The

Foothills Outlook

Connecting Foothills community members with vital resources, organizations and events



New Destination IN the Hood

Last month we started a series of articles about local destinations for hiking, sight seeing and having fun with friends and family. The intent is to highlight all the amazing places around here where you can connect with the natural world most of which are outside our neighborhoods and require a short drive. But did you know there's a new destination in the Oregon Trail neighborhood? Yes! Creekside Park, at 7916 Santa Fe Trail is the first of five parks that will be created within Columbia Valley (CV) by the Columbia Valley Park and Recreation District (CVPRD).



In 2022 a grant from the Foothills Community Alliance (FCA) provided money for the purchase of this property, but the lack of additional funding has severely slowed making improvements to the park, and purchasing properties throughout CV for the four other parks as outlined in CVPRD's Comprehensive Plan (the Comp Plan is available to the public for review at cv-prd.org. The park features a year-round creek and shade trees, but also has sunny spots and areas that are being designed for relaxing alone or romping with the kids. Once the trail up the hill is complete you will be able to get in a quick after work hike on the half mile trail that will traverse the hillside. A stationary grill will be installed for impromptu (or planned) barbecues or enjoy a family S'mores party after dinner. Play equipment is being constructed for all ages and abilities and there will be seating for parents to relax while keeping an eye on the kids. A dog cleanup station and trash receptacle will be added to help encourage keeping the park clean for all users.

While the park is still under construction, it is open to the public now. With the help of a couple community volunteers, park commissioners have installed fencing on two sides of the property. Fallen cedar trees that were a danger have been removed and milled into a stout bridge and picnic table (Paul Bunyan would appreciate the heft of



both!). In August a group of student volunteers from Mt Baker High School, One Baker Voice: Learn, Serve and Earn program (see article in Sept issue of Outlook), stripped the hillside of blackberry vines, brush and debris in preparation for a trail that will link the park with a half mile walking trail across the hillside above the neighborhood.

Why Parks in Columbia Valley? Over the past few years there have been a number of community surveys asking what CV residents think the most critical needs are for a healthier, safer and happier community, and in every survey, residents have identified parks and recreation as one of the top five needs.

73% of adults

believe parks, trails, and open space are an essential part of the healthcare system⁵

Over the past five years CV residents have repeatedly expressed a desire for safe, healthy spaces such as parks for activities like community gatherings, summer arts programs, sports activities, family and community gatherings, and there is high demand for an offleash dog area. With the addition of the other four parks in CV, the park district will be able to design each space to accommodate these, and other, types of activities.

Park Equity is Health Equity Some people think of parks as a luxury, costly and unnecessary, but that is far from the reality. Parks provide farreaching benefits for individuals as well as communities. They offer natural, wholistic ways to people of all ages for preventing and improving a multitude of health problems such as heart disease, obesity, stress, anxiety, depression, and visiting a park regularly can even improve birth outcomes. Time spent in a local park also helps improve cognitive function, including memory and focus. For those who work indoors, it has been proven that a 10 minute break in a park during working hours helps revive you physically and mentally as well as improving attention span and memory retention. In addition, parks provide spaces that improve social connections that improve health, as people who are lonely are more likely to have serious health problems and suffer younger mortality rates. And access to parks offers especially strong health benefits for people with low incomes such as the elderly and disabled—those most likely to be in poor health.

Because parks offer affordable and easily accessible ways of improving health problems, the cost of parks in Columbia Valley is nominal to each



homeowner per year and is balanced by the health, social and economic benefits of having a neighborhood park. Recent studies indicate people who live near a park are less likely to suffer from mental health problems and tend to be more physically active. New studies done by Kaiser Permanente indicate that people who live within half a mile of a park are saving as much as \$350 (average) per year on healthcare costs. The economic impact of parks doesn't end there: the value of having a park within half a mile of your home is reflected in higher sales prices as well. And there is a direct correlation between having a local park and how a neighborhood is perceived and treated. After creating parks in neighborhoods that were once just crime statistics, blight properties decrease, crime diminishes significantly, and drug activities move away. Residents begin to work together to accomplish community needs, to look out for and protect each other, and everyone in the neighborhood benefits from improved living conditions. cont. p.2

Vol 1, no 4 October 2024

Free

Publication of The Foothills
Communication Hub ©2024

www.foothillsinfo.com

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chair@foothillinfo.com

BECOME A CONTRIBUTOR

If you are a resource provider, belong to an organization, or have a local event, and wish to be included in our listings, please contact us at

info@foothillsinfo.com or go to foothillsinfo.com to request an account.
Resource providers will be given an account and login credentials specific to them. Each account holder is allocated a permanent space in the paper and on the website to upload their information and will be able to curate their information as needed.

We will send you an email with your login credentials when your account becomes active and you will be able to access your space as needed.

Submissions

Deadline: 15th of each month

To submit an event, meeting or other activity relevant to Foothills residents, please go to our website, click on the Events tab, then on the Submit Event button in the dropdown menu. Fill out the form as completely as possible making sure you include contact information for the organizer; we cannot provide information about your event to people who call or email with inquiries. All submissions must be focused on and relevant to East Whatcom Foothills resi-

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

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

Helping Hands Making Change in the Foothills

bugwalla

For the first time those in need of Energy Assistance can apply directly through PSE without an appointment. To check eligibility and for the application, copy/paste this link into your browser: https://www.pse.com/account-and-billing/assistance-programs/HELP?utm_source=google&utm_medium=cpc&utm_campaign=cs-help&sc_camp=6DFD09442E6C43D2973E8CB3482F8A92&gad_source=1&gclid=CjwK CAjw0aS3BhA3EiwAKaD2ZTw-

ENERGY ASSISTANCE: Direct Application



SORRY, SIR-WE'RE JUST COLLECTING IT TO HELP CREATE HOYSING FOR HOMELESS BUGS.

dents.



New Destination IN the Hood, cont.

Why Parks At All?

Creating parks in neighborhoods provides community social spaces for a variety of activities. Would you enjoy attending a musical event in a park or a community event? Want a space for a local craft fair, or festival? Need an outdoor space for a family gathering somewhere other than the backyard? How about yoga in the park, or outdoor space for holding a class or meeting when the weather is good?

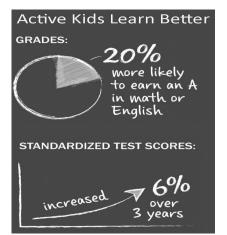
Each park in Columbia Valley will be a maintained and dedicated gathering space for various cultural and sports activities and will have its own unique features and amenities. For example, Creekside Park is considered a pocket-park because of its size, but because of its natural beauty and features, it offers a peaceful spot to dip your feet in the creek on a scorching day, a handy spot to let the kids play, or have an impromptu picnic.

The benefits to children of having a local park last a lifetime. A holistic process, childhood is different for each individual child and our current education system is not adequate to provide for alternative learning needs. A park offers ways of engaging kinesthetically, visually, and auditorily which engages the whole person, not just selective sections of the brain. As they engage with the natural



environment and peers, children are motivated to explore, discover and learn about their world which challenges their minds and bodies and contributes to learning through multiple strategies. In addition, research shows that access

to parks helps improve academic per-



formance in children. Play equipment is designed to encourage cooperation and teamwork, problem solving, and observational and communication skills that all lay a foundation for a child's future. Engaging with peers in a recreational setting also helps develop social skills and builds emotional, mental and physical resources within a child. In interviews with adults across the country, people consistently said that having a park near their childhood home helped give them a sense of identity, of belonging, and discouraged social isolationism and illegal activities as they grew older. Parks also create opportunities for children to participate in community development which promotes good citizenship and helps teach democratic process. The cost of parks in a neighborhood is not small, but the benefits far outweigh those costs. In seven recent studies it was found that the median benefit to cost ratio of parks is 3:1, which means that for every dollar spent on a park, there are \$3.10 worth of benefits which include improved health and increased value to infrastructure. And, for those who currently have to travel outside Columbia Valley to reach a park, having a park within easy walking distance makes a nice dent in the household gas budget.

government body formed in 2016 when CV residents voted to establish the district in order to address the need for accessible parks within the UGA (see map below). While there are plenty of parks in Whatcom County, at the time of CVPRD formation there were no parks within Columbia Valley. As the most densely populated area of Whatcom County, parks have been identified by Columbia Valley residents as one of the top five most critical needs of this community; each of the five commissioners elected by CV residents are committed to addressing this

In January 2017, the original five commissioners met and began the work of planning five parks in CV neighborhoods. During the summer and fall of 2020, the CVPRD developed a Comprehensive Park Plan (the link for this is on the About page at cv-prd.org), through a community input process with the support of a partnership with Western Washington University's Sustainable Communities Partnership. While Covid-19 slowed CVPRD's ability to move forward in seeking funding and obtaining properties for parks, over the past two years the commissioners have redoubled efforts to accomplish the district's objectives of creating a total of five parks, one within a 10 minute walk from your door, for all residents of Columbia Valley to

CV residents are always very welcome at CVPRD meetings to learn more about the work we are doing, ask questions, offer ideas and participate in the planning process. Please see our Public Meetings page at cv-prd.org for the most up-to-date meeting information. You can also email CVPRD at cvparksandrec@gmail.com, or come to a meeting on the second Thursday of each month, 6.30-7.30pm at the Resource Center, Rm 3.

enjoy.

Mt Baker Botany

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V	0	D	I	Н	С	R	0	G	0	В	Т	С	I
Α	В	L	Α	С	K	В	Ε	R	R	Y	Ε	Н	F
L	Н	C	0	В	Υ	U	Н	S	Α	Ε	R	В	S
E	E	L	Ε	0	Α	M	0	L	K	Α	G	E	Α
R	Α	U	٧	0	R	R	Н	G	T	N	R	R	L
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BLACKBERRY NOOTKAROSE REDCOLUMBINE DOUGLASFIR BUNCHBERRY FIREWEED ARNICA **GOLDENROD** KNOTWEED VALERIAN YARROW WINTERGREEN COLTSF00T BOGORCHID SORREL **HEATHER** LUPINE **BISTORT**

988 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 helps connect you to community resources statewide.



24/7 Crisis line

800-584-3578



Foothills Food Bank distributes quality, nutritious foods to anyone in need. We operate a grocery store-like model where visitors are welcome once per week to shop items on our shelves and coolers; we normally carry nonperishable staples, fresh produce, dairy goods, breads, and frozen protein. We are located on the East Whatcom Regional Resource Center campus at 8255 Kendall Rd. and our hours are Tuesdays from 8am until 12pm and Thursdays from 4pm until 7pm. No ID or documentation required, but please bring bags or boxes to bring your shopping home in. Home Delivery is available on a limited basis for those who are elderly, homebound or otherwise disabled.

Stop by, call us at 360-392-8149 or email us at contact@foothillsfoodbank.org if you have any questions or would like to get signed up. 360-392-8149

www.foothillsfoodbank.org



Bridge 2 Services is a mobile outreach program that bridges homeless people to the organizations and services they need.

We help make connections to vital services like housing, medical assessments, substance treatment, case management and more.

Supplies we offer: basic triage supplies like water, food (sometimes hot), snacks, clothing, hygiene items. Tents, sleeping bags, tarps, blankets.

services@bridge2services.com

Text: 813-957-4935

https://ferndalecs.org/bridge-2services/



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 goal of the Health Equity Zone is to ensure that everyone has a fair shot at being healthy, no matter who they are or where they come from.

Food and childcare will be provided at each event, and all ages are welcome. As a thank you for your participation, all attendees will receive Visa gift cards. Find out more and register here: CHF Health Equity Zone. HEZInfo360@gmail.com

360.222.7031



The National Alliance on Mental IIIness is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

3rd Thursday of each month at EWRRC

https://www.namiwhatcom.org

(360) 671-4950



Whatcom County Water District is committed to protecting the environment and the natural habitat while supplying pristine water and reliable wastewater services to our customers.

(360) 599-1801

admin@wcwd13.com

532 Sprague Valley Drive, Maple Falls



The Mount Baker Community Coalition (MBCC) aims to reduce youth substance use and promote youth mental wellbeing throughout East Whatcom County. This August we completed our fourth year of the Summer Youth Prevention Fellowship: Learn, Serve, and Earn, that provides high school students with a stipend for participating in community service, learning, and recreational activities. Seven youth, ages 14-18, convened for two weeks to learn about positive goal setting and confronting peer pressure; performed community service through the Deming Library and local parks; as well as participated in a variety of fun, teambuilding, activities including climbing the YMCA rock wall, visiting the Neko Cat Café, and painting lanterns at CreativiTea. Thank you to our youth fellows for bringing your full selves to this experience! We look forward to connecting with you more as the school year gets under way through the One Baker Voice Prevention Club.

The next meeting of the Mount Baker Community Coalition will be Monday, September 16, 2024 from 2:45 pm -4:15 pm. We meet in the Mount Baker School District Boardroom. We hope you can join us!

You can also join through zoom: https://us02web.zoom.us/ j/86082135916?

pwd=aXN3Rnlrd0sxdEVHc1o3bkNWc2V CZz09

Meeting ID: 860 8213 5916 Passcode: 751792

If you have questions about MBCC or One Baker Voice, please contact Allison Ormsby at obv@wfcn.org.



Ask-a Nurse Clinics

Health Ministries Network volunteer nurses provide blood pressure checks, health counsel, referral and telehealth, as well as limited screen-

ing. On the fourth Tuesday of the month, the "Ask a Nurse" program is augmented by community partners that include the Whatcom Family YMCA, Mt. Baker Foundation, NAMI of Whatcom County,

and Dementia Support Northwest. 8-11am—2nd and 4th Tuesday each month at EWRRC

director@healthministriesnetwork.net



DID I REALLY USE THAT MUCH WATER?

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

Average Household Use

Toilet	26.7%
Faucet	15.7%
Bath	1.7%
Shower	16.89
Clothes Washer	21.79
Dishwasher	1.4%
Leaks	13.7%
Other Domestic	2.2%
Taka sama tima ta s	as through vou

Take some time to go through your house and look for ways to conserve. Be sure to check out the District website for useful tips and guides on water conservation.

manager@cv-wd.com 360.599.1699

6229 Azure Way Maple Falls, WA

Our Business Hours Mon, Wed, Fri: 08:00 am -12:00 pm

North Fork Library North Fork Storytime

https://wcls.libcal.com/ event/12575032

For ages 2-6, 30 minutes. An open program that includes stories, rhymes, and songs with opportunities for movement and interactive participation. Starting September 17

Wild Fermented Breads with Genevieve Bardwell

Date:Tuesday, Oct 1 2024 Time:6:00pm - 7:30pm Location: North Fork Library Join us for a hands-on lesson on kneading and a slide show presentation about making raised bread without commercial yeast. All participants will be provided with a sourdough starter from 1890s Cripple Creek, Colorado. Ms. Bardwell will show you tricks for making a crispy crust. Then you will learn how to make the unique saltrising bread starter, which uses wild bacteria instead of yeast. I will compare and contrast these 2 breads, plus provide tips for success in creating the wonderful cheesy funk flavor in saltrising bread. Lastly, there will be samples of a gluten-free sourdough starter for anyone interested. Come share your bread stories and walk away with recipes and samples of wild-fermented

In addition to the physical materials at the library, we offer programs for adults, children and teens such as Storytime, Community Conversations and Teen Club at North Fork Library. Contact: Mariya Farmagey

mariya.farmagey@wcls.org 360 599 2020

7506 Kendall Rd, Maple Falls WA 98266

wcls.org

Facebook

Deming Library

Katrina Carabba katrina.carabba@wcls.org 5044 Mt Baker Hwy, Deming, WA 360 592-2422



FAMILY SERVICES & PARENTING SUP-PORT

There are four Family Services Coordinators at Mount Baker School District. Our mission is to create partnerships between families, school, and the community. All our services are confidential.

We provide support which enables children and adolescents to live in a safe and healthy environment, as well as encourages them to be present and do their best in school.

We assist families with resources, information and problem solving to help their children succeed in school.

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

(360) 383-2000

(360) 383-2009

Kendall Elementary

(360) 383-2055

https://www.mtbaker.wednet.edu/o/ kendall

7547 Kendall Road Maple Falls, WA 98266

Acme Elementary School

(360) 383-2045

https://www.mtbaker.wednet.edu/o/

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



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 communi-

Non-emergency number: (360) 599-

Remember: in an emergency dial 911

info@wcfd14.org

https://wcfd14.org

7528 Kendall Road, Maple Falls, WA

The Whatcom County burn ban is at Stage 1 - Recreational Fires Only

Recreational fire requirements:

Up to 3 feet by 3 feet of seasoned firewood or charcoal only

Must have enclosure 16 inches high, made of steel or masonry/rockery 25 feet from structures, timber, and

combustible material

15 feet of overhead clearance required Garden hose or (2) 5-gallon buckets of water at fire

Hand tools required onsite

Allowed after dark if attended until fire is out cold

No burning when winds exceed 7 MPH



Cold Weather Energy Saving Tips

As the weather gets cooler, reduce your home energy use and stay warmer by using these tips:

- --Replace inefficient lighting
- --Find and seal air leaks --Clean your gutters
- --Maintain your heating system
- --Use a programmable thermostat If you are a renter, contact your landlord or property

manager to see if they perform weatherization services as part of the building's maintenance.



Work is progressing at Creekside Park (7916 Santa Fe Trail, Columbia Valley) with the hillside being cleared of blackberry bushes, removal of downed trees and the construction of a bridge, picnic table and benches in the works. It is the first of five parks within Columbia Valley, each planned so there's one within 10 minutes walk from your doorway. Come check out Creekside Park!

Park Levy This November!

Columbia Valley Park and Recreation District (CVPRD) has been approved for placement on the November 2024 General Election Ballot to establish a six (6) year regular property levy rate for CVPRD. The park district currently has no funding so Proposition No.1 will allow the CVPRD to establish the levy rate at \$0.44 or less per \$1,000.00 of assessed valuation (approximately \$30/ annum/household) for a six (6) year period as otherwise authorized by law. Voter approval of Proposition No. 1 will provide capital funds for the CVPRD to purchase, construct and maintain up to four (4) more properties within the Columbia Valley Urban Growth Area (UGA) as outlined in our Comprehensive Plan which is accessible on our website on the About page.

The Columbia Valley Park and Recreation District objectives are to create five pocket-parks within walking distance of all homes in the Columbia Valley Urban Growth Area (UGA). Providing safe, local outdoor recreational spaces for all our residents will help improve the quality of life for everyone in our community.

Everyone is welcome to attend our meetings on the 2nd Thursday of the month at 6.30 pm at 8251 Kendall Rd, Maple Falls, Rm 3.

cvparksandrec@gmail.com

cv-prd.org



KAVZ Radio is Your Voice of the Valley in the South Fork Nooksack Valley and East Whatcom County. We are the only community, low-power FM radio station in East Whatcom County. We are located in Van Zandt in the beautiful South Fork Nooksack Valley. and serve the communities of Van Zandt, Acme, Deming, Welcome and all the rural areas in and around Van Zandt.

We are an all-volunteer radio station that provides a diverse program of music and informational programming with a focus on local interests and local needs.

KAVZ is a program of the South Fork Valley Community Association (southforkvalley.org) and is housed at the historic Van Zandt Community Hall. KAVZ has a long and storied past as a community radio station and we are undertaking to continue our service to the community and refresh our programming and our vision in response to community feedback.

As an all-volunteer station, we are always open and seeking more volunteers to help us in our mission. Whether you bring relevant experience in broadcast, music and audio or want to learn, please contact us at info@kavz.org if you want to find out how you can contribute, participate and learn.

You can stream music from our website 24 hours a day at: https://foothillsinfo.com/print-and-radio/(360) 230-8176 info@kavz.org https://www.kavz.org



The Foothills Community Alliance (FCA), a 501c3 organization was formed in 2020 by local community members with the purpose of funding projects aimed at improving the lives of the residents of Columbia Valley UGA. A generous grant from the Mount Baker Foundation has made it possible to fund projects such as a park, the Kendall Elementary reader board, a local chipping event, the Foothills Communication Hub, Kendall Spring Fair and Easter Egg Hunt, Food Bank funding for quality food, since 2020 the Kendall Summerfest, and many other wonderful programs and events. Our goal is to be the voice of the community through actively listening to our neighbors needs and addressing concerns regarding things like Safety, Health, Food Access, Education, Recreation, Transportation, and so many other vital issues that affect our residents. We aim to provide funding for projects that will benefit all Columbia Valley UGA residents. We welcome ALL of you to join our organization and be a

To volunteer, apply for a board position, or request funding for a project or idea, please visit our website at: www.foothillscommunityalliance.com or reach out via email at: info@foothillscommunityalliance.com.

JOIN US THE 2ND WEDNESDAY OF EACH MONTH at the Kendall Elementary Library, 7547 Kendall Rd. Maple Falls at 5pm in person and via Zoom

Look for our event invitations on Facebook, NextDoor, our Calendar and in The Foothills Outlook and on www.foothillsinfo.com.

info@foothillscommunityalliance.com

360-410-9114

foothillscommunityalliance.com https://www.facebook.com/



The Mt. Baker Chamber of Commerce was formed in 1982 to support businesses and build community in the East Whatcom region of Whatcom County in Washington State. Membership is offered to businesses, as well as residents, interested in supporting local businesses and Chamber projects. In acknowledgement of the many amazing people in our community that are members or allies of the LGBTQ+ community, AND to actively resist bigotry, hate and the marginalization of any member of our community we want to make it clear that: We believe, Black Lives Matter, No Human is Illegal, Love is Love, Women's Rights are Human Rights, Science is Real, and that Injustice Anywhere is a Threat to Justice Everywhere.

The Mt. Baker Visitor Center in the Maple Falls Town Hall is open daily from 10 am to 4 pm, 7509 Mt. Baker Hwy., in Maple Falls. 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!

Each spring and fall the Chamber organizes a team of volunteers to clean up litter along Mt. Baker Hwy. Volunteers are needed and appreciated! Click here to contact Sonya. Produced in the Mt. Baker Visitor Center, the Mt. Baker Local Resource Guide is our local directory of businesses in the East Whatcom region. It features members of the Chamber alongside other notable local businesses and community resources.

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, please contact Rebecca if you'd like to make a presentation. 360-599-1518

mtbakervisitorcenter@gmail.com

Family&Community

Stress, Kids & Families-What to Know!

Stress Happens! And when it does we

have a lot of power to claim our calm and rebalance with ease. Children and teens feel stress, just as much as adults. Adults may worry about finances and adult relationships. Youth may worry about school expectations and peer friendships. What causes us stress isn't as important as understanding that the intensity of the feelings and physical toll stress can have are common, regardless of age. We all have stress hormones that get set off when we feel or perceive danger. Danger can be physical, social, emotional or other ways, too. The real or perceived threats activate our bodies' nervous system. We feel stress and anxiety. If there is high stress within the family

If there is high stress within the family dynamics or neighborhoods children pick up on those cues. They perceive danger or unease. They also have their own stressors, while caring about those of their parents and caretakers. As a matter of fact, babies growing inside a womb get the direct dose of stress hormones that momma is experiencing and this can make children more highly sensitive to stress hormones across their

lifeime.

Encountering a child's claim of stress, should be met with compassion and understanding. Tell kids you care. Tell them that stress is a normal part of life, but that coming to trusted adults is important. They don't need to manage it alone. As a matter of fact, stress runs on a continuum from positive to toxic. Positive stress motivates us to pay the bill, make the call to apologize, or to get our homework done. Moderate stress is buffered by support and caring relationships and we have time to recover. Toxic stress is frequent and lacks social supports or the buffering from caring, trusted relationships. Toxic stress can make us ill.

Aim to become the best trusted adult for the kids in your life and give them access to other caring, trusted adults—because sometimes, even when we are trust-worthy, a child needs a different adult to go to for certain issues.

Model and offer healthy coping strategies, like breathing exercises, creative outlets like coloring or crafts, a walk or fun physical activity, a long 20 plus second hug, sitting quietly with good posture and humming a favorite

tune. There are lots of healthy ways to claim our calm and teach kids along the way.

As an adult, how we model coping with stress matters. It is important not to associate your stress with behaviors such as use of substances (alcohol, nicotine products, cannabis) or yelling, arguing or driving mad. Kids will learn from us. Instead, we can use techniques to help us rebalance stress with ease in our lives, to activate our biological systems for calming.

Treat Yourself to Learning!

Save The Dates! WFCN offers a series of community trainings designed for adults who are care about and for children—at home, in the community or through work. All three courses will be offered in October 2024. Register soon and www.wfcn.org/events.

Power of Connection: October 22 and 23 from 5:30 to 7:30 p.m. via zoom. Attend both sessions to learn what research tells us about why toxic stress matters and how understanding neurobiology, epigenetics, adverse childhood experiences, positive childhood experiences, resilience and hope can mitigate impacts. \$40 per two-session

Power of Hope: October 15 from 3 to 5 p.m. via zoom.

Learn how hope is the most reliable predictor of thriving in the lives of individuals, families, schools, organizations, neighborhoods and other communities. Hope is measurable and it can be learned.

This two hour session allows you to measure your own hope, understand the principles and elements of hope and tools to help you be a hope giver! Free. Funding from Whatcom County Health & Community Services supports this work.

cont. next column



WFCN cont.

Power of Ease: October 4: 18 and November 1.

Attend all three sessions to gain knowledge and skill- building to activate your parasympathetic system in order to claim your calm, restore balance to stress cycles, and lend your calm to others when stress takes hold. \$60 per series or \$20 per session. For more information contact info@wfcn.org

Find Us At the Trick or Treat Fair on Halloween!

M.A.D. H.O.P.E. Youth Mental Wellbeing and Suicide Prevention Program, a program of WFCN, will share at table with Mount Baker Community Coalition at the EWRRC's Trick or Treat Fair on Thursday, October 31 from 5 to 7 p.m. Come to pick up information about how to help yourself and others when they are dealing with anxiety, depression and suicidal thinking. These are skills for everyone to know! When a community feel confident, capable and supported, we can make a difference. Connection Saves Lives!

M.A.D. H.O.P.E. provides in classroom training at the middle and high school levels to all Whatcom County Schools and youth organizations. To request a training contact Sav Schell at volunteermadhope@wfcn.org For more information about M.A.D. H.O.P.E. visit www.madhope.org



Serving individuals throughout Whatcom County, DVSAS is a volunteerdriven 501(c)(3) non-profit organization working to heal victims and end domestic violence and sexual assault. With client-centered, accessible housing and support services, DVSAS empowers victims and survivors while offering safe housing and the possibility of a new life. Our commitment is to provide the full spectrum of support and services that victims need after the trauma of partner violence or sexual assault, while also offering prevention education to break the cycle of violence once and for all. Through important collaborations with law enforcement, local school districts and countless community members and organizations that are active participants in this work, we are building a world where every survivor has the support they deserve and there is a future free of domestic violence and sexual assault.

24 HOUR HELPLINE 1.360.715.1563 Business Line: 360.671.5714 https://www.dvsas.org

Wife: Will you stop yawning when I'm talking to you?

 $\label{eq:husband: I monoty} \begin{tabular}{ll} Husband: I monoty awning; I monoty is something! \\ \end{tabular}$



DSHS/Washington Connection offers a fast and easy way for families and individuals to apply for a variety of services such as Food, Cash, Child Care, Long-Term Care, and Medicare Savings Programs. Individuals that are age 65 or older, blind or disabled may also apply for medical assistance.

(877) 501-2233

https://

www.washingtonconnection.org/home/

Foothills Resources & Organizations



NW Clean Air Agency is responsible for enforcing federal, state and local air quality regulations at stationary sources of air pollution in our jurisdiction. In addition to regulating businesses, we focus on informing the public about air quality issues and how to make clean air choices. Please contact us to report illegal burning or other forms of air pollution.

airmonitoring@ecy.wa.gov 360-428-1617

Check current air quality in your area: https://enviwa.ecology.wa.gov/home/

map https://nwcleanairwa.gov/



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



USDA Rural Development U.S. DEPARTMENT OF AGRICULTURE

Single Family Housing Repair Loans & **Grants in Washington**

Also known as the Section 504 Home Repair program, this provides loans to very-low-income homeowners to repair, improve or modernize their homes or grants to elderly very-lowincome homeowners to remove health and safety hazards. 1-800-414-1226

https://www.rd.usda.gov/programsservices/single-family-housingprograms/single-family-housing-repair -loans-grants/wa#overview



Northwest Youth Services' mission is to affirm youth experience and autonomy as we work together to foster collective healing and justice in order to dismantle the systems of oppression that perpetuate youth homelessness. At Northwest Youth Services, we believe this is attainable by focusing on participants' holistic selves and well-being, not just their trauma or symptoms.

We employ radical innovative services and care models that go beyond physical well-being to build social capital in partnership with young people, 13 to 24-year-olds experiencing homelessness or unstable housing. Our philosophy of care centers around three concepts: Learn, Create, and Connect.

hello@nwys.org 360.734.9862 https://www.nwys.org 1020 North State St, Bellingham, WA Monday - Friday-9 AM - 5 PM

How many of you can do this?!!



North Sound ACH

North Sound Accountable Community of Health (North Sound ACH) exists to create a just and inclusive culture and the necessary conditions for all community members to thrive. team@northsoundach.org (360) 543-8858 https://northsoundach.org



The Van Zandt Public Market – Saturday, October 5th from 10am to 3pm This is the last month of Market Days at the Hall in 2024! Get a jump on holiday shopping and support local crafters, bakers, artists, and vendors. If you spent your summer cleaning out the barn or the attic and would like to rent a table to sell some treasures, email market@southforkvalley.org.

Get your Spook on at the Van Zandt Halloween Ball Saturday Night October 26 7-10pm. Last year was an absolute blast with live music, dancing and a thrilling costume contest! This year High Tide will keep the tunes rolling at the beloved Van Zandt Hall and this spooktacular event looks to be even more to howl home about in 2024. Free admission-- a donation to the Van Zandt Hall Renovation encouraged. See you there!

Poetry Café – Saturday, November 9 from

Mark your calendar for this popular annual event. Even if you're not "a poetry person," you will appreciate the depth and breadth of local talent. And the dessert potluck is an added bonus.

Winterfest! - Saturday, November 16 from 10am to 4pm

The first-Saturday Public Markets end in October, but don't despair. Winterfest will give you one more chance to stock up on stocking stuffers, pick up some edible goodies, and find treasures you didn't know you needed until you see them.

Third Thursday Potluck and Open Mic -Next Up: Thursday Sept 19th 6pm to 9pm. Join us every third Thursday of the month and enjoy a meal and good conversation with friends and neighbors, followed by music, stories, poetry, or the performing preference of whoever steps up to the mic. Bring a dish to share. See ya there! **Voter Awareness Events** – There's a lot at stake in the upcoming elections, both locally (water adjudication, charter review, etc.) and nationally. Meet candidates at the candidate forum on Saturday, October 19 from 1-4pm, at the Van Zandt Hall.

KAVZ 102.5 is your voice of the Valley. Listen online at KAVZ.org or tune your dial to 102.5 to hear local and world talent, shows as well information about upcoming events and opportunities in the Foothills of Komo Kulshan Mt Baker! Take the KAVZ survey - KAVZ 102.5 is your voice of the Valley. Help the station managers choose artists and create programs and playlists you want to hear by taking a brief online survey. Respondents can stop by the Hall and grab a shiny new

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

email volunteer@southforkvalley.org. **RENOVATION NEWS** The Hall Renovation Project is steaming along. Design and build phases are now in the hands of Whatcom County Parks and Recreation, while the SFVCA focuses on local fundraising, and on collecting Hall/Van Zandt historical information, photos and artifacts. Additional funds are needed for a heat pump/air filtration system that will allow the Hall to serve as a cooling station and smoke refuge, and for a back-up generator. To make a donation, please visit the SFVCA website. And if you have historical information to share, please email history@southforkvalley.org

The South Fork Valley Community Association (SFVCA) is a small but mighty 501(c)3 nonprofit dedicated to building community in the Nooksack River's South Fork Valley and the Mt Baker Foothills. The Association manages, maintains and improves the Van Zandt Community Hall, and hosts a wide variety of community events and programs. In addition, the SFVCA distributes a monthly email newsletter, the South Fork Scoop, and provides a home for our beloved community radio station, KAVZ-LP 102.5 FM, your "Voice of the Valley." The SFVCA Board of Directors meets monthly on the first Wednesday of every month at the Van Zandt Community Hall. All are welcome.

4106 Valley Hwy, PO BOX 794 Deming, WA, 98244. 360-230-8176 info@southforkvalley.org https://www.southforkvalley.org



Whatcom County Health and Community Services is a countywide department that works to promote health, prevent disease and injury, provide accurate and reliable health information, preserve a healthy environment, and prepare for and respond to emergencies.

Whatcom County Health Department provides vaccine clinics, septic homeowner trainings, opportunities for engagement, and more. 360-778-6000

arobinso@co.whatcom.wa.us https://

www.whatcomcounty.us/4307/Health-Department



The Nooksack Youth and Family Services Department provides an array of advocacy and case management services to Nooksack children and families involving child welfare, domestic violence, sexual assault, and elder abuse.

(360) 306-5090

https://nooksacktribe.org/ departments/youth-family-services/



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



Every person should have the opportunity to live in a safe, secure & affordable home!

We are a local government agency that serves thousands of residents in Whatcom County. The Bellingham Housing Authority (BHA) & the Whatcom County Housing Authority work together to provide needed housing in our community.

We serve Low-Income Families, Elderly People, Those with Disabilities, & Working Families in need of affordable

(360) 676-6887 ext. 1025 info@bellinghamhousing.org https://bellinghamhousing.org



The Washington State Homeowner Assistance Fund (HAF) provides individual support and federal relief funds to qualified Washington homeowners behind on their mortgage due to pandemic hardship. This program is administered by the Washington State Housing Finance Commission (WSHFC). Pre-Purchase Homebuyer Education Classes or Housing Counseling **Down-Payment Assistance Programs** or other help buying a home Foreclosure Prevention Housing Coun-

Foreclosure Prevention Legal Aid Home Repair or Home Modification

Payment Assistance Programs (Availability varies. Call for information) 877.894.4663 www.homeownership-wa.org



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



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



ESOL: Evergreen Goodwill offers ESOL classes at basic and intermediate levels for people who want to develop English literacy and improve language skills for the workplace. Classes include ESOL Basic through ESOL Level 4 and Citizenship Test Preparation.

Digital Skills: With our different Digital Skills classes, you'll learn the basics of how to operate a computer, including file management (saving), typing (keyboarding), internet, and email. Later, you can take classes in Microsoft Word and Excel to learn to create spreadsheets for organizing data and documents for writing a resume or cover letter. We also offer online job search classes and special computer classes for non-native English speakers. No previous computer knowledge or experience is required.

Wraparound Services: Evergreen Goodwill's instructors, case managers, and employment specialists support students holistically based on their individual needs and help remove barriers to employment and education. Students can receive support for barriers like housing, transportation, legal or immigration matters, among many others. Reentry Services: Finding work with a conviction history can be a challenge, but Evergreen Goodwill is here to help. Initially, our Employment and Reintegration Strategies class focuses on mental and physical health, stress management, the theory of change, and goal setting exercises. The second half of the curriculum helps students plan their careers, search for jobs, and prepare for interviews.

(360) 752-2080 evergreengoodwill.org



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



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



A part of the Al-Anon Family Groups' fellowship for younger members whose lives have been affected by someone else's drinking. Meeting: https://www.whatcomafg.org



AlAnon Family Groups have one focus: to help friends and families of alcohol-

nd a meeting: https:// www.whatcomafg.org

VA U.S. Department of Veterans Affairs

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,



Volunteer Chore Program provides volunteers to help the elderly (60 and over) and adults with functional disabilities remain independent in their own

The Chore Program serves as a safety net, helping those for whom other resources are unavailable. Chore assists 200+ Whatcom County residents each

(360) 734-5121 ext. 1172 chore@whatcomvolunteer.org



Our Mission is to improve the quality of life, increase the independence and assure the full inclusion in the community of all persons with developmental disabilities. Information and referrals are available from The Arc to help meet the unique and individual needs of people with developmental disabilities and their families. Every effort is made to provide the most useful assistance possible, professionally and confidentially.

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

(360) 715-0170 admin@arcwhatcom.org https://arcwhatcom.org



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

(360) 733-1144 customerservice@ridewta.com https://www.ridewta.com



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

https://www.hfhwhatcom.org



Whatcom 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



Meals and Wheels and More supports the health and independence of the older adult populations of Whatcom and San Juan Counties by providing nutritious food, social connection, and nutrition education.

Through our Meals on Wheels and Community Meals programs we provide 2000+ seniors throughout Whatcom and San Juan Counties with more than 200,000 nutritious meals each year!

Every meal we provide meets at least one third of a senior's daily nutritional requirements.

Seniors are at increased risk for malnutrition for multiple reasons including: Chronic or acute illnesses Decreased ability to shop for and to prepare healthy meals

Depression Lack of funds

It is our goal to ensure that all Whatcom and San Juan seniors have access to the nutrition they need to remain healthy and independent in their homes as long as possible. 360-746-

6480

https://whatcomcoa.org/meals-onwheels/



Each year we provide hundreds of hours of support to caregivers in Whatcom and Skagit County through our free programs:

Adult Day Programs for scheduled caregiver respite

Support Groups for adults caring for those affected by dementia

Adult Children Support Groups for those adults caring for a parent affected by dementia

Dementia-Friendly events Art Access Classes with Allied Arts of

Whatcom County Project Lifesaver (a partnering with the Whatcom County Sheriff) providing electronic technology to locate those who wander

All seek to provide a support to those living with dementia as well as to those providing their care.

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

alz@alzsociety.org

https://www.dementiasupportnw.org



Since 1976, we have assisted over 700 families in building their own homes in Whatcom and Skagit Counties. Mutual Self-Help combines your sweat equity with technical assistance from WSH and affordable loans from USDA Rural Development.

(360) 398-0223

julia@whatcomskagithousing.com https://whatcomskagithousing.com



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

1-800-RUNAWAY

1-800-786-2929, you can connect with a trusted, compassionate person who will listen and help you create a plan to address your concerns.



Whatcom Council on Aging, in partnership with the people we serve, offers nutritional, health, social, recreational, and educational programs that promote lifelong independence.

Vision: Lifelong empowerment through education, advocacy, and support: Independence through affordable housing, nutritious food, health care and programs that support lifetime wellness.

Connections with community Senior

Centers, programs and outreach. Opportunities for civic and community life engagement through education, recreation, and volunteerism. Self-respect through self-determined and independent living to prevent premature non-independent living and through opportunities for seniors to maintain autonomy.

Good physical and mental health through proper nutrition, exercise, and other social activities.

Community support built through advocacy for rights of older adults and through promotion of a positive image of aging.

Values: Whatcom Council on Aging engages in partnerships with agencies and community groups that support the values of Accessibility, Connectedness, Involvement, Independence, Individual Respect, Health, and Advocacy.

360-733-4030

https://whatcomcoa.org/contact-us/



Office of Refugee and Immigrant Assistance Resource Tool

The Office of Refugee and Immigrant Assistance is part of the Washington State Department of Social and Health Services, within the agency's Economic Services Administration and Community Services Division. Our goal is to help refugee and immigrant families and individuals succeed and thrive in Washington state.

https://app.smartsheet.com/b/



Whatcom Human Rights Task Force Northwest Immigrant Rights Pro-

The Northwest Immigrant Rights Project (NWIRP) provides comprehensive immigration legal services and community education to advance the human rights and well-being of low-income immigrants and refugees. 360-389-3898 whatcomhrtf@gmail.com

http://www.nwirp.org/



Provides a wide variety of services for legal and illegal immigrants, including:

Impact Litigation **Community Education Practice Advisories Direct Legal Services** Survivors of Domestic Violence and Other Crimes Asylum **Family Services** Children and Youth Citizenship DACA (Deferred Action for Childhood Arrivals) **Detention and Deportation Defense**



206.587.4009

www.nwirp.org

ESL: English Language Learning

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

*Improving their basic reading, writing, math, computer, and parenting skills. *Helping them prepare for a GED test and/or further their education.

- *Helping them attain US citizenship.
- *Increasing their employment opportu-
- *Enabling self-sufficiency.
- *Enhancing the stability of their daily

ell@whatcomliteracy.org (360) 685-6756

https://www.whatcomliteracy.org/ english-language-learner

W 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



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

Additional Resources & Organizations



For many, making ends meet is a daily challenge, forcing people to choose between things like heating their homes and putting food on the table. We understand the stress these situations put on families and are here to help.

Providing assistance for: Disaster Relief Homelessness Hunger **Veterans Services Poverty Prison Outreach** Prescription drug coverage Rent and Utility Assistance **Substance Abuse Services** At-risk youth programs 360-733-1410

vaun.malone@usw.salvationarmy.org https://bellingham.salvationarmy.org 2912 Northwest Ave., Bellingham



American Red Cross

The Red Cross is a registered 501(c)(3) nonprofit organization providing disaster relief whether it's loss of home due to fire or flood to mobilizing volunteers, supplies and services in disaster stricken regions of the world.

Red Cross supplies about 40% of the nation's blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members and their families. 1 800 RED CROSS (1-800-733-2767) https://www.redcross.org

Our mission is to provide free civil legal assistance to low-income Whatcom County residents by linking them with attorney and community volunteers. 360-671-6079

info @ lawadvocates.org https://lawadvocates.org 1407 Commercial Street Bellingham,

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

360-734-8680 https://nwjustice.org

Medicare.gov

Medicare.gov provides information on how to get started with Medicare, with what Medicare covers, as well as information about prescription drug/dental/ vision plans, has health counseling, assists in finding a provider, and other health-related resources.

1-800-MEDICARE (1-800-633-4227) TTY users can call 1-877-486-2048 https://www.medicare.gov

CENTER FOR INDEPENDENCE

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

info@cfi-wa.org https://www.cfi-wa.org

H Unity Care NW

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

360-676-6177 https://unitycarenw.org



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

360.671.3225

https://www.seamar.org/whatcommedical-bellingham.html



A free, unbiased and confidential service of the Washington State Office of the Insurance Commissioner, SHIBA volunteers help people of all ages and backgrounds with their Medicare questions and options. Local: 360-725-7080

TDD: 360-586-0241 800-562-6900 shiba@oic.wa.gov

https://www.insurance.wa.gov/findlocal-shiba-office

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

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 availa-

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



Providing vocational rehabilitation services for disabled and displaced work-

(360) 812-6610

DVRBellinghamReferral@dshs.wa.gov https://www.dshs.wa.gov/location/ dshs-dvr-bellingham

4101 Meridian St Bellingham,





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

(212) 695-8650 info@thetrevorproject.org https://www.thetrevorproject.org



The Y is committed to ensuring that every youth has the opportunity to become a healthy, contributing member of society. The Y offers teens a safe environment where they can develop healthy, trusting relationships and build self-reliance through the Y values of caring, honesty, respect and respon-

We offer activities and programs for teens that provide them with academic assistance, life skills, healthy habits, positive social experiences, all while having fun.

360 733 863 https://www.whatcomymca.org/teenprograms

1256 N. State St, Bellingham



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,

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

WORK Source

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



ADULT BASIC EDUCATION

ESOL

Evergreen Goodwill offers ESOL classes at basic and intermediate levels for people who want to develop English literacy and improve language skills for the workplace. Classes include ESOL Basic through ESOL Level 4 and Citizenship Test Preparation. Also offered:

Digital Skills

Wraparound Services Reentry Services 360) 752-2080

1115 E Sunset Dr. Bellingham https://evergreengoodwill.org/jobtraining-and-education/adult-basiceducation/

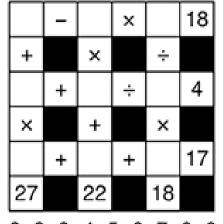
Go Figure answers on back page

GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

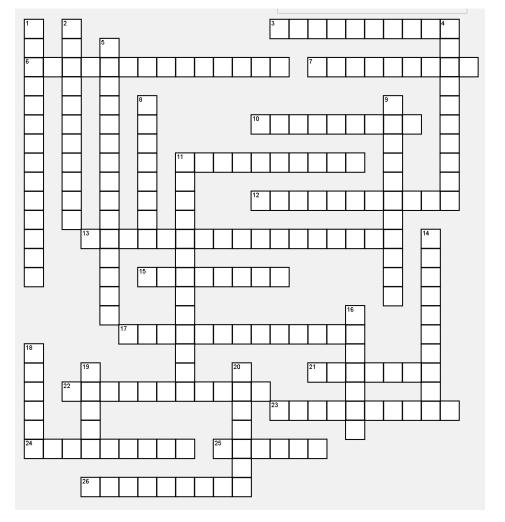
DIFFICULTY: * *

★ Moderate ★★ Difficult * * * GO FIGURE!



2 3 3 4 5 6 7 8 9 O 2014 King Features Syndicate, Inc.

October Crossword Puzzle: Classic TV Cartoons



For more information about each event, go to foothillsinfo.com and click on our Events Calendar.

You can find a description of the event, see the cost, view the location on our map, visit their website, and more.

The Foothills Outlook October 2024 Calendar of Events

"October is a fallen leaf, but it is also the wider horizon more clearly seen. It is the distant hill once more in sight, and the enduring constellations above that hill once again." — Hall Borlan, This Hill, This Valley

Go Figure! 4 - 2 × 9 18 + × ÷ 5 + 7 ÷ 3 4 × + × 3 + 8 + 6 17 27 22 18

Crossword Solution

Across: 3. Wally Gator, 6. Foghorn Leghorn, 7. J. PussyCat, 10. Baba Looey, 11. Donald Duck, 12. Pink Panther, 13. George of the Jungle, 15. Underdog, 17. Jiminy Cricket, 21. Mr Magoo, 22. Flintstones, 23. Ruff n Reddy, 24. Tom n Jerry, 25. Popeye, 26. Mr Peabody

Down: 1. Officer Dribble, 2. Roger Ramjet, 4. Roadrunner, 5. Bugs Bunny, 8. Yogi Bear, 9. Felix the Cat, 11. Dudley Do-Right, 14. Murgatroyd, 16. Atom Ant, 18. Dimwit, 19. Alvin, 20. Jetsons

Are you a Foothills business or organization looking for employees?

Go to foothillsinfo.com, click the Jobs tab and fill out the Hiring information form and we'll post your details on our website.

Are you looking for local work?

Go to foothillsinfo.com, click the Jobs tab and fill out the Seeking Work information form and we'll post your details on our website.