

# The FOOTHILLS OUTLOOK

Connecting Foothills community members with vital  
resources, organizations and events



## THE BACK TO SCHOOL ISSUE!

### “She’s Not Afraid to Ask Questions!”

The first bell rings and the slamming of locker doors reverberates through the halls as kids race off to the first class of the 2025-26 school year. As they settle into their seats and turn their attention to the teacher, in an office not too far away, the new Mount Baker School District Superintendent, Jessica Schenck, is hard at work on strategies for improving the district in myriad ways.

Before I sat down with Jessica for an interview, I spoke with a couple community members who had already met her and was intrigued when one said, “She’s not afraid to ask questions!”, meaning she’s willing to ask those hard questions that put people on the spot, and she’s willing to hold them accountable.

It was a pleasure to sit down with Jessica to learn more about her and her vision and goals for the district. During the interview I was impressed with her clarity of thought, her ability to cut through to the heart of an issue, and her long-term objectives as superintendent and for the district.

Jessica’s background fits well into the culture of the MBSD. Coming from ten years working in the Sunnyside Washington school district and another ten years in the Othello WA school district as Assistant Superintendent of Teaching and Learning, as well as being a principal and STEM education director for that district, she’s accustomed to the challenges of providing good education in rural areas like ours. Perhaps most importantly, she realizes just how critical good relationships with community members are to the well-being of a school district, as well as the families and students therein.

I started our interview by asking what led her to taking the job here:

**JS:** My professional goal is to make our education system more accessible to more students. This new role in Mount Baker allows me to keep pursuing that goal by bringing strong leadership, and being someone who has the ability to bring people together.

During the interview process I fell in love with the people here, truly, and I don’t say that lightly or flippantly at all. The people here care so much about their schools and their children and their community, and that really resonated with me. Also, I learned that the district recently passed a maintenance and operation levy and a capital projects levy. Both of those passed at over 60% and that was a key sign to me that this is a community that really cares even when things aren’t going well.

**MA:** So what are some of your first steps in this new role?

**JS:** My first steps really are to listen and to learn. It’s really easy to get into a new organization and think you have all the answers, but I want to be careful that I’m not falling into that. At the same time I know I need to provide some leadership and implement changes that will have positive impacts not just on how our schools operate, but also making them safe and healthy spaces for our students.

One of the first things I’ve been doing this summer is working with the principals on their school improvement plans and really digging into student data. That will be a foundation for digging deeper and developing strategies and real action steps that we can put into place that will allow us to see growth in our students, whether it’s in math or attendance or behaviors. We’re also going to be adding student representatives to the School Board so when we’re making policy or spending decisions, the students have a voice in that process.

**MA:** What other areas will you be focusing on these first few months?

**JS:** In addition to looking at academics, I think the other area that is a priority for me right now is continuing to strengthen our finances and evaluating the conditions of all our school facilities. As you know the district has had some financial problems and that needs to be dealt with from the start. Teachers were let go and other areas of managing the district and providing our students with good education have suffered.

Another area we need to really look at are the conditions of our school facilities. We need to come up with

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Issue 2, no. 14  
September 2025

### Free

Publication of The Foothills  
Communication Hub ©2025

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### Submissions Deadline: 15th of each month

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

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**Don’t forget to check out our website at [foothillsinfo.com](http://foothillsinfo.com) for more on events and other local information. You can download a digital version of the Outlook on the Print & Radio page.**

**bugwalla**  
by Doug Imhoff



### Rooted in Purpose, Committed to Mount Baker

It’s a joy and an honor to introduce myself to the Mount Baker community as your new superintendent. My name is Jessica Schenck, and I’ve dedicated more than 20 years to serving students, families, and educators with one clear purpose: to make our schools better places for every child to learn and grow.

The students of Mount Baker are the heart of this community, and they deserve nothing less than an education that inspires, challenges, and supports them. Together—with our board, administrators, teachers, and staff—we will work to ensure every student has a high-quality education and the caring environment they need and deserve.

My path to the superintendency wasn’t traditional. I didn’t set out to be a superintendent, and I haven’t pursued roles for prestige or position. What I’ve always followed is a calling: to help schools become better places for all students to learn and grow. This calling has taken me from the classroom, where I taught for 13 years, to roles as a principal, STEM director, and assistant superintendent in Othello and Sunnyside. In each, I focused on creating systems that support staff, elevate student voices, and deliver the high expectations and deep care our students deserve.

Mount Baker feels like the right place for this work—and for my life. My husband and I are newly empty nesters, and moving here brings us closer to family. But this isn’t a stepping-stone. I’m not looking to move to a bigger district. I’m looking to make Mount Baker my long-term home. I see this community’s strength in its schools, its history, and its values.

I lead with integrity, dignity for all, and a deep love for learning. I believe in doing the work *with* people, not *to* them. That means collaborating with educators, staff, families, and students. It means building systems that are equitable, efficient, and student-centered.

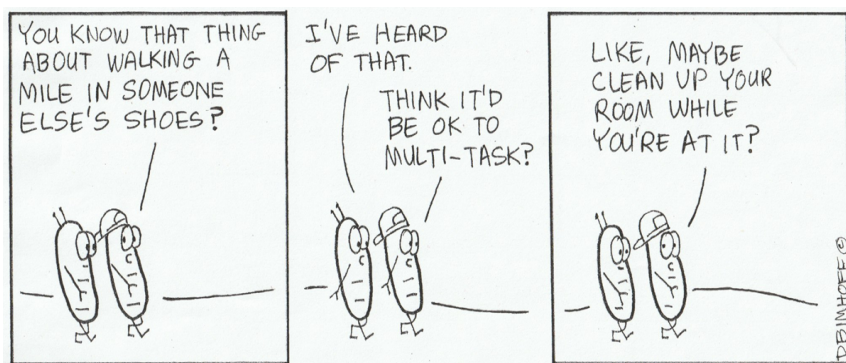
It means making sure every student sees themselves as capable and valued, and that every staff member feels supported.

I also believe in communication that’s clear and reliable. You’ll hear from me often—about what’s going well, what’s challenging, and how we’re moving forward. I invite your questions, feedback, and ideas.

You can contact me by email at [jschenck@mtbaker.wednet.edu](mailto:jschenck@mtbaker.wednet.edu) or by phone at 360-383-2000.

The work ahead is not easy, but it is meaningful. My goal is that we’ll approach it together—with compassion, grace, and determination. Thank you for welcoming me into this community. I look forward to all we will accomplish together.

With gratitude,  
**Jessica Schenck**  
Superintendent, Mount Baker School District



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Go to our Event Calendar and click on any listing to learn more about local events, meetings and other activities. You can also find back issues of the Outlook in our Archive, contact us with questions, story ideas, and more through our contact form.



# COMMUNITY SCENE

## SHE'S NOT AFRAID TO ASK QUESTIONS *cont.*

strong preventative maintenance plans and look at our capital projects for improving facilities throughout the district. Some of our schools are newer, more modern, but others have distinctive older characteristics that I believe should be maintained because I see the pride community members take in them.

Providing support for our teachers and staff across the district is another top priority for me. With more support for the people who are essential for providing our children with good educations, they will be able to more effectively do their jobs and operate as a whole team.

**MA:** You're definitely taking a big bite there!

**JS:** Oh, that's just the start of it! I'm also going to be providing regular reports and presentations on different things that are happening across the district in our board meetings so everyone can see the whole picture and everyone is held accountable. Accountability is what pushes us toward continuous improvement.

Another big task is reviewing and revising our strategic plan which is coming up for review soon. The strategic plan is what helps guide us, helps us see progress or lack thereof, helps us see gaps and overlaps, and is generally a road map that is reviewed every few years to see if we're on the right track.

**MA:** I've helped create strategic plans for small organizations, but I can't imagine the enormity of creating one for an entire school district!

**JS:** It'll take a while to accomplish that, but it's a critical part of making our district run effectively, efficiently and on budget.

**MA:** Have you had much time yet with community members?

**JS:** A little bit, but I'm deeply committed to making sure we are communicating clearly with parents and the communities. They are a vital part of the education system and have their own important roles to play, but they need to know what's happening on our side to do that.

I'm not doing this work to be just a superintendent; I'm doing this work to help improve education for the students of the Mount Baker School district. I believe I have been placed here, this is where I get to do the work that I love and I'm all in.

I'm not here because this is a stepping stone up some ladder; I want to finish out my career here. I'm really looking for a place that I can make home and where I can serve my community.

This is a district that I am blessed to be a part of and I'm looking forward to partnering with the community. I certainly hope that people are willing to reach out to me and let me know what they're thinking and allow me to be a part of the community.

## KIDNEY DONATION NEEDED

**My name is John Macpherson: This is the request of my lifetime.**

If asking for help is humbling, asking for a kidney is something I never imagined I would need to do. But here I am, at 77 years old, reaching out with hope and vulnerability, to ask for your help to spread my story -- or consider whether you might be the person who could give me the gift of life.



I've been married to my extraordinary wife, Cheryl, for over 50 years. Together we raised three wonderful sons, and four months ago, we became grandparents to our beautiful granddaughter, Anna Rose. She is a dream. I want nothing more than to watch her grow up -- to walk beside her in life as she learns, laughs, and flourishes. That vision keeps me moving forward.

I've always been an active person. I love to golf, hike, backpack, and CrossFit. I enjoy reading biographies, history, and a good mystery to keep me guessing. Every morning, I do puzzles in The New York Times to sharpen my mind. My life has been full and meaningful, grounded in family, friends, and in service to the community I love.

I moved to Whatcom County in 1972 and landed a job at a small engineering firm -- \$700 a month at Anvil Corporation, which had five employees at the time. Fifty years later, I retired as its Chairman of the Board proud to see it thriving with about 500 employees. Along the way, I served as president of United Way and Rotary Club of Bellingham, was on the board of Bellingham Technical College and Junior Achievement, and helped start "Dollars for Scholars," which continues to provide educational opportunities for local students. Belonging to something larger than myself and giving back have been part of who I am.

Now I find myself facing a need I cannot meet on my own. Twenty years ago, doctors discovered that one of my kidneys had never worked. Thankfully, my other kidney carried me through decades of good living. But in recent years, it began to fail. My energy waned, nights became restless, and earlier this month, on August 15th, I started dialysis at home. To my surprise, I now sleep better than I have in 20 years. It's a new lease on life, but dialysis is not a permanent solution.

I have been accepted into the Swedish Transplant Center program in Seattle. It was a great relief when Swedish gave me their stamp of approval on my health. My options are either a deceased donor kidney, which could take 5--7 years, or a living kidney donor, which could transform my life much sooner.

I don't take this request lightly. I know what it means to ask someone to consider donating a kidney. But I promise this: I will honor such a gift with my life. I don't drink or smoke. I thrive on fresh air, whole foods, and meaningful connections. And I have plans to once again backpack the Pacific Crest Trail with friends, to cheer on my sons in their journeys, and to watch Anna Rose take her first steps, go to her first day of school, and grow into the incredible woman I know she will become.

If I could leave her -- or anyone -- with a piece of wisdom, it would be this: be honest, work hard, enjoy your friends, and be part of your community so you can make it better for everyone. That's the legacy I want her to see me live out.

And so, with humility, I ask: If you would consider being evaluated as a potential living donor, or if you could share my story with your family, friends, and colleagues, it would mean the world to me. You don't know whose heart it may touch, or whose generosity it might awaken. Thanks for your kindness, and most of all, for helping me hold onto the hope of many more years with Cheryl, our boys, and little Anna Rose.

To learn more about donation or how to get tested, contact Angie Krzysiek, dialysis social worker, 360 734-4243.

## Mt Baker Community Coalition: September 2025 Update



The Mount Baker Community Coalition (MBCC) is excited to welcome you to our September meeting on Monday, September 15th, from 2:45--4:15 PM at the Mount Baker School District Board Office, with an option to join via Zoom. This month, we'll be joined by Communities in Schools, a new partner in the district, to share about their work. Come and learn what they're all about!

One Baker Voice meets during Club Fridays in Room 311, and we invite all youth interested in making a difference to join! Opportunities include peer education trainings, trusted adult workshops, CPR/First Aid/Naloxone trainings, and fun events like movie nights. If you want to be part of the solution in our schools and community, and plan fun events for your friends--come check it out!

**A huge thank you to everyone** who helped make this year's Summer Youth Prevention Fellowship: Learn, Serve & Earn a success! Ten fellows contributed to the community by volunteering at the food bank, helping with Kendall Summer Fest, and developing a Mount Baker School District anti-vaping campaign. They also engaged in prevention and mental health trainings and, most importantly, built connections with each other, trusted adults, and the wider Mount Baker community. Congratulations, fellows!



*MBCC/One Baker Voice youth lent many hands to help make Kendall Summerfest happen this year!*

**We hope to see you at the September meeting! Contact Allison Ormsby at [mbcoalition@wfcn.org](mailto:mbcoalition@wfcn.org) to learn more.**

## From Kristi's Desk

*by Kristi Warren Slette*

*Director Whatcom Family & Community Network*

## Happiness & Stress Can Co-Occur As Back To School Season Arrives

September is a time of transition for communities, family and children. Summer wanes. Autumn waxes. School buses are on the roll. Schedules shift and the stress that comes with busier days may show itself. At the same time, many families look forward to the anticipated rhythms of the school year. School aged children look forward to seeing friends, wearing new outfits, learning their new schedule.

Are you and your kids feeling happy, stressed or both? Both are definitely possible!

Research tells us that school aged students do experience anxiety, stress, and even depression as they return to school after summer break. Factors such as social pressures, academic expectations, and disruptions to routines contribute. However, establishing consistent routines, fostering a sense of belonging, and promoting open communication can help children navigate these challenges and thrive in the new school year.

According to [Sunny Patel, M.D., M.P.H., Center for Mental Health Services](#) at Substance Abuse and Mental Health Services

Administration (SAMHSA), a federal agency within the U.S. Department of Health and Human Services (HHS), there are many actions trusted adults can take to lower stress and promote a healthy transition:

### Promoting a Healthy Transition

The return to school can be a stressful time, whether it's a child's first day of kindergarten, a transition to middle or high school, or just the end of the freedoms of summer. It's normal for children to feel anxious about these changes. Here's how you can help ease their worries:

- **Communicate:** Encourage your child to express their feelings about going back to school. Acknowledge their fears, make them feel understood, and reassure them that it's perfectly normal to feel anxious about these changes.

- **Create Routines:** A consistent routine fosters a sense of security in children. Establishing a regular sleep schedule, eating healthy meals, and setting aside time for homework and relaxation can help children adjust to the rhythm of the school year.

- **Make Advance Preparations:** If possible, attend any scheduled school orientations. Meeting teachers, locating classrooms, and becoming familiar with the school layout can help students feel more confident on the first day of school. And if there is not a scheduled orientation, make time to visit the school ahead of time to help children familiarize themselves with the environment. It can also be helpful to practice morning routines like getting ready for the bus or identifying routes to school.

- **Encourage In-person Social Interactions:** Facilitate interaction with classmates to rekindle old friendships and make new ones. Social relationships can make the transition smoother and more enjoyable.

### Continuing Support at School: The Role of Educators

Schools are crucial partners in supporting student mental health. Here are some ways educators can help:

- **Spot the signs:** Regular training sessions for teachers on how to recognize the signs of mental health concerns in students are vital. Knowledge of how to respond in such situations can ensure that children in need receive the help they deserve.

- **Create safe spaces:** Every child deserves a nurturing school environment where they feel safe to explore and express their feelings. Schools can promote this by establishing safe, caring spaces where students feel comfortable reaching out about their mental health without fear of judgment.

- **Integrate mental health into the curriculum:** Incorporating mental health education into the curriculum is a powerful strategy to reduce the prejudice and discrimination associated with mental health and substance use conditions. This promotes understanding and empathy, fostering a supportive environment for all students."

See the article at: <https://www.samhsa.gov/blog/back-to-school-and-mental-health-supporting-children>





This is the third article in a series about food access in the foothills area. The first was about what we are eating, and the second, why we are eating food that harms us. Now we arrive at the conclusion: What we could be eating!

It is Saturday morning and you’re at your local farmers’ market. It is a warm summer day and the market is livened by a festive spirit. People wave to neighbors as they head to stalls of fresh produce. There are about 20 stalls stacked with a kaleidoscope of veggies — red, yellow, green, deep purple. Some stalls are selling crafts, others showcase flowers with colors as vibrant as the fruits.

There are a variety of meats and produce that you can find in a chain grocery an hour’s drive away, but here you can trust in the freshness and lack of added chemicals. Fresh and frozen chicken and grass-fed beef (both inspected and stamped by the USDA) appeal to shoppers due to their quality and reasonable prices. Dairy products from area farms are cool and fresh; local berries gleam like jewels in their baskets. Shelves of local honey glow in the sun. Picnic tables are set up for customers to sit and enjoy fresh-roasted coffee or a cup of tea along with a scone or homemade bun still warm from the oven slathered with homemade butter and jam or cream cheese.

**The many benefits of a farmers’ market!**

One of the most important social benefits of farmer’s markets for both buyers and sellers is the atmosphere — friendly vendors eager to talk, who hand you a recipe for that novel vegetable you just bought. Farmers’ markets are gathering places that strengthen social ties and connect residents with local growers and each other. They become a vital source of regular community engagement and they offer more than just wholesome goods for the community.

By planning different activities for a variety of interests, such as music or specially made ethnic foods, they create an engaging, comfortable and family friendly atmosphere that encourages people to relax and take their time. Parents can bring their children and teach them about healthy foods and how they are grown. Petting zoos or games are available specifically for children. Families can have fun and do their grocery shopping at the same time. If consumers can rely on freshly harvested local produce, dairy, and locally grown meats and handmade crafts along with festive surroundings, the market will become the go-to for fresh foods and other goods — it offers a multitude of benefits a supermarket simply cannot.

**Where should this market be?**

There are a few farmers’ markets in Whatcom County but none in the Kendall/Maple Falls area. We are at the heart of a food desert, and a market in Kendall would benefit all the Foothills communities. The Kendall/Columbia Valley area is the most densely populated area of Whatcom county with approximately 7,000 (let me double check this number) residents; the whole of the Mt. Baker School District has over 12,000 residents.

We know from statistics gathered at the World Cafés and all the surveys and questionnaires over past decades, that people here are starving (pun intended) for fresh food! A survey by the Whatcom Community Food Assessment in 2021 showed 70% of the people responding live in the Mt Baker School district and are consumers — not farmers or people associated with agriculture. On surveys the choice might be “food” or “store” or other terms, but food access is at the heart. Food access has been and still is one of the top two essential needs (along with health care) in this area. A store, however, especially a chain store, would only bring you more of the same stale veggies (from who knows where), and the same ultra- processed foods that have been proven harmful.

**Economic benefits for farmers**

Markets provide farmers with the opportunity to sidestep wholesalers, distributors and retailers and to market their goods directly to their customers, allowing them to sell at prices that are mutually advantageous. Customers save gas and time when there’s a local farmers’ market, but so do farmers, who could eliminate the costs of packaging and overall transportation costs, leaving a lower carbon footprint. The markets create reliable sources of vendor income that can be depended upon due to a strong customer base. They serve as powerful engines of economic activity and growth for the whole community. This multiplier effect has been repeatedly observed in other towns and cities across the country. Building a farmers’ market near Kendall would spur a significant economic potential for the area. With modest vendor fees, farmers’ markets also provide a flexible, low cost, low risk venue where new caterers, chefs, small farms and artisans can begin marketing their goods. And farmers’ markets often eliminate non-local competition.

With the reduction in production costs and increase in direct sales, continued p. 4



Seven out of ten of us will need some form of long-term care support at some point in our lives. Many of us also won’t have a way to pay for it or will have to drain our savings or retirement funds when we need that support. The WA Cares Fund is a program that can help us when we need it. Washington state is the first state in the country putting together a worker earned long-term care program. In July 2023, working Washingtonians started contributing to this program, and July 2026 is the first time people can apply once they meet the qualifications. This is something that can be used to help with meal delivery, transportation to medical appointments, home modifications like building ramps and grab bars, paying caregivers, and more. Right now, the benefit amount people can receive for these supports is \$36,500 and this amount will continue to increase with inflation each year. It is important for working Washingtonians to know this is something that we are all contributing too already, and what support we can receive from it in case of a sudden injury or need for care later in life. If you have further questions, please contact NWRC at 360-738-2500

# Food Matters



With the days getting shorter and cooler, our food cravings begin to change as well. This is the perfect time of year to start indulging in hearty casseroles and soups (and they save time and \$\$!). And with all the fresh vegetables available right now, we have an opportunity to eat the rainbow at it’s freshest and improve our nutrition.

## Ground Beef and Butternut Squash Casserole



This **Spicy Southwest Butternut Squash Casserole** is savory, spicy, wholesome, and perfect for a quick and easy dinner! Made with simple ingredients, this make-ahead meal can be made entirely in a casserole dish and is bursting with flavor. This is **healthy comfort food** that the entire family will love!

Prep: 5minutes minutes  
Cook: 30minutes minutes  
Servings: 4 Servings

**Ingredients**

- 1 lb frozen butternut squash, cubed (about 3-4 cups)
- 1 large bell pepper (sliced or chopped)
- 1 Tbsp olive oil
- 1 tsp paprika
- 1/2 tsp garlic powder
- salt/pepper (to taste)
- 1 15 oz. can black beans (drained)
- 1 cup cooked ground beef
- 1 cup shredded cheese
- 1 cup chopped kale
- 1/4 tsp crushed red pepper (optional)

**Instructions**

1. Preheat the oven to 375 degrees F.
2. Place the squash and pepper in the casserole dish and drizzle with olive oil.
3. Bake for about 20 minutes, or until squash just begins to soften.
4. Drain any extra liquid in the casserole dish.
5. Mix in the paprika, garlic powder, salt and pepper, black beans, cooked ground beef, half of the cheese, and kale to the casserole dish.
6. Top with remaining cheese.
7. Bake for another 10 minutes (or until everything is soft).
8. Top with crushed red pepper (optional).

**Notes**

- Prep the ground beef ahead of time so that it’s ready to go!
- Cook the butternut squash in the casserole dish just until soft, but not too soft (as it will continue to cook with the other ingredients).
- Use pre-cut or frozen butternut squash to help save time.
- Adjust the spicy level of this recipe by adding more (or less) crushed red pepper!
- This recipe can easily be made ahead and frozen, or double the recipe and make two so you can freeze one.

Calories: 406 kcal | Carbohydrates: 35 g | Protein: 29 g | Fat: 19 g | Saturated Fat: 7 g | Cholesterol: 73 mg | Sodium: 238 mg | Potassium: 809 mg | Fiber: 3 g | Sugar: 5 g | Vitamin A: 15521 IU | Vitamin C: 96 mg | Calcium: 236 mg | Iron: 3 mg

## September is Emergency Preparedness Month!

Tips to prepare for, survive, recover from disaster

A magor emergency can occur anytime so it’s important to know what resources are available with information, and have a plan of action if disaster should strike. The tips below can help get you started on protecting yourself and your family.

**Tips to prepare your own household**

- [Sign up to receive alerts](#) and warnings:https://public.alertsense.com/SignUp/?regionid=1189
  - Bookmark the [Whatcom Ready Facebook](#) page and [WhatcomReady.org](#) for updates;
  - With one task a month, you can [Prepare in a Year](#) (information available in [Spanish](#), [Russian](#) and [Punjabi](#) as well as [English](#));
  - Get [Two Weeks Ready](#), for when help is delayed;
  - Become a trained [volunteer](#) with Community Emergency Response Team (CERT), Search and Rescue, Medical Reserve Corps, Project Lifesaver, Volunteer Mobilization Center, or as an amateur radio operator;
  - Check out the County’s [Emergency Preparedness website](#) to locate natural hazards nearest you; and,
  - Learn about the “[Ready-Set-Go](#)” pre-evacuation protocol used regionally (information available in [Spanish](#), [Ukrainian](#), [Russian](#) and [Punjabi](#).)
- You can find all this information and more on the Whatcom County Public Alert website: https://public.alertsense.com/SignUp/?regionid=1189

**Become ready to respond in your own neighborhood**

In a major disaster, residents are often their own “first responder.” After an earthquake, tsunami or other major catastrophe, police, firefighters and EMTs will be called in many directions. It could take days, even weeks, before help arrives.

There are local opportunities to learn what to do first and how to respond safely following an emergency. [Community Emergency Response Team \(CERT\)](#) training is one. Now in its 26<sup>th</sup> year locally, CERT has offered its eight-week course in communities throughout Whatcom County – from Point Roberts and Lummi Island to Sudden Valley, Lynden, Western Washington University, and soon for Chuckanut Bay.

September is the month to prepare for power loss, floods, extreme cold, falling trees or possibly an earthquake. Personal [preparedness will help ensure we can survive, rebuild and recover.](#)



# COMMUNITY SCENE

## We are What We Eat, *cont.*

farmers would flourish and could potentially increase their crop production, experiment with new crops, and hire more farm workers from the local population. Resident crafters would also share in the extended market economy, as would entertainers and others who would benefit from sharing their talents in such an environment. The market could serve as the heart and soul of a whole new local economy.

### Environmental benefits

Most local farmers prefer sustainable agricultural practices and many respond positively to requests for organic foods; others have altered growing methods to protect the soil, fresh water sources, and our farmlands. Small farm owners are the most likely to stop the use of hazardous pesticides and herbicides that endanger the health of human and wildlife populations and pollute our environment.

### Inequity

Chain stores lack a vested interest in opening in rural areas like ours with lower socioeconomic status (where the population is often composed of lower income families and elderly people). An example of this actually occurred in Bellingham when an Albertsons store closed in the Birchwood Neighborhood (<https://48degreesnorth.com/2016/12/addressing-food-deserts-in-whatcom-county>). Despite the low income barrier, it is certain that this Columbia Valley area has a multitude of potential customers. One of the basic tenets of a sustainable food system is that community residents actively participate in its design and implementation.

**The time is right. The time is now! Get involved! Help bring a farmer's market to our area!** Contact Linda Kerth at: [kerthlinda@gmail.com](mailto:kerthlinda@gmail.com)



## South Fork Valley Community Association Updates! Renovation News

Thank you to the South Fork Valley Community Association, State and County officials, architects and builders, community members, WTA, donors and volunteers, as well as our local fire department for joining us for the Centennial Renovation Groundbreaking Celebration of the Van Zandt Community Hall on Friday, August 1 at 12:30pm in the gazebo (behind the Hall). Gratitude to the Health Equity Zone for their continued support of local community through delicious food at events such as this! We will keep you posted as further updates become available. Sign up for the latest and greatest news through the South Fork Valley Scoop by emailing [info@southforkvalley.org](mailto:info@southforkvalley.org) - we look forward to connecting!

### Happenings at the Hall

(Van Zandt Community Hall, 4106 Valley Hwy, Deming)  
SFVCA board meets first Wednesday each month, 7-9pm, location TBD during construction.

### Who are We?

The South Fork Valley Community Association (SFVCA) is a small, all-volunteer group which cares for Van Zandt Community Hall, provides opportunities to gather, and shares information of Mt. Baker Foothills. Stay tuned for construction updates or contact us via: <https://www.southforkvalley.org/> on KAVZ at FM 102.5, [kavz.org](http://kavz.org) & <https://www.facebook.com/southforkvalley/>

## The Book Shelf



whatcom county  
library system



### September events at the North Fork Library

#### Introduction to the Mushrooms of Whatcom County

at North Fork Library  
Saturday, Sep 6 2025 1:00pm - 4:00pm

#### North Fork Storytime

Tuesdays, Sept 16-Sept 30  
10:30am - 11:00am  
For ages 2-6, 30 minutes. An open program that includes stories, rhymes, and songs with opportunities for movement and interactive participation.

#### Twin Sisters Mobile Market

Saturdays 9:00am - 3:00pm is coming to the North Fork Community Library every Saturday, June 7 through October 25 from 10am-3pm. The truck delivers fresh produce, pasture-raised eggs, meat and more!

#### Talk Time: Free English Conversation Class

Thurs Sept 25th 6:00pm - 7:30pm Do you want to learn English? Join our small group class to practice basic English conversation! Come to the North Fork Community Library to speak, listen, read and write in English. Our staff can help you with your English goals in a safe and comfortable space. The session is free and open to all. Bring a friend! Registration is encouraged but not required. It is not necessary to attend every class, and patrons may join at any time throughout the 8-week session.

### September events at the Deming Library

#### Deming Library's Coast Salish Mural Unveiling

Celebrate the unveiling of a mural painted by celebrated Coast Salish artist Sienuum Jason LaClair. After the speeches we will enjoy a potluck meal. Bring a dish to share or not, there will be plenty of food.

Saturday, Sep 13 5:30pm - 7:30pm

#### 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 from 10:30 to 11am, September 17<sup>th</sup> through December 10

#### Elder Voices Poetry Reading

Hear readings from the recently published Elder Voices: Wistful, Wondering, and Wise poetry anthology. These writers celebrate aging without denying or obscuring its challenges. Saturday, Sep 20 6:30pm - 7:30pm

#### Computer Literacy at the Library

Whatcom County Library System, the Whatcom Literacy Council, and Evergreen Goodwill's Digital Equity Bus have teamed up to bring Computer Literacy classes to the library. No experience needed.

Registration is required due to space. We recommend registering for all 7 classes in the series, but patrons may join at any time throughout the 7-week session. Tuesdays from 10:30 to 11:30 starting September 23<sup>rd</sup>. Register at [wcls.org](http://wcls.org).

#### Poultices, Compresses, and Infused Oils: A Hands-On Herbal Medicine Class

Learn about herbal medicine in this fun and informative hands-on class with Sonia Wollin ([soniawollin.com](http://soniawollin.com)). Seating is limited, please register for this class at [wcls.org](http://wcls.org). Saturday, Oct 4<sup>th</sup> at 2:00pm - 4:00pm

## Back to School.

MOTORIST TIPS FOR CHILDRENS SAFETY

### What Can I Do?

**Do Not Pass**  
It is illegal to pass a school bus that is stopped to load or unload children.

**All Stop**  
Traffic in both directions stop on undivided roadways when students are entering or exiting a school bus.

**Seeing Yellow**  
School buses use yellow flashing lights to alert motorists that they are preparing to stop to load or unload children.

**Seeing Red**  
Red flashing lights and an extended stop sign arm signals to motorists that the bus is stopped and children are getting on or off the bus.

**Crosswalks**  
Do not block the crosswalk.

**Distance**  
Stop your car far enough from the bus to allow children the necessary space to safely enter and exit the bus.

**Never Pass on Right**  
Never pass a school bus on the right.

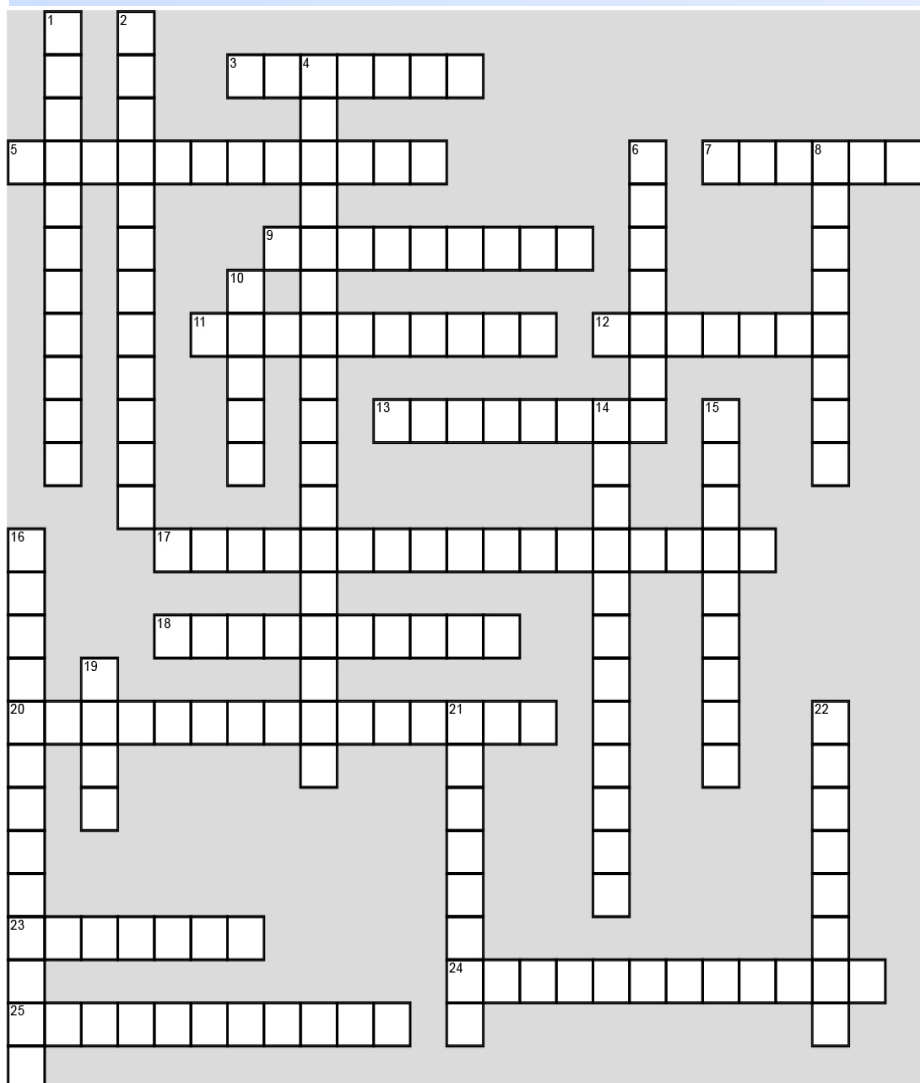
**Stay Alert**  
Children are the least predictable pedestrians and the most difficult to see.

**Look Out**  
Take extra care to look out for children in school zones, residential areas, playgrounds and parks.

**Don't Honk**  
Don't honk your horn, rev your engine or do anything to rush or scare a child in front of your car.

## SEPTEMBER CROSSWORD: NAME THAT TUNE! (50's, 60's, 70's BILLBOARD HITS.

ANSWERS ON BACK PAGE



### Across

- It's a fool who plays it cool
- J Cash's pledge of devotion
- Temptations signature song
- Based on murder committed by Thom C Dula
- He's not Doris' secret anymore
- Classic hit inspired by Yoko's poetry
- The lady with the mystic smile
- Theme song to Chungking Express
- Washington's un-official state song
- Presley hit inspired by real life suicide
- Feminist anthem of the 70's
- He just can't get no ?
- Here he comes, that's ?

### Down

- Metaphor for wanderlust
- How does it feel to be like a ?
- Traditional American folk song about a Texas flower
- Inspired by slave uprising known as Bambarria
- ? (2 wds) I walk with you
- Roman goddess of love
- Very superstitious, the devil's on his way
- House of ill-repute in New Orleans
- Bugsy sticks around to get his kicks
- Knife-wielding killer in London
- Let's all do the ?
- Inspired by comic strip of same name

## Whatcomic 2025: TEEN ARTISTS - GET PUBLISHED!

Are you a budding artist? Get your work known!

Whatcom County teens are invited to submit their 2-D art to be considered for publication in Whatcomics 2025, our teen art book. The rules are simple: live in Whatcom County, be a 6th-12th grader, and submit your original artwork on or before October 31, 2025. We encourage all artistic styles, including drawing, painting, collage, comics and doodles. Due to copyright issues, fan art, AI-generated art, and art based on the work of other artists are not permitted. It's easy to submit. Upload your artwork on our website at [wcls.org/whatcomics](http://wcls.org/whatcomics) or drop off your work at any public library. Accepted artists receive a copy of the book to keep. We'll host a special celebration at the Lynden Library in January. Grades 6-12.

More information and online submissions here: <https://www.wcls.org/youth-services/whatcomics>.





# YOUR IDEAS ♥ YOUR COMMUNITY

## BIG THINGS ARE HAPPENING IN THE HEALTH EQUITY ZONE AND THEY'RE POWERED BY YOU.



Over the summer, neighbors from across the Mt. Baker region came together in workshops to talk about what matters most for our community's future. These gatherings weren't just meetings. They were spaces for real conversation about our challenges, our hopes, and the changes we want to see faced.

*"When neighbors come together to dream, plan, and act, we change what's possible."*

### What We're Hearing - Top Themes from the Community

- Access & Equity for health, resources, and opportunities
- Better transportation for all ages and abilities
- Clear communication and resource coordination
- Youth engagement and intergenerational connections
- Environmental health and community clean-up efforts
- Partnerships and collaborations that strengthen what's already working
- Social support and community care so no one is left behind



### Looking Back Public Comment Workshop

On August 6th, more than **60 community members** came together for a Public Comment Workshop focused on blighted properties; abandoned, neglected, or cluttered spaces that impact the safety and well-being of our neighborhoods.

Together, we:

- Shared experiences and concerns about how blighted properties affect quality of life
- Discussed practical solutions, from clean-up events to better communication with property owners
- Highlighted the importance of working together across agencies, neighbors, and local leadership

Facebook: [Mount Baker Health Equity Zone](#)  
Instagram: [mountbaker.healthequityzone](#)  
Email: [hezinfo360@gmail.com](mailto:hezinfo360@gmail.com)

### Ideas Taking Shape

From these conversations, neighbors suggested actionable steps:

- Launch regular community clean-up days
- Establish a local hub for health, wellness, and activities
- Offer grant writing support and report back to the community on progress
- Develop a resource list for the Mt. Baker District

#### BE PART OF WHAT'S NEXT

Attend our Next Public Comment Party: Your chance to join the conversation and help decide what's next.

Date: October 14<sup>th</sup>, 2025

Time & Location: Check our Facebook & Instagram for updates!

*Snacks provided. All ages welcome. Bring your ideas, your experiences, and your vision for a stronger Whatcom County.*

## How HEZ Funding Works

We've heard a lot of questions about how Health Equity Zone (HEZ) funding works, so here's some clarity.

The purpose of the current HEZ grant isn't to fund projects directly—it's to bring community members together, create space for honest conversations, and make sure everyone is supported for the time and expertise they contribute. This stage is about building the foundation so that when your community's priorities are clear, HEZ can help find the outside funding to make them real.

That means HEZ dollars are at work in many behind-the-scenes ways:

- Compensating community members for their time and expertise through stipends and \$25 gift cards—because what you know about your own community has real value.
  - Supporting trusted messengers, neighbors who are paid to share information, build connections, and invite new voices into the room.
  - Covering costs for things like meals, snacks, toys, childcare at events, and our signature "everything but the kitchen sink" bags, so you feel welcome and included.
  - Paying the people working behind the scenes to organize, coordinate, and keep this process moving forward.
- HEZ has also sponsored community celebrations and events such as library summer concerts, the Classified Employee Recognition with MB School District, Kendall's Book Up Summer, Holiday Heroes at MBHS, and even snacks for families at JH and HS conferences. If you've joined in one of these spaces, you've already seen HEZ funding at work.

#### What's Next

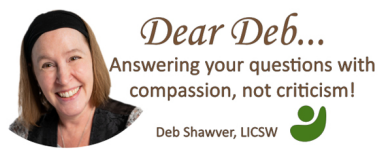
In October we are moving into the next stage: piloting a community-driven process where residents can submit their own proposals for solutions and priorities. This will include opportunities to learn how to turn an idea into a proposal, spaces to ask questions, and a chance for the community to rank what matters most.

Once that first round of ideas is gathered, HEZ will begin looking for outside funding for the projects the community lifts up as the highest priority.

In other words: these early dollars are here to invest in people, process, and trust—so that when projects are funded, they're the ones this community has chosen.



# FOOTHILLS ALIVE



Hello neighbors,

Welcome to the very first edition of *Dear Deb* — a place for real talk, honest questions, and heartfelt advice. Whether you live in Deming, Kendall, Peaceful, or Paradise, or closer to the The Glen or South Fork, only the county roads of our beautiful rural communities separate us. We share more than we sometimes realize: the challenges of raising kids, caring for elders, stretching paychecks, navigating relationships, and staying sane in a world that often feels upside down. In this column, I’ll be answering letters/emails from you — questions about everyday life, hard emotions, family issues, big decisions, or just the things that keep you up at night. I bring my experience as a longtime counselor, a mom, and a local who understands what it means to live out here where the Wi-Fi is spotty but the values run deep. This won’t be polished advice from a far-off expert. It’ll be down-to-earth, practical guidance rooted in kindness, humor, and a belief that people can grow, heal, and find their path forward — no matter how messy things get.

Maybe you’re wondering how to talk to your teen who’s suddenly shutting down. Maybe you’re trying to figure out how to forgive someone who hurt you years ago. Or maybe you just need a reminder that you’re not alone.

You can write me with a name, or anonymously. I’ll protect your privacy, and if I don’t know the answer, I’ll point you to someone who might. Because we’re all still learning.

So here we go. Let’s create a space where honesty is welcome, compassion is the norm, and no one has to pretend they’ve got it all figured out.

Before I begin replying to letters (which you can send anytime to **DearDeb@catchmecoach.com**), I want to start with what makes this column different: we’re not here to judge. We’re here to share stories — the wins, the regrets, the hard lessons and little victories that make up a full life.

Let’s kick off this column with a question from a worried mom!

*Dear Deb:*

*My daughter is starting the 9th grade on the 27th 🤔 She has struggled with grades and she is convinced she won't be able to get good enough grades now that they count for her to graduate. How do I reassure her when I am actually worried about that being a reality?  
-Fearing Failure*

Dear Fearing Failure,  
Thank you for writing in, you are not alone! Anticipation of coming events can be unbearable...and worrying about our kids is an ongoing and ever changing type of fear and stress for any parents out there! I can assure you that there are actually some built in supports within the schools that many people don't know about! There are two types of support plans kids can access when they have consistent difficulty with their school work. First step: meet the school counselor your student will be working with. Then, together with your student you three can decide if the problems might be appropriate for a 504 Plan. 504's can support students with plans that communicate to each teacher about specific strategies that will help the student succeed (like longer time taking tests or turning in assignments, break plan for anxiety or emotional issues, 1:1 teacher support, or private area for test-taking). Another well-kept secret is the IEP (individual education plan). ANY parent can request an IEP assessment from the district. Most of all help your kid know you will support them no matter what! Remember we are not alone in this crazy world and lean on each other for support.

As we are moving through the busy, stressful, or wonderful moments of each day, we often miss the importance of the little details moving from one person to another, the emotions or energy we share. We don’t talk about these kinds of moments enough — the quiet pride, the heavy guilt, the second-guessing, deep worry, and the unexpected thank-you. But we should. That’s why Dear Deb is here.

Send questions, concerns, or share a story with us to:

[DearDeb@catchmecoach.com](mailto:DearDeb@catchmecoach.com)

# ROAD RULES

My fellow cyclists, I want you to live. From conversations I’ve had with bike riders and observations on the road there’s a question a few cyclists aren’t asking, and they should. It goes something like this: “Is it okay to ride my bike facing traffic?”

That’s a hard no. I’ll get to the law in a minute, but this is one of those things where the physical consequences are far worse than any potential legal consequences, so let’s start there. I’ve heard people say things like, “I ride facing traffic because I want to see what’s coming at me.” That’s understandable. But it’s misplaced.

Let’s consider some basic practicalities. If you’re riding in the roadway against traffic, what happens when you inevitably meet a car? Best case scenario, there’s room to move to the shoulder, but if there was space on the shoulder you’d have already been riding there. The driver might be able to pass you, but narrow lanes and oncoming traffic would eliminate that option. Maybe they spotted you far enough away to be able to stop. Now you’ve created a traffic jam, and you still don’t have a clear route. Worst case scenario, the driver can’t stop in time and is forced to choose between an oncoming car and an oncoming bike. Human survival instincts being what they are, you know how that’ll play out.

Even if there is room to ride on the shoulder, it’s still a problem. What happens when you meet another cyclist? I can tell you how I’ve handled it when I’ve encountered a wrong-way rider; I stay to the right. Yes, in order to pass me, the wrong-way cyclist will likely have to move into the car lane. I started out by saying I want you to live, and that’s true, but I want me to live even more.

Then there’s vehicle speeds. Say you’re riding along at 15 mph, in the same direction as a car driving at 35 mph. That’s a speed differential of 20 mph. I don’t have data on impact speeds for cyclist/vehicle crashes but there’s plenty on pedestrian/vehicle crashes, which should be a decent comparable given the lack of protection for both pedestrians and cyclists. When struck at 20 mph, 90 percent of pedestrians survive the crash. If we take those same speeds but have the cyclist ride against traffic that’s a 50-mph speed differential, and only 25 percent of pedestrians survive at that speed.

There’s also the issue of reaction time. In studies an attentive driver will spot a cyclist from 1000 feet away. Using the same speeds, that gives a driver 34 seconds to adjust when the cyclist is riding with traffic, and only 14 seconds when the cyclist is riding against traffic.

But even the best drivers aren’t always attentive; a real-world distance might be as low as to 200 to 300 feet. With a 50-mph speed differential a driver doesn’t have enough time to stop. If you ride with traffic, the car behind has time to slow down and wait until there’s a safe opportunity to pass. All this leads to wrong-way cyclists being about four times more likely to be killed in a crash with a vehicle. Wrong-way cyclists account for more than 11 percent of cyclist fatalities. That’s three times what it was in 2016. The law part is simple. When cyclists ride on the road (including the shoulders), they’re required to follow the same traffic laws as drivers (with a few exceptions). That means riding on the right side of the road, the same direction as the cars.

## Rebus 1



### Check Up on Your Kidneys

When we think about staying healthy, most of us think about our

hearts, our weight, or maybe our blood sugar. But there’s one part of the body that doesn’t get talked about nearly enough—our kidneys. These two bean-shaped organs work hard every single day, quietly filtering our blood, removing waste, and helping control our blood pressure. When they stop working properly, it can have serious effects on the rest of our body. About 1 in 7 adults in the United States has Chronic Kidney Disease (CKD), and most people don’t even know they have it. That’s because CKD doesn’t usually cause any symptoms until it’s pretty far along. It’s important to

catch it early.

Some people are more likely to kidney disease than others. The biggest risk factors are diabetes and high blood pressure. If you’ve been told you have either of these, it’s worth asking your doctor about your kidney health.

Other risk factors include a family history of kidney problems, being over the age of 60, or having heart disease. Even repeated use of over-the-counter painkillers like ibuprofen can put stress on your kidneys over time.

### The Tests Are Simple

The good news is that finding out how your kidneys are doing doesn’t require anything complicated or expensive. There are two basic tests your doctor can order:

- A blood test called a GFR (Glomerular Filtration Rate) that tells how well your kidneys are filtering.
- A urine test to check for protein, which can be an early sign of kidney damage.

Both tests are widely available, and many insurance plans—even basic ones—cover them. If you don’t have insurance, talk to your local clinic. Some community health centers offer lab tests at reduced costs or may have programs to help cover the expense.

Catching kidney disease early can make all the difference. In the early stages, lifestyle changes, medications, and controlling your blood sugar and blood pressure can help slow or even stop the disease from getting worse.

But if it goes unnoticed and untreated, kidney disease can lead to kidney failure.

- Talk to your doctor: Ask if you’ve had your kidney function tested recently, especially if you have diabetes or high blood pressure.
- Watch your numbers: Keeping your blood pressure and blood sugar under control is one of the best things you can do to protect your kidneys.
- Drink plenty of water: Staying hydrated helps your kidneys do their job more efficiently.
- Limit salt and processed foods: These can increase blood pressure and make kidneys work harder.
- Be mindful with pain relievers: Using NSAIDs like ibuprofen too often can cause kidney damage over time. Take a little time now to ask your doctor about your kidney health

## Goodwill Digital Equity Bus

A mobile classroom serving the NW Region

### What is the Digital Equity Bus?

The Digital Equity Bus (DEB) is a Wi-Fi equipped mobile classroom that serves community members in rural locations and sovereign nations. DEB offers digital services to community members who may have difficulty accessing one of Evergreen Goodwill’s Job Training Centers.

### Digital Equity Bus Services

The Digital Equity Bus can provide a variety of services for community events including:

- Free Wi-Fi
- Charging stations
- One time tech help
- Connections to digital resources



If you are interested in learning more about DEB and its services, please contact Digital Equity Manager, Jessica Hilburn at: [jessica.hilburn@evergreengoodwill.org](mailto:jessica.hilburn@evergreengoodwill.org)

### Digital Equity Bus Comes to Deming Library!

Are you interested in a job that requires a level of computer skills you don’t yet have? Do you need to learn or improve digital literacy to better navigate life today?

The Digital Equity Bus brings computer classes, workforce development programs, and wraparound support services directly to people in rural communities where access to this kind of education is limited.

Digital equity means ensuring that all individuals and communities have the necessary information and communication technology (ICT) capacity to fully participate in society, democracy, and the economy. This includes access to reliable, affordable internet, devices, and the digital literacy skills needed to effectively use them. It’s about bridging the digital divide and ensuring that no one is left behind due to lack of access or ability to participate in the digital world.

The Evergreen Goodwill Digital Equity Buses feature SMART Board technology, Wi-Fi access, adjustable desk seating for 8-10 people, and an accessibility ramp. From our mobile classrooms, we can offer 1:1 tech help, digital resources, like affordable internet plans, and employment readiness programs .

See the calendar on the back page for dates and times the bus will be at the Deming Library.





## COMMUNITY CONVERSATIONS *with* WHATCOM COUNTY COUNCILMEMBERS



Barry Buchanan  
At-Large A



Tyler Byrd  
District 3



Jon Scanlon  
At-Large B

Share your questions, concerns, and ideas for the community with members of the County Council!

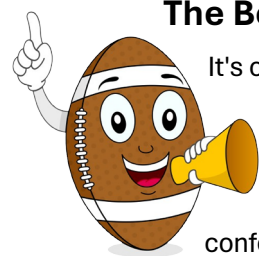


**Deming Library**  
5044 Mt. Baker Hwy  
Deming, WA 98244



**Sept. 25, 2025**  
5:00-7:00 p.m.

## EDDIE'S SCOREBOARD



### The Boys are back in Town

It's once again time! Mount Baker's beloved football team is set to take to the gridiron for the 2025 season. The nine-game schedule has been set; five home games and four on the road.

Home games include rivalry games against Meridian and Lynden Christian as well as non-conference clashes with Omak and Sultan. The most intriguing of the five games however is the rare day game on September 20th where the Mountaineers are set to do battle with the heavily decorated Bellevue Wolverines. This will be the team's first home game after a two week road trip to non-conference opponents in Port Angeles and Hockinson. The Mountaineers finished the previous season with a 5-4 record and a three way tie for third in the conference alongside Blaine and Meridian. The team defeated both foes in a Kansas City Tiebreaker to qualify for the postseason. While the title ambitions came to an end the following week in Zillah, the season was much more satisfying than the 3-7 playoff-less anomaly that was 2023. Head coach Ron Lepper is entering his twenty-ninth season as head coach. Under his leadership, the team has seen nine conference championships (three of them shared due to ties), eighteen playoff appearances, two trips to the Gridiron Classic state championship game and 211 total wins (regular season and postseason).



**A PLACE TO BELONG  
A PLACE TO THRIVE**

WHATCOM FAMILY YMCA | [whatcomymca.org](http://whatcomymca.org) | 360 733 8630

Whether your child needs help with homework, a chance to express creativity, or simply a safe place to belong, our afterschool program is here to help them thrive and strengthen our community for a better us.

#### PROGRAM HIGHLIGHTS:

- Licensed afterschool enrichment program
- Structured homework help & academic support
- Daily recreational activities & games
- Social-emotional learning & character development
- Healthy snacks provided
- Trained, caring staff

**Kendall Elementary School**  
7547 Kendall Road,  
Maple Falls, WA 98224

**DAYS/HOURS:**  
School Days | 6:45 AM - School Start  
Dismissal - 6:15 PM

**AGES SERVED:**  
Grades K-5

SCAN TO  
REGISTER



#### Did you know?

We proudly accept DSHS and third-party subsidies to help make afterschool care more accessible. Have questions? Visit us online or contact us to learn more.

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

Service is subject to minimum enrollment.

## Primary Medical Care Services at the East Whatcom Regional Resource Center

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

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

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

Most major insurance accepted including the following:

- Molina
- Premiera
- 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.

## Hear Ye, Hear Ye, Your Voice is Needed Now!



The June 2025 edition of the Foothills Outlook included an article on "WHATCOM COUNTY CONSIDERING EXPANDING HEALTH BOARD". Here's your chance to let the County Council (who also serves as your Board of Health) know who you want to represent you on this local and very important board (it should include: elected officials including mayors, healthcare professionals, tribal representatives, community leaders, etc). There will be a new Whatcom County Health director starting in October so right now is the perfect time to get involved! Please consider:

**Testifying at a council meeting:** Although limited to 3 minutes, it is plenty of time to share your thoughts.

See guidelines here: <https://www.whatcomcounty.us/3415/Participate-in-Council-Meetings>.

SEPT 9 and SEPT 23 are general county council meetings next month. If you want to speak via zoom or phone during the meeting, **make sure to register by 4 PM on the meeting day. Meetings start at 6.**

**Attend in person:** General council meetings are open to the public. There are no requirements for attending.

**Writing a letter:** Address to council at 311 Grand Ave., Suite 105, Bellingham, WA 98225

**Email the council** at: [council@co.whatcom.wa.us](mailto:council@co.whatcom.wa.us). or

**Attend community meetings** where your council rep will be present.

Councilmembers Buchanan, Byrd, and Scanlon will be available to speak with at Community Conversation on **Thursday, September 25, 2025; 5:00-7:00 PM**, Deming Library, 5044 Mt. Baker Hwy, Deming, WA 98244

"There is no power for change greater than a community discovering what it cares about." – Margaret J. Wheatley

### Rebus 2



## Anagrams

- |                    |                      |
|--------------------|----------------------|
| 1. gnash pan nesa  | 2. caroler flashes   |
| 3. bess if sold    | 4. dior gee heliport |
| 5. aka colonelship | 6. ragtime draping   |
| 7. brose hens hoed | 8. awed there shoma  |
| 9. hun kook slam   | 10. aerobical wring  |

**If you need accessibility repairs or modifications to your home, don't forget to apply for Build Community Day!**



## BUILD COMMUNITY DAY 2025



**Habitat for Humanity®**  
in Whatcom County

**OCT 4TH**  
**MAPLE FALLS**  
**& KENDALL**

Visit [hfhwhatcom.org/build-community-day](http://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. 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](http://hfhwhatcom.org/build-community-day). And everyone is welcome to volunteer and build community with us!



# RESOURCES

## Crisis/Emergency



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



**211** helps connect you to community resources statewide.



**24/7 Crisis Line**  
**800.584.3578**



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



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



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



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

## Maximizing your Heating Capacity: Wood Stove Tips

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

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

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

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

## Food



**Foothills Food Bank**  
Tuesday: 8-11am  
Thursday: 4-7pm

Mobile Pantry outside Food Bank:  
1st Saturday of every month 11:30 - 12:30  
And third Friday of every month 10am-11am  
Contact:  
Foothillsfoodbankcontact@gmail.com  
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!



## Low Income Health Care



**Unity Care**

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

**Sea Mar Community Health Center**



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

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

## Rebus 3



## Homeless Help



**Bridge 2 Services** is a mobile outreach program that bridges

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

## Local Healthcare



**Ask-a Nurse Clinics**

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

## DON'T FORGET!

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



**Whatcom Mobile Medicine**

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

## Mental Health



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

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

Catch-Me, LLC  
360-536-1565  
[catchmecoachme@gmail.com](mailto:catchmecoachme@gmail.com)  
<https://www.catch-me.io>



## Additional Health



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



**Center for Independence**

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



**Washington Connection**

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

## Rebus 4



## Addiction



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



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

**NA**  
Find a Meeting: <https://nwsrna.org/meetings/>  
360-647-3234  
[WebServant@nwsrna.org](mailto:WebServant@nwsrna.org)

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



# RESOURCES

## Addiction Continued



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

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

## Seniors

### Whatcom Council on Aging



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



### Northwest Regional Council

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



### Senior Resources

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



### Adult Protective Services (APS)

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

### Catholic Community Services

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



### Medicare.gov

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



### Volunteer Chore Program



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



Each year we provide hundreds of hours of

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

## Family Services

### FAMILY SERVICES & PARENTING SUPPORT



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



### PARENT TRUST

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

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



### Care Connect

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



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

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



### ECEAP & Head Start

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

### Family Reconciliation Services

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



### Department of Children, Youth, and Families

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

### The Parent to Parent Support Programs

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

### Parent to Parent of Whatcom County

## Veterans



U.S. Department of Veterans Affairs

### Veterans Administration

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



"Serving Those Who Served"

### Vet Center

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



### If you're a Whatcom County veteran,

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

## Education

### ESL: English Language Learning



Whatcom Literacy Council  
Opening Doors. Changing Lives.

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



Washington State Department of Social & Health Services

### Vocational Rehabilitation

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



# RESOURCES

## Education/Jobs



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

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



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



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

## Sudoku – Medium

Solution on back page

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

© 2013 KrazyDad.com

## Home Owners/Utilities

### Septic Systems Evaluation Rebates

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

### Washington State

#### Homeowner

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



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

### 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\\_camp=D919B664C064490784988653CB82AEE3&gad\\_source=1&gclid=CjwKCAjw3624BhBAEiwAkxgTOg2T58DRtQs9HtgCYL1gm0vPI6ITIUCd4f2jgMPVuzFWMdc8uuWBkhoC7VcQAvD\\_BwE](https://www.pse.com/rebates/insulation?utm_source=google&utm_medium=cpc&utm_campaign=rem-wx-e&sc_camp=D919B664C064490784988653CB82AEE3&gad_source=1&gclid=CjwKCAjw3624BhBAEiwAkxgTOg2T58DRtQs9HtgCYL1gm0vPI6ITIUCd4f2jgMPVuzFWMdc8uuWBkhoC7VcQAvD_BwE)

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



### Whatcom County Water District 13

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



### Habitat for Humanity in Whatcom County

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



### Whatcom/Skagit Housing

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



The dementia journey isn't easy.

Reaching us is.

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

24/7 Helpline • 1.800.272.3900

Visit us online at [www.alzwa.org](http://www.alzwa.org)

ALZHEIMER'S ASSOCIATION



### Energy Assistance

Do you need help with energy costs?

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

### PSE's Bill Discount Rate (BDR)

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

### PSE customers: Manage your energy usage online.

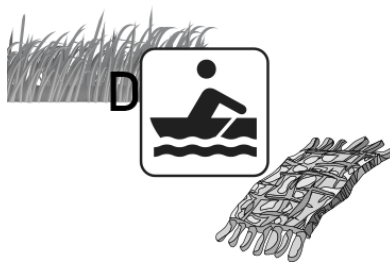
For personalized energy-saving suggestions, complete an online home assessment to update your home's energy profile in the my usage of your online account. Measure, and monitor your home's usage. Find additional energy efficiency suggestions in our to Save library. To learn more or receive personalized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



### Whatcom County Property Tax Exemption for Senior Citizens and People with Disabilities

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

## Rebus 5



## Farms that Sell to the Public Between B'ham and the Foothills

- 1. Twin Cedars Farm, LLC** 5693 Mosquito Lake Rd, Deming, +1 360-306-8644
- 2. Twin Sisters Farmers Market** 7506 Kendall Rd,
- 3. Happy Chix Farm** 6110 N Fork Rd, Deming, WA
- 4. Three Rivers Farm** 5561 N Fork Rd, Deming, WA
- 5. Misty Mountain Farms** 5969 James Rd, Deming, WA
- 6. Growing Washington** 8130 Gillies Rd, Everson, WA +1 206-719-0056
- 7. Nooksack Blueberries** 102 S Pass Rd, Nooksack, WA +1 360-305-9136
- 8. Terra Verde Farm** 2891 Massey Rd, Everson, WA
- 9. Cloud Mountain Farm** 6906 Goodwin Rd, Everson, WA +1 360-966-5859 [www.loudmountainfarmcenter.org](http://www.loudmountainfarmcenter.org)
- 10. Cedarville Farm** 3081 Goshen Rd, Bellingham, WA +1 360-592-5594 [www.cedarvillefarm.com](http://www.cedarvillefarm.com)
- 11. Pollen Folly Farm** 3805 E Hoff Rd, Everson, WA
- 12. Foothills Flowers** 5979 Lawrence Rd, Everson, WA
- 13. Bellingham Country Gardens** 2838 Kelly Rd, Bellingham, WA +1 360-223-3724 [bellinghamcountrygardens.net](http://bellinghamcountrygardens.net)



# RESOURCES ORGANIZATIONS

## Immigrants/Refugees



### Office of Refugee and Immigrant

#### Assistance Resource Tool

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



### IRIS Helping Immigrant Families

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



### Whatcom Human Rights Task Force

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



### 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  
[wdrc@whatcomdrc.org](mailto:wdrc@whatcomdrc.org)  
[www.whatcomdrc.org](http://www.whatcomdrc.org)



### Immigrant Rights Resources

WAISN-Washington Immigrant Solidarity Network  
At WAISN, we are committed to defending immigrant and refugee communities from deportation while advocating for meaningful, systemic change. Our work focuses on both deportation defense and pushing for policies that ensure justice for all Washingtonians.  
Deportation Defense Hotline (Monday-Friday; 6am-6pm) at 1-844-724-3737.  
[info@waisn.org](mailto: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](mailto:wcf@whatcomcf.org)  
[https://wcf.fcsuite.com/erp/donate/create/fund?funit\\_id=1523](https://wcf.fcsuite.com/erp/donate/create/fund?funit_id=1523)

## ORGANIZATIONS



### Columbia Valley Park and Recreation

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



### KAVZ Radio is Your Voice of the Valley

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



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

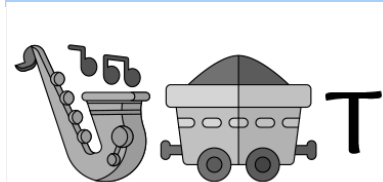
Monthly meetings held the first Tuesday of each month at the North Fork Library.  
[nwmaplefalls@gmail.com](mailto:nwmaplefalls@gmail.com)  
360-933-1620  
<https://www.facebook.com/groups/718686472042194>



### The Foothills Community Alliance (FCA), a

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

## Rebus 6



### East Whatcom Regional Resource Center

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



### Mt. Baker Chamber of Commerce

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



### Do you live in the Columbia Valley Urban Growth Area? NEED A NEW WOOD STOVE? WE CAN HELP!

A major Northwest Clean Air Agency effort focuses on reducing wood smoke in the Columbia Valley Urban Growth Area. We do this in part by helping people replace old, polluting wood stoves with new stoves and ductless heat pumps. This helps cut down on smoke during winter periods when stoves are in heavy use. To date, NWCAA has funded the replacement of nearly 200 wood stoves in Columbia Valley. For more information, check NWCAA's website: <https://nwcleanairwa.gov/resources/columbia-valley-air-quality-improvement-project/> Columbia Valley (Whatcom County) air quality improvement project - North West Clean Air

Wood stove Change-Out Program: This program helps residents in the Columbia Valley urban growth area of Whatcom County replace old wood stoves with new, certified wood or pellet stoves and/or heat pumps. It is open to Columbia Valley residents who meet certain qualifications.



## Oobleck

Remember Oobleck from Dr Seuss's book, "Bartholomew and the Oobleck"? Oobleck is a great (and very simple!) sensory project to do with children! The best part is this non-toxic, simple recipe takes only 2 ingredients and is ready in moments to start playing and learning some fascinating non-Newtonian Oobleck Science! Try punching it then pick it up and let it run through your fingers. Walk on it, but if you stop, you'll sink in!

### Ingredients

2 cups cornstarch  
1 c warm water  
Yields 4 cups

3 drops food coloring  
Large bowl or pie plate

### Directions

Mix the cornstarch and water together with your hands so you can feel when it is all mixed and ready to play. It will become solid under pressure, then liquefy when pressure is removed. It helps if you can have a helper ready to add a little water or cornstarch if you feel it needs it.



NOTE: Never put Oobleck down the drain or you will get a BIG bill from the plumber as it can harden and clog the pipes. Simply scrape it into the garbage and then wash everything with lots of water. If it falls on the floor, let it dry. The water will evaporate, leaving just the cornstarch powder which you can sweep up.

### Did You Know?

Oobleck, a mixture of cornstarch and water, can act as both a liquid and a solid depending on the pressure applied. This is an example of a non-Newtonian fluid



## WORD SEARCH: BACK TO SCHOOLUU

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

### WORD LIST

glue sticks  
test  
lunch box  
markers  
reading  
history

flashcards  
school bus  
note book  
library  
science  
crayons

jungle gym  
backpack  
art class  
pencils  
friends  
recess

**Are the kids bored and driving you crazy?** Create a backyard (or indoor) obstacle course to keep them busy for days! It's great exercise, builds motor skills, and it's just plain FUN! Use objects around the house and get creative to personalize the course for your child's/ children's ages and abilities.

- 1. Classic Tire Run**—Use old bike tires, hula hoops, or even rope or twine circles for kids to run through one foot at a time
- 2. Balancing Beam**—an old log, lumber, or create "stepping stones" of different heights from what's at hand
- 3. Crawl Under**—create tunnels out of pvc pipe, pool noodles, branches for them to crawl under
- 4. Jump Over**—anything that will serve as a small hurdle
- 5. Pole dash**—place stakes in the ground at various distances for the kids to weave through
- 6. Hot Lava**—classic game where the ground/floor is lava and kids have to find ways to get across it
- 7. Laundry Basket Throw**—create a bean bag toss where they have to land the bag 3x's to pass
- 8. Color or Shape Matching**—for younger children. Set up stations using colored paper and cutouts for kids to match
- 9. Animal Movement Stations**—have different stations where they have to imitate the movements of specific animals to pass
- 10. Tunneling**—cardboard boxes with holes cut through can be taped together into tunnels
- 11. Laser beam course**— Use yarn or twine to create a laser-style course to climb through





# Community Events Calendar



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



## September 2025 Community Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
31	Sep 1	2	3	4	5	6
	Labor Day	<div>8am Foothills Food Bank</div> <div>5pm Neighborhood Wat</div>	<div>11am Storytime @ Demir</div> <div>6pm Good Yarns</div>	<div>3pm St Peter's "Thursda</div> <div>4pm Foothills Food Bank</div>		<div>9am Twin Sisters Mobile</div> <div>10am Foothills Food Ban</div> <div>1pm Mushrooms of Wha</div>
7	8	9	10	11	12	13
	<div>1pm Whatcom Mobile M</div>	<div>8am Ask-a-Nurse Clinic</div> <div>8am Catch Me: Teen Me</div> <div>8am Foothills Food Bank</div>	<div>11am Storytime @ Demir</div> <div>6pm Good Yarns</div>	<div>3pm St Peter's "Thursda</div> <div>4pm Foothills Food Bank</div> <div>6:30pm Columbia Valley</div>		<div>9am Twin Sisters Mobile</div> <div>5:30pm Deming Library:</div>
14	15	16	17	18	19	20
		<div>8am Foothills Food Bank</div> <div>10:30am North Fork Stor</div>	<div>10:30am Storytime @ De</div> <div>6pm Good Yarns</div>	<div>3pm St Peter's "Thursda</div> <div>4pm Foothills Food Bank</div> <div>5:30pm Foothills Commu</div>	<div>10am Foothills Food Bar</div>	<div>9am Twin Sisters Mobile</div> <div>6:30pm "Elder Voices" P</div>
21	22	23	24	25	26	27
	<div>1pm Whatcom Mobile M</div>	<div>8am Ask-a-Nurse Clinic</div> <div>8am Catch Me: Teen Me</div> <div>8am Foothills Food Bank</div> <div>2 more</div>	<div>10:30am Storytime @ De</div> <div>6pm Good Yarns</div>	<div>3pm St Peter's "Thursda</div> <div>4pm Foothills Food Bank</div> <div>5pm Community Conver</div> <div>2 more</div>		<div>9am Twin Sisters Mobile</div>
28	29	30	Oct 1	2	3	4
		<div>8am Foothills Food Bank</div> <div>10:30am Digital Equity E</div> <div>10:30am North Fork Stor</div>	<div>10:30am Storytime @ De</div> <div>6pm Good Yarns</div>	<div>3pm St Peter's "Thursda</div> <div>4pm Foothills Food Bank</div>		<div>9am Twin Sisters Mobile</div> <div>10am Foothills Food Ban</div>

## PUZZLE SOLUTIONS

Crossword Solution

- Across
- 1. Hey Jude
  - 5. I walk the line
  - 7. My girl
  - 11 secret love
  - 12. Imagine
  - 13. Mona Lisa
  - 17. California Dreamin
  - 18. Louie Louie
  - 20. Heartbreak Hotel
  - 23. Respect
  - 24. Satisfaction
  - 25 Cathy's clown
- Down:
- 1. Wayward wind
  - 2. Rolling stone
  - 3. Yellow rose
  - 6. La bamba
  - 8. In dreams
  - 10. Venus
  - 14. Superstition
  - 15 Rising sun
  - 16. Jailhouse rock
  - 19. Mack
  - 21. The twist
  - 22. Alley Oop

Soduko

55	27	45	11	48	50		13	
		1	37	31		51	52	10
24	20	21		22		12		
38			39	7	32	8	16	17
44	15	46		2		57	36	53
14	6	56	33	40	49			41
		4		3		19	42	54
28	25	26		29	5	30		
	23		47	43	34	35	18	9

Rebus solutions

- 1. Ballerina
- 2. In a pickle
- 3. Ankor Wat
- 4. See eye to eye
- 5. Laundromat
- 6. Jasmine tea

**Do you have an idea** for a feature story, Helping Hands article, or an interview with someone who is making a positive difference in the Foothills communities? Do you have photos of the area you’d like to share with the community? Would you like to write reviews of local events and activities? Are you interested in writing about local history, interesting sites, local geology, and more?

**LET US KNOW!**

We’re always interested in what you’d like to see in the paper as well as what you’d like to share.

Contact the editor at: [info@foothillsinfo.com](mailto:info@foothillsinfo.com)

NEEEEEED COFFEEEE!!!



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