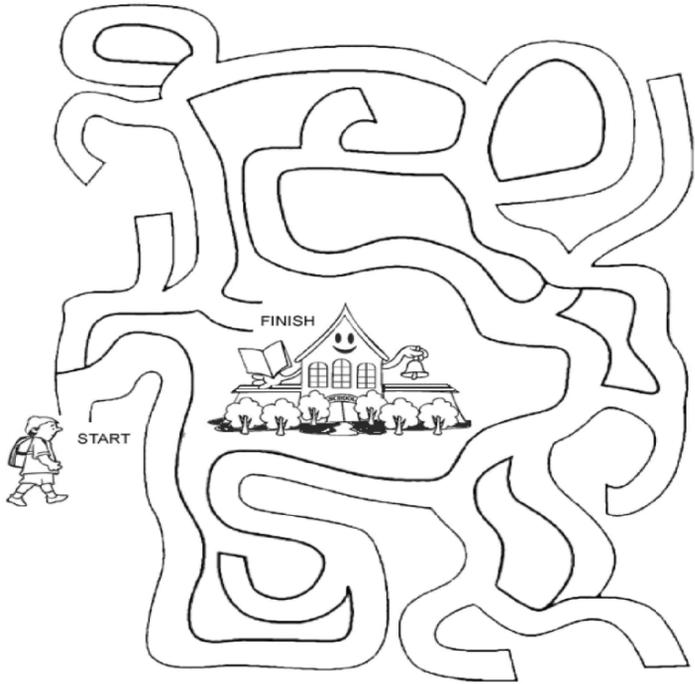


Children often worry or struggle with fear but these Monster Rocks can help give them strength. By keeping the rock in their pocket, they can rub and squeeze it and tell it their troubles which will help ease whatever is bothering them.

Materials:
Permanent paint pens
Smooth rocks (dollar store)
Directions:
Have the children paint scary looking monsters on their rocks.

WORRY MONSTERS

Quick! Help Sam get to school on time!



Circus Word Scramble

Oinl _____ lowc _____
Ggulerj _____ Isltts _____
Pocnorp _____ Nocann _____
Llboona _____ entt _____

Food Matters



This hearty, veggie packed dinner has something to make everyone at the table happy. Spaghetti squash is a great ingredient to use as a replacement for pasta, potatoes and rice. It's low calorie, high in fiber, is a great source of beta carotene, Vitamin C, pantothenic acid, as well as a variety of other vitamins and minerals. And if you don't tell your kids it's a veggie, they'll never know!

Spaghetti Squash Chicken Primavera

Yields: 2 serving(s)

Prep Time: 30-45 mins Total Time: 1 hr

Ingredients:

1 medium to large spaghetti squash
1 tbsp extra-virgin olive oil
Kosher salt & black pepper

For filling:

1 tablespoon extra-virgin olive oil 1/2 small red onion, chopped

1 orange bell pepper, chopped 1 cup grape tomatoes, halved
1 medium zucchini, sliced in half moons 2 cloves garlic, minced
1 tsp lemon zest Kosher salt
Black pepper 1/2 tsp Italian seasoning
1 cup shredded mozzarella 1/4 cup grated Parmesan
2 1/2 cups cooked, shredded chicken Fresh chopped parsley for garnish

Directions:

Preheat oven to 400F. Cut squash in half lengthwise and scrap out seeds. Drizzle olive oil on cut sides, season with salt and pepper. Place cut side down on rimmed baking sheet and roast until tender, 30-45min. Let cool slightly then using a fork, break up the squash strands to shreds. Keep oven on.

While squash roasts, make filling. In large skillet over medium heat, heat oil to shimmering, add onions and bell pepper; cook until slightly softened, 3-4 min. Add tomatoes, zucchini, garlic and lemon zest. Season with salt and pepper, and Italian seasoning. Stir to combine. Cook until soft, 3-4 min, then stir in shredded chicken. Remove from heat.

Divide mixture between squash halves and stir to combine with squash strands. Top each half with mozzarella and return to oven to melt, 5 min.

Garnish with Parmesan and parsley.

Swap out these veggies for whatever is in season.

Nutrition Information Per Serving: Cal/Serv: 874, Fat 59g, Saturated fat 20g, Trans fat 0g, Cholesterol 188mg, Sodium 1698mg, Carbohydrates 23g, Fiber 8g, Sugar 14g, Protein 56g, Vitamin D 1mcg, Calcium 641mg, Iron 5mg, Potassium 1305mg



Hack for Halving Cherry Tomatoes (and more)

We've all stood there tediously halving cherry tomatoes one by one, but if you have two lids from something like a cottage cheese container, this hack works like a dream.

Place one lid top side up (so it is a rimmed dish). Put as many tomatoes as will fit on it then set the other lid on top, rimmed side facing down. Simply draw a sharp knife between the two lids and you've got perfectly halved tomatoes!

TIP: Two plates facing each other

work as well.

KIDS IN THE KITCHEN

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

Sloppy Joe Grilled Cheese Sandwiches

Ingredients
1 Tbsp extra virgin olive oil 1 lb ground beef, chicken or pork
1 medium onion, minced 1/2 cup ketchup
1/3 cup packed brown sugar 2 Tbsp yellow mustard
1 Tbsp chili powder 2 cloves garlic, minced
Kosher salt Black pepper
4 Tbsp butter for bread 2 cups shredded cheddar cheese

Instructions

Add oil to large skillet set over medium heat. When oil starts to shimmer, add onion. Cook, stirring until soft, 5 minutes. Add ground meat. Cook, stirring and breaking up until meat is cooked through and no longer pink, 6-8 minutes. Drain fat off. Keeping meat over medium heat, stir in ketchup, garlic, brown sugar, mustard, chili powder and season with salt and pepper. Simmer until thick, 5 minutes. Transfer mixture to a bowl and wipe skillet clean.

Assemble sandwiches: Butter one side of each slice of bread. Place 2 buttered sides down in skillet and spoon sloppy joe mix on top. Top with cheese and other slice of bread, buttered side up. Cook over medium heat until bread is golden and cheese has melted.

Repeat with remaining sandwiches.

Serves 4 Prep time: 10 min Cook time: 20 min Total time: 30 min



FIELD TRIP ANYONE?

Due to natural forces like plate tectonics, earth quakes, volcanic eruptions, landslides and flooding all contributing to the geology of Washington state, we have a complex and fascinating geological history that goes back more than 1 billion years.

This makes the mineral, rock and fossil exhibit on the first three floors of the Environmental Studies building at Western Washington University (WWU) a great field trip destination with the kids especially because visitors are allowed to touch the specimens!

The collection at WWU is one of the largest in the region and is home to some spectacular and unique fossils as well as stunning crystal formations, petrified wood and more.

The exhibit is open from 7am-9:30pm weekdays, 7am-6pm Saturdays, and 7:30am-9:30pm Sundays. Call ahead (360-650-3582) to arrange a guided tour and for parking information.

The image is a fossilized crab from the collection.

For more info: <https://geology.wvu.edu/geology-museum>



Top 9 tips to MAXIMIZE NUTRIENTS when cooking veggies

1 Cook in a minimum amount of water.

2 Reuse the leftover liquid after cooking vegetables. Use can use it in soups or stews.

3 Cook vegetables only over a short period.

4 **D K** Use fat when cooking, because nutrients such as beta carotene, vitamin D, and vitamin K are fat-soluble and need fat to be absorbed.

5 Avoid peeling if you wish to optimise fibre and reduce nutrients loss. The skins contain a large part of the nutrients.

6 Try to consume cooked vegetables within a day or two, as cooked food may continue to lose its vitamin C content when exposed to air.

7 If possible, cut food after the process of cooking. That is because, when cooked as a whole, a smaller portion of the food is exposed to heat and water. Or cut them into large uniform pieces that will cook evenly.

8 If cooking vegetables, don't use baking soda. While it does help retain the colour of the veggies, the alkaline environment will lead to the loss of vitamin C.

9 To enhance absorption of iron, add citrus. The vitamin C helps to convert iron in veggies to form that's more easily absorbable.

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From Kristi's Desk

by Kristi Warren Slette

Director Whatcom Family & Community Network

It's Winter! It's dark. It is early in a new year. Have you set goals for 2026? Having goals is important! Now is a great time to set at least one personal or professional intention for your better future.

Research tells us that Hope is made up of three components: **Goals**, **Pathways** to reach those goals; and the **Motivation** to choose pathway and take steps along it.

Check your motivation to accomplish your goals! If you find it waning here is information that might help you adjust.

In *"Hope Rising: How the Science of Hope Can Change Your Life"* (2019) Casey Gwinn and Chan Hellmann explain, "Hope is a miracle of the human mind. Humans, alone, can be hopeful and future-oriented" (p.122).

To understand what can lift your motivation, look at some of the concerns that may become barriers to it. Gwinn and Hellman (2019) share that "there are enemies of hope" (p. 123).

Living in an unhealthy state of fear can, as they write "suck hope right out of our lives" (p. 128). This can include how our bodies respond to what is called "toxic stress"—prolonged or frequent stress without support of safe, caring people to buffer the experience and/or living in a state of hyper-vigilance.

Other enemies of hope include anxiety, lack of proper nutrition, and illness. These are all complex issues that we deal with as humans. The good news is that there are effective actions you can take to raise motivation, counter act these enemies and raise hope for yourself.

Learn to claim your calm! The term, "**self-regulation**" refers to action steps you can take to calm your mind and body after stress, fear or anxiety has been activated. Learning breath and movements that reset your nervous system is a first step. Everyone with the ability to breath on their own has the ability to self-regulate.

Self-Empowerment is "the second crucial step" according to Bessel van der Kolk, who says, "that you can make the decision to choose to control your own thoughts without pills or drinks" (p.137).

"Expressing Your Inner Experience Comes Next" (p.137). "Without being able to communicate, you're locked up inside yourself" explains van der Kolk (p.137). This is not easy for many people, especially if you were not encouraged to talk about feelings or talk about them safely with trusted adults while growing up.

The final step is "**integrating your senses through rhythm**" (p.137). This may include music, dance, drumming, and exercise—especially with others. Experiencing reconnection and rhythm with and through other people can help you reestablish your interpersonal rhythms.

Connection to self and others are critical to reducing stress, managing our emotions and our physical energy toward good so that we can channel it toward our goals for a better future.

Health and nutrition, as well are critical. Motivation can only be sustained when you have enough life energy—physical, emotional, mental and spiritual—to take on goals and face the barriers that come with them.

Illness can be an enemy of hope. For some it can also motivate change. When you are physically unwell, your body requires energy to heal. Part of that healing leads us back to knowing how to self-regulate to activate your parasympathetic system so that you body can go into "relaxation" state and balance out its stress. Consider that "ease" is the opposite of disease. If we can increase the ease in our lives, we can better balance stress with it, which can impact our health at cellular, regulatory and nervous system levels. Increasing Ease is something that we all have access to learn.

Understanding nutrition and digestion is important to remaining hopeful. "A meal full of good nutrients will be used for fuel by nearly every cell in your body" (p. 146). That is true as long as you are able to absorb the nutrients. When our bodies are stressed, our digestive system takes a break because our body tells our brain that if we are in survival mode, that function is not necessary. Again, we see the importance of self-regulating to be calm. We won't have the physical energy we need if we are not able to absorb the nutrients we consume. When we have "low energy" or "low motivation" moments, it can be tempting to turn to caffeine and sugar for a quick burst of energy. Skip it! Instead, manage your stress through breath, movement, and eat more fruits, veggies, and proteins.

Hope is the single most predictor of wellbeing for individuals, families, organizations, communities and societies. Let's raise hope in Whatcom County by claiming our calm through breath, movement and connection. Eat healthy meals together in your homes and increase ease in your life.

Want to learn how? Join Whatcom Family & Community Network on April 10, 17 and 23 for 6 hours of Power of Ease: Self-Regulation and Co-Regulation skill learning. Register at: wfcn.org/events

The Book Shelf



February events at the North Fork Library

Crafting Community at North Fork Library

Drop in with your favorite arts and crafts to spend time creating alongside other crafters. Color, stitch, hook, paint, draw — all while connecting with others every Tuesday. Some knitting supplies will be available. Coffee and tea are provided. Tuesdays 6:00pm - 7:30pm

North Fork Library Storytime

For ages 2-6, 30 minutes. An open program that includes stories, rhymes, and songs with opportunities for movement and interactive participation. Fridays 10:30am - 11:00am

North Fork Kids Make Valentines

Come to the library to make Valentine's cards for all the loved ones in your life. We'll have all the supplies you need; you bring your creative spirit and open heart! Tuesday, Feb 10 2026 3:45pm - 4:45pm

February events at the Deming Library

Digital Equity Bus

10/30-11.30, weekly on Tuesdays

Good Yarns

6.00-8.00, weekly on Wednesdays

Storytime

10.30-11am, weekly on Tuesdays



The Power of Play and Connection

This month, I wanted to share a few resources that support connection, play, and community. When we talked with families living in East Whatcom, one message came through clearly: one of their greatest sources of support is each other — neighbors, friends, other parents, and sometimes the simple connections made at the library, the park, or during play time.

These connections don't always come from people we know well. Often, they grow out of small, everyday moments. This month, I wanted to highlight the power of those moments and share a few welcoming, local places where families with young children can connect.

It can be hard to prioritize play and social connection, especially when life feels full. But play is not extra — play is the work of childhood. It's how children make sense of the world and how they learn who they are in it.

Kids don't need perfectly planned activities or elaborate crafts. They need time, space, and connection. They need chances to explore, pretend, move their bodies, and sit next to another child while figuring out how to be together. And sometimes, they just need us nearby — not leading, not teaching, just present.

Still, finding time for play and connection can feel challenging. Between work, appointments, care-giving responsibilities, long drives, and limited options nearby, it's easy for families to feel isolated. We hear this often — and many of us feel it too.

That's why spaces like playgroups and libraries matter so much. At the East Whatcom Regional Resource Center (EWRC), playgroups offer a place where children of all abilities can play freely while caregivers take a breath. There's no pressure to explain yourself or have all the answers. Kids play. Adults connect. Sometimes conversations happen; sometimes quiet does. Both are good. EWRC playgroups are offered on Tuesdays at 11:30 a.m.

Local libraries are another wonderful place for connection. The Whatcom County Library System offers welcoming story times and programs, especially at:

- North Fork Library: Fridays at 10:30 a.m.
- Deming Library: Wednesdays at 10:30 a.m.

All libraries also have play spaces, perfect for low-pressure meetups, informal playdates, or simply letting kids play while caregivers pause. Libraries host regular programs for children, teens, and adults, reminding us that connection and learning happen at every age.

If play feels like one more thing to figure out, think small:

- Meet another family at the library or park
- Attend story time and let your child warm up at their own pace
- Turn errands into moments of connection
- Sit on the floor for five minutes and let your child lead

Social connection matters, for kids and caregivers. Tools like [Vroom](#) (a free app) can also help by offering simple ideas to turn everyday moments into play and learning.

You're not behind. You're doing important work — even when it looks like sitting on the floor, watching your child play.

Your friends at Whatcom County Health and Community Services, Children and Family Team



Benefits of play, cont

- Deeper Understanding: Helps parents learn about their child's interests and personality.

How to Play:

- Child-Led Play: Follow their lead to build confidence and decision-making skills.
- Variety: Engage in pretend play, outdoor activities, crafts, games, reading, or making music.
- Be Present: Get down to their level and engage fully; even short bursts of quality play help.

Children mimic the adults around them, so when you get down on their level and play, you're providing good role-modeling for them at that time, but when they have children they'll remember how much they enjoyed it when you played with them and it will inspire them to play with their children.

And best of all, playing with your children is **FUN!**

THE BENEFITS OF PLAY



Playing with your children builds strong bonds, boosts their cognitive (language, math, problem-solving), social (sharing, empathy, teamwork),

emotional (self-esteem, regulation, resilience), and physical (motor skills, health) development, while also reducing your own stress and creating positive memories, making it crucial for overall family well-being. It allows children to learn about the world, practice new skills in a safe space, and understand their feelings and choices.

Benefits for Children:

- Cognitive: Enhances language, math, memory, critical thinking, planning, and problem-solving.
- Social-Emotional: Builds self-esteem, confidence, emotional regulation, resilience, empathy, and trust; teaches sharing, taking turns, and conflict resolution.
- Physical: Develops gross/fine motor skills, balance, coordination, and cardiovascular health.
- Understanding the World: Allows safe exploration, experimentation, and practice for real-life situations.

Benefits for Parents:

- Stronger Relationships: Creates joy, deepens connections, and helps resolve conflicts.
- Stress Relief: Releases oxytocin (the "love" hormone) and acts as a mental break.

HEALTHY CHOICES



Dear Deb...

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

When the Fear Is Real

Dear Deb,
What do I say to my child when they wake up from a bad dream and can't stop crying because they are afraid our house will get washed away? This isn't a monster under the bed. This is something they've seen happen just around the corner. How do I comfort my child when the danger feels real?

Sincerely,
Parent of a terror-filled child

Dear Parent of a Scared Child,

Your question is heartbreakingly valid. It is an absolute shame that fears about natural disasters are now part of childhood, especially here in Whatcom County, where "100-year" floods seem to be happening far too often. You are not overreacting, and neither is your child.

First and foremost, your child needs *you* — authentic, loving, and fully present. In moments of terror, children are not looking for statistics or reassurance that nothing bad will ever happen. They are looking to know one thing: *Am I safe right now, and will you take care of me?* Holding them, naming their fear, and calmly saying, "I'm here, and I will take care of you," builds a sense of safety that goes deeper than words.

It is okay — and important — to acknowledge reality without overwhelming them. You might say something like, "Floods can happen, and that's scary. Grown-ups work very hard to keep families safe, and right now we are okay." This balances honesty with containment, helping your child trust both you and their own feelings.

Another powerful source of comfort is helping children feel the strength of connection beyond the immediate family. When kids see neighbors checking on one another, communities preparing together, and adults cooperating, it sends a quiet but powerful message: *we don't face hard things alone.* Humans have always survived challenges by sticking together, and children draw safety from that shared strength.

It also helps to gently shift focus to what *is* within their control. Even young children can understand simple truths — we can control what we think, what we do, how we take care of our bodies, and how we ask for help. These small anchors give children a sense of agency when the world feels unpredictable.

Finally, remind your child — and yourself — that there is always something we can do to make the next moment better. Comfort, preparation, connection, rest, kindness. Hope doesn't mean pretending danger doesn't exist; it means believing we can meet it together.

If families hold this belief and pass it on to their children, we don't just raise resilient kids — we build a stronger, more compassionate community.

With care,
Deb

To Your Health



The Small Things That Shape Our Kids' Health

By Dr. Rachel Culleton, ND – Pediatric Naturopathic Physician

If you spend any amount of time around children, your own, your grandkids, or the ones tumbling through our local parks then you know that kids have an uncanny way of reflecting the world around them. They pick up on our routines, our pace, our foods, our habits, our stress levels... and their bodies respond in small but meaningful ways.

In my pediatric practice here in Bellingham, I'm seeing a rise in things many parents brush off as "normal kid stuff": more tummy aches, more eczema patches, more lingering coughs, more sensitive immune systems. None of these are emergencies, of course. Kids are resilient. But they're also communicators, and these everyday symptoms are often the body's way of asking for a little extra support.

The Gut: A Quiet Player in Childhood Health

So much of a child's immune system, digestion, and even emotional regulation is developing in those early years. Their gut is, quite literally, still writing the instruction manual. And the environment we create their food, their routines, their play, their exposures become part of that story.

Patterns I See in Practice

This fall and winter, many families have come in saying the same thing: **"My kid just hasn't felt like themselves lately."**

Not sick... but not fully well.

Not alarming... but persistent.

A little eczema flare that won't settle.

A cough that hangs on long after the cold.

Constipation that shows up out of nowhere.

A kid who suddenly becomes pickier or more irritable.

These are small things, but they add up. And more often than not, when we slow down and look at the whole picture, the gut is quietly involved in the background.

A Few Simple Levers That Make a Difference

Nothing extreme. Nothing expensive. Just simple patterns that seem to support the kids in our community the most.

Let them taste the world.

Kids don't need complicated diets, but they do benefit from variety. Different colors, different textures, different foods grown in our own soil. Even tiny exposures (one bite, one bean, one new flavor) help build flexibility in the gut and immune system.

Let them be outside.

Fresh air, dirt under the nails, forest trails, the bay breeze. These aren't just poetic images. They're exposure to microbes that help round out the immune system in ways we can't reproduce indoors.

Let their bodies practice.

A mild fever, a bit of congestion, a day of needing extra rest. These are not signs the body is failing. They're signs it's learning. Of course, there's a time for medication or intervention, but not every symptom needs to be immediately corrected. Kids learn by doing, and that includes their immune system.

Be thoughtful about antibiotics.

We're lucky to have them when they're needed. They've saved countless lives. But in children, they're also a big reset button for the gut. When we use them intentionally and follow them with foods and routines that rebuild balance. Kids tend to bounce back more smoothly.

A Community Approach to Raising Healthy Kids

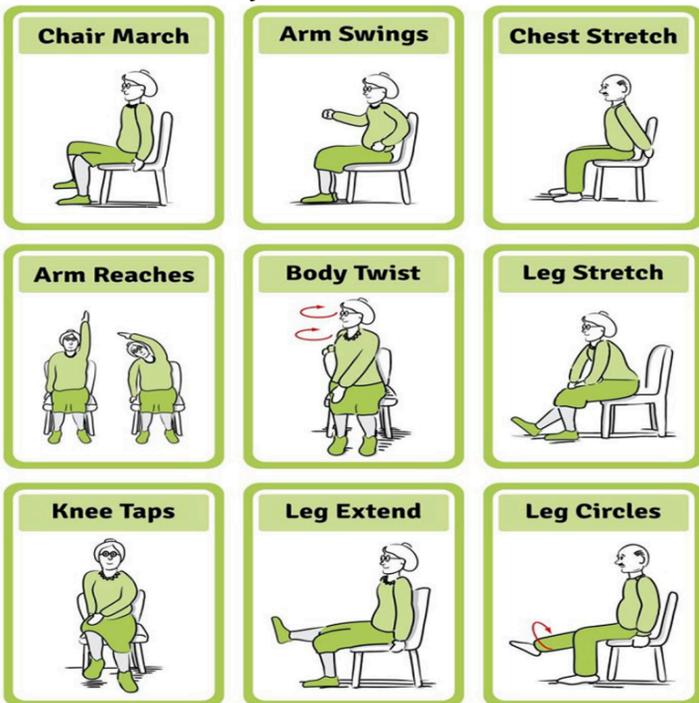
Every family is doing the best they can with the time, energy, and resources they have. But I've found that when we collectively return to the basics with good food, steady routines, outside time, and a bit of trust in our kids' bodies we start to see fewer of those lingering, low-grade issues that wear families down.

Healthy kids don't need perfection. They need rhythm, nourishment, and a community that understands that the small things matter.

If you've noticed shifts in your child's digestion, immune resilience, or skin this season, you're not alone and you're not overreacting. Often, a few gentle adjustments can help the body settle back into balance.

Seated Exercise Activity for Seniors

or anyone who sits to work



Two Things You Can Do to Increase Mobility

Step One — Flexibility

Do this daily: Ankle dorsiflexion (or pulling your shoelaces toward you) is a key component of the movement. Practice pulling your laces to you and pointing your feet away, like a ballerina. Even doing the alphabet with the top of your shoe works. Do about 10-12 repetitions per foot. Avoid using the knee to help, keep the movement at the ankle.

Hamstrings: There are [many great stretches](#) on the internet for your hamstrings, both dynamic (moving) and static (still or holding). You can choose one of these options, or find another stretch that works best for you.

Quads: Similar to hamstring stretches, there are [many different quadriceps stretches](#) to choose from. Pick the one that you feel you can do easily.

Lower Back: [Cat and Cow](#) or [child's pose](#) are both wonderful stretches, done best at the end of the day when you are stiff from looking at the computer all day.

Step Two — Strength Training & Functional Movements

Do 2-3 times a week:

Core Work: Spinal movements as shown in this [Life Energy Foundation Channel Video](#) www.youtube.com/watch?v=pkPQgliBtH8&feature=youtu.be

Rowing: Any tube or dumbbell row for your back, it is better if you perform these standing to aid in integrating the movement up the kinetic chain (transferring strength up and down your body).

Sit to Stand: You guessed it, going from just a seat to standing helps with getting up and down off the floor. Play around with the height of the chair or surface you sit on. Hold weights, vary the tempo (how fast or slow you do the movement).

One Leg Static Squat: Kneel with one knee on a firm surface or the floor, if appropriate. Place the other foot in front where it is comfortable as close in line with the back knee as possible. Raise your arms overhead (make sure your shoulders are not in pain, elbows can be bent). Square your hips so there is no rotation, load your weight into the front foot (equally balanced between the ball of the foot and the heel), and stand up. Return to starting position and repeat for a designated number of repetitions. Fully load the knee each time you stand up.

These steps can help you get into a healthy, pain-free routine that will improve your ability to get up and down off the floor, while also promoting your overall well-being.

Excerpted from <https://tinyurl.com/mvrhwbhs>



Understanding Non-steroidal Medications

From Mt Baker Kidney Health Foundation

Painkillers like ibuprofen, naproxen, and aspirin, known as NSAIDs (non-steroidal anti-inflammatory drugs), are among the most used medications in the world. They help with headaches, muscle aches, arthritis, and everyday discomfort.

NSAIDs reduce blood flow to the kidneys, which can strain them over time. When the kidneys don't receive enough blood, they can't do their job effectively and this can lead to injury.

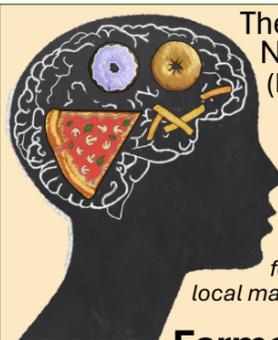
NSAIDs can be helpful for short-term pain relief, but overuse, especially in patients with kidney risks, can cause serious and sometimes permanent kidney damage. Always talk with your healthcare team before taking any new medication, even over-the-counter products. Your health and kidney safety matter. When it comes to pain relief, make informed choices and use medications wisely.

If you have kidney concerns, talk to your doctor about safer options. Acetaminophen (Tylenol) for most types of pain

- Topical pain relievers
 - Heat or ice therapy
 - Physical therapy
 - Gentle stretching or low-impact exercise
- Here are simple steps you can take to reduce risk to your kidneys:
- Use NSAIDs only when necessary and at the lowest effective dose
 - Avoid taking NSAIDs daily unless your doctor says it's safe
 - Stay well-hydrated
 - Do not mix multiple NSAIDs
 - Always tell your doctors and pharmacists about all medications and supplements you take

If you have Kidney Disease or are a caregiver for someone with kidney disease join our kidney Konnections peer support group. We meet online the last Wednesday of the month via zoom 6-7 pm Email Support@mtbakerfoundation.org for more information.

HEALTHY CHOICES



The Global Food System and the Need for Local Sovereignty (Part 3)

by Linda Kerth

Last issue we discussed the effects of the global food economy on local farmers, and how that effect is challenged by a rising demand for locally grown food. Today we focus in on the reciprocal need by farmers of local markets.

Farmers Need Local Markets

A California marketing study (2002) found that, not only did their customers enjoy their produce and getting to know them, local farmers' reciprocate appreciation for their customers. Farmers said they were most dependent on farm-direct marketing, and 78% said direct marketing was important or very important to their operation. Sixty-three percent reported higher per-unit profit margins; 80% used direct marketing as their predominant channel and 54% used it exclusively (Stephenson, *Farmers' Markets*, 2008).

Farm-direct marketing includes U-pick, roadside stands, community-supported agriculture (CSA), farm-to-institution (schools, hospitals) and farm-to-retail (restaurants, food banks) as well as farmers' markets. But of all of these, only farmers' markets have proven successful for millennia. They have performed faithfully and successfully in America since the first days of the colonies; they are considered as the "keystone" today in developing local food systems. Other farm-direct marketing strategies have problems. CSA, for example, is problematic due to customers not receiving desired foods, inclusion of foods not liked, and a feeling of wasted food. Farmers have problems packaging boxes, anxiety about sufficient quantities, and losing customers over time. Many people are unable or unwilling to go into the fields and "pick." Other food delivery systems require longer transportation of produce and increased costs.

Farmers must compete against global and/or national agribusiness on product quality rather than lowest cost. Of course, replacing the entire food supply with locally grown foods is not realistic either. Some foods we desire or that are dietarily necessary are grown only in certain climates or regions (e.g., tropical fruit). International markets provide exotic foods or spices not found in the US, but some farmers' markets allow these non-local goods to be available.

Farm-direct marketing allows the farmer to capture a higher proportion of the food dollar and lets local growers carve out their own market niche, which increases their financial viability. It gives farmers the power to redefine the entire local system — in product, price, distribution and promotion. And it provides opportunities for consumers to have more input on what they want to buy.

The key issue is shifting the majority of food production from corporate control to the community, to suit our own specific needs. We want fresh, nourishing food. Farmers want stable local markets. Farmers' markets are a major approach to solving multiple problems in our local food system, and offer a win-win proposition.

Food Security in a Global Economy

Today, we are almost totally dependent on the global economy for our food. We saw, first hand, the results of the break in the food transport system during the pandemic. We felt the sharp rise in cost for items that were still available. Many of us, for the first time, found it necessary to take advantage of food banks and other means of supplementing our food supply.

I feel that the addition of a thriving farmers' market, in or around the Kendall area, will go a long way to secure our community's access to local foods. The health and well-being of our local residents resides in the availability of farm-fresh produce, including fruit and vegetables, fresh dairy products, quality grain-fed beef and other meats, raised by local farmers. Many here have expressed a need for a new store; however, many locals believe such a store would only provide the self-same UPFs and stale produce described in prior issues.

A farmers' market will increase job opportunities, help farmers with marketing and income, and strengthen the local economy, by keeping our dollars circulating locally. It will provide residents with a good source of fresh, flavorful, nourishing and affordable foods.



STAY FLEXIBLE

As we age our bodies become less flexible which leads to mobility impairment, loss of physical freedom, joint pain and other limitations. But when our bodies are supple and flexible we keep the brunt of stress off individual joints, spreading it more evenly across our whole body and allows us to move more freely. Flexibility also gives us the freedom to hike that trail or get down on the floor to play with grandchildren, or to physically navigate our lives with more confidence. Below are some tips that can help.

Stretching & Flexibility

Dynamic Stretching: Perform before exercise with active movements like leg swings, arm circles, or walking lunges to warm up joints.

Static Stretching: Hold stretches (e.g., touching toes, quad stretch) for 20-30 seconds (or longer for older adults) after workouts to lengthen muscles.

Yoga & Pilates: Excellent for improving range of motion, strength, and body control, says this article from the NHS.

Strength & Activity

Strength Training: Use weights, bands, or bodyweight exercises (squats, push-ups) to build strength that supports mobility, says this article from the NHS.

Low-Impact Cardio: Swimming, cycling, and walking maintain joint health without excessive strain, says this article from the NHS.

Weighted Stretching: Adds load to your stretches for greater functional mobility gains, notes this article from the NHS.

Daily Habits & Lifestyle

Move More, Sit Less: Take stairs, walk, or do simple stretches (like ankle pumps) throughout the day, says this article from Harvard Health.

Improve Posture: Sit up straight and address desk ergonomics to counteract stiffness, says this article from the NHS, notes this article from Goop.

Foam Rolling: Relieves muscle tension and tightness, making stretching more effective, notes this article from the NHS.

Important Considerations

Listen to Your Body: Avoid sharp pain; stretch to mild discomfort, says this article from Goop.

Consistency is Key: Regular, even short, sessions are more effective than infrequent long ones.



Eating for Stress Relief

For many people, feeling stressed and having food cravings are strongly linked. Others may experience the opposite—a lack of hunger cues when feeling stressed. We know that there are strong connections between the

mind and the body, and how our nervous system in some ways is intertwined with our digestive system. Stress can lead us to mindlessly eating whatever is available or easy to obtain, which can lead to weight gain and poor overall health. But some foods can actually help reduce stress. The next time you're feeling stressed, reach for a food known for its stress-reducing benefits. It will help your overall health.

Foods that reduce stress

When our mind registers something as stressful, our bodies release cortisol, known as the "stress hormone", to help power us through the stressful moment. But when our minds feel stressed more often than not and release a more constant stream of cortisol, it can have a negative impact on our health. These foods help to lower cortisol levels in the body, which can help reduce feeling stressed.

Avocados

Magnesium and fiber are two nutrients that can help with reducing cortisol levels, and avocados contain both! Plus, avocados are rich in heart-healthy monounsaturated fats.

Beans and lentils

As with avocados, beans and lentils have a high amount of fiber, which has been shown to lower anxiety and distress. Chickpeas are a great source of fiber as well as magnesium and L-tryptophan, which the body uses to create serotonin.

Fatty fish or other foods rich in omega-3 fatty acids

Omega-3 fatty acid is useful for fighting inflammation and can help protect the body against surges of cortisol. They may also help with preventing heart disease. Fatty fish, such as salmon, tuna, sardines, and mackerel, are the best source of omega-3 fatty acids, but you can also find them in avocados, chia and flax seeds, olive oil, and walnuts.

Fermented foods

Fermented foods, such as sauerkraut, kimchi, or kombucha, are incredibly good for your gut health, and have been shown to help reduce depression and anxiety.

Fruits

Eating fruits is always a good choice, and a good option for helping to reduce feelings of stress. Fruits high in vitamin C, including citrus fruit

Eating for Stress Relief, cont

and strawberries, are an especially good choice. A vitamin C deficiency has been linked to a higher risk of stress-related disease, and taking vitamin C supplements was shown to have therapeutic effects.

Spinach, kale, broccoli

Like beans, leafy green vegetables are high in fiber and can help lower anxiety. One study found that a higher rate of fiber intake correlated with reduced odds of depression in women.

Nuts

Nuts contain a variety of vitamins as well as proteins and heart-healthy fats. One mineral that nuts contain is selenium—a mineral that has been shown to help lower postpartum depression.

Foods to avoid when feeling stressed

Just as there are some foods that can help us feel better when we're stressed, there are some foods that can make the feelings of stress and anxiety worse.

Caffeine

As a stimulant, caffeine can increase feeling jittery and on-edge, fueling any stress-related thoughts. Caffeine can also interrupt our sleep patterns, leading to inconsistent sleep or not enough sleep.

Alcohol

For some people, alcohol may seem like a relaxant and way to help ease feelings of stress or anxiety. But alcohol can also lead to poor sleep quality, and it lowers serotonin, a hormone that affects our mood.

Sugar and artificial sweeteners

Sugar and artificial sweeteners have been linked to an increased risk of depression. Try to avoid foods that are high in sugar without other nutrients. For example, eating an orange can help lower anxiety and give your mind and body something to focus on—mentally noting the feel of the orange in your hand, the sensation of peeling it, how each segment smells and tastes—which can help slow down your racing thoughts. On the other hand, drinking orange juice, which is higher in sugar and lower in vitamins and minerals, is a less tactile and mindful experience.

Make sure you're eating foods that benefit your body and mind

You can't always control your cravings, and looking for ways to distract your brain from anxious thoughts is natural—it's why many people turn to food in times of stress. But you can make an effort to turn that habit into something that benefits both your mind and your body.

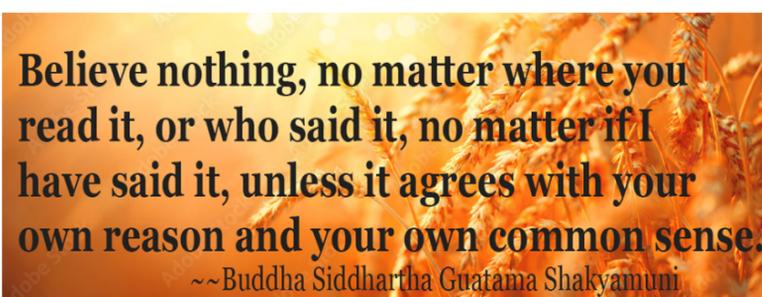
All of the foods that can help reduce stress are foods that are found in diets such as the Mediterranean diet or plant-based diets (with added fish). These diets emphasize whole grains, fruits and vegetables, and heart-healthy fish and nuts that will not only help you feel better in your body but also provide mental health benefits.

Get help managing your anxiety and stress

Feeling stressed and anxious at times is normal. However, if you're feeling stressed or anxious most of the time, it may be time to talk with a trusted friend or loved one or a professional counselor. Extended amounts of stress can lead to poor health, which can in turn make you feel even more stressed. A licensed therapist can help, or for more intensive times of stress, a [partial hospitalization program](#) may be right for you.

For more help on living well, visit the [Be Well](#) blog.

Excerpted from: <https://www.brownhealth.org/be-well/eating-stress-relief-foods-can-help-reduce-stress>



~~Buddha Siddhartha Guatama Shakyamuni



School Zone



Mt Baker School District School Board Meetings

Board meetings are held in the District Office. We encourage interested staff members, parents, and community members to attend in person or via Zoom. The link is provided on the website

Regular meetings are held at 6:00 p.m. on the second and fourth Thursday of each month in the District Office unless otherwise noted.

For more information and an active zoom link, please contact Tammy Baisden.

Regular meetings are held at 6:00 PM on the second Thursday and fourth Thursday in the District Office, unless otherwise noted. Meetings are open to the public; the public is invited and encouraged to attend Board meetings.

Public Participation: Individuals wishing to be heard at a board meeting shall advise the secretary of the board in advance.

SAVE THE DATE

Jan 5th-16th MBYAA Kinder & 1st Grade Basketball Sign Up
Jan 8th School Board Meeting 6pm
Jan 12th Kendall PTA Meeting Kendall Elementary Library 4:30pm
Jan 14th Foothills Community Alliance Kendall Elementary Library 5:30pm
Jan 19th Martin Luther King Jr. Day No School
Jan 22nd Treaty Day No School
Jan 22nd School Board Meeting 6pm

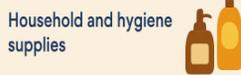


Looking for Resources or Support?

The Mount Baker School District Family Services program can help with:



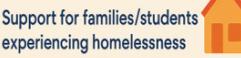
Backpacks, school clothing, shoes, coats



Household and hygiene supplies



Food resources



Support for families/students experiencing homelessness

Connection to school and community resources

For more information contact:

Kate Davies, Harmony/ERC Family Services Coordinator
(Monday- Wednesday)
360-617-4303 (office)
360-746-4504 (call or text)
kdavies@mtbaker.wednet.edu

CommonThreads

Common Threads Farm is seeking volunteers to help with Fourth and Fifth grade cooking classes at Harmony!

Come help us offer hands-on cooking lessons and try homemade, healthy, delicious recipes with our elementary students!

• Sign up genius links can be found [here](#) (navigate to the tab for your school): <https://www.signupgenius.com/tabs/13571D702A5CCEBC5AA3-cooking#/>

5-6th Grade Sasquatch Reading Challenge

What: Sasquatch Reading Challenge (culminating with the Sasquatch Field Trip where we celebrate all students who have completed the challenge).

Who: Optional opportunity for ALL 5th and 6th grade elementary students.

Why: To promote reading, increase comprehension, expose students to a variety of books, help students set and attain goals, feel proud of their hard work and celebrate their success.

When: Students have until May 1, 2026 to read and pass AR quizzes from the MBBA Nominated list. The Sasquatch field trip will be on May 29th, 2026 at the Deming Log Show grounds.

Here are some helpful links;

- List of titles for the 2025-2026 Award Books
- note: the Otter books listed are for students with accommodations.
- WCLS website.
- Students are encouraged to check out materials from the public library (print, audio and digital)
- Students can use their ConnectEd account to place holds and to check out available titles.



2026 Spring Soccer Registration

Boys and Girls K-6th Grade

Games on Saturdays

Practices and Games start in April

Register online at clubs.bluesombrero.com/mtbakersoccer

Scholarships available by emailing: mbyaasports@mbyaa.com

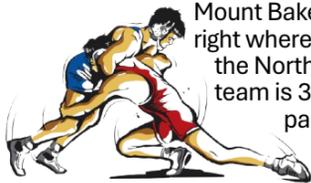
More information email: soccer@mbyaa.com



EDDIE'S SCOREBOARD

Yin and Yang

by Eddie F Whirley Jr



Mount Baker's boys wrestling team has picked up right where they left off. The team currently leads the Northwest Conference with a 3-0 record. The team is 3-1 in the four meets they have participated in. The one loss was a 39-40 affair in Cashmere.

Andrew Monteith is the team's best performer. Monteith has won three of the four tournaments the team has participated in with his worst finish being second place.

The team has brought home trophies in three of their four tournaments so far. Two second place finishes (Cashmere and the team's Gus Compton Invite) and one tournament championship (Sultan).

The boys team is seeking it's first state championship since 2000 and it's first individual state championship since Elijah Washburn's win in 2023.

The girls wrestling team isn't doing quite as hot. The team is 1-1 in meets that have been reported and has yet to place any higher than fifth in tournament action.

Kelly Camacho is the standout athlete for the team placing in the top five in three of the four tournaments the team has participated in. Her best finish was second at the Spartan Winter Wrestlefest in Stanwood.

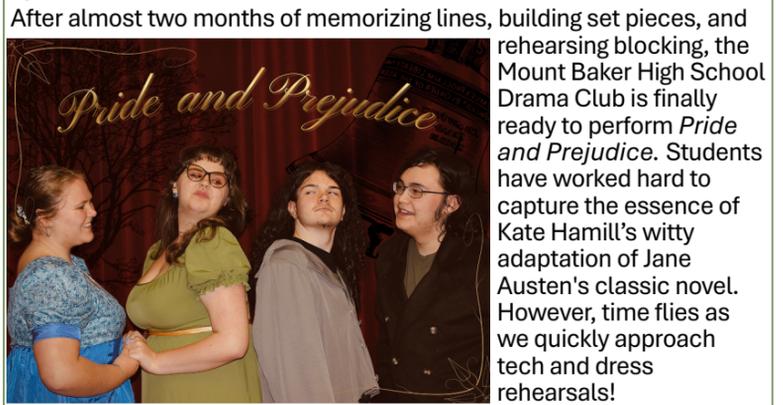
The team's aforementioned fifth place finish that was claimed at the Santa Slam tournament held at Juanita High School was their best finish so far. It's been a tough year for the team with the only first place finishes to be found taking place in the Junior Varsity tournament held alongside the main one in Everett.

The girls team's solo state championship was clinched in 2008. Emma Bruntl's win in 2017 was the team's most recent individual title.

Writer's note: the information provided in this article was written on January 11th, 2026. Information may be outdated.

MBHS Pride and Prejudice Performance

By Nena Pierce



After almost two months of memorizing lines, building set pieces, and rehearsing blocking, the Mount Baker High School Drama Club is finally ready to perform *Pride and Prejudice*. Students have worked hard to capture the essence of Kate Hamill's witty adaptation of Jane Austen's classic novel. However, time flies as we quickly approach tech and dress rehearsals!

Our performers have fallen in love with this show, and hope you will, too! Eleanor Okan, playing Jane Bennet, says she loves this show because, "It is such a classic story shown through humor and sincerity. I love how all the cast and crew show up with open ears and hearts to put on this amazing story, and it has been so fun seeing new actors blossom."

A key lesson the actors have learned from this show is expanding our abilities to play dynamic and intricate characters; as Corbin Farnon, playing Mr. Wickham and Mr. Collins, explains, "Playing both Wickham and Collins has been a very fun and positive challenge for me as an actor, pushing me to explore two very different yet connected personalities. I'd love for everyone to come and experience these character's chaos firsthand!"

Our crew has faced and overcome a variety of obstacles; Victor Visser, stage manager, explained how he and the crew had to paint flats in the rain, and practically do gymnastics just to finish a set piece... making so many fun memories and growing close through the process.

Addison Stewart, Prop Manager, shares that her favorite memory has been "...just being around this community and working with such great people." She adds, "This show is going to be simply brilliant, and everyone has been working so hard to get it perfect!"

This show follows Lizzy Bennet (Nena Pierce), a "sharp-tongued, awkward little creature" of a young girl, exploring social dynamics and fighting society's expectations of marriage. She meets Mr. Darcy (Van Morris), a somber man she can't seem to understand. Influenced by the intel of Mr. Wickham, as well as harsh interactions between herself and Darcy, she grows to "openly decry him as the most uncivil of men." Her three sisters, Jane, Lydia, and Mary, as well as her best friend Charlotte, also struggle with understanding love in their own unique ways, as they each dive into relationships with Mr. Bingley, Mr. Wickham, Mr. Collins, (and for Mary, loneliness) — with their parents' marriage being a lackluster example of what to look up to.

This show is humorous, enticing, and emotionally raw. We can't wait to see you there!

Pride and Prejudice

7pm-January 30, 31 and February 6, 7

2pm-February 8 matinee

Mount Baker High School Auditorium,

4936 Deming Rd, Deming WA

@mbhs_drama_ and @mbhsthespians on Instagram

Ticket Prices:

\$10 Student/Senior/Veteran

\$12 General Admission

Buy tickets at the door or gofan.com

When is your child too sick for school?

School attendance is a powerful predictor of school success and on-time graduation. Research shows that when students miss fewer than 10% of their school days, they have much stronger success in school. Use these tips to tell when your child is too sick to attend school.

Send your child to school if they...



Don't feel great but are able to participate in normal activities.

Keep your child home if they...



Feel sick and have a fever of 100.4°F or higher, test positive for flu or COVID-19, or can't participate in normal activities.

Have thrown up in the past 24 hours.



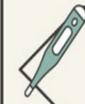
Have diarrhea and increased stool frequency.

Have a rash of unknown origin. They can return to school when a healthcare provider says it's okay.



Have an oozing sore or wound you can't cover or contain.

Call a healthcare provider if they...



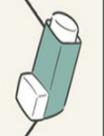
Have a fever of 100.4°F or higher for more than 2 days.

Throw up or have diarrhea for more than 2 days.



Have the sniffles for more than a week and aren't getting better.

Have asthma symptoms after using asthma medicine. If they have trouble breathing after using an inhaler, call 911.



This is general guidance. Schools, healthcare providers, or the Health Department may advise differently based on individual circumstances.

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@wcfcd14.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>

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

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

WHATCOM LONG TERM RECOVERY GROUP
 Together We Are Whatcom Strong

Whatcom Long-Term Recovery Group
ONE PLACE FOR ALL INFORMATION REGARDING WHATCOM COUNTY FLOOD RELIEF
 Providing coordination and recovery services to individuals, families and entities adversely impacted by disaster in Whatcom County.
 We would like to supply you with the resources and connect you with people that can help set you up for long-term success.
 If your home or business has been affected by the flood in any way, please contact our case management. Lacey De Lange
whatcomDCM@gmail.com
360-920-7675
<https://www.whatcomstrong.com>

Food

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

ST. JOSEPH ST. PETER CATHOLIC CHURCH
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
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
Sea Mar Community Health Centers
 Clínica de la Comunidad
 Exceptional service. Every person. Every time.
 is a community-based organization committed to providing quality, comprehensive health, human, housing, educational and cultural services to diverse communities. Sea Mar proudly serves all persons without regard to race, ethnicity, immigration status, gender, or sexual orientation regardless of ability to pay for services.
360.671.3225
<https://www.seamar.org/whatcom-medical-bellingham.html>

Rebus 1

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Homeless Help

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

Local Healthcare

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

Mental Health

NAMI 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, call us at 360-671-4950 or email namiadmin@namiwhatcom.org
 NAMI Whatcom Office
 800 E. Chestnut St., Suite 1C
 P.O. Box 5571, Bellingham, WA 98227
 Phone: (360)-671-4950
 Website: namiwhatcom.org

Deb Shawver, LICSW offers individual counseling sessions in-person and on telehealth for ages 13+, as well as support groups for teenagers and parents.
 On the 2nd and 4th Tuesdays of each month, she will be joining the Ask-A-Nurse program from 8-11 AM. In addition, Deb is offering a free drop-in group for teenagers starting July 1st. This group will meet weekly on Tuesdays 6-7:30 PM through the summer.
 Deb accepts most insurances, including Cigna (out of network) Molina, Medicare, Kaiser, Premera, Blue Cross, Regence, CHPW, Humana.
 Catch-Me, LLC
 360-536-1565
catchmecoachme@gmail.com
<https://www.catch-me.io>



Additional Health

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

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

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

Rebus 2

WRONG WRONG
RIGHT

Addiction

Lifeline Connections
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
(800) 604-0025
<https://lifelineconnections.org>

Whatcom County AA
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://nwsdna.org/meetings/>
360-647-3234
Web servant@nwsdna.org

AA
 Find a Meeting: <https://whatdcomaa.org/meetings>
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://nwrcwa.org> 600 Lakeway Drive Bellingham, WA

Home Owners/Utilities

seniorresources Senior Resources A guide to services and resources for seniors in Whatcom County 360.344.3333 [guide@olypen.com](https://nwrcwa.org) <https://nwrcwa.org> 600 Lakeway Drive Bellingham, WA



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

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



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



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



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



Family Services

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



PARENT TRUST Because kids don't come with instructions! The Family Help Line is free call from anywhere in Washington State, available to parents, caregivers, and anyone who has an interest in or questions about a child in their community. We can help you find resources, parenting classes, community resources and so much more. We are here to talk and problem solve with you! If you need a translator, please call and let us know – in most cases we can have a translator available in minutes! 800-932-4673 familyhelpline@parenttrust.org <https://www.parenttrust.org>



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



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

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

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

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

Rebus 3



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



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 (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 <https://www.dshs.wa.gov/location/dshs-dvr-bellingham> 4101 Meridian St Bellingham,



RESOURCES

Education/Jobs



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

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

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

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

Home Owners/Utilities

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

Are you eligible for free home weatherization?

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

Home Owners/Utilities

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 <https://bellinghamhousing.org>

WINTER EATHERIZING

The icy temps will continue to be upon us. Ice can be great in a beverage, but not so much in your water pipes. A ruptured line can be damaging and costly. Be sure to protect your outside faucets and any exposed pipes from the elements by properly insulating them. If you plan on leaving your home for an extended period of time, you may want to turn off the water meter or the valve to the service line that feeds your home. To learn more tips, visit our website www.cv-wd.com, and click on **customer information and tips. HELP US KEEP RATES LOW!!!**

Help keep postage costs down and ensure you receive your mail. Sign up for paperless billing by going to our website: cv-wd.com and hit the "Pay Your Bill Online" button. From there you will be taken to our third party processor, Xpressbillpay.com. Create an account by answering 3 simple questions. After signing up, you can choose paperless billing or autopay. You can also see up to a year of billing history. It's good for everyone including the planet. 6229 Azure Way, Maple Falls, WA (360)599-1699 admin@cv-wd.com

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

Rebus 4



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

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

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 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 https://wcf.fcsuite.com/erp/donate/create/fund?funit_id=1523

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

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

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 1050 Larrabee Ave. Ste. 104 #498 Bellingham 360-935-1688 irisnw.org

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

Rebus 5



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

RESOURCES ORGANIZATIONS

ORGANIZATIONS



Columbia Valley Park and Recreation District

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



KAVZ Radio is Your Voice of the Valley 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 if you want to find out how you can contribute, participate and learn. You can stream music from our website 24 hours a day at: <https://foothillsinfo.com/print-and-radio/> (360) 230-8176 info@kavz.org <https://www.kavz.org>



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

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



The Foothills Community Alliance (FCA), a 501c3 organization was formed in 2020 by local community members with the purpose of funding projects aimed at improving the lives of the residents of Columbia Valley UGA.

JOIN US THE 2ND WEDNESDAY OF EACH MONTH at the Kendall Elementary Library, 7547 Kendall Rd, Maple Falls at 5:30pm in person and via Zoom Look for our event on our Calendar and in The Foothills Outlook and on www.foothillsinfo.com. info@foothillscommunityalliance.com 360-410-9114 foothillscommunityalliance.com



East Whatcom Regional Resource Center

The East Whatcom Regional Resource Center Information and Referral (I&R) Team serves the East Whatcom Community as a branch of the Opportunity Council. We provide the same access to services that can be found at our downtown Bellingham Opportunity Council location. 8251 Kendall Rd, Maple Falls. Or contact us at 360-599-3944. 8251 Kendall Rd (360) 599-3944 ewrrc-allstaff@oppco.org <https://www.oppco.org/ewrrc/>



Mt. Baker Chamber of Commerce

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



Mount Baker Community Coalition

The Mount Baker Community Coalition (MBCC) will hold its February meeting on Tuesday, February 17, 2026, from 2:45 - 4:15 pm. Meetings are hybrid, convening in-person at

the Mount Baker School District Office and online via Zoom. For more information about coalition activities or to request the Zoom link, please contact Allison Ormsby at mbcc@wfcn.org.

MBCC works to support youth substance use prevention and promote positive mental health throughout the Mount Baker School District. Our coalition brings together parents, students, educators, and community partners to strengthen protective factors and foster well-being for local youth. We are always looking to grow our membership and would love to have you at our meetings!

Finally, our student prevention club, One Baker Voice (OBV), continues to meet on the Mount Baker High School campus in Room 311 — Tuesdays during lunch and Fridays for Club Friday. Students or parents with questions can contact Allison at mbcc@wfcn.org.

Together, we can build a strong, healthy Mount Baker community!

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



South Fork Valley Community Association Renovation Update:

The end of the Van Zandt Hall renovation project is fast approaching. Talented local partners are putting the finishing touches on the Main Hall and kitchen, while Summit Construction steams ahead on the new flooring, walkways, signage, handrails, doors, bathrooms and The Hanging of The Bell.

The SFVCA pays for management, maintenance, and programs/events at the Hall (and operation of KAVZ 102.5) through donations and Hall rental fees. For the past 6 months, income from rentals has been, of course, zero. So if you can help with a donation to operate this amazing community asset, please contact info@southforkvalley.org, or visit us at southforkvalley.org and click on the orange button.

HAPPENINGS AT THE HALL

Grand Reopening Week – Friday, April 10 to 17, 2026

Be sure to mark your calendars and keep your eyes and ears open for details of the Van Zandt Hall's Grand Reopening Week, from April 10 to 17.

Our week long celebration will include an opening ceremony (no doubt with lots of speechifying), the first Public Market Day of 2026, the re-launch of the Third Place Coffeehouse, a gathering of Van Zandt history enthusiasts, the inaugural meeting of Foothills Small Business Owners, the first Potluck and Open Mic night of the year, several Open House opportunities to see the new Hall, and the kicker – a concert with [Robert Sarazin Blake and The High, Wide & Handsome Band](http://robertsarazinblake.com/the-high-wide-handsome-band). Times and details to follow. Go here to learn more about the musicians: robertsarazinblake.com/the-high-wide-handsome-band

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/ or 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 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/>



A little higher. Now it's too high. A bit lower.

Across

- Romeo & Juliet were ? lovers
- These lovers went out in a blaze of gunfire
- Will she say yes to his ?
- Non-prose written expression of love
- Openly affectionate and loving couple
- Completely captivated by someone
- Shah Jahan built this monument to his beloved wife
- Endless
- Words of commitment

Down

- Bubbly beverage
- Country western romantic duo
- Musically courting someone
- Dedicating oneself to another person
- Of infinite duration
- Cher starred in this movie
- Tristan & Isolde, medieval tale of ? love
- A romantic weekend ?
- Mark Antony's heart thro
- The "I love you!" gem stone
- Feeling sexual desire
- Always a good gift for a woman
- Cherubic instigator of love
- Cyrano's beloved
- Playful gestures/talk signaling sexual interest
- Strong feeling of wanting someone

Primary Medical Care Services at the East Whatcom Regional Resource Center

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

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

Appointments can be scheduled by calling 360-230-8157

Most major insurance accepted including the following:

- Molina
- Premera
- UHC
- Lifewise, and more

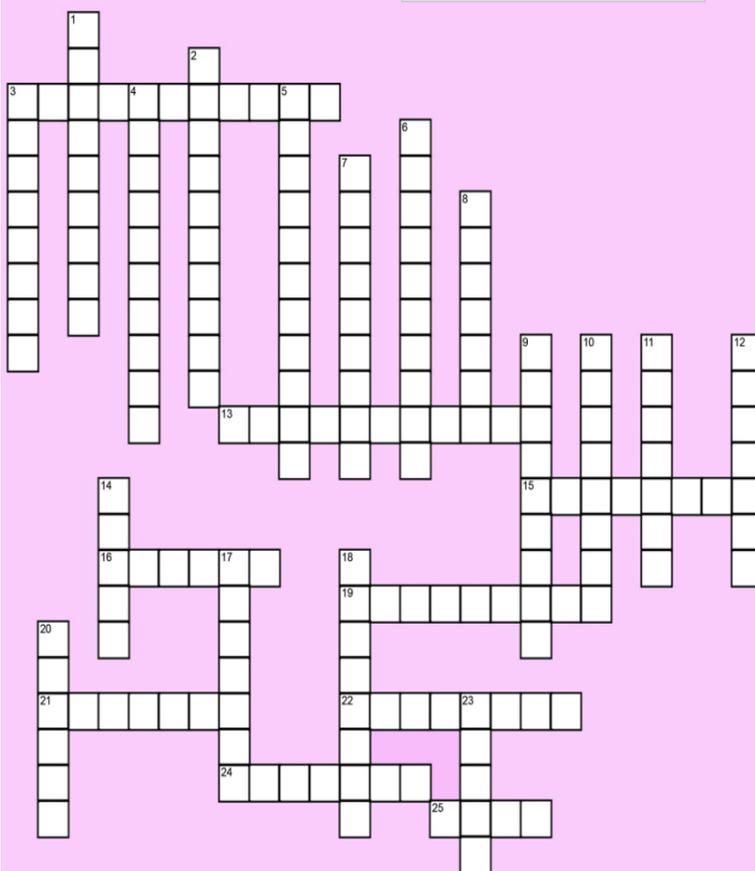
If uninsured or not in our insurance network, sliding scale fees are available based on income. Patients will not be turned away for inability to pay.



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

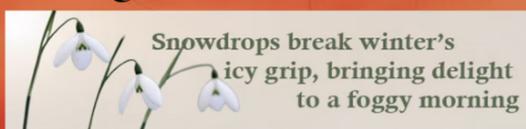
FEBRUARY CROSSWORD: LOVE IS IN THE AIR

ANSWERS ON BACK PAGE



February 2026

Meetings, Activities, Events



If you have an event, activity, or meeting you would like to put on our calendar, email the editor at info@foothillsinfo.com
For more information on each listing, click the title to be taken to their website.

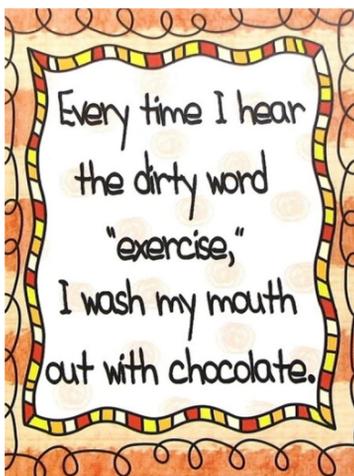
Week 1	Week 2	Week 3	Week 4
<p>2.3 TUESDAY</p> <p><u>FOOTHILLS FOOD BANK</u> 8:00-11:00AM WEEKLY ON TUESDAY THURSDAY: 4-7PM 1ST SATURDAY OF THE MONTH 11.30-12.30 THIRD FRIDAY OF THE MONTH 10-11AM</p>	<p>2.9 MONDAY</p> <p><u>WHATCOM MOBILE MEDICINE</u> 1:00 - 5:00PM EVERY 2 WEEKS ON MONDAY EWRRRC 8251 KENDALL RD</p>	<p>2.16 MONDAY</p> <p><u>MT BAKER COMMUNITY COALITION MEETING</u> 2:45 - 4:15PM THIRD MONDAY OF MONTH MT BAKER SCHOOL DISTRICT OFFICE 4956 DEMING RD</p>	<p>2.23 MONDAY</p> <p><u>WHATCOM MOBILE MEDICINE</u> 1:00 - 5:00PM EVERY 2 WEEKS ON MONDAY EWRRRC 8251 KENDALL RD</p>
<p>2.4 WEDNESDAY</p> <p><u>STORYTIME @ DEMING LIBRARY</u> 10:30 - 11:00AM WEEKLY ON WEDNESDAY</p> <p><u>GOOD YARNS @ DEMING LIBRARY</u> 6:00 - 8:00PM WEEKLY ON WEDNESDAY</p>	<p>2.10 TUESDAY</p> <p><u>ASK-A-NURSE CLINIC</u> 8:00 - 11:00AM 2ND AND 4TH TUESDAY EWRRRC--8251 KENDALL RD</p> <p><u>CATCH ME: TEEN MENTAL HEALTH SUPPORT</u> 8:00 - 11:00AM EVERY 2 WEEKS ON TUESDAY EWRRRC 8251 KENDALL RD</p>	<p>2.17 TUESDAY</p> <p><u>FOOTHILLS FOOD BANK</u> 8:00 - 11:00AM WEEKLY ON TUESDAY 8255 KENDALL RD TUESDAY: 8-11AM THURSDAY: 4-7PM 1ST SATURDAY OF EVERY MONTH 11.30-12.30 THIRD FRIDAY OF EVERY MONTH 10-11AM</p> <p><u>DIGITAL EQUITY BUS @ DEMING LIBRARY</u> 10:30 - 11:30AM WEEKLY ON TUESDAY</p> <p><u>NORTH FORK STORYTIME</u> 10:30 - 11:00AM WEEKLY ON TUESDAY</p>	<p>2.24 TUESDAY</p> <p><u>ASK-A-NURSE CLINIC</u> 8:00 - 11:00AM EVERY 2 WEEKS ON TUESDAY EWRRRC 8251 KENDALL RD</p> <p><u>CATCH ME: TEEN MENTAL HEALTH SUPPORT</u> 8:00 - 11:00AM EVERY 2 WEEKS ON TUESDAY EWRRRC 8251 KENDALL RD</p> <p><u>FOOTHILLS FOOD BANK</u> 8:00 - 11:00AM WEEKLY ON TUESDAY 8255 KENDALL RD TUESDAY: 8-11AM THURSDAY: 4-7PM 1ST SATURDAY OF EVERY MONTH 11.30-12.30 THIRD FRIDAY OF EVERY MONTH 10-11AM</p> <p><u>DIGITAL EQUITY BUS @ DEMING LIBRARY</u> 10:30 - 11:30AM WEEKLY ON TUESDAY</p> <p><u>NORTH FORK STORYTIME</u> 10:30 - 11:00AM WEEKLY ON TUESDAY</p>
<p>2.5 THURSDAY</p> <p><u>ST PETER'S "THURSDAYS WITH OUR FRIENDS"</u> 3:00 - 5:00PM WEEKLY ON THURSDAY ST PETER CATHOLIC CHURCH 6210 MT BAKER HWY, DEMING</p> <p><u>FOOTHILLS FOOD BANK</u> 4:00 - 7:00PM WEEKLY ON THURSDAY 8255 KENDALL RD</p>	<p>2.11 WEDNESDAY</p> <p><u>STORYTIME @ DEMING LIBRARY</u> 10:30 - 11:00AM WEEKLY ON WEDNESDAY</p> <p><u>GOOD YARNS @ DEMING LIBRARY</u> 6:00 - 8:00PM WEEKLY ON WEDNESDAY</p>	<p>2.18 WEDNESDAY</p> <p><u>STORYTIME @ DEMING LIBRARY</u> 10:30 - 11:00AM WEEKLY ON WEDNESDAY</p> <p><u>GOOD YARNS @ DEMING LIBRARY</u> 6:00 - 8:00PM WEEKLY ON WEDNESDAY</p> <p><u>PROPERTY OWNER'S WELL WATER RIGHTS ALLIANCE PUBLIC MEETING</u> FEBRUARY 18, 2026 ROME GRANGE 2821 MT BAKER HWY POWWRA.ORG</p>	<p>2.25 WEDNESDAY</p> <p><u>STORYTIME @ DEMING LIBRARY</u> 10:30 - 11:00AM WEEKLY ON WEDNESDAY</p> <p><u>GOOD YARNS @ DEMING LIBRARY</u> 6:00 - 8:00PM WEEKLY ON WEDNESDAY</p>
<p>2.6 FRIDAY</p> <p><u>PRIDE AND PREJUDICE</u> MT BAKER HIGH SCHOOL FEBRUARY 6 & 7 7PM FEBRUARY 8 MATINEE 2PM MOUNT BAKER HIGH SCHOOL AUDITORIUM, 4936 DEMING RD PURCHASE TICKETS AT GOFAN.CO OR THE DOOR</p>	<p>2.12 THURSDAY</p> <p><u>ST PETER'S "THURSDAYS WITH OUR FRIENDS"</u> 3:00 - 5:00PM WEEKLY ON THURSDAY ST PETER CATHOLIC CHURCH 6210 MT BAKER HWY</p> <p><u>FOOTHILLS FOOD BANK</u> 4:00 - 7:00PM WEEKLY ON THURSDAY 8255 KENDALL RD</p> <p>COLUMBIA VALLEY PARK AND RECREATION DISTRICT REGULAR MEETING 6:30 - 7:30PM MONTHLY ON THE SECOND THURSDAY EWRRRC 8251 KENDALL RD</p> <p><u>MT BAKER SCHOOL DISTRICT SCHOOL BOARD MEETING</u> 6:00 P.M. ON THE SECOND AND FOURTH THURSDAY DISTRICT OFFICE 4956 DEMING RD</p>	<p>2.19 THURSDAY</p> <p><u>ST PETER'S "THURSDAYS WITH OUR FRIENDS"</u> 3:00 - 5:00PM WEEKLY ON THURSDAY ST PETER CATHOLIC CHURCH--6210 MT BAKER HWY</p> <p><u>FOOTHILLS FOOD BANK</u> 4:00 - 7:00PM WEEKLY ON THURSDAY K8255 KENDALL RD</p> <p><u>FOOTHILLS COMMUNICATION HUB OPEN MEETING</u> 5:30 - 6:30PM MONTHLY ON THE THIRD THURSDAY NORTH FORK LIBRARY</p>	<p>2.26 THURSDAY</p> <p><u>ST PETER'S "THURSDAYS WITH OUR FRIENDS"</u> 3:00 - 5:00PM WEEKLY ON THURSDAY ST PETER CATHOLIC CHURCH 6210 MT BAKER HWY</p> <p><u>FOOTHILLS FOOD BANK</u> 4:00 - 7:00PM WEEKLY ON THURSDAY 8255 KENDALL RD</p> <p><u>COLUMBIA VALLEY WATER DISTRICT REGULAR MEETING</u> 6:30 - 8:00PM MONTHLY ON THE FOURTH THURSDAY 6229 AZURE WAY, MAPLE FALLS</p> <p><u>MT BAKER SCHOOL DISTRICT SCHOOL BOARD MEETING</u> 6:00 P.M. ON THE SECOND AND FOURTH THURSDAY DISTRICT OFFICE 4956 DEMING RD</p>
<p>2.7 SATURDAY</p> <p><u>PRIDE AND PREJUDICE</u> MT BAKER HIGH SCHOOL 2PM MATINEE MOUNT BAKER HIGH SCHOOL AUDITORIUM 4936 DEMING RD PURCHASE TICKETS AT GOFAN.CO OR THE DOOR</p>	<p>2.8 SUNDAY</p> <p><u>PRIDE AND PREJUDICE</u> MT BAKER HIGH SCHOOL 2PM MATINEE MOUNT BAKER HIGH SCHOOL AUDITORIUM 4936 DEMING RD PURCHASE TICKETS AT GOFAN.CO OR THE DOOR</p>		

PUZZLE SOLUTIONS

- Across**
3. Star crossed
 13. Bonnie Clyde
 15. Proposal
 16. Poetry
 19. Love birds
 21. Smitten
 22. Taj Mahal
 24. Eternal
 25. Vows

- Down**
1. Champagne
 2. Johnny June
 3. Serenade
 4. Commitment
 5. Everlasting
 6. Moonstruck
 7. Chivalry
 8. Getaway
 9. Cleopatra
 10. Diamonds
 11. Amorous
 12. Jewelry
 14. Cupid
 17. Roxanne
 18. Flirting
 20. Desire
 23. Ardor

- Rebus solutions**
1. Tender
 2. 2 wrongs don't make a right
 3. Coconut palm
 4. Square meal
 5. Shelf life



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

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

Don't forget to check out our website at foothillsinfo.com. There you will find an archive of all Outlook issues, complete resource and organization listings with one-click access to resource websites, an interactive version of the calendar, and more.