

# The Foothills Outlook

Connecting Foothills community members with vital resources, organizations and events



## CLEANING IT UP!

By Melonie Ancheta



Out here in the boonies we don't have the luxury of municipal street sweepers and other paid personnel to take care of litter problems, so every other Saturday (except in the very worst weather) a dedicated team of local residents hit the streets wearing high visibility vests, armed with grabbers and large garbage bags. For the past five years, the Neighborhood Watch Dogs have walked from Kendall Elementary School to South Pass road. If you drive by while they're out, you're likely to see them chatting and laughing as they tuck all sorts of debris into their bags and once in a while you may spot an impromptu grabber fight erupting among the younger members of the group. Ranging from over 60 to 8 years old, this team represents a diverse cross section of our community who all want our community to be clean, inviting and healthy. Their commitment to keeping our roadsides clean is one of care and love for our community. On an average Saturday the team picks up three square yards of garbage including household garbage, furniture, mattresses, litter, bags of rotting garbage, abandoned vehicles, camp trailers, appliances, and other detritus dumped by people without respect for their

environment, neighbors or communities.

In the US more than 250 million tons of trash are produced each year. And that's just the trash that is properly disposed of. The amount of garbage left on our roadsides and dumped illegally amounts to more than 150 million tons; this equates to approximately 4,109 tons of trash per day. Illegal dumping statistics don't include cigarette butts and plastic bags. However, a neighbor recently began picking up cigarette butts while walking her dogs a few blocks and averages a full quart Ziploc bag or more, each time.

Unsecured loads also account for a fair amount of the debris like building materials and yard waste. There are strict regulations about the transport of waste that require the load to be secured and covered so nothing blows or falls out. If these regulations aren't followed, the driver of the vehicle is responsible for the costs of any damages incurred and the cost of cleanup. While it might look difficult to enforce this, it is possible for law enforcement to discover who is responsible and hold them accountable.

### Blight Properties

The Watch Dogs also assist with cleaning up blight properties within the Columbia Valley UGA. The inability to properly dispose of garbage can be a result of finances, disability, age, or other factors that may not be obvious. Sometimes garbage builds up when someone is ill, or as someone ages and becomes less able to manage it. In several cases where someone's garbage has become uncontrollable, getting help from neighbors to dispose of it all properly has resulted in the resident being able to keep it cleaned up.

Cleaning up blight properties, particularly for residents who can then continue to keep their place clean is a huge benefit to the entire community. Blight properties invite rats and other vermin, insects, and stray dogs. The stench from a blight property can extend from one end of a block to the other and affects everyone in the neighborhood. Rotting garbage, decrepit vehicles and other trash can also affect the entire environment. Disabled vehicles leak toxic fluids into the soil which can contaminate our groundwater and damage the soil and aquifer for years to come.

### A Correction not Made is a New Standard Set

When garbage is not picked up it sets a standard that says no one cares about the place or the quality of life there and encourages further disregard and vandalism. Scientists discovered that when an area was purposely exposed to excessive litter, the crime rate for nuisance offenses doubled. And, the "broken window" theory explores how an empty house with windows intact will be left alone, but if one window is broken the structure quickly becomes a target for further destruction. It invites squatters, garbage dumping, and other criminal and antisocial behaviors that can quickly infect an entire neighborhood. This theory is based on the fact that our surroundings "communicate" to us and outsiders that there is a lack of control and desire to care for and defend a place against disorder and crime. *Continued P. 2*



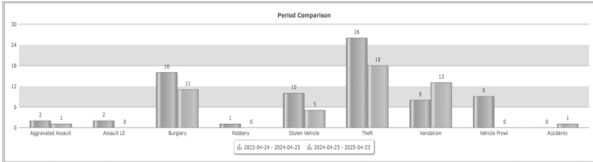
## Protecting and Serving

The Helping Hands section of the Outlook is dedicated to featuring those people who make a commitment and do the heavy lifting to help make the lives of everyone living in the Foothills better. This month the article is about our neighborhood deputies from the Whatcom County Sheriff's department, Deputy Paul Lebedev and Deputy Dallas Shelton who have both made commitments to protecting us and maintaining order with integrity, courage and compassion.

Deputies Lebedev and Dallas respond to calls from Nugent's Corner to Acme, up to Glacier and beyond, then to South Pass Rd to the north and Silver Lake Rd to the east. This area covers roughly 600 square miles and for the most part doesn't have a large population density. The deputies patrol the entire area by starting in the outlying areas and working their way to Columbia Valley Urban Growth Area (UGA) which has the highest population density in the entire Mt Baker School District at 7,000 plus residents in 2 square miles. The density of population in the UGA requires more intensive policing so the deputies spend a good deal of their day in the UGA.

Due to the UGA being so densely populated the sheriff's office considers it a Special Assignment duty. When Sheriff Tanksley made the decision to assign neighborhood deputies to the area, both Lebedev and Shelton applied for the position and were chosen from a group of applicants. Each of the deputies have qualifications that make them ideal for policing out here; one of the most advantageous for them and for us is Deputy Lebedev grew up in Columbia Valley.

Having lived here during his youth, Deputy Lebedev has "insider" knowledge that only comes from growing up in this community. He is familiar with all the back roads and trails one might use to attempt to escape or hide out, his fluency in Russian and ability to understand Ukrainian serve him well, and he knows what drives the crimes endemic to the UGA and how to handle them. Deputy Shelton grew up in a similar community, and while he may not have the insider knowledge Deputy Lebedev has, he understands how small communities operate and knows how to deal with the



problems that exist within them. It also helps that he speaks fluent Spanish, so between the two deputies, they are able to work with most non-English speaking residents. **Gateway Crime** Both deputies see substance misuse as the gateway to many of the crimes committed in the Foothills. Whether someone is looking for items to sell for drug money, or are under the influence while driving, or there's a domestic disturbance, the root cause is most often substance misuse. During the 18 months the deputies have been assigned to this area they have significantly reduced many of the smaller crimes such as illegal operation of motor vehicles and speeding in the neighborhoods, arresting drug dealers and slowing down drug trafficking, but they've also dealt with what they call "host houses" and other major problems. "Host" houses are properties where the owner or renter allow people with substance and criminal issues live there or are properties where squatters have taken over. These host houses infect a neighborhood with people who foster criminal activities and other anti-social behaviors. *Continued p. 2*

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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](mailto:info@foothillsinfo.com) or go to [foothillsinfo.com](http://foothillsinfo.com) to request an account. Resource providers will be given an account and login credentials specific to them. Each account holder is allocated a permanent space in the paper and on the website to upload their information and will be able to curate their information as needed. We will send you an email with your login credentials when your account becomes active and you will be able to access your space as needed.

### Submissions

#### Deadline: 15th of each month

All submissions for posts and events must be completed by the 15th of each month to be included in the next issue of the *Outlook*. You can find our **Submission Guidelines** under Contributor Information on our website at [foothillsinfo.com](http://foothillsinfo.com)

To submit a post, an event, meeting or other activity relevant to Foothills residents, please request an account by clicking Request for Account on our homepage at [foothillsinfo.com](http://foothillsinfo.com). Fill out the form as completely as possible making sure you include contact information for the organizer; we cannot provide information about your organization or event to people who call or email with inquiries.

Your account will be created and you will receive login information via email.

**Please Note:** All post submissions must be focused on and relevant to East Whatcom Foothills residents.

To submit a post, please email it to the editor at [foothillsinfo.com](mailto:foothillsinfo.com) by the 15th of the month to be included in the next issue.

To submit an event, click on Submit Event in the dropdown below Events Calendar on the website.

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

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

## bugwalla

by Doug Imhoff





*Cleaning It Up cont.*

**Only Pros**

Garbage clean up has no downside for anyone; for the plants and animals who inhabit the area to the humans, only good comes of cleaning up. Not only is our outside improved, there are a lot of benefits to our health and well-being of getting rid of trash. Picking up litter requires a fair amount of movement involving bending, lifting, and walking, all of which promote cardiovascular health, improve lipid and glucose regulation, reduce hypertension, and more. For people who may not regularly exercise, this activity provides a gentle yet effective workout that helps burn calories, strengthens muscles, increases endurance, and assists with weight loss. Meeting like-minded people, socializing for a couple of hours, and working for a common goal are all great community building activities. The mental benefits of simply being outside in the fresh air are also advantageous for volunteers. Studies have proven that the mental benefits of simply being outdoors include reducing stress and anger, reduce loneliness, and provide peer support, as well as improve confidence and self-esteem, lets you take time out from the daily grind and relax, allows for positive socialization, and helps reconnect you with nature. There is also the gratification of doing a job well and seeing the results immediately. It's definitely a situation in which everyone wins!

**Think About This**

- A 2020 study by Keep America Beautiful found that approximately 50 billion pieces of litter were present on roadways and waterways in the U.S.
- The United States produces 12% of the planet's municipal solid waste, while only making up 4% of the world's population.
- The annual cost of litter clean-up in the United States is estimated to be more than \$11 billion.
- The average American produces about 4.9 pounds of trash per day.
- If every person picked up just ONE piece of trash today, there would be over 300 million fewer pieces of litter
- If every person picked up 10 pieces of litter, there would be 3 Billion fewer pieces damaging our environment
- Animals from nearly 443 species are entangled in or ingest marine debris annually

**BE AWARE! BE ALERT!** Additionally, drive cautiously when passing a clean up crew. Note any signs posted, where people are standing, and please slow down. The maximum speed through work areas is 25mph. If you exceed that limit, the monetary fines are twice that of a normal speeding ticket, and if driving recklessly, you could lose your license entirely.

**How You Can Help**

Here in Columbia Valley you can join the cleanup crew every other Saturday beginning April 26<sup>th</sup> from 10-12am. Email the crew at:[nwmaplefalls@gmail.com](mailto:nwmaplefalls@gmail.com).

## Habitat for Humanity offers Affordable Home Repairs across Whatcom County

No one should have to choose between keeping their home safe and making the mortgage payment. That's why Habitat for Humanity in Whatcom County is its Home Repair Program — offering low-income homeowners an affordable solution to their critical repair needs. Habitat's goal is to build stronger and more resilient communities by empowering seniors to age in place and helping families live safely in the homes they know and love.

**How does it work?**

Habitat's Home Repair program works a lot like its traditional model at a smaller scale, following the "hand up, not a handout" model. Homeowners do have to pay for the cost of repairs, but Habitat keeps those costs low by utilizing volunteer labor and foregoing any profits. Homeowners take on a 0% loan that is tailored to their household income to ensure affordability. Also like the traditional Habitat program, homeowners must complete 8 hours of volunteer "sweat equity" work for every \$1,000 of repair value. Project work can begin once half the required sweat equity hours are completed. Once you fill out a basic application at [hfhwhatcom.org/homerepair](https://hfhwhatcom.org/homerepair), the Habitat team will determine if you qualify for the program, and reach out to you to fill out a more detailed application and set up a home visit.

**Who can qualify?**

- To qualify for Habitat Whatcom's Home Repair Program, you must meet the following criteria:
- You must own and occupy the home for which you are requesting repairs
  - The home must be within Whatcom County limits
  - Your total household income must be between 30% - 120% of the Area Median Income
  - You have the ability to repay Habitat for work done

**What kinds of repairs are offered?**

Habitat can perform repair projects up to \$20,000 in value. The home repair offerings fall into the categories of home preservation, weatherization, critical home repair, and aging-in-place projects. Some of the most common repair requests Habitat receives are related to accessibility for elderly homeowners, making homes more efficient for cold weather, and addressing health and safety issues or code violations. Habitat will not perform aesthetic repairs or repairs to RVs or detached garages.

**An opportunity for free home repair in Kendall and Maple Falls:**

While typical home repairs are not free, Habitat is looking for smaller repair projects in the Kendall/Maple Falls area to complete at no cost to the homeowner for their annual Build Community Day event on October 4th. The ideal project for Build Community Day takes place entirely outdoors and takes around 3-4 hours to complete. Past projects have included invasive plant removal, replacing a fence, replacing unsafe exterior stairs, and building a wheelchair ramp. Please visit [hfhwhatcom.org/build-community-day](https://hfhwhatcom.org/build-community-day) to learn more and apply!

**Questions?** Visit [hfhwhatcom.org/homerepair](https://hfhwhatcom.org/homerepair) to learn more about the program, or email Home Repair Project Manager and Certified Aging in Place Specialist, Graciela Leibowitz, at [graciela.leibowitz@hfhwhatcom.org](mailto:graciela.leibowitz@hfhwhatcom.org)

*Helping Hands cont.*

**The Dark Figure of Crime**

One of the points both deputies made when we talked is the importance of residents reporting even the smallest of crimes. Called "the dark figure of crime", under-reporting is one of the biggest challenges law enforcement faces. "Too much criminal activity occurs without the knowledge of law enforcement so they cannot follow up on it to help the victim and apprehend the perpetrator." According to the National Police Association, "We know that most larcenies (theft) go unreported, that many arsons go unrecognized, that sexual assaults are notoriously unreported" but car theft is one of the most highly reported because there's an incentive to get the insurance money." And "The more that gets reported, the higher the percentage of crime that gets solved and property that gets recovered."

There are many reasons why a crime may not be reported including: the victim fears retaliation, they don't realize they have been victimized, the victim didn't think it was important to report, or fear that law enforcement can't be trusted or won't believe them. But no crime is too small to report and they're all important to law enforcement. It's also important to remember that both Deputy Lebedev and Shelton chose this area specifically so they could help our community reduce crime.

Too often our deputies hear about a crime through the grapevine but discover it was never reported. Because not reporting allows perpetrators to get away with and continue their criminal activities which are often associated with larger crimes, it's critical for residents to report even the smallest of thefts or other seemingly negligible crimes. According to the National Police Association, "Criminologists know that offenders, while sometimes specializing in certain criminal activities like burglary or fraud, offend in many categories whether that be driving offenses, wildlife violations, or other non-conforming behavior. Most crime is committed by relatively few members of society. This means that solving one crime can often lead to the solving of several crimes by a given offender. Therefore, having accurate reports from citizens of criminal activity can be of immense value to law enforcement."

When we don't report a crime offenders can't be held accountable; they get away with that crime and it encourages them to continue committing offenses. Neither does it provide justice for the victims. Law enforcement also keeps track of crime trends so they can allocate resources appropriately in order to reduce the crime rate overall. But as citizens we have a responsibility to ourselves, those around us, and to law enforcement, to report crimes for the protection of everyone.

**"If You See Something, Say Something"**

Have you seen suspicious activity in your neighborhood? Someone driving slowly by while peering into yards? A stranger loitering on your street? Steady traffic day and night at a particular house? These are all suspicious activities and should be reported. When we report It helps law enforcement keep a closer eye on specific areas and people and is crucial for strengthening local security, community safety, and preventing potential crimes or attacks. Law enforcement can identify potential threats and take appropriate actions when we make them aware of something suspicious happening such as:

- Unusual or out-of-character behavior.
- Individuals loitering or appearing to be casing a property.
- Unusual vehicles parked in a way that seems out of place or for a prolonged period.
- Unattended packages or bags in public areas.

Any activity that makes you feel uneasy or unsafe. The responsibility to report suspicious activity is on each of us as community members. When we report suspicious activities, we play a critical role in protecting our community, contributing to the safety and well-being of everyone, and we provide law enforcement with information that helps them identify and prevent crimes before they occur. But too many of us say, "Oh, I didn't want to bother them with something like that.", but both deputies said they don't consider it "bothering them" and that we need to be proactive in protecting ourselves and assisting law enforcement.

**Patience During Investigation**

Victims of crimes often want a quick result, but we need to remember that it often takes time and a lot of work to properly investigate and build a case. The commitment Deputies Lebedev and Shelton have made to us includes making sure they pursue criminal investigations with thoroughness and persistence. They don't jump to conclusions but build the case piece by piece until the prosecutor feels it will withstand trial and conviction. It can be a long and frustrating process for victims but rushing the investigation often produces little or no satisfactory results for victims and the offender continues to offend. As a victim one needs to be cooperative and undergo the processes by which criminals are apprehended and jailed.

**Vehicular Hazards**

One of the other problems the deputies are focusing on junk and abandoned vehicles. Junked vehicles are an environmental hazard: they harm the local ecosystems by leaking toxic fluids into the soil and ground water. They attract vermin like rats and insects and can become breeding grounds for mosquitos. A source of litter and dangerous debris, junk vehicles are also fire hazards and are a dangerous attraction for children. The county has set up a system for getting rid of junk vehicles; you can get a junk vehicle affidavit at this website <https://dol.wa.gov/forms/view/420549/download?inline> and contact the sheriff's department for their assistance with removal.

**Community Policing**

While both deputies patrol our neighborhoods they also work to build collaborative partnerships with residents to improve safety and prevent crime. The philosophy of community policing is based in building trust and stresses proactive problem-solving. Lebedev and Shelton work alongside community members to address concerns and to create strategies for ensuring the safety of all residents. They also participate in community events to build relationships with community members. They want everyone to know that they are on our side and will assist and support us, often through one of the worst times in our lives. Both deputies genuinely care about the well-being of all Foothills residents and seek to improve the quality of life for everyone out here through policing, participating in community activities, developing relationships with residents and dedicating themselves to protecting and serving us.

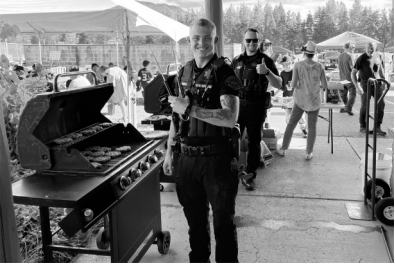
## Kendall PTA 4<sup>th</sup> Annual Spring Fair & Egg Hunt *by Carl McDaniel*

The Kendall PTA's 4th annual Spring Fair and Egg Hunt, held on Sunday, April 13th, was a resounding success, bringing together community members for a day filled with joy, laughter, and festive activities. This event not only celebrated the arrival of spring but also fostered a sense of community spirit and collaboration among local residents.

The fair featured a variety of vendors and providers, each contributing to the vibrant atmosphere. Families enjoyed taking pictures with the Bunny, a beloved tradition that added a whimsical touch to the day. Children were delighted by face painting, and the aroma of hot nachos wafting through the air enticed attendees to indulge in delicious snacks while they enjoyed the festivities.

One of the highlights was the cakewalk, where participants had the chance to win an array of cakes donated by generous community members. This not only provided a fun activity but also served as a fundraiser to support the PTA's initiatives. The main attraction of the Spring Fair was the egg hunt, which featured an impressive 6000 plastic eggs filled with candy. These eggs were generously sponsored by local organizations and stores, showcasing the community's commitment to supporting the event. The anticipation among the children was palpable as they gathered on the playground, eagerly awaiting the signal to begin the hunt. At precisely 1:00 PM, the masses of kids were unleashed and within a mere 15 minutes the field was cleared of all 6000 eggs. This rapid collection was a testament to the excitement and enthusiasm of the young participants, who dashed across the playground in search of their colorful treasures.

The success of the Spring Fair and Egg Hunt can be attributed to the collaborative efforts of community members, local businesses, and volunteers. It served as a reminder of the importance of coming together to celebrate shared values and traditions. The contributions of local organizations and the generosity of community members played a crucial role in making the event possible, highlighting the spirit of giving that is prevalent in Kendall.





# Community Scene



Mt Baker Community Coalition (MBCC) continues our efforts to support youth mental health and substance use prevention. Please join us! We meet on the third Monday of the month in the Mt Baker School District boardroom. Our next meeting is Monday, May 19, 2025 from 2:45 - 4:15pm. You can also attend via Zoom: Meeting ID: 873 2868 2462 Passcode: 893392

MBCC will be hosting a drug take back table at the Catherine Mahaffey East Whatcom Wellness Fair on Saturday, May 17, from 10am - 2pm at the EWRRRC. Please spread the word and bring your unused, unwanted, and expired medications! It is up to us to keep each other safe, and part of that is safely disposing of unused meds. If you have other prescription medications in the home that you are currently using, we recommend safe storage via medication lock bags. MBCC will be giving out lock bags, as well. Stop by, say hi, and get a lock bag!

Our high school group, One Baker Voice, meets after school on Mondays from 2:45 - 4:45pm in room 311 at MBHS. We also meet Club Fridays during PRIDE in room 311. If you are a high school student who likes helping others, hosting fun events, and is passionate about making change, please join us! If you have questions about MBCC or One Baker Voice, please contact Allison Ormsby at obv@wfcn.org.



## HAPPENINGS AT THE HALL

### RENOVATION NEWS

Good news! The building permit for the Hall renovation was issued. We are on track to break ground on the renovation this Summer or Fall. Please stay tuned for a Community Groundbreaking Ceremony. Donations are welcome! Please visit the SFVCA website, call 360 393-9583, or email [info@southforkvalley.org](mailto:info@southforkvalley.org).

**The Saturday Public Market** – Saturdays, May 3rd & 17th from 10am to 3pm, and every first and third Saturday of the month. Bread, jams, honey, knitted wonders, and more! Need a table? Call 360 594-7728 or email [market@southforkvalley.org](mailto:market@southforkvalley.org).

**Third Place Coffeehouse** – Noon to 4pm and every Sunday for the foreseeable future. Enjoy meeting new people or gathering with your closest friends over coffee or tea.

**Calling all Seniors!** – We seek an energetic partner to help organize senior meals, games, music and more. Email [info@southforkvalley.org](mailto:info@southforkvalley.org) or call (360) 393-9583 Help spread the word!

**Third Thursday Potluck and Open Mic** – Thursday, May 15th from 6pm to 9pm, and every third Thursday of the month. Come to the Hall and participate or just enjoy a meal and good conversation with friends and neighbors.

## FROM KRISTI'S DESK

by Kristi Slette, Executive Director  
Whatcom Family and Community Network

## Influence Child Wellbeing—Before They are A Twinkle in Our Eyes

Adults have responsibility for wrapping care and protection around children. That responsibility is often recognized when we become parents. However, before children are "a twinkle in our eyes" there are behaviors that adults can do to set our youngest and most vulnerable humans up for a better future in the before-pregnancy or pre-natal period.

Let's get scientific for a minute.

We used to think that our DNA strands were all that helped us become who we are. However, there is a protein coating around our DNA, called the epigenetic layer. It is a protein-based layer wrapped around the DNA strands: think about it like electrical wiring has a protective rubber coating around it.

Simply, this coating provides instructions for how the DNA should or should not activate traits. It turns genetic traits on or turns off; or turns trait expression up or down. Think about a light switch connected to the electrical wire. It can be turned on or off.

Or think about a dimmer light switch, it can be turned up or down. If our DNA is like the ingredients for a recipe, then the epigenetic layer is the instructions for what to do with the ingredients.

A child's epigenetic layer gets "tagged" or influenced, as far as science can tell thus far, by the daily experiences and behaviors of its parents and grandparents (at least two generations). That means that EVEN BEFORE a future parent has considered having a child, their behaviors and habits can impact the wellbeing a future child in both healthful and harmful ways.

If you exercise, recreate, rest, sing, play a sport--those activities you do most often can influence the way your child develops. As well, if you drink, smoke, fight, play video games to cope with stress--those regular, everyday behaviors can also code into the epigenetic layer that transfers instructions to your child's DNA.

There is a lot to know and learn about how this happens, but when we think about wellbeing across the lifespan--what you do or your parents did at any time before you or your child were born can impact their physical, mental and social wellbeing! Whoa! That's a lot to consider!

Bottom line: What we do matters. The habits we develop early in life are influenced by our family and community habits, cultures and values. This is a great part of identity! And any time we can choose healthier habits, like eating well, exercising the body and brain, and using calming strategies to manage stress the more likely we can increase the wellbeing of future generations!

Now that's pretty cool!

**EAST WHATCOM**  
HEALTH SERVICES COALITION

**THE 4TH ANNUAL**

## Catherine Mahaffey East Whatcom Wellness Fair

**May 17th 2025 | 10AM-2PM**  
**EWRRRC at 8251 Kendall Rd, Maple Falls**

The annual Catherine Mahaffey Wellness Fair is a community celebration of health and wellness, named after a generous philanthropist who called East Whatcom County home. The event honors Catherine's legacy of being deeply invested in the health and well-being of her neighbors and fellow community members.

**In the past, this event has offered:**

- Medical, Dental, & Vision Services
- Pediatric Wellness Services
- Memory & Hearing Services
- Insurance Resources & Registration Assistance
- Community & Other Wellness Services
- Massages & Fun Gifts
- FREE LUNCH & MORE!

**RSVP Here:**

**RSVP or Contact us!**  
**Phone: 360-599-3944**  
**Email: [ewrrc-allstaff@oppc.org](mailto:ewrrc-allstaff@oppc.org)**  
**QR Code: [www.oppc.org/ewrrc/healthfair/](http://www.oppc.org/ewrrc/healthfair/)**

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

# SHARE YOUR SPARE!

**You have 2 kidneys and only need 1!**

**Learn more about being a living kidney donor!**

**May 4, 2025**  
**12PM-2PM**

**Squalicum Boathouse**  
2600 N Harbor Loop Dr.  
Bellingham, WA 98225  
**Lunch Provided!**  
For more information email [kate@mtbakerfoundation.org](mailto:kate@mtbakerfoundation.org)

**Mount Baker Foundation**  
[mtbakerfoundation.org](http://mtbakerfoundation.org)

## Why Donate a Kidney?

Donating a kidney can save a life or significantly improve the quality of life for someone with kidney failure, offering them a chance to escape dialysis and live a longer, healthier life.

### Organ Donation: The Need

There are over 104,000 people in need on an organ transplant and 83% of those people are in need of a kidney. Their wait time could be 1 year, or up to 10 years. That's a long time to wait. Without life-sustaining dialysis or a kidney transplant, that person would die quickly. Some people live a long and active life on dialysis. However, a kidney transplant can allow that person to live many years dialysis-free. Kidney transplants have a tremendous success rate. In fact, in 97.2% of recipients, the donated kidney is still working at the one year mark. (Wang, 2016)

## EDDIE'S SCOREBOARD

### Another Rough Start for the Deming Nine

It's yet another arduous start for Mount Baker's baseball club. The team currently finds themselves in a four way tie for last in the Northwest Conference. So far, the team has amassed a record of one win and six losses. The lone win of the season? A non-conference offensive shootout against Mount Vernon Christian played on the turf of Skagit Valley College. The final score was 15-12.

Leading the team in stats so far is Dean Allred who currently has three base hits, two runs scored, two walks and three RBI's under his belt. One notable name missing from the roster is superstar Braven Nason. The star-studded shortstop is currently enrolled at the aforementioned Skagit Valley College where he competes on the school's baseball team. Nason also had a brief stint locally with the Bellingham Bells alongside fellow alumni Marques Brown this past August.

Mount Baker is attempting to clinch their first conference championship since 1996 and first playoff appearance since 2019. The current defending conference champion is Mount Vernon who went undefeated last year in a run that saw the Bulldogs make the state championship game in Pasco. The defending 1A state champion is Overlake/Bear Creek of Redmond who defeated one of Mount Baker's arch-rivals Meridian to win their first title in school history. Mount Baker has never won a state championship in baseball; though they do have two third place finishes from 1979 and 1981.

Writer's note: the information and stats provided in this article are from early April. An updated "debriefing" article will be provided in next month's installation.

### Rebus #2

Yesterday my husband thought he saw a cockroach in the kitchen. He sprayed everything down and cleaned thoroughly. Today I'm putting the cockroach in the bathroom.



## TWO GETS CALLS

### HUB SEEKING ARTICLES, PHOTOGRAPHS, STORIES, LOCAL DESTINATIONS & MORE

The Foothills Communication Hub is seeking articles, stories, etc. about the foothills region for the Outlook. Do you have a story about the history of one of our communities, or about someone who is making a positive difference in your neighborhood? Do you have a favorite local destination for a day out with the kids, an afternoon picnic, or a hike? Share local photos, stories and more with us and see your work published in the Outlook. Or maybe you have an idea for an article or story? Let us know! To submit to the Foothills Outlook, please review our submission guidelines on the Contributor Information page at [foothillsinfo.com](http://foothillsinfo.com) before emailing submissions to the editor at [info@foothillsinfo.com](mailto:info@foothillsinfo.com).





### The May GARDEN

With it finally warming up here in zone 8 it's a good time to start sowing seeds for veggies and annuals outdoors. Planting things like greens in succession will allow you a long harvest period. You can also direct sow sunflowers, nasturtiums, marigolds, borage, basil and other warm weather flowers and herbs. Note that most herbs benefit from a regular haircut and removal of flowers (herb flowers are edible so throw them in a salad, soup, on your sandwich, etc.). This helps promote bushy growth. It's a good idea to give your garden a thorough watering once a week rather than a daily drink. This encourages deeper root growth which will help sustain the plants during hot weather. Try not to walk through your garden when the leaves are wet after watering or after rain. As you pass by you could be transferring pests or disease to plants not yet infected. As soon as your spring greens begin bolting, pull them and plant another succession. Bolting stops the kind of growth you're looking for and causes the plants to be bitter. It's also time to start watching for pests. You can download apps that help identify and control pests that will make your garden much healthier. If you discover leaves that are sticky, check for aphids. It's always a good idea to order a container of ladybugs who will happily devour them for you! And what about the nemesis of every gardener in the area? **SLUGS!!!** Sprinkle some with diatomaceous earth around your plants. Or how about beer traps, slug bait and even crushed egg shells. I keep a squirt bottle full of rubbing alcohol at hand while working in the garden as well; it's an extremely fast and effective slug killer!

## Road Rules

by Doug Dahl

Q: I've noticed a proliferation of children riding small (but loud!) motorcycles around the neighborhood. Usually up and down the same street until presumably either their fuel runs out or their mother calls them in for dinner. Sometimes they have helmets, sometimes not. What does the law say about this kind of activity?

A: If I were twelve years old and had access to a pocket bike, I'd definitely want to ride it on the road. Twelve-year-old boys are kind of dumb that way. So parents, this one's on you, both legally and as the responsible adult.

First, the legal stuff. We're dealing with two parts here; the vehicle and the rider. You described the motorcycles as small and loud. The small part suggests they're not a typical street-legal motorcycle, and the loud part indicates they're not electric bikes. I'm guessing these are pocket bikes, mini versions of full-sized motorcycles. Pocket bikes don't reach even the lowest bar for a street-legal gas-powered two-wheeler, the moped. Although many pocket bikes meet the 50-cc engine size limit for mopeds, they fall short on the safety end of things. Mopeds are required to have (and this is a partial list) mirrors, brakes, controls, headlight, taillight, brake light, tires, and muffler. Pocket bikes have substandard equipment (brakes, tires, controls) or lack them completely (mirrors, lights, muffler).

The other clear giveaway that a pocket bike isn't street-legal: no license plate. Mopeds are required to be registered, and you won't get a registration for a pocket bike if it doesn't meet the safety requirements. But let's imagine that someone was able to find a pocket bike that met all the requirements for a moped and had it registered to ride on the road. That doesn't make it legal for a child to ride it. A moped rider must be at least 16 and have a valid driver license. Riders must also wear a helmet.

There's one more law I should mention, and this one is for the parents. It's unlawful to allow your child to operate a motor vehicle on a public roadway "when such minor is not authorized here under or in violation of any of the provisions of this chapter." In case you're wondering about what's in "this chapter," it's all the stuff mentioned in the previous paragraphs.

To summarize the potential legal consequences, the kid could get arrested for driving without a license, the parent could get an infraction for allowing their child to ride the pocket bike on the road, and the police could impound the pocket bike because it was operated by an unlicensed rider.

As inconvenient as they are, I'm less concerned about the legal consequences than the physical risks to a kid on a pocket bike. Looking back again on my twelve-year-old days, I didn't have the judgement to make good decisions while riding my bike down the street. (Like the time I tried to jump a ramp built out of a sheet of plywood and a garbage can, crashing gloriously in the center of the road.) If I'd have had access to a bike with a motor, I'd have made the same bad decisions, but twice as fast.

Tragically, reality bears out that other kids also aren't conscious of the risks. A quick internet search for kids crashing on pocket bikes returns too many responses of serious injury and fatal crashes. Pocket bikes can be fun, but a kid on an overpowered tiny motorcycle shouldn't be competing with traffic on public roads. If you kid wants to ride a pocket bike, keep them off the road.



## whatcom county library system

Keep up with all the resources at the Deming and North Fork Libraries. They have events, activities, and you can check out a wide variety of games, toys, musical instruments, back packs for hiking, and soooo much more!

**The Friends of the North Fork Community Library** will meet Wednesday, May 21st at 6:00pm. The Friends are supporting many library programs such as Whimsical Letters and Outdoor Music at the library in June. The Friends are also writing grants and fundraising to get a private meeting room at North Fork library. Currently, the Friends are giving a book for any donation made to the Friends of the North Fork Community Library.

**Crafting Community:** Drop in with your favorite arts and crafts and spend some time creating alongside other crafters. Knit, crochet, embroider, stitch, hook, paint, draw, etc. - all while connecting with others every Tuesday 4:00pm to 6:00pm.

**DSHS Mobile Office at the Library:** The Department of Social and Health Services Mobile Office is on the open road and coming to the North Fork Community Library! The Mobile Office gives DSHS the opportunity to provide crucial services in environments that may not have DSHS brick-and-mortar offices nearby, and to be agile in meeting the needs of people who could benefit from their programs. Each DSHS Mobile Office is staffed by specialists who can determine people's eligibility for state and federal medical, cash and food assistance programs. The team processes new applications, case reviews, changes, EBT card requests and required documents. They also take applications for the Child Care Subsidy Program and forward them to the Department of Children, Youth and Families for processing. The DSHS Mobile Offices do not provide: Onsite social service intakes and assessments  
Work First vouchers  
Child care subsidy determinations  
Tuesday, May 20 2025 10:00am - 2:00pm

## Why do YOU Love Your Community?

Each of us has a reason, or several, why we love where we live and we'd like to hear why you love living in the Foothills. Tell us why you love your community in a poem, a couple of lines, photos or a short story (200 wds or less). Send them to us at [info@foothillsinfo.com](mailto:info@foothillsinfo.com) by the 15th of each month to be included in the next issue of the *Outlook*.

Dawna Drum says, "I love living here because of the beauty all around me. I didn't grow up with mountains and mossy trees and swirling mist, but now I can't imagine not being surrounded by them."

Send us your reasons why you love your community at [info@foothillsinfo.com](mailto:info@foothillsinfo.com)!

*Image courtesy of Dan: Foggy morning at Kendall Lake*





## Call for Vendors

Do you love making things?

**BE A VENDOR AT SUMMERFEST!**

When? Aug 2, 4-8pm

Where? 7547 Kendall Rd Maple Falls WA

Fee: \$20.

For more information & a vendor application, email us at: [Kendallsummerfest@gmail.com](mailto:Kendallsummerfest@gmail.com)

To register to be a vendor, scan the QR code and fill out the form.



## Anagrams: May Flowers

1. Chanty Hummers
  2. Sly laden atom
  3. A beluga violin
  4. Ceca ha en l
  5. Cheeky lo sun
6. A meowed stew
  7. A cradled jobs
  8. Cleans qua nee en
  9. A truism nut
  10. Email sew wilt

*Solutions on back page*







# HEZ Updates





**Each raindrop creates ripples  
that connect with other drops;  
all the drops together can  
MOVE MOUNTAINS!**



## The Work Starts Here—And It Starts With You.

Over the past year, we’ve been listening—really listening—to people across the Mount Baker School District. In conversations, surveys, and community gatherings, you’ve told us what matters most: access to healthcare, affordable housing, reliable transportation, support for families and youth, and stronger neighborhoods.

We’ve pulled those insights into the top 10 priorities shared by the community. Now, we’re carrying that momentum into our Community Action Workshops—not just meetings, but spaces to dream, plan, and take action together.

The Health Equity Zone (HEZ) is here to back community-led solutions powered by the people who know this place best—you.

Want to know what made the list? Read more about the top 10 community priorities on the next page.

## Getting Involved!

We’re currently looking for 10 Trusted Messengers to help spread the word about HEZ—especially in parts of the community that haven’t heard about it yet.

Each Trusted Messenger will receive \$500 to support their efforts in sharing information and building momentum. If that sounds like you, reach out to us!

Want to lead the way in other ways too? Host your own Action & Solutions Workshop—we’ll provide the tools and resources, and you’ll guide the conversation with your friends, family, and neighbors. Email us at [HEZInfo360@gmail.com](mailto:HEZInfo360@gmail.com) to get involved. Strong communities aren’t built for us—they’re built by us. Let’s get started.

**Щоб отримати цю  
інформацію  
українською,  
відскануйте цей QR-код:**



**Learn more by  
scanning this QR  
code:**



**ਇਹ ਜਾਣਕਾਰੀ ਪੰਜਾਬੀ ਵਿੱਚ  
ਪ੍ਰਾਪਤ ਕਰਨ ਲਈ, ਇਸ QR ਕੋਡ  
ਨੂੰ ਸਕੈਨ ਕਰੋ।:**



**Чтобы получить эту  
информацию на  
русском языке,  
отсканируйте этот  
QR-код:**



**Para acceder a esta  
información en  
español, escanee este  
código QR:**



**Để truy cập thông tin  
này bằng tiếng Việt,  
hãy quét mã QR này:**

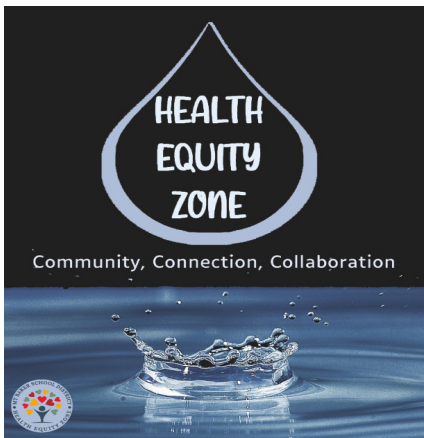






# HEZ Events





Mount Baker Health Equity Zone

## TOP 10 FOCUS AREAS

For 2024–2025

Based on Community Input from the 2024 Outreach and Engagement

*This document identifies what we’ve been hearing loud and clear from folks across the Mt. Baker School District. These are the areas that matter most to the community—the things people have shared in conversations, surveys, and at our gatherings. We’re bringing these forward into our Community Action Workshops as a way to keep the momentum going. These gatherings aren’t just meetings—they’re spaces for dreaming, planning, and taking action together.*

1

Access to medical services



Community members ranked general medical care and dental access as the top unmet health need. There is a strong call for nearby, walk-in healthcare services and consistent dental care.

2



Food Access

The affordability and availability of healthy, local food remains a high concern. Residents want more direct connections to local farms and expanded food access programs.

3

Housing



Concerns include affordable housing, managing short-term rentals, and protecting rural character from overdevelopment.

4



Transportation

Lack of public transit options isolates residents from jobs, grocery stores, pharmacies, and healthcare. A rural transportation solution is a top priority.

5

Youth Engagement & Activities



Families want more programs and safe, welcoming spaces for youth. This includes calls for skateparks, afterschool activities, and leadership opportunities.

6



Recreation & Public Spaces

A consistent and surprising theme: strong interest in building a community pool, along with walking trails, outdoor exercise areas, and ADA-accessible recreation.

7



Environmental Health & Resilience

The community raised urgent concerns about flooding, wildfire risk, deforestation, and environmental degradation—linking these to public health and safety.

8

Trash Clean-Up & Property Conditions



A priority across many neighborhoods: cleaning up blighted lots, addressing junk accumulation, and improving community aesthetics and hygiene.

9



Economic Development & Local Jobs

Proposals include a multi-use strip mall with essential services (clinic, café, laundry), grocery stores, and job training programs that reflect rural economic realities.

10

Community Ownership & Decision-Making



Residents stressed the need for transparency, accountability, and local control. They want to lead the work—not be spoken for by outside agencies.

**Got Ideas? Bring Them.**

These issues came straight from the community—and now we need your voice to shape what happens next. If you’ve got ideas, questions, or just want to be part of the conversation, come to a Community Action Workshop near you. **Our next upcoming Community Action Workshop is April 26th, 1pm–3pm in the cafeteria of the Mt Baker High School.**

*Together, we can build something better—starting with your story.*

**This is your story, your priorities, your voice. We’re collecting what we’ve heard so far—not as a final answer, but as a starting point. If something’s missing or you’ve got ideas, we want to hear from you!**





# Resources



**988** SUICIDE & CRISIS LIFELINE

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

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

**imhurting** CRISIS CHAT

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

**FOOTHILLS FOOD BANK**  
Serving Families in the Mt. Baker Foothills Community

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

**Bridge 2 Services**  
People Helping People

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

**The National Alliance on Mental Illness**  
NAMI Whatcom Mental Health Support Group meets the 2nd Thursday of each month 10:00am -11:30AM at the East Whatcom Regional Resource Center, 8251 Kendall Rd, Maple Falls WA 98226. This no-cost structured support group, facilitated by trained peers offers respect, encouragement, connection, and hope for individuals 18 and over affected by mental health conditions, including family and friends. Learn from other's experiences, share coping strategies, and offer each other encouragement and understanding in a safe, confidential space. For more information visit www.namiwhatcom.org , call us at 360-671-4950 or email namiadmin@namiwhatcom.org  
NAMI Whatcom Office  
800 E. Chestnut St., Suite 1C  
P.O. Box 5571, Bellingham, WA 98227 Phone: (360)-671-4950  
Website: namiwhatcom.org  
Facebook: facebook.com/namiwhatcom



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

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

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

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

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

**The Whatcom County burn ban is Stage 1 - Recreational Fires Only**  
Recreational fire requirements:  
Up to 3 feet by 3 feet of seasoned firewood or charcoal only  
Must have enclosure 16 inches high, made of steel or masonry/rockery 25 feet from structures, timber, and combustible material  
15 feet of overhead clearance required  
Garden hose or (2) 5-gallon buckets of water at fire  
Hand tools required onsite  
Allowed after dark if attended until fire is out cold  
No burning when winds exceed 7 MPH  
**Remember: in an emergency dial 911**  
info@wcfcd14.org

**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

### Rebus #3



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

**Sea Mar Community Health Center**  
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

**Unity Care NW**  
Health Care for Everyone

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

**THE SALVATION ARMY**

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

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

**Lifeline Connections**  
Substance use & mental health treatment

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 Health and Community Services** is a countywide department that works to promote health, prevent disease and injury, provide accurate and reliable health information, preserve a healthy environment, and prepare for and respond to emergencies. Whatcom County Health Department provides vaccine clinics, septic homeowner trainings, opportunities for engagement, and more.  
360-778-6000  
arobinso@co.whatcom.wa.us  
https://www.whatcomcounty.us/4307/Health-Department

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

**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 EWRRC.

**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

## Tribonds:

Can you figure out what each set of three have in common?

① <b>Walking Broom Drum</b>	② <b>Lighthouse Stars Diamonds</b>	③ <b>Plugs Worm Phone</b>
④ <b>Fresh Breath Smog</b>	⑤ <b>Trade Cross Whirl</b>	⑥ <b>Popcorn Crackers Pretzel</b>
⑦ <b>Ear Telephone Onion</b>	⑧ <b>Wheels Engine Handlebars</b>	⑨ <b>Bag Shorts Kangaroo</b>
⑩ <b>Bank Post Flash</b>	⑪ <b>Vine Rope Snake</b>	⑫ <b>Keeper Hive Sting</b>



# Resources



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

Youth is the gift of nature, but age is a work of art.

## seniorResources

### Senior Resources

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



Meals on Wheels and More  
Serving Whatcom and San Juan Counties

### Meals and Wheels and More

supports the health and independence of the older adult populations of Whatcom and San Juan Counties by providing nutritious food, social connection, and nutrition education. Through our Meals on Wheels and Community Meals provide 2000+ seniors throughout Whatcom and San Juan Counties with more than 200,000 nutritious meals each year! Every meal we provide meets at least third a senior's daily nutritional requirements. Seniors are at increased risk for malnutrition for multiple reasons including: Chronic or acute illnesses Decreased ability to shop for and to prepare healthy meals Depression Lack of funds It is our goal to ensure that all Whatcom and San Juan seniors have access to the nutrition they need to remain healthy and independent in their homes as long as possible. 360-746-6480 <https://whatcomcoa.org/meals-on-wheels/>

### Medicare.gov

### Medicare.gov

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

### 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>

### Volunteer Chore Program

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



### Dementia Support NW

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



### Whatcom Council on Aging

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



### Care Connect

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



### The Center for

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



### Catholic Community Services

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



U.S. Department of Veterans Affairs

### Veterans

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



U.S. Department of Veterans Affairs

### Vet Center

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



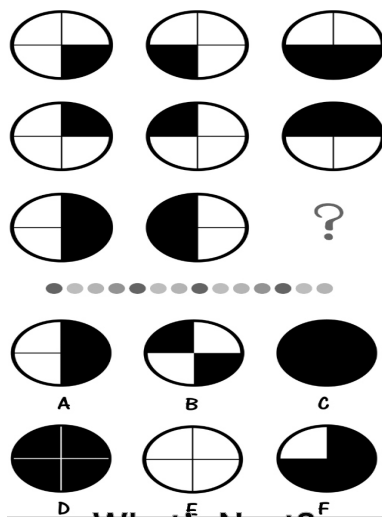
WHATCOM COUNTY HEALTH AND COMMUNITY SERVICES



If you're a Whatcom

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

## What's Next?



### What's Next?

There's a pattern to the images. Can you figure out the sequence and choose the correct image that comes next from images A, B, C, D, E, or F?

Solution on back page

AT AGE 4 SUCCESS IS NOT PEEING IN YOUR PANTS.  
AT AGE 12 SUCCESS IS HAVING FRIENDS.  
AT AGE 16 SUCCESS IS HAVING A DRIVERS LICENSE  
AT AGE 20 SUCCESS IS HAVING SEX.  
AT AGE 35 SUCCESS IS HAVING MONEY.  
AT AGE 50 SUCCESS IS HAVING MONEY.  
AT AGE 60 SUCCESS IS HAVING SEX.  
AT AGE 70 SUCCESS IS HAVING A DRIVERS LICENSE.  
AT AGE 75 SUCCESS IS HAVING FRIENDS.  
AT AGE 80 SUCCESS IS NOT PEEING IN YOUR PANTS.



### Department of Children, Youth, and Families

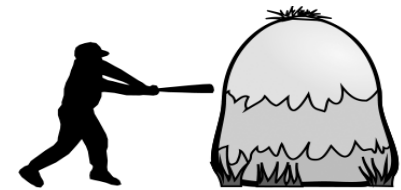
DCYF is a cabinet-level agency focused on the well-being of children. Our vision is to ensure that "Washington state's children and youth grow up safe and healthy—thriving physically, emotionally and academically, nurtured by family and community. **Report Child Abuse and Neglect** | 1-866-ENDHARM (1-866-363-4276)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



### FAMILY SERVICES & PARENTING SUPPORT

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

### Rebus #4



### Parent to Parent of Whatcom County

### The Parent to Parent Support Programs

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



### PARENT TRUST

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

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



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

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










# Resources





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


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

**Wraparound Services:** Evergreen Goodwill's instructors, case managers, and employment specialists support students holistically based on their individual needs and help remove barriers to employment and education. Students can receive support for barriers like housing, transportation, legal or immigration matters, among many others.

**Reentry Services:** Finding work with a conviction history can be a challenge, but Evergreen Goodwill is here to help. Initially, our Employment and Reintegration Strategies class focuses on mental and physical health, stress management, the theory of change, and goal setting exercises. The second half of the curriculum helps students plan their careers, search for jobs, and prepare for interviews. (360) 752-2080 [evergreengoodwill.org](http://evergreengoodwill.org)

Rebus #7






**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](mailto:ell@whatcomliteracy.org)  
(360) 685-6756  
<https://www.whatcomliteracy.org/english-language-learner>




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



**Vocational Rehabilitation**

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




**Employment Security**

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



**Office of Refugee and Immigrant Assistance Resource Tool**

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



**Helping Immigrant Families**

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

"A positive mind finds a way, a negative mind looks for all the ways it can't."  
~Anonymous

**KIDS IN THE KITCHEN**

Teaching your kids how to cook is something everyone can have fun with and enjoy the results at the dinner table!

**Cheesy Black Bean Quesadillas**  
Serves 2-4 Level: Easy  
Prep: 15 min Cook: 10 min

15 oz can low sodium black beans  
2 oz cheddar cheese  
2 spring onions  
¼ tsp ground cumin  
½ tsp smoked paprika  
Small handful chopped cilantro  
2 large tortillas

**Equipment**


Can opener	Sieve
Mixing bowl	Potato masher
Box grater	Cutting board
Scissors	Measuring spoons
Frying pan	Pizza cutter

Open can of beans and drain through sieve into sink. Put beans into mixing bowl and mash to lumpy texture with potato masher. Grate the cheese with box grater over chopping board. Add cheese to bowl with mashed beans. Peel the papery skins off the onions and use scissors to cut off roots and dried green ends. Snip them into small pieces and add to the bowl. Using scissors, cut the cilantro into small pieces and add to bowl. Measure ¼ tsp cumin and ½ tsp paprika into bowl. Add salt and pepper to taste and stir everything together. Place a tortilla on cutting board and scoop half the bean mixture onto half the tortilla. Fold the empty half over the full half. Repeat with second tortilla. Heat frying pan to medium low for 2 minutes. Lift one quesadilla with pancake turner and place in pan. Repeat with other quesadilla if pan is large enough or save until the first one is done. Every minute or so, lift the quesadilla to see if it's getting toasty brown. When it is, carefully flip it to the other side and let cook another 2-4 minutes. When all quesadillas are done, turn off heat and slide them onto the cutting board. Cut into wedges with pizza cutter and enjoy!



**Whatcom Human Rights Task Force Northwest Immigrant Rights Project (NWIRP)**

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



**Immigrant Rights Resources WAISN- Washington Immigrant Solidarity Network**

At WAISN, we are committed to defending immigrant and refugee communities from deportation while advocating for meaningful, systemic change. Our work focuses on both deportation defense and pushing for policies that ensure justice for all Washingtonians. We invite you to join us in advocating for policies that guarantee everyone, regardless of immigration status, has access to healthcare, and that all excluded immigrant workers have access to unemployment insurance. Together, we can make a real difference and fight for a more just and equitable future for immigrant communities across Washington. Deportation Defense Hotline (Monday-Friday; 6am-6pm) at 1-844-724-3737. [info@waisn.org](mailto:info@waisn.org) <https://waisn.org>

Rebus #8

DOOR DOOR DOOR



**Make PUFFY PAINT With your kids!**

1 T self-rising flour\* 1 T salt  
Water Food coloring  
Paint brushes or q-tips – to paint with  
Thick paper or cardboard

Stir flour and salt together in a bowl. Add water slowly as you stir to make a paste like stirred yogurt. Add 1-2 drops food coloring and stir. You can use a paint brush to apply the paint, or spoon it on and spread it out. When your painting is done, pop it in the microwave for 30 seconds to see the magic happen!!



\*Make self-rising flour by mixing together: 1 cup all-purpose flour, 1 ½ tsp baking soda, ¼ tsp salt

Word Search: The Muppets!


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

Kermit	Miss Piggy	Gonzo	Fozzie Bear
Pepe	Rizzo	Rowlf	Beaker
Scooter	Clifford	Bobo	Waldorf
Walter	Statler	Big Bird	Oscar
Elmo			

**Riddles for Kiddles**  
**Answers on back page**  
**1. What do you call a fish with no eyes?**  
**2. Why did the bicycle fall over?**  
**3. What comes down but never goes up?**



**Whatcom Dispute Resolution Center** services focus on both conflict prevention and conflict intervention and include mediation, training, facilitation, coaching, supervised visitation, and community education for youth, adults, families, organizations, and businesses throughout Whatcom County. Services are offered in-person and virtually. 206 Prospect Street, Bellingham 360/676.0122 [wdrc@whatcomdrc.org](mailto:wdrc@whatcomdrc.org) [www.whatcomdrc.org](http://www.whatcomdrc.org)



**Supporting Families of Those Detained/Deported**

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



# Organizations



The goal of the **Health Equity Zone** is to ensure that everyone has a fair shot at being healthy, no matter who they are or where they come from. Food and childcare will be provided at each event, and all ages are welcome. As a thank you for your participation, all attendees will receive Visa gift cards. Find out more and register here: CHF Health Equity Zone. HEZInfo360@gmail.com 360.222.7031



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



**KAVZ Radio is Your Voice of the Valley** in the South Fork Nooksack Valley and East Whatcom County. We are the only community, low-power FM radio station in East Whatcom County. We are located in Van Zandt in the beautiful South Fork Nooksack Valley. and serve the communities of Van Zandt, Acme, Deming, Welcome and all the rural areas in and around Van Zandt. We are an all-volunteer radio station that provides a diverse program of music and informational programming with a focus on local interests and local needs. KAVZ is a program of the South Fork Valley Community Association (southforkvalley.org) and is housed at the historic Van Zandt Community Hall. KAVZ has a long and storied past as a community radio station and we are undertaking to continue our service to the community and refresh our programming and our vision in response to community feedback. As an all-volunteer station, we are always open and seeking more volunteers to help us in our mission. Whether you bring relevant experience in broadcast, music and audio or want to learn, please contact us at info@kavz.org if you want to find out how you can contribute, participate and learn. You can stream music from our website 24 hours a day at: <https://foothillsinfo.com/print-and-radio/> (360) 230-8176 info@kavz.org <https://www.kavz.org>



**Columbia Valley Community Connections: What Do You See Growing Strong in the Foothills?** There is wisdom in being able to see and identify the positives around you! We live in an abundant community! What are you noticing growing strong in your neighborhood or community? Part of improving a community starts with noticing its strengths, assets, treasures and beauty. A challenge for each of this next month is simply to notice all the good around you. When we focus on what we have, we begin recognize what we want more of to make a better future. We can begin to imagine that better future, feel inspired to set some goals to engage in community, lend our resources to the effort, and participate and contribute to what is possible. As you drive, look and notice the community strengths and ask yourself what you see that you want more of in your community? Inquire, within yourself about what you have to contribute? It is time, money, resources, knowledge, ideas? There are opportunities awaiting! If you are interested in getting connected to any number of efforts in Columbia Valley, email Kristi at [executivedirector@wfcn.org](mailto:executivedirector@wfcn.org)



**The Foothills Community Alliance** (FCA), a 501c3 organization was formed in 2020 by local community members with the purpose of funding projects aimed at improving the lives of the residents of Columbia Valley UGA. A generous grant from the Mount Baker Foundation has made it possible to fund projects such as a park, the Kendall Elementary reader board, a local chipping event, the Foothills Communication Hub, Kendall Spring Fair and Easter Egg Hunt, Food Bank funding for quality food, since 2020 the Kendall Summerfest, and many other wonderful programs and events. Our goal is to be the voice of the community through actively listening to our neighbors needs and addressing concerns regarding things like Safety, Health, Food Access, Education, Recreation, Transportation, and so many other vital issues that affect our residents. We aim to provide funding for projects that will benefit all Columbia Valley UGA residents. We welcome ALL of you to join our organization and be a voice! To volunteer, apply for a board position, or request funding for a project or idea, please visit our website at: [www.foothillscommunityalliance.com](http://www.foothillscommunityalliance.com) or reach out via email at: [info@foothillscommunityalliance.com](mailto:info@foothillscommunityalliance.com). JOIN US THE 2ND WEDNESDAY OF EACH MONTH at the Kendall Elementary Library, 7547 Kendall Rd. Maple Falls at 5:30pm in person and via Zoom Look for our event on our Calendar and in The Foothills Outlook and on [www.foothillsinfo.com](http://www.foothillsinfo.com). [info@foothillscommunityalliance.com](mailto:info@foothillscommunityalliance.com) 360-410-9114 <https://www.facebook.com/FoothillsCommunityAlliance> **Please Note:** Our meeting location will be via Zoom in the Summer during school closure and a link will be available on our website: [www.foothillscommunityalliance.com](http://www.foothillscommunityalliance.com) as well as on local social media platforms.



Local community-led Watch Group focused on safety in the Columbia Valley UGA area. Monthly meetings held the first Tuesday of each month at the North Fork Library. [nwmaplefalls@gmail.com](mailto:nwmaplefalls@gmail.com) 360-933-1620 <https://www.facebook.com/groups/718686472042194>

## Across

- Forcibly hold someone against their will
- Analysis of firearms/bullets
- Organized criminal society
- Scientific processes used in crime detection
- Imply someone did something wrong
- Not guilty judgment
- Area of authority
- Fire starter
- Person who carries out unlawful act
- Illegal activity online
- Falsifying or creating false document
- Killing of another person
- Deal or trade in something illegal
- Punishment for a crime
- Person thought to have committed a crime
- Down**
- Defining a perpetrators characteristics
- An ? is made against someone
- Steal from a store
- Damaging someone's property
- When someone is officially charged with a crime
- Formally accused
- Obtaining something through threats
- Defenses opponent
- Accidental killing
- Minor crime
- Procedure to determine cause of death
- Information/materials that provide proof
- Selecting a jury
- What the jury decides



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

## Rebus #9



position  
position  
position  
position



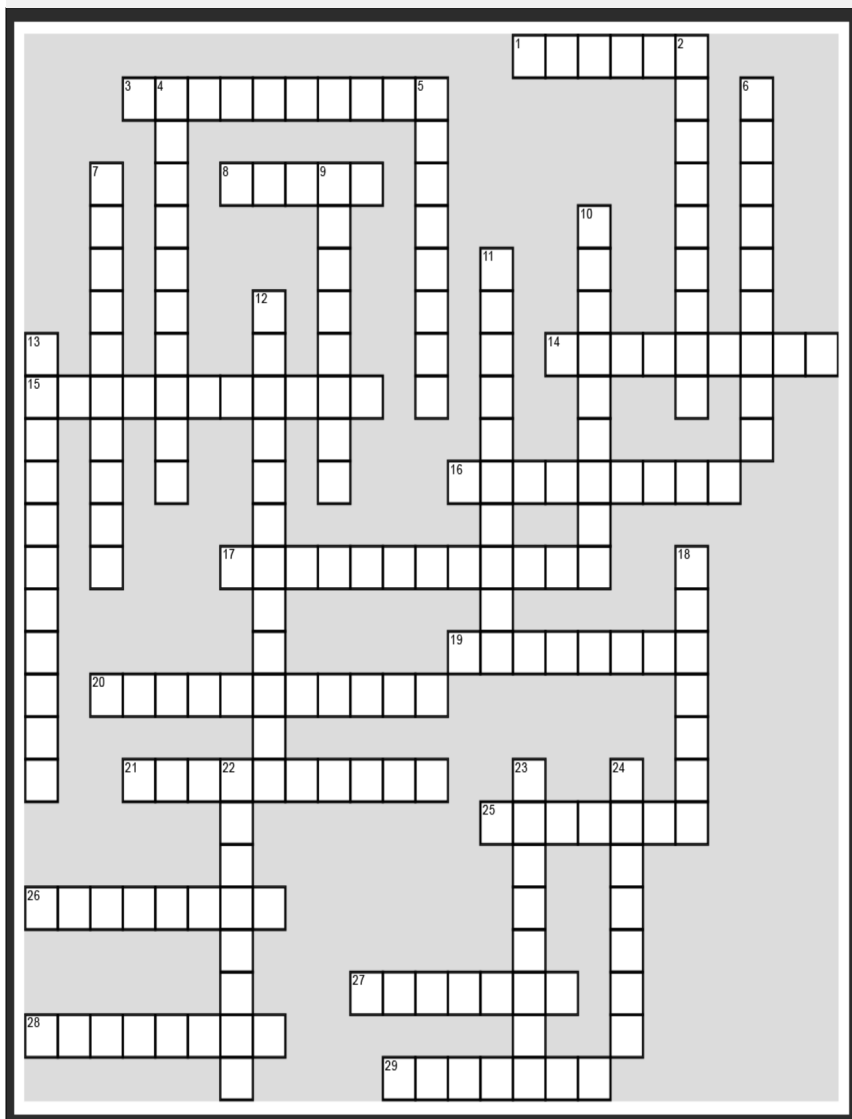
**Mt. Baker Chamber of Commerce** was formed in 1982 to support businesses and build community in the East Whatcom region of Whatcom County in Washington State.offered to businesses, as well as residents, interested in supporting local businesses and Chamber projects. In acknowledgementthe many amazing people in our community that are members or allies of the LGBTQ+ community, AND to actively resist bigotry, hate and the marginalization of any member of our community we want to make it clear that: We believe, Black Lives, No Human is Illegal, Love is Love, Women's Rights are Human Rights, Science is Real, and that Injustice Anywhere is a Threat to Justice Everywhere.  
The Mt. Baker Visitor Center in the Maple Falls Town Hall is open daily from 10 am to 4 pm, 7509 Mt. Baker Hwy., in Maple Falls. Staff and Volunteers are on hand to answer questions and provide suggestions to travelers and locals alike. Some business support services are available including printing, laminating, and notary. Stop by, Rebecca and Sonya will be happy to see you!  
Each spring and fall the Chamber organizes a team of volunteers to clean up litter along Mt. Baker Hwy. Volunteers are needed and appreciated!here to contact Sonya. Produced in the Mt. Baker Visitor Center, the Mt. Baker Local Resource Guide is our local directory of businesses in the East Whatcom region. It features members of the Chamber alongside other notable local businesses and community resources. The Chamber Board of Directors meets once per month on the second Tuesday at 6 o'clock in the Maple Falls Town Hall. Members and visitors are welcome,contact Rebeccayou'd like to make a



## May Crossword Puzzle

### "Law and Order"

*Solution on back page*







# Foothills Community Calendar



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

## The Foothills Outlook May 2025 Calendar of Events

FAILURE IS NOT FALLING DOWN,  
FAILURE IS REFUSING TO GET UP.”  
~Chinese proverb

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29 10:30 AM - 11:00 AM Story Time at North Fork Library	30	1 4:00 PM - 7:00 PM Foothills Food Bank Distribution	2 5:00 PM - 7:00 PM Dungeons & Dragons	3 10:00 AM - 3:00 PM Van Zandt Public Market  7:00 PM - 8:30 PM Music, Muse & Maker
4 12:00 PM - 4:00 PM ☞ Third Place Coffee House	5 2:45 AM - 4:45 AM One Baker Voice Meeting	6 10:30 AM - 11:00 AM Story Time at North Fork Library  4:00 PM - 6:00 PM ☞ Crafting Community at North Fork Library  5:00 PM - 6:00 PM Neighborhood Watch Dogs	7	8 8:00 AM - 5:00 PM ☞ Columbia Valley Park and Recreation District Public Meeting  4:00 PM - 7:00 PM Foothills Food Bank Distribution	9 5:00 PM - 7:00 PM Dungeons & Dragons	10
11 12:00 PM - 4:00 PM ☞ Third Place Coffee House	12	13 8:00 AM - 11:30 AM Ask-a-Nurse Clinic  10:30 AM - 11:00 AM Story Time at North Fork Library  4:00 PM - 6:00 PM ☞ Crafting Community at North Fork Library	14 4:00 PM - 5:00 PM Art + Audio at Deming Library	15 4:00 PM - 7:00 PM Foothills Food Bank Distribution  6:00 PM - 9:00 PM Third Thursday Potluck & Open Mic  6:00 PM - 7:00 PM Advanced Care Planning Workshop	16 10:00 AM - 11:00 AM Mobile Food Pantry Distribution  5:00 PM - 7:00 PM Dungeons & Dragons	17 10:00 AM - 2:00 PM 4th Annual Catherine Mahaffey Wellness Fair  10:00 AM - 3:00 PM Van Zandt Public Market  10:00 AM - 2:00 PM Mt Baker Community Coalition Drug Take Back  + 1 More
18 12:00 PM - 4:00 PM ☞ Third Place Coffee House	19 6:30 PM - 8:00 PM Friends of the Deming Library	20 10:00 AM - 2:00 PM DSHS Mobile Office at North Fork Library  10:30 AM - 11:00 AM Story Time at North Fork Library  4:00 PM - 6:00 PM ☞ Crafting Community at North Fork Library	21	22 4:00 PM - 7:00 PM Foothills Food Bank Distribution  6:30 PM - 8:00 PM Columbia Valley Water District Regular Meeting	23 5:00 PM - 7:00 PM Dungeons & Dragons	24
25 12:00 PM - 4:00 PM ☞ Third Place Coffee House	26	27 8:00 AM - 11:30 AM Ask-a-Nurse Clinic  10:30 AM - 11:00 AM Story Time at North Fork Library  4:00 PM - 6:00 PM ☞ Crafting Community at North Fork Library	28	29 4:00 PM - 7:00 PM Foothills Food Bank Distribution	30 10:00 AM - 4:00 PM Youth Mental Health First Aid  5:00 PM - 7:00 PM Dungeons & Dragons	31

## PUZZLE SOLUTIONS

**Crossword solution**  
**Across:**  
1. Kidnap, 3. Ballistics, 8. Mafia  
14. Forensics, 15 Incriminate,  
16. Acquittal, 17. Jurisdiction,  
19. Arsonist, 20. Perpetrator,  
21. Cybercrime, 25. Forgery,  
26. Homicide  
**Down:**  
2.Profiling, 4. Accusation,  
5. Shoplift, 6. Vandalism,  
7. Indicted, 10. Extortion,  
11. Prosecutor, 12. Manslaughter,  
13. Misdemeanor, 18. Autopsy,  
22. Evidence, 23. Voir dire,  
24. Verdict

**What’s Next answer**  
C: ●  
**Tribonds**  
1. Kinds of sticks  
2. Things that shine  
3. Words that can start with “ear”  
4. Words related to air  
5. Types of winds  
6. Kinds of snacks  
7. They all have rings  
8. Parts of a motorcycle  
9. Things that have pockets  
10. Kinds of cards  
11. Things that are long and thin  
12. Words you can add “bee” to

**Anagrams**  
1. Bed of roses, 2. Flowery speech, 3. Cherry pick, 4. Go to seed, 5. Grow like a weed, 6. Green thumb, 7. Kick the bucket, 8. Late bloomer, 9. Put down roots, 10 Shrinking violet, 11. Thorn in side  
**Rebus Answers**  
1. Get into 2. Back packing  
3. Saturn 4. Hit the hay  
5. What’s next 6. Discoveries  
7. Advanced 8. Door to door  
9. Lily pad 10. Jockey for position

**Kids Corner Riddle Answers**  
1. Fish  
2. It was too tired  
3. Rain

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