

The FOOTHILLS OUTLOOK

Connecting Foothills community members with vital resources, organizations and events



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April 2026

STRENGTHENING FAMILIES, CHANGING FUTURES

by Melonie Ancheta

Parenting children of any age can be stressful and often caretakers find themselves looking for support or advice. There is no perfect parenting method, and every family could use support now and again. The Strengthening Families 10-14 is designed to support ALL families with children between the ages of 10-14. Participants will find the program informative and offering a variety of ways to make family relationships stronger and happier. Attendees enjoy complimentary family meals at the beginning of each session, then engage in fun activities designed to help them navigate challenges. For families with younger children, supervision is provided for free. In fact, everything provided at Strengthening Families is completely free and those who remain for the entire 7 weeks will leave feeling more empowered when faced with stressful situations that can arise in any area of their lives.

For more than two decades, the Strengthening Families Program for Parents and Youth 10-14 (SFP 10-14) has reshaped family life across Washington State. What began as a rigorously tested curriculum at Iowa State University has grown into a statewide effort supported by Washington State University Extension to help families strengthen communication, prevent substance misuse, and navigate adolescence with confidence.

At its heart, SFP 10-14 is an evidence-based, seven-week series for parents/caregivers and youth that provides tools that are designed to improve parenting skills, help teens become more responsible and curb antisocial behaviors, and build family cohesion. Families meet weekly in small groups led by trained facilitators who use videos, discussions, and hands-on activities to model real-life situations. Parents and youth meet separately for the first hour, then come together to practice communication and problem-solving as a family.



What Families Learn

The curriculum is intentionally easy, fun, and practical. As the coordinator for SFP 10-14 in Whatcom County, Victoria Mayers, noted in a recent interview, the program “helps parents/caregivers learn nurturing skills” and “teaches them how to guide and discipline their youth,” while youth sessions “provide youth with a positive future outlook” and “teach youth skills for dealing with stress and peer pressure.”

After sharing a meal, parents and children separate for the first hour to learn strategies such as setting goals, appreciating and respecting family members, following rules, and responding to peer pressure. Caregivers focus on practicing love and limits, making house rules, encouraging good behavior, using consequences, and protecting against antisocial behaviors and activities such as substance use. When families reunite for the second hour, they practice what they’ve learned through games and activities that strengthen communication and trust.

Weekly sessions include role-playing, games that illustrate consequences and responsibility, and structured family activities. As Victoria explains, “We bookend it... you have a meal together... you go separate, you learn some skills, you come back, you practice the skills.”

Positive Parenting

Many parents join because they want to raise their children differently than they were raised. “Parents want to parent differently than they were parented,” Victoria says. “They love their kids, but they don’t know what else to do than what was done with them.” SFP emphasizes “love and limits,” helping parents match consequences to the size of the misstep. Instead of grounding a child for a week for forgetting a chore, the program encourages proportional consequences such as losing screen time for not taking out the garbage. Overly harsh punishments can backfire; grounding a child for a small infraction can cause them to think “I’m already grounded, what more can they do to me,” and act out or ignore rules.

Praise and rewards also play a central role. Rewards don’t need to cost money; letting a child choose dinner or pick the family movie can go a long way. Parents often think kids want expensive items, but what they really want is attention and time. As one child wrote, “I would clean up my room every day if mommy would play games with me at night.”

Positive Youth

Youth participants gain skills they can use throughout their lives. They learn to communicate their needs and boundaries, express themselves positively, and understand the reasons behind rules and that misbehavior has consequences. These skills help them respond rather than react, think before acting, and recognize their power to shape and direct their own lives.

Leadership and Innovation

WSU Extension has supported SFP 10-14 statewide since 2002, providing facilitator training, evaluation, technical assistance, and updated materials. The program’s success “led to the development of the WSU Extension Parenting Team,” and it remains central to the organization’s mission. WSU faculty and staff have contributed significantly to national research on SFP 10-14, including cultural adaptation, implementation fidelity, and cost analysis. Their work includes a Spanish-language adaptation and a virtual version developed during the COVID-19 pandemic. As the document notes, “WSU faculty and staff developed two adaptations... to serve Washington’s Spanish speaking families and a virtual adaptation.”

WSU also hosts a statewide Community of Practice that connects facilitators, educators, and prevention specialists with training and resources.

Accessible to Every Family

Accessibility is central to SFP’s success. The program is free, offered in English and Spanish, and includes dinner (before class begins and dessert at the end of each class) and childcare. Families who cannot attend in person can participate online. The program welcomes blended families, co-parents, stepparents, and even older siblings who come with younger ones. “We’ve had divorced parents who don’t get along but still come for the child,” Victoria says. “That’s powerful.”

This year marks a milestone: Deming is hosting its first Spanish-language course since 2002. The program is funded locally through Whatcom County Health Department prevention dollars, with a goal of running two sessions per year in the Mount Baker School District. Recruiting facilitators remains a challenge, but the program does train community members as well.

During the pandemic, online classes became available and remain an option. Participants receive mailed activity kits and complete
Continued p. 2

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

Free

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BECOME A CONTRIBUTOR

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

Submissions Deadline: 15th of each month

You can find our [Submission Guidelines](#) under Contributor Information on our website at foothillsinfo.com

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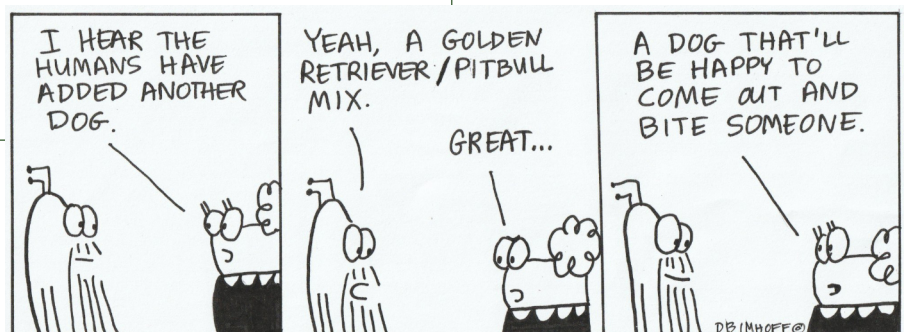
Hashi Puzzle

p.12 Community Calendar

Puzzle Solutions

bugwalla

by Doug Imhoff



COMMUNITY SCENE

Stronger Families, continued

pre- and post-surveys that feed into the statewide Minerva data system. Upon graduation families receive a free gift card.

Proven Impact

Decades of research affirm the program's effectiveness. A controlled trial found that youth who participated were less likely to begin using alcohol or tobacco and showed reduced aggression. Families reported "significant increases in family cohesion," a result replicated across multiple studies.

In Whatcom County, the impact is clear. Teens who complete all seven weeks "have an 85% chance of not engaging in drugs and alcohol... which is huge," Victoria says. The program also helps reduce dropout rates, antisocial behaviors, and juvenile crime.

Community Benefits

The benefits extend beyond individual families. According to the Center for the Study of Social Policy, SFP lowers rates of child abuse, neglect, teen substance abuse, foster care placement, and delinquency; reduces behavioral problems in school and public; increases children's social and emotional skills; and helps families connect with community resources. The Washington State Institute for Public Policy also finds that SFP offers a high return on investment.

Benefit-Cost Summary Statistics Per Participant			
Benefits to:			
Taxpayers	\$1,237	Benefits minus costs	\$3,344
Participants	\$1,527	Benefit to cost ratio	\$5.94
Others	\$1,266	Chance the program will produce	
Indirect	(\$9)	benefits greater than the costs	60%
Total benefits	\$4,021		
Net program cost	(\$677)		
Benefits minus cost	\$3,344		

Why It Matters

The Strengthening Families Program is more than a curriculum—it's a prevention strategy with generational impact. It reduces risk factors associated with teen substance abuse, pregnancy, youth violence, and poverty. Families learn to strengthen communication, build on their own abilities, solve problems, set goals, and most importantly, trust and enjoy one another.

Across Washington, SFP 10-14 continues to grow because it works. It meets families where they are, honors their strengths, and gives them tools to thrive. In a time when communities are searching for effective, compassionate ways to support youth, this program stands out as a model of what's possible when research, education, commitment and local resources come together.



Strengthening your family now will echo down the generations as your children carry these tools into their own parenting years.

For more information on Strengthening Families 10-14, contact Victoria Mayers: victoria.mayers@wsu.edu



APRIL ON MT BAKER

by Mahalia Blue

Spring in the Mt. Baker Foothills is the perfect time to shake off that cabin fever and enjoy some mountain air. Late-season snow-play blends with early-spring hiking, giving everyone a way to indulge in the fresh air and wide-open spaces.

With more than 50 miles of trails on Mt. Baker, hikers of every level there's something for everyone. Lake Ann, Heliotrope Ridge, Skyline Divide, and Chain Lakes are perennial favorites, offering alpine vistas, old-growth forests, wildlife, and stunning scenery. Spring's mild weather and emerging plant life make these routes especially magical.

Before heading out, always check the mountain forecast because conditions can change quickly. Review trail and road updates at the Mt. Baker-Snoqualmie National Forest site: <https://www.fs.usda.gov/r06/mbs/recreation>.

Top Spring Family Activities

- **Snow-play & Skiing:** Mt. Baker Ski Area often offers warm-weather spring skiing and may host a Golden Egg Hunt for kids 10 and under.

- **Snowshoeing & Hiking:** Artist Point remains closed to vehicles until summer, but Heather Meadows, Bagley Lakes, and lower-elevation forest trails are great early-spring options.

- **Nooksack Falls:** A short walk leads to spectacular views—especially powerful during spring snowmelt.

- **Picture Lake Boardwalk:** An easy, accessible loop with postcard-perfect views of Mt. Shuksan.

Baker Hot Springs: If you haven't soaked in Baker Hot Springs, this is the perfect time of year. Spring brings fewer visitors to the hot spring and you'll be able to soak surrounded by birdsong, peepers, and blossoms, ideal for a meditative dip. Or make it a family adventure: hike in, then settle into a long, well-earned soak.

Family Tips

- **Road Closures:** SR 542 often closes past Heather Meadows; check WSDOT updates before heading toward Artist Point.

- **Passes:** Many trailheads require a Northwest Forest Pass.

- **Gear:** Expect snow, mud, and fast-changing weather. Layers and waterproof gear are essential.

Hiking Highlights

Baker River Trail

Known for abundant spring wildlife, this trail is a must for anyone wanting a full immersion in the season's energy and renewal.

Winchester Mountain Trail

Short on time but craving a challenge? This 3.2-mile trail packs a punch. The steady climb will get your heart going, and the 5,200-foot summit rewards you with sweeping mountain views.

Know Before You Go

Please be prepared for limited sight distance and bumpy driving on all Forest Service roads. Bring extra clothing, food, water, blankets, first aid kit, and let someone know your destination and expected day/time of return. Check current weather and for campfire restrictions prior to your trip.

These two websites provide a wealth of information including up-to-date road/trail conditions and advisories.

<https://www.fs.usda.gov/r06/mbs/recreation>

<https://experience.arcgis.com/experience/3d9f1901932d4b089f01be06885f3e22>



The Van Zandt Hall Centennial Renovation

The Van Zandt Hall, once a schoolhouse and now a vital gathering space in the South Fork Valley, has stood the test of time. The building's Centennial Renovation is nearly completed, and the Hall will soon be ready to welcome another hundred years of dancing, song, feasting, learning and growing together.

The renovation includes a new main entrance, a beautifully renewed main Hall, additional storage, ADA accessible ramps and restrooms, an expanded studio for KAVZ 102.5FM, and a completely remodeled kitchen. The new Hall will also feature a stunning mural by local artist, Val Lloyd, and a clock crafted by Nooksack craftsman, Steve Woodrich. Van Zandt history will also be honored. The old school bell was



retrieved from the neighboring church and re-installed, and an original student's desk and slate chalkboard will allow this generation to draw and create, just as children did 100 years ago.

However, as often happens with large construction projects, the planned reopening in April had to be delayed for a month. The Van Zandt Stewards (formerly the South Fork Valley Community Association) have rescheduled most of the Reopening

Week events to **May 15-22**. The Grand Reopening ceremony will take place from **3pm to 5pm on Friday, May 15**, which coincides with International Families Day.

The renovation and Reopening Week festivities are made possible by the Washington Department of Commerce, Whatcom County, Whatcom County Parks and Recreation, Whatcom Transit Authority, King Architecture, Summit Construction, the Van Zandt Stewards, and a very long list of donors and volunteers. For 75 years, the Hall has been managed, maintained and improved by legions of dedicated community members. This project was no exception, with local volunteers and craftspeople providing funds, time and expertise. There's a reason the Van Zandt Hall is called "the building that builds community."

So mark your calendars for Re-opening Week, May 15-22, and keep your eyes and ears open for "soft opening" events such as the Third Place Coffee House (Sundays from April 12), a Gentle Yoga demonstration (Tuesday, April 14 at 10:30am), senior get-togethers (Tuesdays from April 14, noon to 2pm), and the popular Seed Swap and Start Sale (Saturday, April 18 from 10am to 2pm)! Details of the Reopening Week in May will be shared on the Van Zandt Stewards website (<https://southforkvalley.org>—new website for VZ Stewards coming soon!), on KAVZ 102.5FM, and in the South Fork Scoop monthly e-newsletter (subscribe through the Stewards website).

Van Zandt Stewards Info

The Van Zandt Stewards are a small, all-volunteer group focused on managing, maintaining and improving the historic Van Zandt Hall, building community, and sharing information of interest to residents of the Mt. Baker Foothills. Learn more about upcoming Stewards events and programs at southforkvalley.org/ or facebook.com/southforkvalley/.

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

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

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



THE FIFTH ANNUAL EAST WHATCOM HEALTH FAIR

Bringing quality healthcare closer to home for the East Whatcom community.

Saturday, May 16th, 2026
10:00 am – 2:00 pm

with additional services on May 15th

HEALTH RESOURCES LIKE:

- Medical, Dental, & Vision Services
- Pediatric Wellness Services
- Memory & Hearing Services
- Insurance Resources & Registration
- Assistance Community & Other Wellness Services
- Massages, Free Food, Fun Extras & More!

Formerly the Catherine Mahaffey East Whatcom Wellness Fair, this free event celebrates community health and honors Catherine's legacy of deep commitment to the well-being of our neighbors.



When: Saturday, May 16, 10 am – 2 pm
Some services available on Fri, May 15

Where: EWRC (East Whatcom Regional Resource Ctr)
8251 Kendall Road, Maple Falls, WA

Who's Invited: All are welcome!

Cost: FREE, advanced registration may be required



Contact Us: 360-599-3944 | ewrc-allstaff@oppco.org | oppco.org/ewrc/healthfair

Free to all, no insurance necessary. Services not guaranteed. Language Interpretation can be provided.



FOOTHILLS ALIVE



KID'S CORNER



Here's a fun craft that provides endless play for kids after they make it!

Materials Needed:
 1 cup white glue
 1/2 cup cornstarch
 1/2 cup water
 2 tablespoons vinegar
 1 tablespoon baking soda
 Glow-in-the-dark powder (available at craft stores)
 Plastic tray for easier cleanup
 Mixing bowl

DIY/Moon Rocks That Glow and Bounce

Oven or microwave (optional for drying)
Instructions
 Prepare your work space: Lay down newspapers or a plastic tablecloth to manage any mess.
 Combine ingredients: In a mixing bowl, combine 1 cup of white glue and 1/2 cup of water. Mix them well until fully blended.
 Add cornstarch: Gradually mix in 1/2 cup of cornstarch to the glue-water mixture until it becomes dough-like in consistency.
 Incorporate vinegar: Stir in 2 tablespoons of vinegar and then add 1 tablespoon of baking soda. This will create a fun fizzing reaction!
 Mix in the glow powder: Once the fizzing stops, add in 2-3 tablespoons of glow-in-the-dark powder and mix thoroughly until evenly distributed.
 Shape the rocks: Allow the mixture to sit for about 5 minutes to thicken slightly. Then, scoop out small portions and shape them into balls or other fun moon rock shapes.
 Dry the rocks: To make them bouncy, let the moon rocks dry for at least 24 hours. You can speed this process up by placing them in a warm oven or microwave on low heat, just ensure they don't burn!
 Let the kids play: Once dry, the moon rocks are ready to bounce and glow!
 Recharge your moon rock glow by putting them in a sunny window or under a lamp for a while.



Cowboy Word Scramble

TTECLA
 ARNCH
 PSHAC
 ODWHY
 SAOSL

DERH
 EPRO
 OSHRE
 DEORO
 DDASLE

KIDS IN THE KITCHEN

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

Ingredients:

Cooking spray	6 burger buns, split
1 Tbsp vegetable oil	1 medium onion, chopped
1 lb ground beef	1/2 tsp garlic powder
Salt and pepper	3 slices cheddar cheese, quartered
Ketchup for serving	Yellow mustard for serving
12 pickle chips	

Instructions
 Use cooking spray to lightly oil muffin tin cups. Place tops and bottoms of buns, one per muffin cup.
 Heat vegetable oil in a large skillet on medium high heat. Add onion and cook, stirring until soft, about 5 minutes. Add ground beef and cook, breaking it up with a wooden spoon until no longer pink, about 6 minutes. Drain fat. Return beef mix to skillet and season with garlic, salt and pepper. Divide ground beef evenly into muffin cups and top with a cheese square. Bake until cheese is melty and bun edges are golden brown, about 10 minutes. Drizzle with ketchup and mustard and garnish with pickle chips.



LOOK & FIND

Find the pictures and color them in. Check off each picture as you find it.

Food Matters



With this wet spring weather, hearty dinners are a welcome end to a long day. This recipe for caramelized roasted cabbage and butter beans is delicious, flexible, healthy, simple and will stick to everyone's ribs. Add meat of your choice (ham hocks are my fave!), other veg, grab a loaf of crusty bread to mop up those juices and dig in!

Roasted Cabbage and Butter Beans



Total Time 1 hour
 Prep Time 5 minutes
 Cook Time 55 minutes
 Yield: 4 servings

Ingredients
 1 medium cabbage (about 2 1/2 pounds)
 Salt and pepper
 1/4 cup extra-virgin olive oil, plus more for serving

2 (15-ounce) cans butter beans*
 4 anchovy fillets**
 2 garlic cloves
 1/2 teaspoon crushed red pepper (optional)
 1/4 cup roughly chopped parsley, for garnish
 1 lemon (optional)

Instructions
 Heat the oven to 400 degrees.
 Remove the outer layer of leaves from the cabbage, then cut off the stem end. Cut the cabbage into quarters through the core, then cut out the solid core from each piece. Slice each piece crosswise into 1/2-inch-thick slabs, then separate them with your hands into individual ribbons. Spread the ribbons onto a baking sheet and season with salt and pepper.
 Roast the cabbage for 15 minutes. Drizzle the cabbage with 2 tablespoons olive oil and toss to coat, then roast for another 15 minutes.
 Meanwhile, rinse and drain the butter beans. Finely mince the anchovies and grate the garlic.
 Add the beans, anchovies, garlic, crushed red pepper (if using) and the remaining 2 tablespoons olive oil to the roasted cabbage and toss to coat evenly. Bake for a final 15 minutes, or longer if you prefer the cabbage to caramelize further (the caramelization on the cabbage adds immense flavor!)
 Remove the cabbage from the oven. Sprinkle with the chopped parsley, drizzle with more olive oil, season with salt and pepper, and add a squeeze of lemon, if that suits you; gently toss to combine.
 Serve warm.
 *any white bean can be substituted
 **capers can be substituted

Nutritional Analysis
 439 calories; 16 grams fat; 2 grams saturated fat; 0 grams trans fat; 10 grams monounsaturated fat; 3 grams polyunsaturated fat; 60 grams carbohydrates; 17 grams dietary fiber; 11 grams sugars; 19 grams protein; 1260 milligrams sodium



April Gardening

by Mo Brown

Did you spend all winter thinking about what you will plant and where you will plant it in your garden this season? Or, maybe you like to wait to browse the seed racks and see which seedling transplants (starts) look good at a local nursery. Either way, if you garden in the Columbia Valley, you may need more care, skill and patience than the average kitchen gardener.

For one thing, it is difficult to determine our planting zone. USDA says 8a but our summers usually exceed 90 degrees and our first fall frost is often November rather than December. According to Sunset, we are right on the cusp between zone 1 (mild summers, heavy mulching required for nighttime lows) and zone 4 (warmer summers with a usual brief period of scorching heat, cool nights and plants that take longer to mature). We seem to have a strong microclimate here that varies from warmer near the Kendall Slough to cooler closer to South Pass Road and any wind that comes down from the Fraser Valley in BC affects our temperature, as well. The standard instruction to wait to plant until the soil is workable (a compressed fistful of dirt that crumbles when you open your hand) seems impossible to achieve with the amount of spring rain we usually have.

What to do? Get ready and wait for your chance. Be sure your tools are clean and in order. Top off your beds with soil and compost. Mix in some perlite, if you use it. Perlite is a natural product that retains some water while creating spaces in the bed's soil so it drains better. Get out whatever you like to put in the hole or trench as you're planting, like eggshells, coffee grounds or mycorrhizal fungi. Don't forget your organic slug bait or whatever you use to deter these omnivores. I have found that a sticky-backed copper tape (bought online) works best wrapped around my metal raised beds and placed along the top edge of the wood ones. It lasts several seasons and slugs don't often crawl across it. Put in your peas! I grew petite bush peas for the first time last year and loved them. I will be getting those seeds from Uprising again this year. Plant your onion sets and also shallot sets if you can find anyone who carries them. By now, both rhubarb and asparagus are ripening and you can start harvesting soon.

Here are some seeds you can direct sow right now or anytime in April: carrots, collards, kale, leeks, spinach, scallions, radishes, turnips, lettuce and almost any kind of greens. If we have a hard rain for more than a week though, they could get washed out. In that case, you can just sow them again, so keep checking.

Don't throw away your old tee shirts. If you cut off the arms, neck and hem and then cut the body into 1" strips, they roll themselves up into excellent (and free) ties for attaching plants to supports such as trellises. They are strong but will not harm your plants. Even bush varieties sometimes like to have a little support.

Happy gardening!

COMMUNITY SCENE

An Ounce of Prevention



by Mahalia Blue

The challenges and stressors our youth today face test every bit of their strength and often they need support and additional skills to help them remain safe, healthy and positive. There are many prevention programs out there, but knowing which ones work can help both youth and parents find what they need.

The following programs are founded in evidence-based practices that have proven highly effective. Each offers youth and family members safe spaces to develop positive decision-making skills, setting boundaries, and foster positive relationship-building that are proven to lower risk factors for substance use, abuse, violence and behavioral health issues. Each also offers mentorship, connects youth and families with other resources, and provides ongoing support to ensure youth reach their full potential safely and happily.

All of these programs are free.

Resources:

Mt Baker Community Coalition (MBCC)/One Baker Voice (OBV): <https://wfcn.org/mbcommunitycoalition/>

MBCC: Our efforts are focused on substance use prevention and mental health promotion for the youth and families in the Mt. Baker community. We partner with the Mount Baker School District faculty and staff, local business, social services, local media, youth, parents, caretakers, and other local community groups!

OBV: A student-led and oriented part of MBCC, MBSH students educate and advocate with our peers about the harms associated with substance misuse, such as its impacts on mental health. We share about the risks of use while reducing stigma and promoting mental health through community connection.

Strengthening Families 10-14

<https://strengtheningfamiliesprogram.org>

The Strengthening Families Program (SFP) is an evidence-based family skills training program for high-risk and general population families that is recognized both nationally and internationally. Parents and youth attend weekly SFP skills classes together, learning parenting skills and youth life and refusal skills.

Start Talking Now: <https://starttalkingnow.org/parents/find-resources>

You are the most powerful influence in your child's life! Talking to your kids about alcohol and marijuana can be tough, but it may be the most important thing you do. Be the one to help keep your family safe. Have a conversation about the risks of alcohol and drugs and share the facts with others.

You Can: <https://www.youcanwa.org/basics-about-marijuana/>
Provides information about cannabis laws, consequences of illegal use, defines and describes different types of cannabis products, and health risks of using cannabis

Communities in Schools: <https://whatcomskagit.ciswa.org--->

Working inside 15 schools in Whatcom and Skagit Counties, we connect students to mentors and community resources to help them flourish. In partnership with local communities, we ensure all kids, despite their challenges, have the support they need to reach their full potential.

Mad Hope: <https://madhope.org--> Our mission is to empower young people and school communities to take informed action to increase interpersonal connectedness, to share accurate information about youth mental health, and to teach practical tools for suicide prevention.

NW Education Services District: <https://www.nwesd.org/behavior-health/prevention-intervention/>-- Our Prevention and Intervention (PI) programs serve to increase knowledge and awareness of the nature and extent of alcohol and other drug use, abuse and addiction as well their effects on individuals, families, and communities.

Youth Cannabis-Tobacco Prevention Program: <https://www.whatcomcounty.us/3203/Youth-Cannabis-Tobacco-Prevention-Program---> Whatcom County Health and Community Services is the lead agency for the North Sound Region Youth Cannabis and Tobacco Prevention Program serving Whatcom, Skagit, Island, San Juan, and Snohomish counties. We work with partners throughout the region, including other local health departments, coalitions, schools, and community partners on strategies aimed at reducing underage cannabis and tobacco use.

For more information on prevention and prevention programs, contact Allison Ormsby at:

360.375.0883

wfcn.org

The Book Shelf



April events at the North Fork Library

Secrets of Dying Well

Thursday April 9th 2:00pm

Whether you're planning ahead or supporting someone else, this session offers practical insight and emotional clarity for one of life's most important transitions. Hilary Walker is a licensed Occupational Therapist working as a consultant with Known Wishes and is the co-founder of Stay Home Improvements joined by Jennifer Carlson, Hospice RN and ACP facilitator, and Brian Flowers, funeral director and owner of Wildflower Funeral Concepts.

North Fork All About Gardening for Kids

Tuesday, Apr 14 3:45pm

Self-Publishing Success with Jill Flores Saturday April 18th 1:00pm

Are you ready to turn your manuscript into a finished book? Self-Publishing Success is an inspiring and practical workshop designed for aspiring authors who are ready to bring their book to life.

North Fork All About Gardening for Kids

Tuesday, Apr 14 3:45pm

North Fork Storytime Fridays in April 10:30am

For ages 2-6, 30 minutes

April events at the Deming Library

Deming Library Writers Circle – April 9th

Join in for monthly drop-in meetups, hosted by writer/author Teresa Bruffey Kaufman. Please register for this program at wcls.org.

Deming Library Writers Circle meets every 2nd Thursday, from 5:30-7:30 pm in the Meeting Room.

WRIA 1 Water Rights Adjudication Help Sessions

Get filing assistance. There will be 12 30-minute time slots available between 10am and 1pm. *These are reserved on a first come, first served basis.* Reserve your spot by calling the Deming library at (360)592-2422.

The last hour from 1-2pm will be open to walk-in patrons so no registration is needed.

Deming All About Gardening – Saturday, April 18th from 10:30 to 11:30am

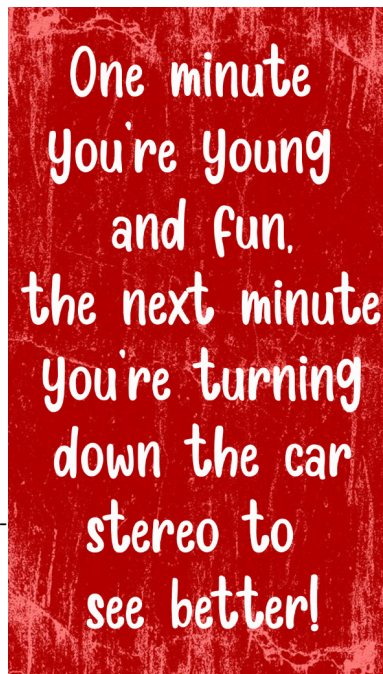
Learn all about the simple wonders of gardening and plant seeds that will grow into yummy veggies or beautiful flowers to take home with you. All supplies provided.

Your Right to Read: How Libraries Protect Intellectual Freedom – Thursday, April 23rd 6:30 to 7:30pm

Join us during National Library Week for an event celebrating the freedom to read. Space is limited and registration is required to reserve your spot at wcls.org.

Different Paths; two stories of the WWII Japanese American Incarceration – Saturday, April 25th from 6:30 to 8pm

Attend a presentation at the Deming Library featuring two unique stories from the Japanese American Incarceration during World War II. Gail Kuromiya shares about her father, Yosh Kuromiya's book *Beyond the Betrayal, The Memoir of a WWII Japanese American Draft Resister of Conscience*. Sandy Fugami tells the story of James Kazuo Okubo a local man who volunteered to be part of the all-Nisei 442nd Regimental Combat Team in the US Army and was posthumous recipient of the Medal of Honor. Through these personal stories, the audience will gain insight into this challenging time in history. Presenters will also give a brief overview of the Japanese American Incarceration during WWII and why keeping these stories alive continues to be important. Light refreshments and hot beverages provided.



Rebus 1

STAND ICU

handy household hacks

1. Freeze grapes and use them for icing cold drinks
2. Wrap the stems of bananas in plastic wrap or foil to keep them fresh longer
3. Disinfect a sponge by placing it in the microwave for 1 minute
4. Baby powder or cornstarch will soak up a grease/oil stain on fabric before washing
5. If you have a sticky lock, rub the key with the lead of a pencil
6. Disinfect your dishes and sink by adding a few drops of bleach to your dish washing soap
7. To stretch dish washing soap, add a little water and shake gently
8. Crumpled newspaper and vinegar sprayed on glass leave a streak-free shine

THE SEVEN DWARVES OF MENOPAUSE



Itchy, Bitchy, Sweaty, Sleepy, Bloating, Forgetful, & Psycho



Foothills Families & Friends

Do you have a new family member you would like to announce?

Or have you lost a loved one you wish to honor?

The Outlook is now accepting birth and death announcements for our newest section, *Comings & Goings*.

To submit your notice, please complete this notification form:

<https://tinyurl.com/bdhsd7xf>.

We can only accept notifications about someone who is or was a resident of the Mt Baker School District.

This is a free service of the Foothills Communication Hub.

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.

HEALTHY CHOICES



Dear Deb...

Answering your questions with compassion, not criticism!

Deb Shawver, LICSW



Dear Deb, I have a son who is struggling with alcohol, and they just got kicked out of a sober living house. My other child and I live in a home where

they have not lived, since they moved out over 2 years back. How do I keep being supportive without enabling the problem of addiction and love both of the kids I brought into this world? From, feeling helpless.

Dear Helpless, In my many years working in mental health, I've found that—short of losing a child—one of the most profound pains a parent can endure is watching a child struggle with addiction. It feels like swimming upstream against a relentless current. When someone you love fights every act of kindness or flushes every attempt at support down the toilet, it is natural to move *from feeling helpless to feeling hopeless*.

The challenge is learning how to love the person while hating their current behaviors. It sounds simple, but doing it consistently is incredibly difficult to wrap your brain around.

Understanding the Enabling Trap

Learning to stop enabling is not instinctual; it can feel like abandonment. However, *enabling* means unintentionally supporting harmful behaviors by shielding someone from the consequences of their choices. Common examples include: — *making excuses for bad behavior* — *covering up for the person* — *providing financial support that allows the addiction to continue*.

Healing the Family System

While your child is facing their own battles, remember that your other child has likely been an invisible casualty of this addiction. Often, the sibling of someone struggling feels overlooked as the crisis consumes all the oxygen in the room. Working on improving the relationship with the other child can help build strength in the family system. Focusing on that relationship isn't a betrayal; it is a vital way to rebuild. By setting firm boundaries—loving your son from a distance while he navigates his consequences—you create a safe, stable environment for the child still at home. Loving them both means giving your son the dignity of his own journey while giving your other child the presence and peace they deserve.

Local Support Resources You can find support right here in our community at the East Whatcom Regional Resource Center (EWRRC) in the Food Bank at 8251 Kendall Rd:

—AA Kendall Group: Mondays and Fridays at 7:00 pm

—NA Meeting (Not High on the Mountain): Tuesdays and Thursdays at 7:00 pm

—Mental Health Support Group: Tuesdays at 5:30 pm

—WA Recovery Help Line: 1-866-789-1511 (24/7)

To Your Health

Seasonal Allergy Tips

by Kelley Garrison, ND

With the onset of Spring comes the unfortunate onset of seasonal allergy symptoms for many. Luckily there are both natural and conventional treatments that when used appropriately can help ease the burden of sneezes, runny noses, and itchy eyes so that you can enjoy the colorful blooms of Spring.

Allergy symptoms are caused by the release of histamines by immune system cells called mast cells. Histamines are meant to help repel pathogens such as viruses and bacteria by physically expelling the unwanted visitors through sneezing, mucus production, coughing, and tears. In people with allergies, the immune system confuses benign exposures such as pollen and grass with pathogens, triggering the release of histamines despite no active threat of infection. Both conventional and natural therapies tend to target histamine by preventing or minimizing its release.

When using natural therapies, start them one month before symptoms typically present; it is often easier to prevent excessive histamine release rather than bring down already elevated levels. I recommend approaching allergies from multiple angles: reducing allergen exposure, hydrating mucus membranes, stabilizing mast cells, and enhancing histamine breakdown.

Although it usually is not possible to avoid exposure all the time, it can be helpful to focus on key places where you spend most of your day and “allergy proof” these areas. This means keeping windows closed, using a HEPA air filter, vacuuming floors, dusting surfaces often, and washing pillowcases on a frequent basis. It is also helpful to change your clothes and wash your face and hair when you come home to help prevent transferring allergens into the home.

You can decrease exposure in nasal passageways by using neti pots and saline sprays daily to wash out any allergens that could otherwise wreak havoc. These methods also help to soothe irritated mucus membranes and prevent mucus consolidation that could otherwise lead to sinus infections.

After limiting exposure to allergens, another strategy is to stabilize mast cells. Mast cells that have weaker cell walls can break apart easily, causing unintentional histamine release. By stabilizing mast cells, their cell walls are stronger and less likely to fracture. Two common mast cell stabilizers that can be found in foods and supplements are quercetin and luteolin. Quercetin not only prevents mast cell deterioration, it can also inhibit the production of histamine. Foods that are high in quercetin include apples, grapes, onions, citrus fruits and parsley. If taking a supplement, quercetin tends to work better when dosed multiple times per day and when paired with other polyphenols such as turmeric, resveratrol, and bromelain. Luteolin helps regulate mast cells and also can protect against excessive inflammation. It is found in high amounts in tea, olives, celery, parsley, and onions. As a supplement it can be used alone or in combination with other antioxidants.

Breaking down histamine so that it is removed quickly from the body is an additional strategy to reduce overall histamine load. Vitamin C and vitamins B1, B6, and B12 all play an important role in supporting the enzymes that help break down histamine efficiently. For allergy mitigation, these vitamins should be taken daily and in the case of vitamin C, multiple times per day before and during allergy season.

These strategies can be an important part of a comprehensive allergy treatment plan. They pair well with over-the-counter antihistamines and decongestants when extra support is needed. By combining natural and conventional options, you can build a personalized toolkit that helps you breathe easier, feel better, and stay active throughout allergy season.

From Kristi's Desk

by Kristi Warren Slette

Director Whatcom Family & Community Network

Ease Keys Help You Claim Your Calm



Whatcom Family & Community Network offers a 6-hour, 3 session workshop called **Power of Ease**.

Join us three Fridays in April—April 10, 17 and 24th from 5:30 to 7:30 p.m. via Zoom.

This course focuses on learning “Ease Keys” which help balance the body’s natural stress responses to internal and external situations by developing “habits of ease” which build the ability to activate natural relaxation responses.

These skill-building and habit-forming sessions help participants claim their

calm and share it with others. Learning to self-regulate and co-regulate can help with emotional, mental and physical health. People can lower pulse, heart and breathing rates through breathwork and micro-movements.

Attendees will learn 14 “Ease Keys” and the science behind how they activate the body’s parasympathetic system to increase wellbeing.

Hosted on Zoom so that participants can practice the skills in the privacy of their own homes, each session requires gentle body movements and vocalizations, such as yawning and humming.

The workshop is ideal for individuals ages 14 and older, however the skills are very transferrable and easily shared with young early learners as young as 3 years of age.

If you seek to better manage stress, this opportunity can be life-changing. Cost is \$60 for the full course. The proceeds benefit youth substance use prevention and youth suicide prevention efforts in Whatcom County. Scholarships can be available, please inquire if the cost is prohibitive.

To register visit www.wfcn.org/events and look for Power of Ease in the April calendar listing.

For more information call 360-738-1196.

SUDOKU: HARD

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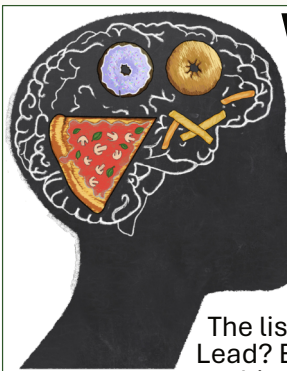
HEALTH TIPS

- Coconut water** mirrors human plasma’s electrolyte balance and has even been used as an emergency IV substitute. It’s a low-calorie, hydrating drink rich in potassium, supporting recovery, heart health, and blood pressure, making it a healthy alternative to sports drinks.
- Oats** contain unique anti-inflammatory compounds called avenanthramides, along with beta-glucan fiber that soothes gut inflammation. They act as a prebiotic, feeding beneficial bacteria and helping repair the intestinal barrier.
- Orange pith** (the white part) is packed with bioflavonoids like hesperidin which strengthen capillaries, support blood vessel function, and offer antioxidant and anti-inflammatory benefits that may reduce cholesterol and compounds linked to heart disease.
- Broccoli microgreens** deliver up to 100X more levels of sulforaphane than mature broccoli, providing powerful antioxidant, anti-inflammatory, and detoxification support.
- Pomegranates** are rich in punicalagins and other polyphenonols that protect blood vessels, reduce inflammation, and support healthy blood pressure and cholesterol. They also provide fiber and nutrients like vitamins C, K, and potassium.



You said bring the whole family!

HEALTHY CHOICES



We Are What We Eat

By Linda Kerth

I mentioned a Korean product some time ago, Korean Chili Crisps, because of a warning label that listed DEHP, arsenic, cadmium, acrylamide, BPA, and lead.



The list stopped me cold. Arsenic? Lead? Even without knowing anything about the alphabet-letter ingredients, I recoiled. They put this stuff in FOOD?

Since then, I have learned that many labeled warnings are generic, and are cheaper to make with a whole list of ingredients that *may* or *may not be* in a particular product. In fact, the Korean chips have only one of the ingredients cited above — *acrylamide*, commonly found in fried foods.

Generic Warnings

Generic warnings can easily be misinterpreted, as I did with Korean chips. These warning labels do not mean that such chemicals were *intentionally added* to the food. The laws require a legal, “catch-all” warning if the product *might* expose consumers to a certain chemical, even very tiny amounts.

For example: acrylamide forms naturally when’s foods are fried or roasted. Arsenic or cadmium can exist naturally in soil (in trace amounts), and be absorbed by crops like rice, corn or other vegetables. Other trace chemicals are not natural, and are of more concern. BPA (bisphenol A) can migrate from can linings or plastic packaging. DEHP (Di(2-ethylhexyl) phthalate) is a plasticizer that may seep out from processing equipment or packaging. These chemicals are on a list of over 800 substances regulated by law. Fried snacks often carry such ‘generic’ warnings because almost all fried snacks have measurable traces of acrylamide: potato chips, French fries, roasted coffee, crackers, toasted bread. These are all common foods, and are more worrisome due to salt content than any other source of harm. Remember, warning labels are broadly generic, *and are not a chemical analysis of the particular food itself.*

If you have a food item that is of concern, you might contact the manufacturer and ask for a full ingredient statement, or an allergen specification sheet. Or you can request information from an importer or distributor, if the product is made outside the U.S., ask for the FDA-compliant ingredient label used in U.S. distribution.

Real Health Concerns — Intentional Additives

Today, food production is global in nature, and many foreign food producers are not as well-regulated as those in the U.S. A small number of multinational companies dominate food production, and these global corporations rely on ultra-processed foods (UPFs) to preserve ingredients over long travel distances and long shelf life. Products include refined starches and sugars, added salt, fats and emulsifiers, and numerous flavor enhancers, dyes and stabilizers.

A large body of research has linked high UPF consumption to higher risks of obesity, diabetes, cardiovascular disease, and some cancers. These links are associations rather than proof of a single chemical cause, but the pattern is consistent across many studies. These are very legitimate health concerns.

You can realistically reduce risk by eating mostly minimally processed foods: vegetables, fruits, whole grains, beans, eggs, fish, unprocessed meats.

- Limit your use of UPFs that have long lists of chemical ingredients.
- Cook more food at home — while more time consuming, this automatically reduces additives, high salt and sugar.
- Buy food from local sources — local farms and farmers’ markets.
- Reduce your dependence on massive supply chains.

Don’t place complete trust in the large global food industry. Skepticism is an intelligent response. But the most practical approach isn’t trying to analyze every additive—it’s **shifting most of your diet toward minimally processed foods and limiting ultra-processed ones.**

“Red-flag” ingredients Purpose in UPFs

- **Emulsifiers** (lecithin, mono/diglycerides) =texture, stability
- **Artificial flavors/colors** (Red 40, Yellow 5) =taste/appearance
- **High-fructose corn syrup, maltodextrin** =cheap sugar/filler
- **Preservatives** (BHA, BHT, sulfites) =shelf-life
- **Textured proteins, modified starches** =mimic real food texture

UPF Quick Guide

Take a brief look at the ingredient list:

- If it has more than 5–6 ingredients, especially ones you don’t recognize or can’t pronounce → probably a UPF.
- Is it ready-to-eat and long-lasting on the shelf (months)? → probably a UPF.

Could you make dish at home with fresh ingredients? If you could not make it in your kitchen, it’s probably ultra-processed. If you CAN make it at home, with fresh produce, you probably should.



Awareness • Prevention • Living Donation

Your kidneys filter about 200 liters of blood every day — removing waste, regulating blood pressure, and balancing fluids. Yet chronic kidney disease (CKD) affects 37 million Americans, and 9 out of 10 don’t even know they have it. This March, take a moment to learn how to protect yours.

Know Your Risk

CKD is often called a ‘silent disease’

because it causes few symptoms until significant damage has occurred. The biggest risk factors are:

- Diabetes or high blood pressure
- Family history of kidney disease
- Age 60 or older, obesity, or smoking

Simple blood and urine tests can detect CKD early. If any of the above apply to you, ask your doctor about screening.

Prevention Tips

- Control blood pressure and blood sugar
- Stay hydrated and limit sodium and processed foods
- Exercise regularly and maintain a healthy weight
- Avoid overusing NSAIDs (ibuprofen, naproxen)
- Don’t smoke — and get annual checkups

Living Kidney Donation: A Life-Saving Gift

Over 100,000 people are on the kidney transplant waiting list in the U.S. — and a new name is added every 14 minutes. Living donation is when a healthy person donates one of their two kidneys to someone in need. You can live a full, healthy life with one kidney. Living donors don’t have to be related to the recipient — friends, coworkers, or even strangers can donate. Donors undergo a thorough medical and psychological evaluation at no cost to themselves, and most return to normal activity within 4–6 weeks of surgery.

If you’re interested in learning more about living donation: Join Mount Baker Foundation April 26 12-2 at Squalicum Boathouse 2600 Harbor Lop Dr in Bellingham.

Register Here: <https://tinyurl.com/mpvrs6bv>

Visit www.kidney.org or call the National Kidney Foundation at 1-800-622-9010.

Mt Baker Community Coalition: Focus on Prevention

For the past nine years the Mt Baker Community Coalition (MBCC) has focused on substance use prevention and mental health promotion for youth and families in the Mt. Baker School District community.

They are strategically building a strong community that offers well-being to all by focusing on youth and families, through substance use/misuse prevention strategies and mental health promotion. They work with other programs such as Strengthening Families 10-14 to provide education, resources, eliminate risks, increase protective factors, and leverage community strengths and assets.

Using a trauma informed approach which asks “What happened to you?” rather than “What is wrong with you?”, MBCC approaches prevention with the concept that the way a person behaves is a symptom and often reflects trauma or an unmet need.

A student component, One Baker Voice (OBV), is trained in peer-education to bring prevention awareness to younger students in the district.

Different sectors of our community, such as those listed in the article, “An Ounce of Prevention” on page 2, meet every 3rd Monday (unless it’s a holiday) in the Board room at the Mt Baker School District office from 2.45-4.15.

Everyone is welcome to participate in the meetings which are held both in person and via Zoom.

To attend a meeting or learn more about MBCC, please contact Allison Ormsby at obv@wfcn.org.



A Resource Helping Thousands of Whatcom County Families Thrive

Parenting is beautiful, messy, confusing, and sometimes overwhelming. There is no map, just countless choices along the way, and we’ve all had moments when we wished for a guiding light, a helping hand, or a compass to guide us through. That’s where Whatcom County’s local SEAS (Single Entry Access to Services) comes in. Think of it as a calm hand reaching. And the best part? It’s free, and there’s never any judgment. (seaswhatcom.org)

SEAS is made for children and families, by families. Its navigators are experts in Whatcom County’s unique resources for children of all ages—from infants to school-age kids, including those with disabilities. Navigators take time to talk with families about their specific needs, what they are looking for, and even help them understand insurance options. They don’t just give you a list — they listen, answer questions, and work with you to find a match that truly fits your child and family. That could be therapy for your child, parenting coaching, peer groups, early learning programs, or something else entirely.

Here’s how it works in real life:

- You call or email. Someone listens to your worries — really listens — without judgment.
- They explain your options clearly: what’s available for your toddler, your newborn, or your school-age child.
- They connect you with the right programs, then check in to make sure you got the help you needed.

SEAS works across stages:

0–5 years / Early Childhood: Preschools, playgroups, developmental screenings, therapy, and parent support.

Perinatal / Prenatal: Maternal health, parent education, emotional support, newborn resources.

Children with Disabilities: Early intervention, specialized therapy, adaptive recreation, and inclusive programs.

And because no family lives in a bubble, SEAS also connects you to **community supports:** local libraries, rural parks, playgroups, sports, and parent networks. These are the spaces where families find belonging, laughter, and reassurance that they are *not alone—even across the wide stretches of Whatcom County.*

Sometimes the help is practical — a therapy referral, a childcare subsidy, or nutrition support. Sometimes it’s emotional — someone who understands that parenting is equal parts joy and fear. SEAS stands out because it is rooted in our community—local people helping local families. It’s not a distant agency, but a resource built specifically for Whatcom County, with navigators who know our community resources and the challenges families face.

Reaching out is easy. Call the navigator line at **360-715-7485**, email seas@oppco.org, or visit seaswhatcom.org. If you’re wondering, “Who can help us?” this is your answer.

Parenting doesn’t come with a map. But SEAS is a friendly compass, helping families navigate every twist and turn. They meet you where you are, guide you toward what you need, and remind you that no one has to do this alone.

SEAS is supported through funding from the Whatcom County Health and Community Services Department, including Developmental Disabilities (DD) and Healthy Children’s Fund (HCF) funding.

Curious about living kidney donation?

This event is for you.

Hear inspiring stories from local kidney donors, recipients, and medical experts, while learning how living kidney donation works—and how our community can help.



April 26, 2026 12–2 p.m.
Squalicum Boathouse
 2600 N. Harbor Loop Dr.
 Bellingham, WA 98225

Scan the QR code to learn and register!



mtbakerfoundation.org

School Zone



From the Superintendent

by Jessica Schenck

As we enter the final trimester of the school year, there is a great deal of important work underway across the Mount Baker School District as we begin planning for next year and beyond.

One of the most exciting efforts currently underway is the development of our next district strategic plan. Over the past

month, about 50 staff members, students, parents, and community members have been meeting as part of the Mount Baker Strategic Plan Steering Team. This group has been reviewing community survey feedback, discussing what people value most about our schools, and beginning to shape draft core values and a vision for what the student experience in Mount Baker should be. The team has also been examining student learning, attendance, and behavior data to ensure our work reflects both community voice and the realities of student outcomes.

The Steering Team has one meeting remaining, where participants will explore the development of a "Profile of a Graduate." This work will help define what we want every Mount Baker graduate to know, be able to do, and believe about themselves as they leave our schools. In my next column, I will begin sharing some of the themes and ideas that have emerged from the Steering Team's work.

We have also recently gathered valuable input from families regarding the district calendar. Thank you to the nearly 200 parents who participated in our calendar survey. We are continuing to develop the 2026-27 school calendar and expect to bring a draft to the School Board for approval soon. As with most school calendars, there may be adjustments following this spring's contract negotiations with our labor groups.

Finally, we are forming a Budget Advisory Committee to help inform priorities as we prepare the district's 2026-27 budget. This group will meet on April 2 and April 30 from 5:00-6:00 p.m. to discuss budget considerations and provide feedback to guide our planning. Community members interested in participating are welcome to contact me directly at jschenck@mtbaker.wednet.edu.

I appreciate the time and perspective our community brings to this work as we continue making thoughtful decisions for the future of Mount Baker students.

KEEPING OUR KIDS SAFE, HEALTHY, & CONNECTED

MOUNT BAKER COMMUNITY COALITION



A COMMUNITY PREVENTION & WELLNESS INITIATIVE

FOR MORE INFORMATION CONTACT ALLISON AT MBCC@WFCN.ORG

MOUNT BAKER SCHOOL DISTRICT BOARD ROOM
(4856 DEMING RD,
DEMING, WA 98224)
& VIA ZOOM

MARCH 16
APRIL 20
MAY 18
JUNE 15
JULY OFF
AUG 17
SEP 21
OCT 19
NOV 16
DEC 21

2026



#ONEBAKEROICE



Washington State Health Care Authority



Resources for Students

Today there are many online resources for middle and high school students that provide free academic support, productivity tools, test preparation and help students prepare for college.

Academic & Learning Resources

Khan Academy: Free online lessons, practice exercises, and instructional videos in math, science, social studies, and test prep (SAT/AP).

CK-12: Offers interactive math and science simulations, textbooks, and adaptive practice.

Crash Course: YouTube series covering topics from history to physics.

OpenStax: Free, high-quality college-level textbooks for AP courses.

HippoCampus: Video content for middle school and high school subjects.

Quizlet: Quizlet enables students to make digital flashcards and take practice quizzes, also offering game-based learning modes like "Match" and "Gravity."

TED-Ed: Features short animated lessons, often with quizzes and discussion prompts—great for extra credit or deepening understanding.

Big Ideas Math: Free sample lessons, practice problems, and resources aligned to Grades 6-12.

MIT OpenCourseWare: Free access to undergraduate-level courses.

STEM & Coding

Codecademy: Free coding lessons in multiple languages.

Code.org: Introduction to computer science for high schoolers.

Brilliant: Interactive challenges in STEM topics.

Desmos: Advanced graphing tools for math.

TKS (The Knowledge Society): A competitive program exposing students to emerging technologies like AI, biotech, and robotics. assigned in high school English classes.

Study Tools & Productivity

Quizlet: Digital flashcards and study sets.

Trello/Asana: Project management tools to track assignments.

General Knowledge & Enrichment

Smithsonian Open Access: Millions of high-resolution, free-to-use images and data.

TED-Ed: Animated lessons and educational videos.

Duolingo: Free language learning app.

Calm: Free meditation and mindfulness sessions—perfect for reducing stress before exams.

Project Gutenberg: Offers over 60,000 free eBooks, including classics assigned in high school English classes.

College and Career Preparation

College Board: Free AP courses and SAT study resources.

Scholarships.com and NSPA: Search engines for finding college scholarships.

CollegeXpress: Articles and tools for the college search and application process.



A Trip to the Moon

By Tracy Wells

Performances:
May 13, 14, & 15 @ 7pm

Purchase tickets at Gofan.co

Set in the transformative summer of 1969, *A Trip to the Moon* tells the story of people reaching for their dreams ... dreams of love, dreams of equality, dreams of the stars. Told around the time of the moon landing, this vignette-style play is comprised of 16 scenes, each named after an iconic song from 1969. From a girl trying to convince her parent to let her go to Woodstock in "You Can't Always Get What You Want," to a woman trying to get a job at NASA in "Bad

Moon Rising," to a soldier giving the new guy a reality check in "Fortunate Son," to a group of protesters showing a girl how to fight for what's right in "Come Together," these scenes and more use humor and heart to teach us about who we once were and reflect on who we could be and remind us that to achieve the impossible, we must reach for the stars.

reality tale



EDDIE'S SCOREBOARD



Close, but no Cigar

Eighteen wrestlers walked into the Tacoma Dome on the morning of February 20th, but only five alked out with hardware.

For the third straight year, the highest finish for either team was second place. That was claimed by senior Karalyn Cook who became the eleventh in program

history to challenge for the state title.

The highest placer for the boys team was Gavin Compton who ascended to third on the podium. Syllis Maple was the only other teammate to make it to the end earning fifth.

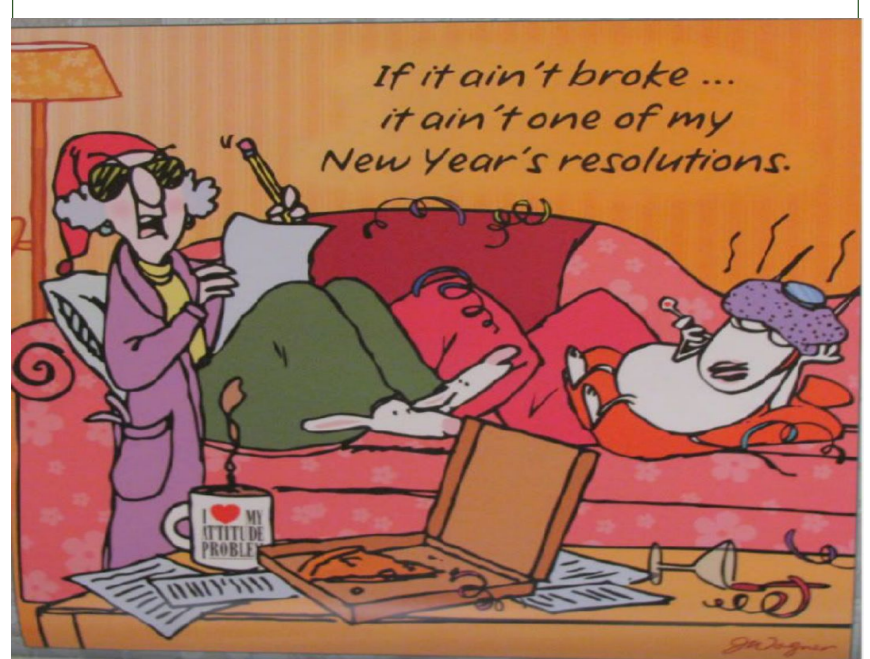
Rounding out the boys, Henry Brown, Cole Christensen, James Cranbourne, Issac DeKriek, Joe Jordan, Eli Knutzen, Gunner McGrath, Andrew Monteith, and Henry Tobin finished as participants.

Alina Romanyuk claimed fifth overall. Stefany Camacho did enough to earn sixth place. Kelly Camacho, Elliott Koenig, Emily Moa, and Arabella Rozeboom left as participants.

The boys team finished thirteenth overall. The girls finished twenty-first. Wapato's claimed its second straight state championship while Royal did so on the girls side.

Coverage of Mount Baker's baseball team will be provided in next month's installment.

New Year Resolution #3



RESOURCES

Crisis/Emergency

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

Hear MeWA
 If you or a friend are experiencing stress, anxiety, violent threats, sexual abuse, suicidal thoughts—or anything that makes life hard—HearMeWA can help. Get secure, free support any time from professionals who are ready to listen. Text HEARMEWA to 738477 to get a link to our help form.* <https://hearmewa.org> 888-537-1634

imhurting CRISIS CHAT
24/7 Crisis Line
800.584.3578

211
 Get Connected. Get Help.[™]
211 helps connect you to community resources statewide.

The Kendall Fire Station (Whatcom County Fire District Station 92) is housed at the roundabout in Kendall Washington and has fire fighters highly trained in fighting building fires as well as wild fires. They provide a number of other emergency services including medical aid, as well as offering fire safety and prevention education to our community. Non-emergency number: (360) 599-2823
Remember: in an emergency dial 911
info@wcfcd14.org

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

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

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

Ten Tips for Dealing with Tough Times

1. Allow yourself to feel. Validate your emotions rather than tamping them down
2. Take things one step at a time
3. Each day identify at least one thing you can accomplish
4. Identify things within your control
5. Set aside things that are outside your control
6. Focus on what you can control such as reactions and actions
7. Set small, manageable goals each day
8. Remember to practice good self-care
9. Acknowledge every win rather than becoming overwhelmed by challenges
10. At the end of each day acknowledge the good parts of your life

Food

FOOTHILLS FOOD BANK
Distribution Hours
 Tuesdays 8:00 am – 11:00 am
 Thursdays 4:00 pm – 7:00 pm
 Home Delivery: Tuesday mornings. Enroll on our website (<https://www.foothillsfoodbank.org/get-help>) or call 360-392-8149
 Closed 12/25 and 1/1 if these dates happen to fall on a Tuesday or Thursday
 8255 Kendall Road, Maple Falls, WA 98266 (on the campus of the EWRRRC)
 Contact us at 360-392-8149 or director@foothillsfoodbank.org

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

River of Life Community
 Mission: To Love God and To Love Others
 THE LORD'S TABLE FOOD BANK
 RIVER OF LIFE CHURCH
 4037 VALLEY HWY 9, VAN ZANDT, WA
 360-592-2279
 Questions? Call 360-595-0430 or 360-594-1775
FOOD DISTRIBUTION:
 10:00-NOON
 2ND & 4TH SATURDAYS

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

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



Homeless Help

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

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

DON'T FORGET!
 Stop by an Ask a Nurse clinic at the EWRRRC on the 2nd & 4th Tuesdays of each month between 8 & 11.30 am, and get your A1C tested. It's the best way to understand your blood sugar levels and see if you're at risk for diabetes.

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

Mental Health
NAMI National Alliance on Mental Illness
NAMI Whatcom Mental Health Support Group meets the 2nd Thursday of each month 10:00am -11:30AM at the East Whatcom Regional Resource Center, 8251 Kendall Rd, Maple Falls WA 98226. This no-cost structured support group, facilitated by trained peers offers respect, encouragement, connection, and hope for individuals 18 and over affected by mental health conditions, including family and friends. **THERE WILL BE NO NAMI WHATCOM SUPPORT GROUP MEETING ON JANUARY 8th, 2026 GROUP WILL RESUME FEBRUARY 12, 2026** For more information visit www.namiwhatcom.org, call us at 360-671-4950 or email namiadmin@namiwhatcom.org NAMI Whatcom Office 800 E. Chestnut St., Suite 1C P.O. Box 5571, Bellingham, WA 98227 Phone: (360)-671-4950 Website: namiwhatcom.org

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

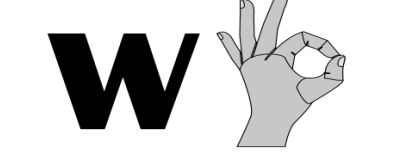
Additional Health

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

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

WASHINGTON CONNECTION
 your link to services
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 3



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

Whatcom County AA
 Alcoholic Anonymous Area 72 / District 11
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 Webserver@nwsrna.org


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

RESOURCES

Addiction Continued

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

Seniors

Whatcom Council on Aging  **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

resources

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

Home Owners/Utilities



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 <https://ccsww.org>



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



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



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



Family Services

FAMILY SERVICES & PARENTING SUPPORT There are four Family Services Coordinators at Mount Baker School District. Our mission is to create partnerships between families, school, and the community. All our services are confidential. We provide support which enables children and adolescents to live in a safe and healthy environment, as well as encourages them to be present and do their best in school. We assist families with resources, information and problem solving to help their children succeed in school. We are available for confidential meetings by phone, at school, or at home. (360) 383-2000 (360) 383-2009



Kendall Elementary (360) 383-2055 <https://www.mtbaker.wednet.edu/o/kendall> 7547 Kendall Road Maple Falls, WA 98266 **Acme Elementary School** (360) 383-2045 <https://www.mtbaker.wednet.edu/o/acme> 5200 Turkington Road Acme, WA **Mt Baker Jr High School** (360) 383-2016 5100 Mitchell Road Deming, WA <https://www.mtbaker.wednet.edu/o/mbj> **Mt Baker Senior High School** (360) 383-2015 <https://www.mtbaker.wednet.edu/o/mbhs> 4936 Deming Road Deming, WA



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



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



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



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

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

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

Rebus 4



The Parent to Parent Support Programs

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

Parent to Parent of Whatcom County

Veterans



Veterans Administration Serving

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



Vet Center "Serving Those Who Served"

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



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



Vocational Rehabilitation

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

RESOURCES

Education/Jobs



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

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

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



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

Home Owners/Utilities

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

Are you eligible for free home weatherization?

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

Home Owners/Utilities

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



HELP US KEEP RATES LOW!!!

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

Whatcom County Water District 13

is committed to protecting the environment and the natural habitat while supplying pristine water and reliable wastewater services to our customers. 360-599-1801 admin@wccd13.com 532 Sprague Valley Drive, Maple Falls



Whatcom Water Alliance 2025 Rebate Tool Kit

Rebate Program Overview
Water conservation rebates are now available to all Whatcom County homeowners that do not reside within City of Bellingham city limits. City of Bellingham water customers can find rebates through the city's Water Use Efficiency Rebate Project page: <https://cob.org/services/environment/conservation/indoor-water-conservation/rebate>. Rebates are currently available for:
High efficiency WaterSense toilet upgrades
WaterSense irrigation controllers
High efficiency Energy Star clothes washer upgrades
High efficiency Energy Star dishwasher upgrades
Rebates are limited to one per property per calendar year. Rebate applications must be submitted within 60 days of purchase. Direct all rebate program inquiries through the rebate page of the Whatcom Water Alliance website: <https://www.whatcomwateralliance.org/rebates>. The rebate application is available on the website.

Rebate Program Overview

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Whatcom/Skagit Housing

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



Habitat for Humanity in Whatcom County



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



Energy Assistance

Do you need help with energy costs? Apply for Energy Assistance directly through PSE now by going to: <https://www.pse.com/en/account-and-billing/assistance-programs> 1-888-225-5773

PSE's Bill Discount Rate (BDR)

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

PSE customers: Manage your energy usage online.

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



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

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

Immigrants/Refugees

WHATCOM community FOUNDATION Supporting Families of Those Detained/

Deported
The Whatcom Community Foundation has three funds (they established them when the last ICE raid occurred several years ago) open to support immigrant families and those detained. The Immigrant Relief Fund is set to support families in need. The Immigrant Bond Fund helps post bond for those while they are being detained. And the Immigrant Legal Defense fund helps provide funding for legal defense. 100% of donations go to those families impacted. Other organizations that are providing family support include the Immigrant Resources and Immediate Support (IRIS), school-district based family engagement specialists, and Racial Unity Now. 360.671.6463 wcf@whatcomcf.org https://wcf.fcsuite.com/erp/donate/create/fund?funit_id=1523



Whatcom Human Rights Task Force

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



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



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



WHATCOM DISPUTE RESOLUTION CENTER services focus on both conflict prevention and conflict intervention and include mediation, training, facilitation, coaching, supervised visitation, and community education for youth, adults, families, organizations, and businesses throughout Whatcom County. Services are offered in-person and virtually. 206 Prospect Street, Bellingham 360/676.0122 wdrcc@whatcomdrc.org www.whatcomdrc.org



WASHINGTON IMMIGRANT SOLIDARITY NETWORK Immigrant Rights Resources
WAISN-Washington Immigrant Solidarity Network
At WAISN, we are committed to defending immigrant and refugee communities from deportation while advocating for meaningful, systemic change. Our work focuses on both deportation defense and pushing for policies that ensure justice for all Washingtonians. Deportation Defense Hotline (Monday-Friday; 6am-6pm) at 1-844-724-3737. info@waisn.org <https://waisn.org>



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

24/7 Helpline • 1.800.272.3900
Visit us online at www.alzwa.org



Septic Systems Evaluation Rebates

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

RESOURCES ORGANIZATIONS

ORGANIZATIONS



Columbia Valley Park and Recreation

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



KAVZ Radio is Your Voice of the Valley

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



Local community-led Watch Group

focused on safety in the Columbia Valley UGA area. Monthly meetings held the first Tuesday of each month at the North Fork Library. nwmaplefalls@gmail.com 360-933-1620 <https://www.facebook.com/groups/718686472042194>



The Foothills Community Alliance (FCA)

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



East Whatcom Regional Resource Center

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



Mt. Baker Chamber of Commerce

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



Mount Baker Community Coalition April 2026

The Mount Baker Community Coalition (MBCC) invites community members to attend its next monthly meeting on Monday, April 20 from 2:45-4:15 PM at the Mount Baker School District Board Office. Participants are welcome to attend in person or join virtually via Zoom.

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

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

In addition to attending coalition meetings, community members can support this work by completing the Community Survey, which measures adult attitudes about youth substance use. This survey is an important part of the data used to guide prevention efforts and inform how resources are focused across East Whatcom County. MBCC is currently working toward a goal of 135 completed surveys, and participation from community members makes a real difference in shaping local prevention strategies.

If you are 18 or older and live or work within the Mount Baker School District, please take a few minutes to complete the survey and share it with friends, neighbors, and colleagues. The survey only takes a few minutes to complete, and every response helps ensure that community voices are reflected in local prevention efforts.

English:

https://hca.servicenowservices.com/assessment_take2.do?sysparm_assessable_type=aaf745eb8795b210ea8cba28cebb350c

Spanish:

https://hca.servicenowservices.com/assessment_take2.do?sysparm_assessable_type=e8fd11fb8719f210ea8cba28cebb3502

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

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

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

gratitude,

Allison Ormsby, MPA, Prevention Program Manager
Mount Baker Community Coalition

Whatcom Family & Community Network
360.375.0883

wfcn.org



South Fork Valley

Community Association

SFVCA INFO

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

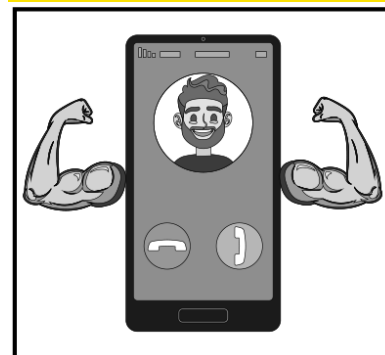
Planning an event or celebration? For Hall rental rates and availability, call 360-230-8176.

Learn more about upcoming SFVCA events and programs at southforkvalley.org/ or facebook.com/southforkvalley/.

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

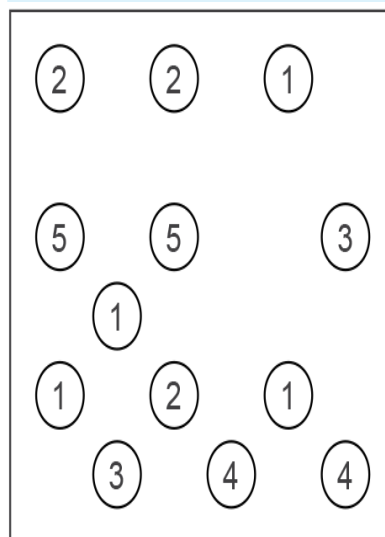
Listen to KAVZ, your Voice of the Valley, at 102.5 FM, or online at <http://kavz.org/>

Rebus 5



HASHI PUZZLE

Connect all islands into a single group by drawing horizontal or vertical lines (bridges). You can draw a single or double line between each island (not more). The total number of bridges that connect an island matches the number on it. The bridges may not cross each other



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.

Word Scramble: Cities in Washington

RTGLBOTDENUA

EAEENRDB

CRAAODONB

THLTAEMAC

UOQHIA

AWMATT

SLEENPEM

ALWSAHOUG

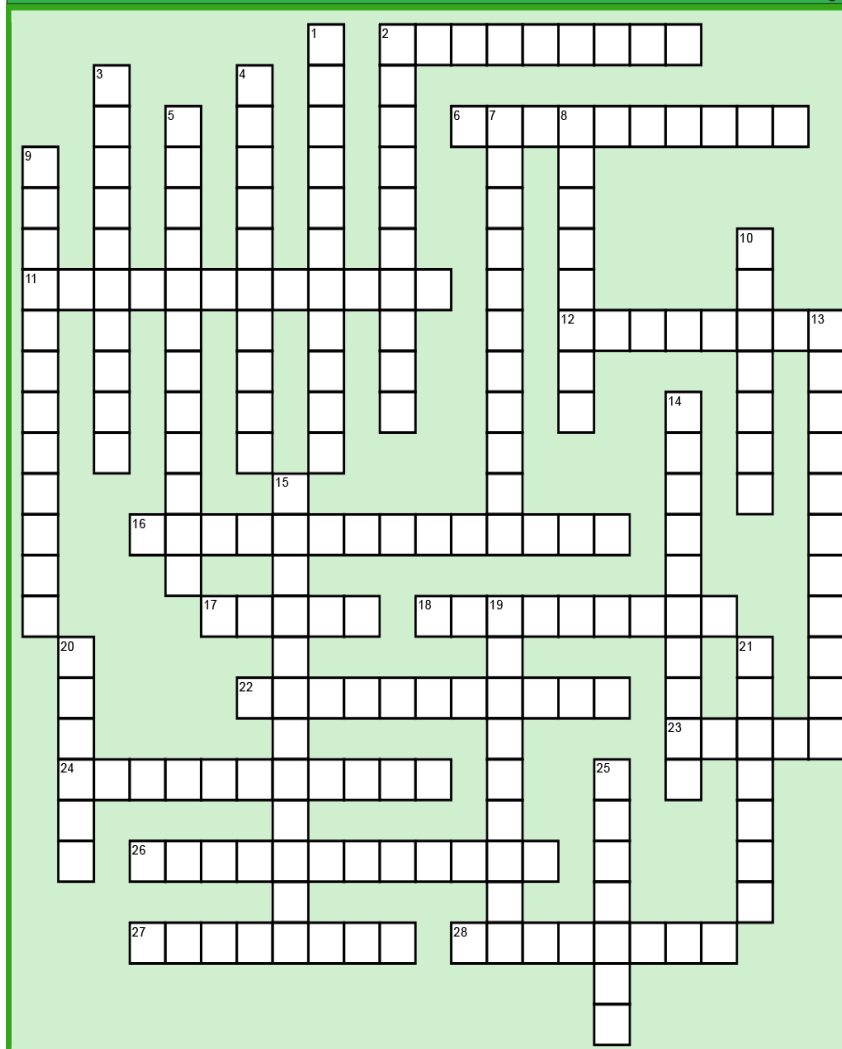
UOGPNAIN

OKTHLUAS

answers back page

April Crossword Puzzle: Classic Pairs

Solution on back page



CLASSIC PAIRS

Across

- Lather up!
- Iconic dance duo
- Seamstress necessities
- Brit fave cocktail
- Common condiment pair
- Funny men, Stan & ?
- Keeps us from walking in circles
- Need them for laundry day
- The pair that WON'T stay together in the laundry
- Kid's fave snack
- Friendliest mace on Earth
- Cartoon pair who loved to hate each other
- Need both to write a letter

Down

- Crime fighting super duo
- Salted caramel is ?
- Bougie appetizer
- Can't eat with just one of these
- Everyone around the table time
- Tragic Shakespearean lovers
- One follows the other daily
- Kid's fave sandwich pair
- Celestial bodies
- Classic good guys vs bad guys
- Perfect pasta pairing
- Bad girls on the run movie
- They make eating steak easier
- Can't pound that without this
- Can't open one without the other
- Opposites & balance symbol



Community Events Calendar



April 2026

Community Calendar

Click on a listing to get more information about it

**Despite the forecast,
live like it's Spring!**

Lily Pulitzer

Week 1

Wednesday 1
[6pm Good Yarns @ Deming Library](#)

Thursday 2
3pm St Peter's Thursdays with Friends
4-7pm Foothills Food Bank
4pm Art & Audio for Tweens

Friday 3
10.30am Storytime @ North Fork Library

Week 2

Monday 6
[1pm Whatcom Mobile Medicine clinic](#)

Tuesday 7
[8am Ask-a-Nurse clinic](#)
[8am Catch Me: Teen Mental Health](#)
[8-11am Foothills Food Bank \(weekly on Tues\)](#)

Wednesday 8
[Storytime @ Deming Library](#)
[6pm Good Yarns @ Deming Library](#)

Thursday 9
2pm Secrets of Dying Well @ North Fork Library
3pm St Peter's "Thursdays with Friends"
4pm Art & Audio for Tweens @ Deming Library
4-7pm Foothills Food Bank
5.30pm Deming Library Writer's Circle
[6.30-7.30pm Columbia Valley Park and Recreation District Regular Meeting](#)

Friday 10
10.30am Storytime @ North Fork Library

Saturday 11
10-2pm Water Adjudication help @ Deming Library

Week 3

Monday 13
[2.45-4.15pm Mt Baker Community Coalition Meeting](#)

Tuesday 14
[8-11am Foothills Food Bank](#)
10.30-11.30 Digital Equity Bus @ Deming Library
10.30-11 North Fork Storytime
3.45pm All About Gardening for Kids @ North Fork Library

Wednesday 15
10.30-11 Storytime @ Deming Library
[6-8pm Good Yarns @ Deming Library](#)

Thursday 16
3-5pm St Peter's "Thursdays with Friends" St Peter's Catholic Church
4-7pm Foothills Food Bank
4-5pm Art & Audio for Tweens @ Deming Library
5.30-6.30 Foothills Communication Hub meeting

Friday 17
10.30am Storytime @ North Fork Library

Saturday 18
[Self-Publishing Success @ North Fork Library](#)
[10.30-11.30am All About Gardening @ Deming Library](#)

Week 4

Monday 20
[8am Ask-a-Nurse clinic @ EWRRC](#)
1-5pm Whatcom Mobile Medicine Clinic @ EWRRC

Tuesday 21
[8-11am Catch Me: Teen Mental Health Support @ EWRRC](#)
[8-11am Foothills Food Bank](#)
[10.30-11.30 Digital Equity Bus @ Deming Library](#)
10.30-11am North Fork Storytime

Wednesday 22
10.30-11am Storytime @ Deming Library
[6pm Good Yarns @ Deming Library](#)

Thursday 23
3-5pm St Peter's "Thursdays with Friends" St Peter's Catholic Church
6.30-7.30 Your Right to Read @ Deming Library

Friday 24
10.30am Storytime @ North Fork Library

Saturday 25
[1-1.30pm Poetry Collage @ North Fork Library](#)
[6.30-8pm Different Paths: Stories of WWII Japanese American Incarceration @ Deming Library](#)

Week 5

Tuesday 27
8-11am Foothills Foodbank
10.30am Digital Equity Bus @ Deming Library
10.30. Storytime @ North Fork Library

Wednesday 29
10.30am Storytime @ Deming Library
6pm Good Yarns @ Deming Library

Thursday 30
[3pm St Peter's "Thursdays with Friends"](#)
[4pm Foothills Food Bank](#)
[4pm Art & Audio for Tweens @ Deming Library](#)

PUZZLE SOLUTIONS

Crossword Solutions

- | | |
|--------------------|------------------|
| Across | Down |
| 2. Soapwater | 1. Batmanrobin |
| 6. Fredginger | 2. Sweetsalty |
| 11. Needlethread | 3. Cheesewine |
| 12. Gintonic | 4. Chopsticks |
| 16. Ketchupmustard | 5. Familydinner |
| 17. Ollie | 7. Romeojuliet |
| 18. Leftright | 8. Daynight |
| 22. Washerdryer | 9. Peanutbutter |
| 23. Socks | 10. Sunmoon |
| 24. Milkcookies | 13. Copsrobbers |
| 26. Mickeyminnie | 14. Macncheese |
| 27. Tomjerry | 15. Thelmalouise |
| 28. Penpaper | 19. Forkknife |
| | 20. Hammer |
| | 21. Lockkey |
| | 25. Yinyang |

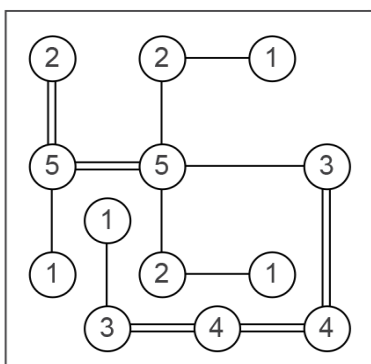
Rebus solutions

- I see you understand
- Short cuts
- Wok
- Ending on a sour note
- A tough call

Sudoku

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

Hashi solution



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? Do you have an event you'd like to promote? 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. To be included in the next issue of the Outlook, please make sure your submission is in by the **15th of the month prior** by sending it to the editor at: info@foothillsinfo.com

