

The Foothills Outlook

Connecting Foothills community members with vital resources, organizations and events



Issue 2, no. 12
July 2025

A Plate Half Full: Food Access and Insecurity in the Foothills

"The cost of food and the cost of transportation makes it impossible for me to feed my family all month long. By the end of the month, I only eat once a day and my kids eat but are still hungry."
— Foothills Resident

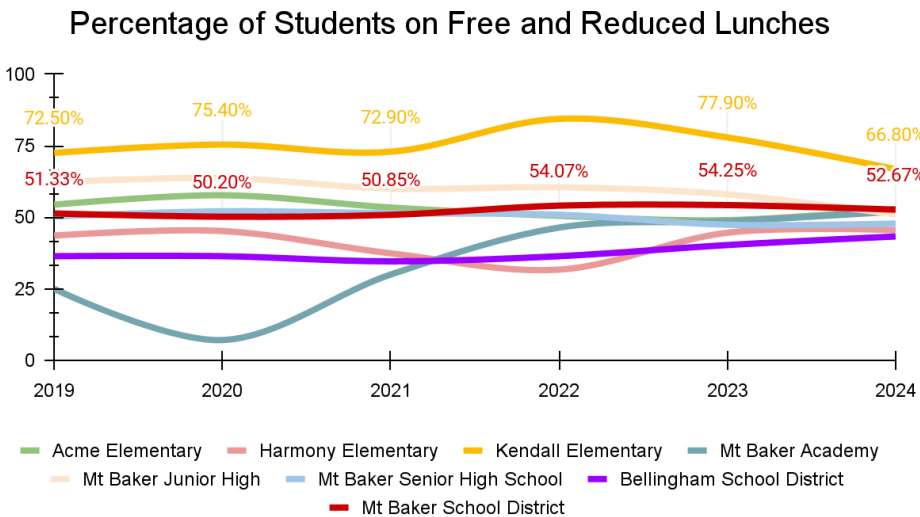
In the Foothills region of the Mt. Baker School District (MBSD), a heartbreaking truth continues to surface in survey after survey: food access is one of the top two concerns among residents, right alongside healthcare. This isn't just about grocery preferences or dietary choices; it's about survival. According to the definition, a "food desert is an area with a poverty rate of 20% or more, or where the median income falls below 80% of the state or urban average. In rural areas, it also means that residents must travel over 10 miles to reach a full-service grocery store." In the Foothills, a staggering 95% of residents live farther than that, making our community a textbook example of a rural food desert.

Beyond the Map: Living the Struggle
Although gas station convenience stores dot the area, and Crossroads Grocery is in Maple Falls, and even with three free food distribution sites in the region, these food sources are not enough to meet the food needs of our community. Food insecurity here isn't just about distance—it's about a lack of reliable transportation, limited mobility, deep-rooted poverty, and insufficient food resources. The USDA defines food insecurity as "a household-level economic and social condition of limited or uncertain access to adequate food." This isn't an abstract statistic; it's a daily reality for families in our region.

Henry Fisher, director of the Foothills Food Bank, says it plainly: "Our geographic isolation contributes to a poverty trap." Residents must choose between spending precious dollars on gas to access better, more affordable food or paying higher prices at local stores for less healthy options. For those without transportation or with physical limitations, those choices don't even exist. And, the struggle becomes even more disturbing when we look at the rising number of Mt Baker School District (MBSD) students who are eligible for free and reduced lunches. Kendall Elementary School has consistently averaged 75% eligibility for the past five years, with more than 50% of MBSD students throughout the district being eligible.

The Human Face of Food Insecurity
It's not just about logistics; it's about dignity. Many in our community, especially seniors, people with disabilities, and single-parent households, simply cannot access or prepare meals without help. At the Foothills Food Bank people are treated with compassion and respect. There are no ID checks, no proof of income required, just food available to anyone who needs it. And the need for the food bank is growing: in 2019, the Food Bank served over 31,000 people. By 2024, that number had risen by 51%.

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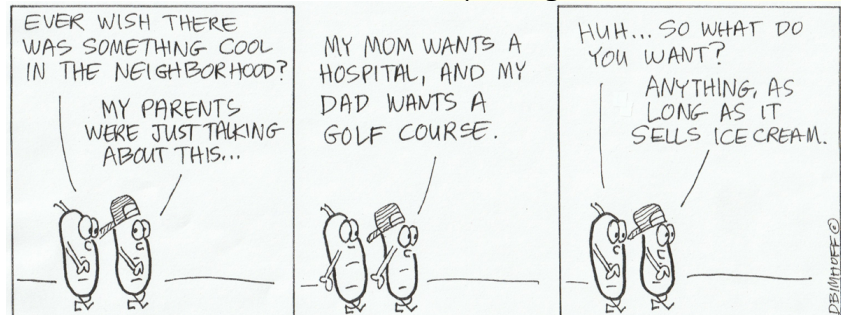
We are all feeling the pinch of grocery and gas prices, but for too many of us that pinch has been, or become, a grinding ache in our bellies and sleepless nights wondering how we are going to feed our families. Groceries are rapidly becoming our second largest expense each month after rent or a mortgage and people living in food deserts like the Foothills are hit especially hard. In times like these, sharing information about food access programs and resources, and educating everyone about food resources can help relieve some of the stress of trying to put healthy food on the table each day.

Closer to Home
As federally funded food programs are being financially gutted, it becomes increasingly imperative that we seek alternative solutions to providing affordable, healthy food for everyone. Noelle Beecroft, who is a Food System Specialist and the Senior Program Coordinator for the Whatcom County Extension SNAP-Ed Program, as well as wearing other hats, explained community-driven solutions to food inaccessibility and insecurity are gaining ground. One example is the Community Freedge at the North Fork Library. Beecroft notes the Freedge program is a big win in the Foothills foodscape as it offers no-barrier access to free food beyond the food banks and other programs. The Freedge is stocked regularly with fresh produce, dairy products, bread, whole grains and more donated by local businesses and community members. Freedge food is free to anyone; you don't need to ask permission at the library to access it, but please note it is only accessible when the library is open. For Seniors there is the Senior Farmers' Market Nutrition Program (SFMNP) offers coupons for fresh produce at local farmers' markets and local food stands. The "Market Match" program lets people using EBT/SNAP benefits stretch their budget by providing dollar-for-dollar match on fresh fruits and vegetables at local produce markets. So for every dollar you spend from your benefits, you get an equal amount for additional purchases. Check with your market to see if they use this program and some have limitations on how much you can spend each day, so be sure to ask about that. Our local Saturday farm stands do accept this!

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MBSD has a summer program called "Grab n Go" through which all students no matter what their family's income might be, receive a box of food every week while they're on summer break. Contact Mt Baker School District for more information about this program. Meals on Wheels is a national program that provides seniors who are not able to prepare meals themselves with a week's worth of dinners that are nutritious and tasty. Food can also be accessed through local food banks and food pantries. While most people are aware of the Foothills Food Bank, many don't know St Peter's Catholic Church in Deming hosts "Thursday Afternoon with Our Friends". The Foothills Food Bank came into being at St Peter's and was housed there for 30 years until moving to the new building next to the East Whatcom Resource Center. Today St Peter's continues to hold "Thursday Afternoons" where you can get food, clothing, diapers, dry goods, hygiene products,

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Free

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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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**In every community, there is work to be done.
In every nation, there are wounds to heal.
In every heart, there is the power to do it.**
—Marianne Williamson

bugwalla

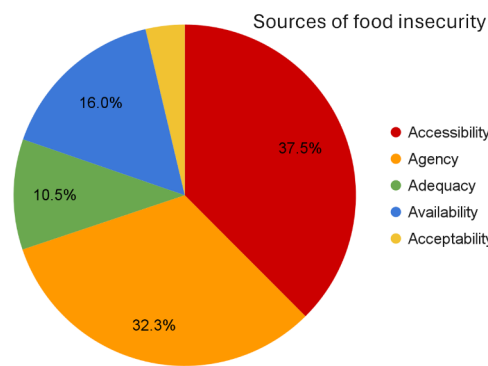
by Doug Imhoff



Foothills Alive

A Plate Half Full continued

To promote personal choice, reduce stigma and maintain personal dignity, the Food Bank now operates like a grocery store: clients choose what they need for their household rather than being handed a pre-selected bag. This small shift has made a big impact, especially for those hesitant to ask for help. And, whether someone visits the food bank regularly or only in times of crisis, the door is always open; everyone deserves access to real, healthy food.



In the Foothills there 14.8% of households live below poverty level. Another 23.6% of people have disabilities, 223.9% are families with children, and 24% are over 60 years of age. These populations face barriers such as reliable transportation, money, physical ability, and more that compound their ability to access fresh, healthy foods.

Addressing these obstacles is a multi-pronged effort on the part of the Food Bank, local farmers, the Whatcom County Health Department, the SNAP-Ed program funded by the USDA, local farmers’ markets, the Washington State Department of Agriculture, and many more organizations and programs. However, the logistical issues related to consistently providing Foothills residents with access to fresh, nutritious, and budget-friendly foods need to be examined. For example, feasibility studies have been conducted by several grocery stores to see if it would be cost-effective to build one out here, but with rising property prices, zoning laws, and other issues, this hasn’t progressed. Another idea is building a permanent Public Market area where farmers, growers, makers, and others could have undercover stalls with electricity and running water to sell their goods. Again, where to put it? With land prices skyrocketing alongside the cost of building materials, how do we make that dream a reality?

Healthy Food, Locally Sourced

Why aren’t we feeding our communities with what grows locally? The Foothills is an agriculturally rich area with berry fields for miles, orchards, dairy farms, and small family farms. We are approximately a forty-minute drive from the Salish Sea which is abundant with seafood. Yet we have more people than ever relying on local food banks. You can forget the myth that food banks only offer canned goods and items past the sell-by date, that they only have food no one else wants. The Foothills Food Bank partners with local farmers to provide fresh, seasonal produce, meat, dairy, and more. Up to 40% of the food on their shelves is purchased, and USDA programs help provide additional nutritious options. Offering an expanded selection of products allows families to spend less at the grocery store on nutritious foods and provides them with healthier meal options.



When Hunger Hits Home

Food insecurity affects our health. Poor diets increase the risk of diabetes, heart disease, high blood pressure, and obesity. Prepackaged foods from convenience stores are not a sustainable or nutritious solution. But for some of our neighbors, their entire diet is made up of food purchased from local gas station convenience stores. When nutrients such as essential minerals and vitamins found in fresh vegetables and fruit is missing from the diet, health problems become an additional issue related to food insecurity and access. Households that experience food insecurity also face higher healthcare costs due to the consequences of poor nutrition and stress. Choosing between purchasing groceries or paying for vital medications is something no one should have to do, but it happens far too often. This compounds the effects of food insecurity as well as one’s physical and mental health, creating a cycle that seems impossible to escape. In the Foothills, where the average income lags behind county and national levels, too many families are already living on the edge. Add high numbers of children, seniors, and people with disabilities, and the crisis deepens.

Supporting Our Students, Elderly, and More

“When students are hungry, their ability to learn and engage in school is impacted,” Washington Superintendent of Education Chris Reykdal says. “Quality nutrition is a key component of student success, and access to meals is an important part of being at school. We have to stop expecting families to foot the bill for resources and supports that are a normal part of the school day.” The Foothills Food Bank’s Winter and Spring Pantry Program bridges the gap. During breaks, the program delivers healthy, kid-friendly food boxes to over 900 children in 370 households—no paperwork required. The ratio of MBSD students who are eligible for free or reduced-cost meals while at school is consistently higher at Kendall Elementary School than any other school in the MBSD, and is second only to the tribal school on the Lummi Reservation. In addition, the Kendall/Columbia Valley Urban Growth Area (UGA) has the highest populations in Whatcom County of elderly and disabled people, single-parent families, families/individuals living below the poverty level, and people with chronic health care issues. This contributes significantly to the need for school children to be able to eat breakfast and lunch while at school. As of 2023, Washington state passed House Bill 1878 to provide free meals to 79% of students in elementary schools where 40% or more of children are eligible for free or reduced-price meals. However, Mt Baker School District qualifies for free universal meals through the Community Eligibility Provision (CEP), according to the Washington State Office of Superintendent of Public Instruction (OSPI), meaning all MBSD elementary school students are eligible for free breakfast and lunch. This is a much-needed program in the MBSD during the school year, but what happens during winter and summer breaks? The Foothills Food Bank’s **Winter and Spring Pantry Program** steps in. Every winter and spring break, students receive a box of healthy, kid-friendly foods—easy to prepare and ready to eat. In the 2022–23

school year, the program served **over 900 children** across **370 households**. Food is delivered straight to their homes, and **every student in the district is eligible, no questions asked**. To enroll, families simply contact their school’s Family Resource Coordinator.

Home Delivery

For those who can't leave home —due to age, illness, or ability, disability, or lack of transportation—the Food Bank delivers. Every Tuesday, volunteers bring pre-packed bags of groceries straight to the door.

- Small households receive 25–30 pounds of food
 - Larger households receive 50–60 pounds
- Both include a variety of non-perishables, produce, meat, dairy, and bread.

To sign up, a quick email or call to the Foothills Food Bank is all it takes. Please note: Home delivery clients are not eligible for in-person shopping.

Streeettttt that Buck

Taking advantage of programs like Fresh Bucks, a program that matches dollar for dollar what you spend at a farmer’s market, and vouchers that double the amount seniors can spend at one of the local pop-up farmers’ markets, are several ways to make your food budget go further. (See *Helping Hands* for more information about food access programs.)

If you’re using EBT benefits, you can stretch your food budget even further at local farmers’ markets. In addition, there are a variety of resources that can help you budget for groceries, learn how to plan meals around a budget, and eat healthy even when you don’t have much money, as well as a wealth of other helpful information on eating well. Check out both <https://myplate.gov> and <https://snaped.fns.usda.gov>, where you can find a lot of helpful information.

Food insecurity isn’t just a policy issue—it’s a moral one. In a place as rich in resources and community spirit as the Foothills, no one should have to choose between gas and groceries. Everyone deserves a full plate.



FREE GRAB & GO SUMMER MEALS | SUMMER 2025

The Mount Baker School District will be offering “Grab and Go” meals for the summer of 2025. Meal pick-up will be available starting Tuesday, June 24th with the final food pick-up on Tuesday, August 12th. Meal pick-up will be on Tuesdays at Acme, Kendall, and the Junior/ Senior High Central Kitchen (see schedule below). Each child will receive five (5) days’ worth of FREE breakfast and lunch meals at each pick up. Meals are available for children 18 and younger. Acme Elementary: Tuesdays, 8:00am-10:00am Kendall Elementary: Tuesdays, 8:00am-10:00am Junior/Senior High Central Kitchen: Tuesdays, 4:00pm-6:00pm

Primary Medical Care Services at the East Whatcom Regional Resource Center

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

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

Appointments can be scheduled by calling **360-230-8157**

Most major insurance accepted including the following:

- Molina
- Premera
- UHC
- Lifewise, and more

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



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

Join the Health Equity Zone (HEZ) at Kendall Summerfest!

Drop in anytime between 4 & 8 pm!

Come for the fun, stay for the future! While you're enjoying all the music, food, games, and good vibes of Summerfest, swing by the gym and join HEZ for a drop-in Community Action Workshop.

We're gathering ideas from folks like you about what East Whatcom needs to thrive—think food access, youth programs, healthcare, transportation, and more.

No speeches, no pressure—just meaningful conversations and a chance to shape what comes next for our community. Pop in, cool off, and speak your truth. We can't wait to hear from you.



OUR VOICES! OUR SOLUTIONS! OUR COMMUNITY! OUR FUTURE!



Helping Hands, cont.

household goods and even essential furnishings like beds and large appliances. Every Thursday afternoon volunteer staff welcome everyone without any restrictions. Staff strive to support each person who comes according to that person’s needs. Through kindness and care they build trusting friendships with the people who come so they feel welcome, accepted, and that someone cares and is willing to help. “Thursday Afternoons with Our Friends” does not ask questions, does not require ID or anything else; they are a no-barrier program for anyone in need. For families with children under the age of 5 and women who are pregnant, the WIC program provides funds to help with foods that support healthy pregnancy, infancy and growing children. There is also the WIC Farmers Market Nutrition Program (WIC FMNP), a program similar to the Senior Farmers’ Market Nutrition Program. Designed specifically for women, infants and young children, you can get coupons to use at local farmers markets to purchase locally grown fresh produce, honey and more. Contact your local CSO or WIC office to learn more!

Food Systems

When most of us think of food systems we think of farmers growing crops, crops going to market, and people purchasing those goods. However, a food system is a complex web that extends much further than just the path food travels. Food systems rely on resources native to a place: water availability, soil composition, climate, and even things like waste management. And there are cultural, economic, political and even technological factors that all play into how effectively a food system operates. Also relevant to food systems is the human factor: from the farm workers planting the crops to the grocery clerks, many hands and minds are every day elbow-deep in building and sustaining the food systems already in place. And just as many people are engaged in improving our food systems to make them more equitable and effective for entire communities. And, when we buy food from a local farmers’ market or produce stall, we are contributing to that human factor by financially supporting the work of farmers and farm workers, especially small, local farmers.

Food Access Forward

There are many people and organizations working hard to make food more accessible for Foothillers beyond the food banks. One example is the development by Whatcom County of a 10-year Food System Plan and the Foothills Food Access Plan prepared by the Foothills Community Food Partnership that identifies key factors in food system breakdowns and how to prevent or resolve them. It also examines the systems we have and seeks ways to improve these systems to better meet the needs of the entire county, but especially Whatcom County food deserts like ours.

How You Can Help

Currently the Health Equity Zone (HEZ) initiative is creating work groups to address specific needs we Foothillers have and one of the top two is food access. It takes the concerted efforts of many to improve upon existing food accessibility and to develop new methods of food accessibility in regions like the Foothills. If you are interested in helping bring fresh, nutritious and affordable food to our area, join with others to make the dream a reality.

- Donate: Cash donations allow food banks to buy in bulk and tailor purchases to preferences of nearby residents, prioritizing culturally relevant food items.
- Share homegrown produce: Some food banks accept donations of produce. Contact your nearby food bank to see if they will accept excess produce from your garden or patch. When planning your garden, consider planting an extra row for your local food bank or even to share with your neighbors.

For more information about local food access, check out these websites. Meals on Wheels: <https://whatcomcoa.org/meals-on-wheels/> St Peter’s Mission: <https://www.stjoseph-stpeter.org/st-peter-social-action-program.html> WIC: <https://doh.wa.gov/you-and-your-family/wic/shopping-wic/wic-shopping-guide-and-shopping-resources>

We Are What We Eat by Linda Kerth

Food is THE source of both life and health. Food is the wellspring of nourishment, of some medicines, and sensory and social enjoyment. It is also known that lack of nutritious food can lead to serious illness and even death. We need to understand how the lack of fresh, nutritious foods, in conjunction with over-reliance on “fast-foods” or other additive-intensive diets, affect our health. It is no secret that much of our modern diet is killing us. It has been stated by the CDC that 73.6% of adults in the U.S. are overweight; 40.3% are classified as obese. Diabetes, especially Type II, is growing exponentially; other obesity-related illness and diseases are also wide-spread, and growing in number — cardiovascular, neurological and digestive problems, inflammation, and changes to our very DNA. It is also no secret that ultra-processed foods (UPFs), which comprise much of the U.S. diet, significantly contribute to these medical conditions. But why is the food we eat so dangerous to our health? Researchers estimate that up to 70% of the U.S. diet is composed of foods that are ultra- processed, meaning that chemicals have been added during processing to help them taste better, look better, and last longer. These additives include added sugars, added salt, corn syrup, hydrogenated oils, artificial dyes. Think of hot dogs, potato chips, chicken nuggets and sugar-saturated sodas — the typical fast-food diet. Most boxed foods in supermarkets contain the same added ingredients. It is almost impossible to avoid them.

Ultra-processed foods

And it gets worse! Read the labels for UPFs, and you realize a degree in organic chemistry is needed to understand what is in store-bought foods. Who but a chemist would know what is “butylated hydroxhtolluene” (a cancer-causing preservative) or “polyglycerol polycinoleate” (an emulsifier)? There are thousands of such chemicals in UPFs. The Chemical Cuisine on-line database lists many such chemicals, mostly synthetic. They also make clear: “The food industry is legally allowed to entirely bypass the FDA-approval process created by Congress ... and put [these chemicals] in our food without even notifying the FDA, let alone getting FDA approval. In effect, the food industry—not the FDA—decides what is safe for American consumers to eat.”Indeed, some processing can enhance food safety (e.g., by killing harmful bacteria). But UPFs not only add unhealthy ingredients — it often strips foods of their original nutritional value — such as in refining whole grains for bread, or stripping orange juice of original nutrients by dehydrating and freezing it into an orange slurry, with added sucrose and high-fructose corn syrup, and then storing it in huge vats for years.

Last year, National Institutes of Health (NIH) researchers published one of the largest, most comprehensive studies to date linking UPFs to cardiovascular disease, the leading cause of death both in the U.S. and worldwide. That study included over 200,000 participants; it also combined analysis of health data from 1.2 million people. It showed that high consumption of UPFs was indeed linked to an increased risk

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Good Health



Good Life

Nutrition Corner by Noelle Beecroft

Want more healthy and low cost recipes? Check out **EatFresh.org**

Summer Refrigerator Salad! This is a high protein, nutrient dense, healthy fats packed salad that is low cost at just \$1.32 per serving! Lots of these items can even be found at Foothills Food Bank.

Ingredients are flexible, add and remove certain ingredients to your liking!

Store in fridge for 3-5 days

Serve on its own, add in plain pasta, make into a wrap, or eat as a dip with chips!

Nutrition Facts:

Serving size: 1 cup

Fiber: 5.18g

Calories: 280 kcal

Protein: 23g

HOT TIP! Rise your canned items to reduce sodium content!

Ingredients:

- Canned tuna
- Canned white beans
- Chopped cucumber
- Chopped tomato
- Chopped herbs of your chioce
- 1 lemon, squeezed
- Salt and pepper to taste
- 1/4 cup olive oil
- 1/2 red onion chopped
- Feta (optional)

Mix all ingredients together and enjoy!!

Food Matters










How to Cook

by gygi.com

Sauté

Steam

Roast

| | | | |
|--|------------------|-----------------|--------------------------|
|  | 4-5 minutes | 8-10 minutes | 12-15 minutes at 425° |
|  | 3-4 minutes | 7 minutes | 12-15 minutes at 425° |
|  | 3-4 minutes | 4-5 minutes | 16-20 minutes at 425° |
|  | 10-15 minutes | 5-10 minutes | 35-40 minutes at 400° |
|  | 3-4 minutes | 4-5 minutes | 15-20 minutes at 475° |
|  | 5-7 minutes | X just don't | 15-20 minutes at 475° |
|  | 11-13 minutes | 3-5 minutes | 10-12 minutes at 425° |

EATING WELL WORD SEARCH

Aminoacids
Protein
Antioxidents
Minerals
Malnutrition
Lactose

Carbohydrates
Digestion
Metabolism
Fattyacid
Calories

Supplements
Organic
Gluten
Probiotics
Cholesterol

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COMMUNITY SCENE

The Brain Game

Anger – the Secondary Emotion

By Deb Shawver

Anger is referred to as a secondary emotion because it typically follows the initial feeling. The first emotion that people usually experience is a deeper emotion, like fear or shame. These more vulnerable feelings are so uncomfortable that we shove them down deep inside, and the anger is the feeling that follows.

We crazy humans do the most incredible things to avoid emotional pain. Our entire being unconsciously kicks into gear, and we are flooded with negative emotions when we experience unpleasant situations like these:

- > being embarrassed by or in front of our peers
- > feeling rejected
- > failing to complete a task we started
- > being teased or bullied
- > being misunderstood when we try to verbalize something
- > feeling out of control

Over hundreds of thousands of years, human all across the globe have fine-tuned this practice of defending or protecting our own delicate and soft underbellies (our vulnerable emotional states or feelings). We use strategies such as:

- > *Over Achiever* -someone who masks their underlying fears, weaknesses or need for external validation by attempting to do more than everyone else.
- > *Manager* – the controller or planner in the group, workplace, or community.
- > *Helplessness* – acting as if we can't do something so others will take care of it for us.
- > *Avoidance* – to use something pleasurable to completely numb out the pain like overeating, using substances, retail therapy, social media, gaming, and more.
- > *Martyr*- someone who consistently engages in self-sacrificial behaviors, often feeling like a victim or that they're compelled to prioritize others' needs over their own.
- > *Comedian* – using humor to avoid pain is an effective way to mask pain, and take the pressure away, and please others.

One of the most common ways of coping with difficult feelings is the use of anger. When people are hurt, they often spiral and feel out of control. When anger shows up, it can be that person's attempt to regain control of themselves, the situation, or the other person. Anger protects and hurts at the same time.

All emotions have a purpose; no emotion is bad or wrong, in fact, they are important messages to us. They tell us what we need. Anger can be a problem when we don't listen to it. When our fear, sadness, embarrassment, or jealousy is not acknowledged, it can quickly blow up into anger and land on others.

A bully *is defined as someone who: seeks to harm, intimidate, or coerce someone perceived as vulnerable.*



ANGER, continued

In our community and all over the country, one huge issue is bullying in the schools. Why do bullies pick someone vulnerable to target? They want to gain control. Controlling the external gives relief to the internal unrest. Behaviors can be learned, patterned after the families we grow up in. Negative in makes negative out. Just like a math equation. Negative + Negative = more negative. When kids experience abuse or trauma or see aggressive interactions around them, they often act it out.

It takes education, support, and work to learn how to express our emotions appropriately and constructively. But when we're young we have not yet arrived at this point, so in all grade levels most students haven't learned the language to express their emotions or feelings with words, and they often act out in response to negative emotions such as their fear, anger, guilt, etc. It is far too common that a bully is bullied or badly treated by adults in their own lives which causes them to take that out on more vulnerable students. Working with both bullies and vulnerable students to begin recognizing and naming their feelings is an important step in changing the dynamics of bullying in schools. As we mature and gain more world experience, we can learn to identify and verbalize our emotions (positive emotions as well as negative ones) and learn how to appropriately express them. Being able to recognize and name our feelings can be the first step in healing our pain. And, when we don't acknowledge or verbalize these deeper, painful emotions, they show up in our behaviors which look and sound like ANGER to others.

When adults can role model talking about our own emotions, it teaches our children how to deal appropriately with their emotions. This extends to all areas of their lives, from school to interacting with siblings and other family members and prepares them for entering the adult world with positive, healthy communication skills. Being nicer to ourselves and nicer to each other is one of the greatest gifts we can give families, our children, and our communities.

What is the takeaway from this article?? Let's rally together as a community to practice expressing our feelings in ways that are respectful to ourselves and others!

TEACHING KIDS ANGER MANAGEMENT STRATEGIES by WholeHearted School Counseling

1. Walk away and cool down.
2. Take Steady Breaths and focus on exhaling slowly.
3. Count to 20 or more until you feel calmer.
4. Stretch or do yoga.
5. Use I-Statements & say how you feel, what you need & how you want to be treated.
6. Take a break and use a calming tool like a stress ball.
7. Exercise or play a sport.
8. Squeeze then relax your muscles.
9. Push against the wall or floor and then relax.
10. Scribble on paper or write about what's bugging you.

Teen Support Group Sign-up Happening!

Teen Support Groups Open NOW and through summer!

Contact debs@catchmecoach.com with referrals or interest:

Are You Feeling Unheard?

Whether it's talking with friends, family, the person next door, healthcare providers, or strangers out in public, do you sometimes think that the person didn't really GET what you were saying? What is the deal?? Talking to people seems like it should be straightforward, but throw in something personal, like how you feel or your opinion, and it opens up even more opportunity for disconnect.

Common Communication Glitches:

- ❖ Making assumptions
- ❖ Jumping to conclusions
- ❖ Cognitive differences
- ❖ Processing differences
- ❖ Cultural differences
- ❖ Attention or focus issues
- ❖ Trauma or neurodivergence

Communication Hacks:

- ❖ Make eye contact - connecting visually helps with understanding.
- ❖ Open your ears - Listening and hearing from another perspective
- ❖ Change your shoes - Put yourself in their shoes.
- ❖ Patience counts - Be patient, clear and respectful to yourself and others.

Current openings for individual, virtual, & group support!

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>

EDDIE'S SCOREBOARD



The month of June can be dissected into several different reactions in the Mount Baker High School. For Seniors, June marks graduation and the end of their thirteen (fifteen if they went to Head Start preschool) tenure in the government-run education system. Underclassmen see June as the beginning of Summer Vacation and two and a half months of not having to worry about tests, group

projects/presentations, quizzes or homework. Teachers and staff see it as time to plan for the next nine-month stint that begins the following September.

For athletic director and head coach Ron Lepper, it means that it's time to build a new football team. Every year, beginning with the first Monday of June, the hectic rebuilding of the high school's football team begins. The first half of June is dedicated to regrouping all the returners and becoming acquainted with the newcomers. Following a couple of non-contact scrimmage tournaments shortly after the end of the school year, the weight room is opened several times a week for athletes to continue their strength and conditioning exercises. Said weight room will be open until actual practice begins at the end of August.

The month of July is the most important part. After one week of practice in Deming, the team takes a one-week trek into the Cascade Mountains for football camp in Wenatchee. This week-long process lets the heads of the program decide who suits up for the coveted "Friday Night Lights" and who needs extra work on the sub-varsity squads. Mount Baker's turnout for football last year was the biggest it's been since 2019. So many newcomers came along that two sub-varsity teams were fielded instead of simply one.

Actual practice picks up again around the 20th of August. Following the annual "Red & Black" game on Bob Tisdale Field and a couple of scrimmages at various high schools, it's time for the actual season to begin.

At the moment, five of the nine games the team will play are scheduled. Four games will be played at home against rivals Lynden Christian and Meridian as well as non-conference clashes with Sultan and Omak. Two road games are currently scheduled against Port Angeles and Hockinson.

Last year's iteration of the Mountaineers football team finished the year with a 5-4 record and a three-way tie for third place with Blaine and Meridian. The Mountaineers defeated both teams in a "Kansas City Tiebreaker" at Borderite Stadium on the campus of Blaine High School to earn their trip to the postseason. Even though the season came to an end with a 28-41 defeat on the road at the hands of the Zillah Leopards in the district playoffs, it was still a gargantuan step up from the 3-7 playoff-less anomaly that was 2023.

This will be the 29th season under head coach Ron Lepper. During his tenure with the program, Mount Baker has won x conference championships and x district titles. Alongside this, the team has also made x trips to the postseason including two trips to the Gridiron Classic state championship game in 2013 and 2022. With x total wins, Coach Lepper is the winningest coach in program history.

Road Rules

by Doug Dahl

Q: In a construction zone with a speed limit of say 35 mph, where the speed limit is normally 55, once through the construction when does the speed limit change back to 55? Is it at the “end road work” sign, or not until you see the next 55 mph sign, which could be miles away?

A: Somebody just read the last part of this question and thought, “come on, miles away? You’re just being dramatic.” Not necessarily. The Washington Department of Transportation (WSDOT) Traffic Manual specifies where speed limit signs should be prominently located “for maximum awareness.” It includes the places you’d expect: when the speed limit changes, at major interchanges or intersections, and at state and city limits. Oh yeah, there’s one more on the list. In rural areas, speed limit signs are spaced at 10-to-20-mile intervals (for maximum awareness.) No, that’s not a burn on WSDOT. There’s a science to proper sign placement, and they know what they’re doing.

If you slow down for a construction zone on a rural highway and wait for a speed limit sign to resume your previous speed, you might spend your next 20 minutes with a long string of annoyed drivers behind you. No one wants that. But I want to highlight the positive unstated part of your question. You’ve implied that you slowed down in the construction zone. Highway construction is a dangerous job, and the safety of those workers hangs on the driving behaviors of strangers in multi-ton projectiles. Thank you for respecting the speed limit and those workers.

To avoid confusion, I should point out that the law establishes two kinds of work zones. The one you’re referencing is called a “roadway construction zone.” These are the more established construction sites that generally have lots of advance notice with signs and pylons to direct traffic. In these zones, drivers follow the speed limit sign posted for the zone.

According to WSDOT, a roadway construction zone begins at the first warning sign and ends at either the “end road work” sign or the last temporary traffic control device. If you come to what looks like the end of a work zone but don’t see an “end road work” sign, it’s okay. As long as there are no more pylons, barricades, or construction-related signs, you’re free to resume the regular speed limit for that road.

The other type of work zone is called an “emergency or work zone.” This is the area, defined by law, as 200 feet before and after an emergency vehicle, tow truck, or construction/maintenance/service vehicle with flashing lights either stationary or moving slowly on the road or shoulder. Think traffic stops, collision response, broken down vehicles, and emergency repairs. Given the often impromptu nature of these zones, there are no signs or advance warning. Drivers are required to move over a lane if possible, or slow down at least 10 mph below the posted speed limit.

For both kinds of work zones, violating the law has enhanced consequences. A speeding ticket is double the regular penalty and cannot be reduced. Anyone who drives “in a way that endangers or is likely to endanger any people or property, or who removes, evades, or intentionally strikes a traffic safety or control device is guilty of reckless endangerment of roadway workers.” That’s not just a traffic ticket – it’s a gross misdemeanor. Along with the fines (and theoretical potential jail time) it’s a 60-day driver license suspension. Plus, there’s that embarrassing moment when the driver’s potential future romantic partner asks, “So what did you do to get a criminal record?”



The Book Shelf



For Kids in July at the Deming Library:

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

Wednesdays in July from 11am to 11:30am

Deming Teen Book Making: Join us at the library to make books and connections. We will try a new project to stretch our creative muscles and tell our stories. Grades 6-12.

Wednesday, Jul 23 from 2:30pm - 4:30pm

Deming Nature Journals: Explore the delights waiting just outside your door. Together we will make and decorate our own nature journals, then head into the great outdoors to notice and record the wonder of our surroundings. Grades K-5. Thursday, Jul 24 from 11:00am - 12:00pm

For Adults at the Deming Library:

Good Yarns: All needleworkers and crafters are welcome to share a casual evening with old and new friends while doing something you love. Every Wednesday from 6:00pm - 8:00pm.

Whatcom Grooves Summer Music Series: Quickdraw String Band at Deming Library

Emerging from the American string band tradition, Quickdraw String Band plays a repertoire of Old-Time, Early Bluegrass, Fiddle Blues, and Rags, including some of their originals. The concert takes place outside in the backyard of the library. Bring a picnic, a blanket or chairs to get comfortable and enjoy a summer evening of local music. In case of rain, the concert will be moved into the library. Carpooling is suggested as parking is limited. This concert is sponsored by a generous grant from MBSD Health Equity Zone. Saturday, July 12th from 6pm to 8pm.

Taking Time, Writing Letters In-Person:

Are you someone who loves to write and receive letters? Do you find that you intend to write letters, but prioritizing time to do it is challenging? Join us at the library for 90 minutes set aside just for you and your correspondence. We will have some notecards and paper available, but you are welcome and encouraged to bring your favorite stationery and pens. The library will provide a quiet space with minimal distractions for us to come together in community and write. Light refreshments will be provided along with quiet music. Thursday, Jul 24 from 6:30pm - 8:00pm.

We are What We Eat cont.

of heart disease and stroke — it found that people with the highest UPF intake showed a 17% greater cardiovascular disease risk, a 23% greater coronary heart disease risk, and 9% greater stroke risk, compared with those with the lowest intake. Another smaller clinical trial by NIH in 2019 linked UPFs to obesity. People given the high UPF diet gained significantly more weight than when the same people were given a minimally-processed diet, even though both diets contained the same number of calories. So it is not just calories, but also the processing, the additives, that contribute to obesity. And here comes the shocker — most of the foods we buy in convenience stores, surely, but also in large chain stores (because those prepared meals are so ubiquitous!) — are unhealthy products. Many foods, like boxed breakfast cereals, prepared dinners, and boxed pastries, are all the supermarkets offer, because they buy in great bulk at greatly reduced prices, wholesale prices on which they make great profits. At least the larger stores have fresh fruit! Or ... do they?

Next time: Why Do We Eat It?

Why are kidneys important?



Your kidneys are two bean-shaped organs located on either side of your spine, below your rib cage. While small in size, the kidneys are essential to your health, as they’re responsible for filtering and removing waste via the urinary system. In fact, it’s estimated that your kidneys filter half a cup of blood every minute. They also produce water that helps create urine. In addition to removing waste, your

kidneys also balance water, salt, and electrolytes in your blood. Such functions can help create red blood cells and balance your blood pressure.

Risk factors for kidney disease development may include:

- a family history of kidney disease or kidney failure
- high blood pressure (hypertension)
- diabetes
- heart disease
- taking non-steroidal anti-inflammatory drugs (NSAIDs) for extended periods of time

Following these 10 Golden Rules can help protect your kidneys:

- Stay hydrated
- Eat a balanced diet
- Reduce salt intake
- Monitor blood pressure
- Maintain a healthy weight
- Control blood sugar
- Get regular kidney screenings
- Avoid excessive painkillers
- Don't smoke or drink excessively
- Stay physically active

Preventing Chronic Kidney Disease

You are at risk for kidney disease if you have diabetes, high blood pressure, heart disease, or a family history of kidney failure. If you have risk factors, get tested for kidney disease and protect your kidneys by making healthy food choices, being more active, aiming for a healthy weight, and managing health conditions that cause kidney damage.

RIDDLE ME THIS

1. I add six to eleven, and get five. Why is this correct?
2. If a hen and a half lay an egg and a half in a day and a half, how many eggs will half a dozen hens lay in half a dozen days?
3. What is the smallest number that increases by 12 when it is flipped and turned upside-down?

answers on back page

SAVE THE DATE

FREE COMMUNITY EVENT

The Frost Rd. Festival

August 17

Noon
til Sunset



Live Local Music
Beer Garden
Kids Activities
Silent Auction
Food
Info About Quarry

FUNDRAISER FOR
HOME
WHATCOM
A 501(c)3 organization

For More Information
go to homewhatcom.com



Mt Baker Community Coalition (MBCC) The Mount Baker Community Coalition will **not be meeting in July**. We're taking a short summer break and will resume our monthly convenings in **August**. Join us starting **Monday, August 18th from 2:45–4:15 p.m.**, as we return to our regular schedule of meeting on the **3rd Monday of each month**. Meetings are **hybrid**—held **in person at the Mount Baker School District Office** and **online via Zoom**. We welcome anyone who is interested in supporting youth substance use prevention in the Mount Baker School District!

If you're interested in getting involved or would like more information, please reach out to **Allison Ormsby, MBCC Coordinator**, at **obv@wfcn.org**.

☀️ **Youth Opportunity: Learn, Serve & Earn Fellowship!**
We still have **5 spots remaining** in our **summer youth prevention fellowship**, happening **Monday, July 28 – Saturday, August 2**. This is a great opportunity for teens to:

- ✔️ Learn about youth substance use prevention
- ✔️ Get involved in helping peers
- ✔️ Build leadership skills
- ✔️ Have fun & make new friends
- ✔️ **Earn up to \$350** for participating!

The program combines fun activities, learning sessions, and community service projects. If you know a young person who might be interested, or if you'd like to learn more, contact Allison at **obv@wfcn.org**. Have a safe and joyful July—we'll see you in August!



HAPPENINGS AT THE HALL
Summerfest Lite – Saturday, August 23 from noon to 3pm
Due to the renovation, Summerfest 2025 will be limited to a community potluck and the annual Reading of the Names. If possible, we'll take a peek at the renovation progress that day.

The South Fork Valley Community Association (SFVCA) board continues to look for donations in order to complete the work. Contractors will build new rooms for entry, storage and ADA bathrooms, they will rewire and put new ceiling, wall and flooring in but they will not be finishing the kitchen. So we are working on raising funds for new appliances and furnishings for the kitchen. There is a list of other things too including the need for a new generator.
KAVZ station manager and volunteers are about to build a radio shack to move the station into temporarily while the renovations are in progress. We will move the radio tower to the other end of the building to get it out of the way too.
The Josh Vanderyacht Park will remain open.
The South Fork Valley Community Association (SFVCA) is a small, all-volunteer group which cares for Van Zandt Community Hall, provides opportunities to gather as a community, and shares information of the Mt. Baker Foothills area. Please stay tuned for construction updates via our website <https://www.southforkvalley.org/> and on KAVZ at FM 102.5 and online at [kavz.org](https://www.kavz.org)
SFVCA board meetings first Wednesday of the month, 7-9pm, location TBD during construction.
4106 Valley Highway, PO Box 794, Deming, WA, 98244 <https://www.southforkvalley.org/> or <https://www.facebook.com/southforkvalley/>.



BUILD COMMUNITY DAY 2025

Habitat for Humanity
in Whatcom County

OCT 4TH
MAPLE FALLS & KENDALL

Visit hfhwhatcom.org/build-community-day to submit an application for a home repair! Ideal projects take 3-4 hours to complete. Past Build Community Day projects have included yard work, fence repair, weatherization, and accessibility improvements.
Habitat Whatcom, the local Habitat for Humanity program, is inviting Kendall and Maple Falls residents to apply for help with minor home repairs for our annual Build Community Day. Past Build Community Day projects have included yard work, fence repair, weatherization, and accessibility improvements. Ideal projects take 3-4 hours to complete.
Thanks to the Whatcom Community Foundation's Project Neighborly Grant, we are able to complete these repairs at no cost to the homeowner.
All Maple Falls and Kendall residents are welcome to fill out our project request form at hfhwhatcom.org/build-community-day. And everyone is welcome to volunteer and build community with us!

ANAGRAMS: Summer Cookouts (answers on back page)

| | |
|------------------------|------------------------|
| 1. Bergh ecu sere | 2. Cd homesick ken |
| 3. Ame obtest of teak | 4. Flocc hi if koo |
| 5. Ah be bs hi ks | 6. Alice borsch quart |
| 7. Aback bechamel | 8. Colin pc uptick |
| 9. Adiana clamors | 10. Chicky doris whoop |
| 11. ubers ebba repairs | 12. Electrical woodmen |



Imagination is a Key to Success!

“Imagination is the Instrument of Hope.” ~ Dr. Chan Hellman, Hope Rising: How the Science of HOPE Can Change Your Life.

This summer, take time for imagination.
Why? Imagination is a critical skill needed for people to thrive. The concept of thriving has to do with all aspects of well-being—physical, emotional, mental, and financial. It has to do with being able to set motivating and achievable goals for your best future and to experience reaching the potential that you want to reach. Imagination is an important skill to build. For people to achieve a goal, we have to be able to imagine what we want our future or the outcomes of our efforts to look like. The more detailed—the better! It really helps to see it or envision it in your mind's eye.
Try: Picture yourself vacationing on a beach! Waves lapping at the shore. Your feet in flip-flops. Your towel stretched in the sand, with an orange, blue and yellow striped umbrella casting shade over you. Can you see it? Where are you? Silver Lake? Along the shores of the Nooksack? Or in Hawaii or Fiji?
Who is with you? How did you get there? Play out the scenario! See it. This helps you understand what is motivating to you. It helps you see the elements of any plan you may need to create to make it come true. For children, we know that “play is their work”. Imagination Play is part of this! Give your children opportunities in nature to create forts, fashion toys from grasses, cones and sticks. Encourage them to use the raw materials around them to construct new things. Develop and tell stories together. Help them reach into their mind to create scenarios and possibilities. To solve problems through imaginative story telling. You start it off: “One sunny summer day Sarah and Tommy were bored. So they decided to...” Then let your child tell the next line. Then alternate taking turns—see where your imaginations lead. If what they come up with for how to end boredom on a summer day is partially or fully feasible, take the next step and plan out the real adventure! This shows them that what they think about can be brought to real life!
For adults, it can be powerful to take time to sit quietly—even for 5-minutes to ask yourself, what would a better future for myself and those I love look like? Keep it winnable! You may need to focus on one day at a time. What would a better tomorrow look like? What would a better Wednesday look like? See it in your minds eye! Then make a plan to improve your future with the help of a little imagination!



Aug 2, 4-8pm
Kendall Elementary School

FAMILY GAMES FUN!!
OFFICER'S NIGHT OUT!
FUN!!
FREE FOOD!!
BOUNCE HOUSE!!
FUN!!
ARTS & CRAFT

SPONSORED BY:



In partnership with the Kendall Fire Department, Border Patrol, and Whatcom County Sheriff's office,

kendall summerfest 2024
is
OFFICER'S NIGHT OUT!

Bring all the kids, the grannies and grandads, cousins, neighbors, and whoever wanders by for a festive afternoon of **FAMILY FRIENDLY GAMES, FREE HAMBURGERS, HOT DOGS & BEVERAGES,**
And have a
GREAT TIME!

RESOURCES



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
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. 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!



The 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. Learn from other's experiences, share coping strategies, and offer each other encouragement and understanding in a safe, confidential space.
For more information visit www.namiwhatcom.org, call us at 360-671-4950 or email namiadmin@namiwhatcom.org
NAMI Whatcom Office
800 E. Chestnut St., Suite 1C
P.O. Box 5571, Bellingham, WA 98227 Phone: (360)-671-4950
Website: namiwhatcom.org
Facebook: [facebook.com/namiwhatcom](https://www.facebook.com/namiwhatcom)

Rebus #1



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>

AA

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

NA

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



Bridge 2 Services is a mobile outreach program that bridges

homeless people to the organizations and services they need. We help make connections to vital services like housing, medical assessments, substance treatment, case management, and more. Supplies we offer: basic triage supplies like water, food (sometimes hot), snacks, clothing, hygiene items. Tents, sleeping bags, tarps, blankets
services@bridge2services.com
Text: 813-957-4935
<https://ferndalecs.org/bridge-2-services/>

Rebus #2



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>



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/>



Sea Mar Community Health Center

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



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>



The Kendall Fire Station (Whatcom County Fire District Station 92) is housed at the roundabout in

Kendall Washington and has fire fighters highly trained in fighting building fires as well as wild fires. They provide a number of other emergency services including medical aid, as well as offering fire safety and prevention education to our community.
Non-emergency number: (360) 599-2823

Remember: in an emergency dial 911
info@wcfd14.org



Salvation Army

For many, making ends meet is a daily challenge, forcing people to choose between things like heating their homes and putting food on the table. We understand the stress these situations put on families and are here to help. Providing assistance for:
Disaster Relief
Homelessness
Hunger
Veterans Services
Poverty
Prison Outreach
Prescription drug coverage
Rent and Utility Assistance
Substance Abuse Services
At-risk youth programs
360-733-1410
shevaun.malone@usw.salvationarmy.org <https://bellingham.salvationarmy.org>
2912 Northwest Ave., Bellingham



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. 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>



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>

DON'T FORGET!

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



Ask-a Nurse Clinics
Health Ministries

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



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>



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>

Tribonds:

See if you can figure out what these sets of three have in common—answers on back page

1 Rosamund Pike
Halle Berry
Michael Madsen

2 Michelle Yeoh
Jonathan Pryce
Teri Hatcher

3 Judi Dench
Famke Janssen
Sean Bean

4 Robin Williams
Sally Field
Harvey Fierstein

5 Rene Russo
Denis Leary
Frankie Faison

6 Will Ferrell
Rachel McAdams
Ólafur Darri Ólafsson

7 Doris Roberts
Stephanie Zimbalist
James Read

8 Jack Nicholson
Sarah Jessica Parker
Annette Bening

9 Greg Kinnear
Adam Scott
Hope Davis

10 Salma Hayek
Don Cheadle
Woody Harrelson

11 Meryl Streep
Stellan Skarsgård
Christine Baranski

12 Geoffrey Rush
Jamie Lee Curtis
Daniel Radcliffe

RESOURCES



Northwest Regional Council

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

Rebus #3



**Spring
Summer
Autumn
Winter**



Senior Resources

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



Meals on Wheels and More
Serving Whatcom and San Juan Counties

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 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 third 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-on-wheels/>



Medicare

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>



WASHINGTON STATE
Department of Social
and Health Services

Adult Protective Services (APS)

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



THE
VOLUNTEER
CENTER
OF WESTERN WASHINGTON

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



Dementia Support NW

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



Whatcom Council on Aging

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



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/>



Lifeline Connections

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



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@ccswww.org
<https://ccswww.org>



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>



WHATCOM COUNTY
HEALTH AND
COMMUNITY
SERVICES

If you're a Whatcom

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



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>



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



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

Rebus #4



Parent to Parent of Whatcom County

The Parent to Parent Support Programs

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



PARENT 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>



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,

RESOURCES



Maternal Mental Health Line

Text or call 1-833-852-6262 for support through all stages of pregnancy, with free, confidential access to professional counselors, real-time information, and support group referrals. Counselors provide support in English and en español. The Hotline is free, confidential, and available 24/7 in English and Spanish. 1-833-TLC-MAMA <https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline#:~:text=The%20National%20Maternal%20Mental%20Health>



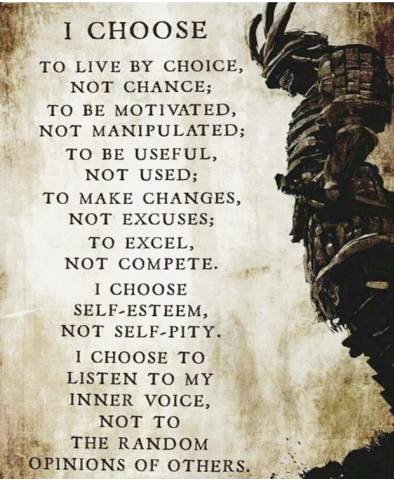
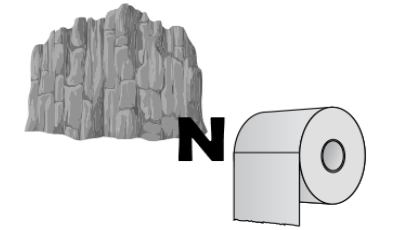
SAMHSA's National Helpline, 1-800-662-HELP

(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>

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.

Rebus #5



Sudoku – Hard

Solution on back page

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



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 hsc@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.



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



You can be emailed important Columbia Valley Water District

News and Updates by creating a login at Xpressbillpay. Go to www.cv-wd.com

On the home page you will see a button that says "Pay Your Bill Online" hit that button and it will take you to Xpressbillpay.com. Create a login by providing your email address and answering a couple of questions. It's that simple! Once you have a login you will begin to receive email updates about Columbia Valley Water District activities like: Emergency Notifications and Newsletters. Although creating a login will ensure you receive email notifications - Here you can also pay your bills online, sign up for auto-pay and/or paperless billing if you choose.

All you need is an internet connection and an email address. Once you sign up for your account and start using this service, you'll wonder how you ever got along without it! It's simple to use. If you choose paperless billing, every month we'll send you a reminder email to let you know when your bill is online. Then, you just log into your account at xpressbillpay.com or use our mobile app to view your bill. You can also see two years' history of your account online, so you can compare your current bill to a previous bill. When you're ready to pay your bill, select a payment type. You can pay with a credit card, or debit card. Enter the information and you're done! It's that easy, and only takes you a few minutes each month. Or you can set up your bill on Auto Pay and have it automatically paid for you each month! 6229 Azure Way, Maple Falls, WA (360)599-1699 admin@cv-wd.com



Whatcom County Water District 13

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



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>



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.

Are you eligible for free home weatherization?

Check it out at PSE: https://www.pse.com/rebates/insulation?utm_source=google&utm_medium=cpc&utm_campaign=rem-wx-e&sc_campaign=D919B664C064490784988653CB82AEE3&gad_source=1&gclid=CjwKCAjw3624BhBAEiwAkxgTOg2T58DRtQs9HtgCYL1gm0vPI6ITIUCd4f2jgMPVuzFWMdc8uWBkhuC7VcQAvD_BwE



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>



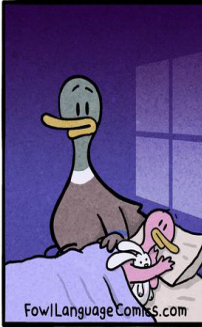
Whatcom/Skagit Housing

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>



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>



FowlLanguageComics.com

©Brian Gordon

RESOURCES



ESL: English Language Learning

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

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



WorkSource

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



Vocational Rehabilitation

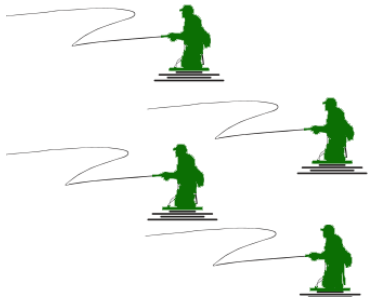
Providing vocational rehabilitation services for disabled and displaced workers. (360) 812-6610 DVRBellinghamReferral@dshs.wa.gov <https://www.dshs.wa.gov/location/dshs-dvr-bellingham> 4101 Meridian St Bellingham,



Employment Security

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

Rebus #6



Office of Refugee and Immigrant Assistance Resource Tool

The Office of Refugee and Immigrant Assistance is part of the Washington State Department of Social and Health Services, within the agency's Economic Services Administration and Community Services Division. Our goal is to help refugee and immigrant families and individuals succeed and thrive in Washington state. <https://app.smartsheet.com/b/publish?EQBCT=8e7e2fd0641f4f1e90bbaa36a0bc232d>



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 Human Rights Task Force

Whatcom Human Rights Task Force 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/>



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



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. We invite you to join us in advocating for policies that guarantee everyone, regardless of immigration status, has access to healthcare, and that all excluded immigrant workers have access to unemployment insurance. Together, we can make a real difference and fight for a more just and equitable future for immigrant communities across Washington. Deportation Defense Hotline (Monday-Friday; 6am-6pm) at 1-844-724-3737. info@waisn.org <https://waisn.org>



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



Riddles for Kiddles

1. What time is it when an elephant sits on a fence?
2. What part of the chicken has the most feathers?
3. If you don't keep me, I'll break. What am I?

Simple Sun Catchers!

These simple sun catchers are a lot of fun for kids to make out of things you already have on hand. Use them for gifts or hang them in sunny windows around the house!



Materials needed:

- Plastic lids (from a yogurt or sour cream container)
- Clear school glue (enough to cover the bottom of your lid)
- A few drops of food coloring (various colors)
- Toothpicks (for swirling the colors)
- Hole punch (to make a hole for hanging)
- Pieces of ribbon, string, or fishing line (for hanging)

How to:

1. Gather some clean, dry plastic lids from yogurt, cottage cheese or other containers.
2. Pour clear school glue into the lid to cover the entire bottom. Tilt lid if needed to spread evenly.
3. Add a couple drops of food coloring. You can use one or more colors, but too many colors will make it look muddy. Use a toothpick to swirl the colors throughout the glue to create a rainbow. You can add glitter, sequins, beads or tiny confetti for added effects.
4. Set lids aside to dry for 8-24 hours.
5. When firm and dry, remove from lid. If it sticks, flex the lid to loosen it.
6. Using hole punch, punch a hole near the edge and thread ribbon, string, or yarn through the hole to hang your sun catcher.

Word Search: Who Lives at the Zoo

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

Rhinoceros
Hippopotamus
Gorillas
Lions
Jaguars

Tigers
Polar Bears
Camels
Penguins
Elephants

Koala
Ostrich
Baboons
Giraffes
Chimpanzees

Walrus
Sloths
Zebras
Pandas

KIDS IN THE KITCHEN

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

Prep time: 12 minutes Cook time: 40 minutes Serves: 6-8

Ingredients:

| | |
|--|--------------------------------|
| 2 C frozen corn, thawed | 1 medium uellow onion, diced |
| 8 oz (2 C) grated sharp cheddar cheese | 15 oz can black beans, drained |
| 2 tablespoons olive oil | 1 lb lean ground beef |
| 1 teaspoon kosher salt | 1/4 teaspoon black pepper |
| 1 packet taco seasoning | 14.5 oz can diced tomatoes |
| 1 C sour cream | 32 oz frozen tater tots |

Directions:

1. Thaw corn at room temperature (1-2 hours).
2. Place oven rack in the middle of the oven and preheat to 400F.
3. Dice onion and mince garlic. Grate 2 cups cheese on large holes of box grater. Drain and rinse black beans.
4. Heat olive oil in large skillet over medium-high heat until shimmering. Add ground beef and season with salt and pepper, Cook, breaking up the beef until browned and cooked through, 6-8 minutes. Add onion, garlic and taco seasoning. Cook, stirring occassionally until onion is softened, about 3 minutes.
5. Remove from heat and add tomatoes with juices and sour cream. Stir to combine.
6. Transfer beef mixture to greased 9x13 baking dish and spread in even layer. Sprinkle corn and black beans evenly and top with half of the cheese. Arrange tator tots on top in single layer.
7. Bake until tots are golden brown and casserole is bubbling, about 35 minutes. Sprinkle with remaining cheese and bake until melted, about 5 more minutes.

ORGANIZATIONS



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



Columbia Valley Park and Recreation

District is a local government body serving the Columbia Valley Urban Growth Area in the East Whatcom Foothills. Our commissioners are elected from our community by our community and volunteer for this service. Learn more about our commissioners and the work CVPRD is doing on our About page. We welcome the public at our meetings on the 2nd Thursday of the month at 6.30 pm at 8251 Kendall Rd, Maple Falls, Rm 3. You can contact us at: cvparksandrec@gmail.com 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>

Rebus #7



Across

2. Tool for slicing/shredding veggies
5. Puff pastry-wrapped beef
6. Greek lasagna w/veggies
7. Rotating spit for meat
12. Italian meaning "to the tooth"
15. Classic French egg yolk sauce
16. Fat and flour thickener
17. Tool for removing citrus rind
21. Instant pot predecessor
25. Small friend roll of veg/ meat
26. Communal dipping pot of wine and cheese
27. Loosening browned bits from pan
28. Coarse cornmeal porridge
29. Starchy ingredient in many Italian dishes



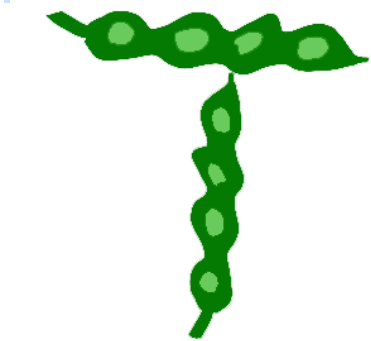
The Foothills Community Alliance (FCA), a

501c3 organization was formed in 2020 by local community members with the purpose of funding projects aimed at improving the lives of the residents of Columbia Valley UGA. A generous grant from the Mount Baker Foundation has made it possible to fund projects such as a park, the Kendall Elementary reader board, a local chipping event, the Foothills Communication Hub, Kendall Spring Fair and Easter Egg Hunt, Food Bank funding for quality food, since 2020 the Kendall Summerfest, and many other wonderful programs and events. Our goal is to be the voice of the community through actively listening to our neighbors needs and addressing concerns regarding things like Safety, Health, Food Access, Education, Recreation, Transportation, and so many other vital issues that affect our residents. We aim to provide funding for projects that will benefit all Columbia Valley UGA residents. We welcome ALL of you to join our organization and be a voice! To volunteer, apply for a board position, or request funding for a project or idea, please visit our website at: www.foothillscommunityalliance.com or reach out via email at: info@foothillscommunityalliance.com. JOIN US THE 2ND WEDNESDAY OF EACH MONTH at the Kendall Elementary Library, 7547 Kendall Rd. Maple Falls at 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 <https://www.facebook.com/FoothillsCommunityAlliance> **Please Note:** Our meeting location will be via Zoom in the Summer during school closure and a link will be available on our website: www.foothillscommunityalliance.com as well as on local social media platforms.



Ever feel like you've stuck your head in a wee bit too far?

Rebus #8



Down

1. Largest measuring spoon
3. Fave beef cut for slow grilling
4. Japanese-style small grill
6. "Soaking" meat or fish
8. National dish of Ireland
9. Veggie stew from Provence, France
10. Strain foods through this
11. "Under vacuum" cooking method
13. Tie up poultry wings/legs
14. French for double boiler
18. Creamy, pureed soup
19. Asian-style fast food
20. Partially cook by boiling
22. Traditional braided bread
23. Preserving in brine
24. Saffron-infused Spanish rice dish



East Whatcom Regional Resource Center

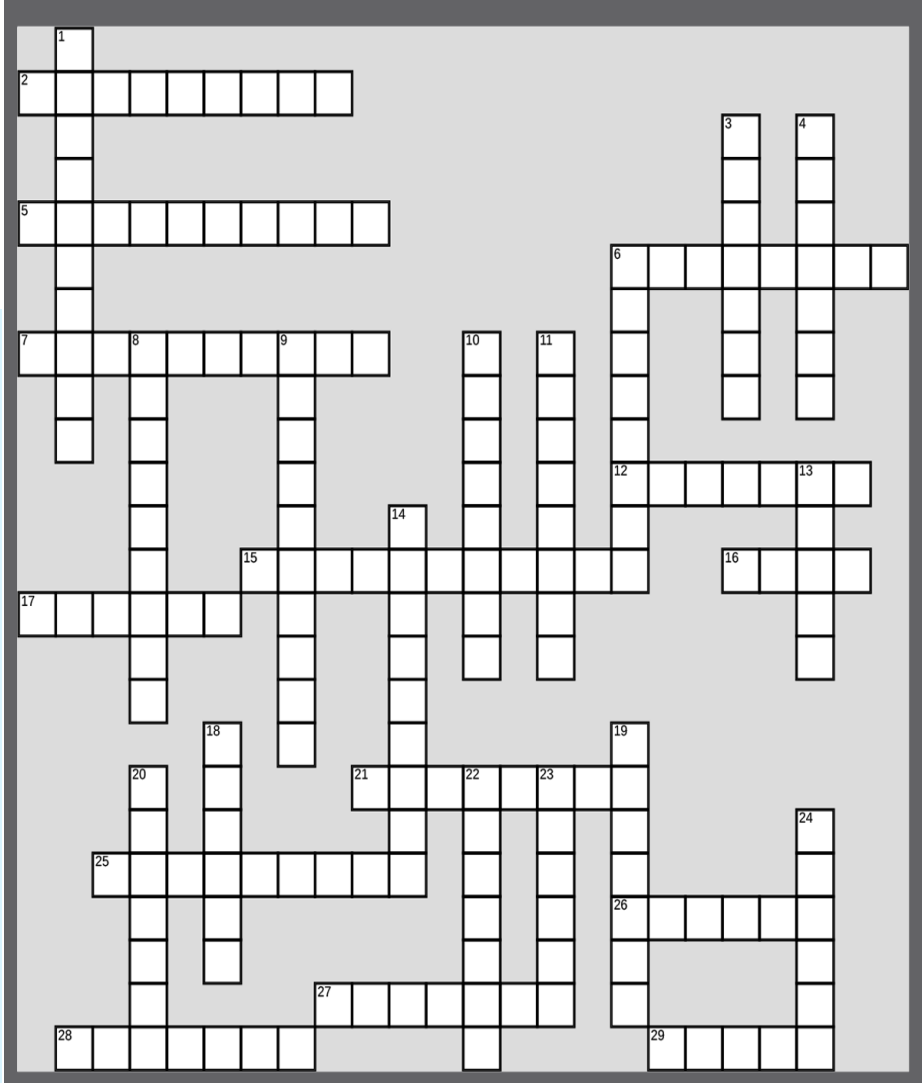
The East Whatcom Regional Resource Center Information and Referral (I&R) Team serves the East Whatcom Community as a branch of the Opportunity Council. We provide the same access to services that can be found at our downtown Bellingham Opportunity Council location. by our office if you need housing services, deposit assistance, basic food applications, community resource referrals and so much more! (see lists below). Accessing I&R services in Maple Falls saves travel time and expenses and our two I&R staff would love to help you access services to meet your needs. Please stop by our office at 8251 Kendall Rd, Maple Falls. Or contact us at 360-599-3944. Free AMMENITIES Copying, faxing, and printing documents. Bus passes Dental hygiene products Teal bags (menstrual products) Donation Corner (clothing, toys, household items, shoes, etc) Other basic hygiene products as donated by partners. Community resource referrals and information Diapers/Pull-ups and wipes Water & Snacks I&R SERVICES Housing Pool Intake applications and check-ins Deposit Assistance Screenings Energy Assistance Basic Food application assistance Referrals to other Opportunity Council Programs that can help with employment, childcare, education, utilities, housing, care coordination, and much more. Working with Opportunity Council but don't want to meet your case manager in Bellingham? Anyone can request appointments or meetings to be scheduled at the EWRRC! Our I&R team can help you communicate with Opportunity Council programs operated out of Bellingham. We can facilitate the required paperwork, help schedule appointments, and return any information that your case manager needs. 8251 Kendall Rd (360) 599-3944 ewrrc-allstaff@oppco.org <https://www.oppco.org/ewrrc/>

Rebus #9



July Crossword: In the Kitchen

Answers on back page



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.offered to businesses, as well as residents, interested in supporting local businesses and Chamber projects. In acknowledgementthe 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, 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!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,contact Rebeccayou'd like to make a presentation. 360-599-1518



Local community-lyed 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>

Never regret a day in your life: Good days give happiness, Bad days give experience, worst days give lessons, and best days give memories!



Community Events Calendar



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

July 2025
Calendar of Events



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|----------------------|---|--|--|-----------------------|---|
| 29 | 30 | 1 | 2 | 3 | 4 | 5 |
| | 1pm - Whatcom Mobile | 8am - Ask-a-Nurse 8am - Catch Me: Teen 8am - Foothills Food 5pm - Neighborhood | 11am - Storytime @ 6pm - Good Yarns @ | 3pm - St Peter's 4pm - Foothills Food | Independence Day | 10am - Foothills Food 10am - Twin Sisters |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| | | 8am - Foothills Food | 11am - Storytime @ 6pm - Good Yarns @ | 3pm - St Peter's 4pm - Foothills Food 6:30pm - Columbia | | 10am - Lord's Table 10am - Twin Sisters 6pm - Whatcom |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| | 1pm - Whatcom Mobile | 8am - Ask-a-Nurse 8am - Catch Me: Teen 8am - Foothills Food | 11am - Storytime @ 6pm - Good Yarns @ | 3pm - St Peter's 4pm - Foothills Food | 10am - Foothills Food | 10am - Twin Sisters |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | | 8am - Foothills Food | 11am - Storytime @ 2:30pm - Deming Teen 6pm - Good Yarns @ | 11am - Deming Nature 3pm - St Peter's 4pm - Foothills Food 6:30pm - Columbia 6:30pm - Taking Time, | | 10am - Twin Sisters |
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| | 1pm - Whatcom Mobile | 8am - Ask-a-Nurse 8am - Catch Me: Teen 8am - Foothills Food | 11am - Storytime @ 6pm - Good Yarns @ | 3pm - St Peter's 4pm - Foothills Food | | 10am - Foothills Food 10am - Twin Sisters |

Riddle Me This

1. Think about the numbers on a clock. When it is 11 a.m., adding six hours makes it 5 p.m.
2. Two dozen. If you increase both the number of hens and the amount of time available four-fold (i.e., 1.5 x 4 = 6), the number of eggs increases 16 times: 16 x 1.5 = 24
3. The answer is 86. When it is turned upside-down and flipped, it becomes 98, which is 12 more than 86

Crossword solution

Across:

2. mandoline

5. wellington

6. moussaka

7. rotisserie

12. al dente

15. hollandaise

16. roux

17. zester

21. crockpot

25. croquette

26. fondue

27. deglaze

28. polenta

29. pasta

PUZZLE SOLUTIONS

Kids Corner Riddle Answers

1. Time to fix the fence
2. The side that has the most feathers is the outside
3. A promise

Down:

1. tablespoon
3. brisket
4. hibachi
6. marinade
8. Irish stew
9. ratatouille
10. colander
11. sous vide
13. truss
14. bain marie
18. bisque
19. stir-fry
20. parboil
22. challah
23. pickle
24. paella

Rebus Answers

1. Rainbow
2. Vetoed
3. Come into season
4. Die down
5. Rock n roll
6. Forecast
7. Excuse me
8. Teepees
9. Blow up

Tribonds

1. Die Another Day
2. Tomorrow Never Dies
3. Goldeneye
4. Mrs. Doubtfire
5. The Thomas Crown Affair
6. Eurovision Song Contest: The Story of Fire Saga
7. Remington Steele
8. Mars Attacks!
9. The Matador
10. After the Sunset
11. Mamma Mia!
12. The Tailor of Panama

Soduko

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

Anagrams

1. cheeseburger
2. smoked chicken
3. beefsteak tomato
4. shish kebab
5. charcoal briquets
6. clam bake
7. potluck picnic
8. macaroni salad
9. hickory woodchips
10. barbecue spareribs
11. ice cold watermelon