

The FOOTHILLS OUTLOOK

Connecting Foothills community members with vital
resources, organizations and events



Issue 2, no. 22
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Whatcom County Health Department: Building New Paths Forward

Whatcom County's Health & Community Services (WCHCS) is facing one of the most challenging moments in its history. New director Champ Thomaskutty described it as "the trifecta... an imperfect storm," where shrinking federal, state, and local revenues collide with rising community needs, especially in rural regions like the Mt. Baker School District (MBSD).

Despite these pressures, the department continues delivering essential services while developing better methods of care and more strategic approaches to allocating limited funds.

A Funding Crisis That Touches Every Corner of Public Health

Last year WCHCS lost \$380,000 in funding, and this year faces more than \$1.3 million in reductions to Foundational Public Health Services over the next two years. Thomaskutty noted that federal, state, and local revenues are "all... squeezing in."

To protect the community, leadership is prioritizing:

- Legally required services
- Programs unique to Whatcom County
- Services where discontinuation would cause harm

Their goal: "Trying to not do harm while we try to do better."

Efficiency, Puzzle-Solving, and People Who Bring Heart

Rather than "burning it down," the department is taking a careful, strategic approach. By mapping capacity gaps, borrowing expertise, and relying on people with deep institutional knowledge, Thomaskutty is examining every aspect to find better ways of providing services on an ever-tightening budget. He spoke of a retired county administrator who sees "the humanity behind the numbers... For him, the numbers have life."

This blend of emotional intelligence and systems-thinking helps the department navigate tough decisions without losing sight of the people for whom the programs exist.

Providing Care Where Needed

MBSD faces some of the steepest barriers to care in the county, lacking mental health support, recovery groups, and basic services such as immunization clinics. To close rural gaps, WCHCS is expanding mobile outreach and pop-up clinics. A recent elementary school vaccine clinic demonstrated how effective these models can be.

Popup clinics offer dentistry, health management, prescreening, needle exchanges, and other preventive services, all of which are flexible tools essential for reaching historically underserved communities.

A Unique Department

Most people think of septic inspections, birth certificates, or immunizations when they think of a county health department. WCHCS does all of that and much more. With more than 100 programs, including housing and emergency shelters, veteran's services, maternal and child health, behavioral health response systems, communicable disease control, street medicine, and substance-use prevention, the department reflects how health is shaped by housing, safety, support systems, and human connection.

Safety & Support: Harm Reduction with a Human Touch

Because "harm reduction" has become politically sensitive, the program is framed as Safety & Support—but the mission remains unchanged: prevent infections, provide basic healthcare, improve pregnancy outcomes, and help people move toward recovery when they're ready. Thomaskutty described it as "bringing your neighbor cookies," a shift from seeing staff as officials to seeing them as people who care.

Prevention also includes supporting families and children with complex needs. In Washington, 1 in 5 children have a special health care need, and local estimates suggest similar proportions in Whatcom County. Programs like CYSHCN help families navigate services so every child has the opportunity to thrive.

The Response Systems programs serve people with behavioral health challenges who often rely on 911, crisis services, or the legal system. These programs provide crisis support and help stabilize people who lack adequate care.

Prevention also takes the shape of providing sterile syringes, safe disposal, STI/HIV testing, hepatitis C screening, and connections to treatment. When diseases do spread, health departments lead containment and treatment efforts. During the pandemic, WCHCS spearheaded local COVID-19 response, public health guidance, and vaccination efforts.

Urgency of Early Support

Children in our area have lived through the trauma of the pandemic and two catastrophic floods, events that imprint deeply on developing brains. One local leader noted that a 10-year-old today has already experienced displacement, loss, and instability that profoundly affects their development and ability to manage trauma. Through the health department teachers are being trained to recognize red flags indicating a child is struggling, including trauma, early-onset mental health conditions, and substance use masking deeper issues. These supports offer children a system of adults who know how to help.

The Quiet Work That Protects Us All

Beyond visible programs, WCHCS continues its primary responsibilities: emergency preparedness, immunizations, infectious disease surveillance, environmental health, food safety, tobacco control, and chronic disease prevention. These everyday protections keep our water safe, prevent outbreaks, and ensure rapid response during crises.

This Moment Matters

Public health is a long-term investment in community well-being. It's building trust, offering support, and being there for people on their hardest days. Even in an "imperfect storm," Whatcom County's health department is working to protect what matters most: people.

Our county health department provides so many services and programs it's impossible to list them here. If you are looking for assistance, check out these links and explore the county website for more.

<https://www.whatcomcounty.us/4307/Health-and-Community-Services>

<https://whatcomhealthinsights.org/>

<https://www.whatcomcounty.us/3932/Response-Systems>

<https://www.healthychildrensfund.org/>

<https://www.whatcomcounty.us/3191/Environment>

*(to learn more about upstream health: <https://healthcity.bmc.org/upstream-healthcare-sdoh-root-causes/>).

Free

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BECOME A CONTRIBUTOR

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

Submissions Deadline: 15th of each month

You can find our **Submission Guidelines** under Contributor Information on our website at foothillsinfo.com

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Local Man Recovering after Bison Attack

Following his impromptu flying lesson from a Yellowstone bison, Carl McDaniel is back home recovering surrounded by family.

Carl is well-known throughout the Foothills for his community activism and advocacy which have been instrumental in bringing the needs of this area to the attention of legislators, policy makers, and others to improve the lives of everyone in the MBSD.

Carl thanks everyone for their concern and care.

bugwalla

by Doug Imhoff





COMMUNITY SCENE



COMMUNITY FESTIVALS AS SOCIAL BINDING

by Mahalia Blue



In a world that feels increasingly rushed and digital, rural communities to rely on something timeless: gathering together. Local festivals, markets, clean-ups, and volunteer projects aren't just fun weekend activities, they're essential threads in the fabric of community life.

Bringing people together is at the heart of community events and these shared moments help neighbors feel a sense of belonging, of being valued, and connected to a place and group of people, especially in rural areas where opportunities to interact are often limited. Participating in local events has real benefits. Spending time with others in positive, safe and fun settings reduces stress, eases loneliness, and boosts overall well-being. One study found that community involvement "considerably decreases loneliness, leading to better mental well-being."

These gatherings also build trust. When people meet face-to-face, share stories, and enjoy each other's company, they form networks of support that last long after the tents come down and the music fades.

In rural communities, festivals do more than fill a calendar; they act as social infrastructure. They create intentional opportunities to gather at a time when many people are spending more hours at home and have fewer chances to interact. Festivals teach us something about our neighbors, strengthen our relationships, and foster community pride by bringing people together from all walks of life. They offer a chance to make shared memories for families as well as community members, that will last for years.

Festivals also help provide a safe, healthy space where people can feel less isolated. With increased human distancing, we all need human interaction more than ever before. Attending festivals can provide that sense of connection and belonging without having to go to extremes. Additionally, the fun, playful atmosphere of a festival helps each of us get in touch with the child we once were; it renews our sense of joy and play, and allows us to express ourselves in ways we often don't in our normal daily lives.

Festivals also offer a safe, friendly space for people new to the area. When living in a rural area where we have few opportunities to share space, it's especially important for people new to the area to have an opportunity to meet neighbors and become part of the social fabric without the constraints of a meeting or serious gathering. Food, music, art, and having fun together become threads that tie the community together and make people feel like they belong. These shared experiences reinforce a sense of place; something especially important in rural communities where connection can be both fragile and essential.

See Page 7 for information about upcoming local festivals.



The August Garden

by Mahalia Blue

By August our gardens are in full swing; veggies are producing and flowers are a riot of color! It's tempting to just hang out in the garden with a good book, glass of iced tea and a comfortable lawn chair, but it is time to start harvesting and get some fall crops planted, while keeping up on watering and weeding, and myriad other chores.

In this area, August is a great time to do light pruning of trees and shrubs, as well as dividing daylilies and iris. Iris need dividing every 3-5 years about 6 weeks after they finish blooming. Gently lift the rhizomes from the soil and cut foliage to about 4 inches tall. With a sterile knife, cut the rhizome into thumb-size pieces making sure each has some roots. Dig a hole with a little mound of dirt in the center and place your rhizome piece on top with the roots completely covered with dirt, but the top of the rhizome above ground. To bloom, iris need sunlight to reach the rhizome.

In this region, August is a great time do light pruning of trees and shrubs and start end-of-year clean up. Cane berry plants can be pruned after harvest and

While existing fruits and veggies are being harvested and processed, it's a good time to plant for an autumn crop. If you started seedlings, plant them out. These are vegetables like broccoli, Brussels sprouts, cabbage, and cauliflower. Kale and certain greens, like mustard greens, can be sown directly.

This is a good time to direct sow crops like leeks, lettuce, kohlrabi, green onions, and Swiss chard. This is also the best time to order garlic. For a fresh look in fall, plant new annuals like cold hardy pansies to replace spent annual plants.

Planning Ahead

Have you been wanting a bulb garden? Well, August is the perfect time to order bulbs. It's good to get ahead on next season by amending your soil now.

Many flowering plants are becoming spent, but persistent deadheading, and for some, cutting them back a bit will reward you with another flush of blooms.

Pests are at their worst in August, so practice vigilance and hand pick or spray. For information on non-toxic pest control methods check out this website: <https://tinyurl.com/mv5xatsa>

Even though many crops are getting to their end, it is still important to keep up a watering routine and keep weeds and pests away from plants. After regular yard maintenance, it's time to can, dry, ferment, and otherwise preserve your crops. But don't forget to pour that glass of iced tea, grab good book and spend some time in your lawn chair!



VAN ZANDT STEWARDS

Happenings at the Van Zandt Community Hall

There are many *public* programs and events that are open to everyone! Some occur weekly, every other week, or even monthly. No matter your schedule, plenty of opportunities abound to see old friends, make new ones, share a meal, learn something new, buy locally made goodies, dance, and celebrate community. Here's what's coming up...

KAVZ 102.5 Your Voice of the Valley!

And when we say your voice, we mean it!

Stop by the Van Zandt Hall between 1 and 3pm on August 15th and get in on the action! Just like last year, we will have people of all ages record a KAVZ promo spot to be played on air for the foreseeable future.

Having a local radio station is no small feat of love and tending. It offers the opportunity to celebrate our local culture, interests, and a way to get word out when other methods are not enough. From emergency to entertainment the KAVZ radio station inspires and informs.

Give KAVZ a listen! Volunteer! Get your voice local famous and more by connecting at South Fork Summerfest on August 15th 10am-5pm, tuning your radio to 102.5 FM or going online at kavz.org.

"Friends over Fifty" Gathering – Every Tuesday from noon to 2pm

A core group of lively folks have already made this a weekly habit. Try it on for size, and if you're yoga-curious, come by at 10:30 for yoga with Penny Hutchinson. See why one local resident has labeled it "Self-care Tuesday."

Third Place Coffeehouse – Every Sunday from 11am to 2pm

Stop by the Hall after church for free coffee, snacks and conversation. This weekly gathering is gaining momentum as an opportunity to meet friends old and new, and solve the world's problems over coffee, tea and baked treats.

Everybody's Market – Saturday, August 29th 10am to 3pm, and every other Saturday until October

This twice-monthly market (overlaps with Summerfest on August 15th too!) features local art, handicrafts, tasty treats, herbal remedies, and a lot more. The renovated Hall has more capacity for vendors (and shoppers). Do you make crafts or edible treats? Have you recently cleaned out your barn, extra room or closet? Email market@vzstewards.org or call 360 393-9583 to reserve a table at the next market.

Foothills Entrepreneurs Collective – Wednesday, August 19 from 4pm to 5:30pm and every Third Wednesday of the month.

If you run a business, work for yourself, or have been thinking about starting something, consider attending this monthly gathering of local business owners, home-based entrepreneurs, and makers. This is not just a networking social hour; it's a chance for business owners (actual and aspiring) to work together to solve common problems. For more information or to contact the organizer, visit the Collective's Facebook page.

Third Thursday Potluck and Open Mic – Thursday, July 16 from 7pm to 10pm and every Third Thursday of the month.

At the last Third Thursday Open Mic, Bryan Bowers played the autoharp and offered a soulful tune about his year in a Virginia prison. Post-renovation, a truism is forming that you never quite know what will happen at the Hall during these monthly events. Musicians, singers, poets and storytellers are all welcome. And if you're not the type to step up to the mic, that's okay. Come for the potluck and stay to hear some local talent.

Summerfest! – Saturday, August 15 from 10am to 5ish

It's never too early to mark your calendar for Summerfest. The Reading of the Names will begin this year with the ringing of the historic school bell, reunited with the Hall after 70 years. Then enjoy sun, good music, a table-bending potluck, vendors, information booths, and other activities in Josh VanderYacht Park. This Summerfest we celebrate the 100th birthday and centennial restoration of the Van Zandt Hall.

VAN ZANDT HALL RENTALS

The Van Zandt Community Hall is available for private rentals. Are you planning a graduation or birthday party, a family reunion or other private event, and you're looking for a great venue? The Hall has capacity for 100, a remodeled kitchen with all the place settings you'd need, central heating and A/C, a great audio-visual system, disabled access and restrooms, a park right outside for the kids, and the kicker – it's affordable! To check availability, get pricing information, or book your event, visit the Van Zandt Stewards website at <https://www.vzstewards.org/rentals>

About Van Zandt Stewards

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

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

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

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



SUMMER WATER SAVING TIPS

from Columbia Valley Water District

Save hundreds of gallons this summer with these easy tips. Water your lawn or garden in the early morning to minimize evaporation loss, raise your mower blades to help the soil retain moisture, and apply a 2-inch layer of mulch around your garden beds to prevent water from drying out, and use drip irrigation systems or soaker hoses to deliver water directly to plant roots and avoid runoff. Small changes can make a big difference.

HELP US KEEP RATES LOW!!!

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

At Home in the Hills



Giant Bubble Wand



Making a giant bubble wand is one of the simplest things you can make that will keep your kids entertained for days on end. Just watch their faces light up when they produce bubbles that are bigger than beach balls!

Materials:

- Giant Bubble Wand**
 - 2 x lengths of wooden dowel (about 3/8ths diameter) or, branches with all the leaves and tiny branches removed
 - 8 feet string or cord (1/8 inch baided cotton cord works best for giant bubbles)
 - washers or nuts
 - duct tape or 2 eye hooks
- Scissors

Giant Bubble Solution

- 1 cup of dish detergent (the good quality brands work better)
- 4 cups of water
- 2-4 tablespoons of glycerin

Instructions: Cut dowels or branches to about the length of your child's arm. Cut string or cord into 2 pieces, one 3 feet long and the other 5 feet long. String a couple washers onto the 5 foot piece of cord. Attach both lengths of cord to ends of dowels or branches by tying then taping with duct tape. Alternatively, you can screw small eye hooks into the ends of the dowels/branches and tie the cord through them. The cord should form a triangle with the short piece at the top and the long piece weighed down with the washers or weights. Combine all ingredients in a large plastic storage container. Stir gently with spoon but avoid creating froth. Solution works best when left to sit overnight. When ready to use, coat the wand in solution and have your child walk backward gently to form the bubble. Then stand back as all the neighborhood kids flock to your yard!

Food Matters



GRILLED PINEAPPLE CHICKEN

When summer heat hits we do not want to be standing over a hot stove or heating the house more with the oven. This fantastic grilled chicken is light, easy and the family will beg for it every week!

4svs, prep 10 min total 2hrs 25m

Ing

- 2 garlic cloves, finely chpped
- 1 C unsweetened pineapple juice
- ¾ C ketchup
- ½ C low-sodium soy sauce
- ½ C light brown sugar, packed
- 1 Tbsp finely chopped ginger
- 4 (6-8oz) boneless, skinless chicken breasts
- 1 tsp vegetable oil, plus more for grill
- 1 pineapple, cored, sliced into rings and halved
- Thinly sliced scallions for garnish

Directions

In large bowl whisk garlic, pineapple juice, ketchup, soy sauce, brown sugar and ginger to combine. Place chicken in Ziploc bag and pour in contents of bowl. Refrigerate at least 2 hours and up to overnight. Prepare grill for high heat. Preheat 5 minutes. Clean and oil grates. Grill chicken, basting with marinade and flipping occasionally, until charred and instant-read thermometer placed in thickest part registers 165F, about 8 minutes per side. Transfer to plate. In medium bowl, toss pineapple with oil. Grill, flipping occasionally, until charred, about 2 minutes per side. Plate and garnish with scallions. This is great served with rice!



Know The Signs

Heat Exhaustion	Heat Stroke
What To Do 1. Move to a cooler location. 2. Lie down and loosen your clothing. 3. Apply cool, wet cloths to as much of your body as possible. 4. Sip water. 5. If you have vomited and it continues, seek medical attention immediately.	What To Do 1. CALL 911 IMMEDIATELY 2. Move the person to a cooler environment. 3. Reduce the person's body temperature with cool cloths or even a bath. 4. Do NOT give fluids.

Sources: [cdc.gov/extremehot/warning.html](https://www.cdc.gov/extremehot/warning.html)
[nws.noaa.gov/fom/heatduring.shtml](https://www.noaa.gov/fom/heatduring.shtml)

The Goats & Peasants

A New Kind of Family Outing: Take a Virtual Field Trip

KIDS IN THE KITCHEN

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

WAFFLE GRILLED CHEESE SANDWICHES

2 svs prep 5 min total 15 min

This recipe is simple enough even 3-4 year-olds can help out. Just beware that your kids will want ALL their sandwiches grilled in the waffle iron from now on!

Ingredients:

- 1 Tbsp mayonnaise
- 1 Tbsp unsalted butter, room temp
- 4 slices sourdough bread
- 2 slices American cheese
- ¾ C shredded Monterey Jack cheese
- ¾ C shredded cheddar cheese
- Cooking spray

Directions:

In a small bowl combine mayonnaise and butter. Spread over one side of each piece of bread. Flip over and place 1 slice of American cheese on two pieces of bread, top with half of each the Monterey Jack and cheddar cheeses. Cover with other slice, mayonnaise side up. Heat waffle iron to medium and carefully place one sandwich inside. Cook until cheeses are melted and bread is golden, about 3 minutes. Serve!

PROGRAM KAPOW

Take your kids on a special virtual field trip to Warner Bros Story Lab to see how superheros are brought to life. They will meet the people behind some of the greatest stories of our time and learn about thrilling careers that bring stories from page to screen. They will get insider knowledge about the superhero industry, learn how to develop their own creative voices, and build the confidence to captivate an audience. Whether dreaming of crafting epic tales or bringing characters to life, this program empowers the next generation of storytellers to think big, write bold, and tell stories that leave a lasting impact!

Use this link to access the program: <https://dcsuperstories.discoveryeducation.com/> or scan the qr code.

Books and Beyond

by Melonie Ancheta



I can still remember the day I got my first library card; I was four years old and when my mom told me that card would let me read anything I wanted, I went nuts! And, I still remember the amused and indulgent smiles on my mom's and the librarian's faces as I struggled to get my pile of books to the checkout counter. In those days (almost 70 years ago), a library was all about books,

learning, reaching for the stars. Today's libraries are still about books, learning, and reaching for the stars, but they have become far more than that in recent years.

The North Fork and Deming libraries are both community hubs that are vital for the social structure and offer valuable resources for Foothills residents. With programs for every age, ability and interest, our library system is brimming with opportunities many families don't yet know exist.

In an interview with Thomas Lynn, who is in charge of Youth Services at North Fork Library, I learned more about the range of offerings available to the public, particularly for children and youth. Thomas shared about various programs, why the library matters so deeply in rural communities, and what exciting things are coming this fall.

"The library is bustling these days. There's so much programming now—projects, activities, and all kinds of weird, wonderful things kids can check out," Thomas explained. "A lot of people don't know about it unless they're already familiar with the library."

A Hidden Treasure Map

All upcoming programs are listed on the library's website, and the events calendar is a powerful tool of which many patrons are unaware. There are pro-grams and activities designed for various age groups ranging from toddlers, to tweens and teens up to age 18.

"You can filter events by branch, age group, or theme. If you want to see every Story Time across the county, you can filter just by Story Time and see who's doing what, when, and where."

Fall programming is already planned and will be shared publicly soon.

Story Time is an Experience

Thomas says Story Time is one of the most beloved and important programs at the North Fork Library. It's not just reading—it's a full-body, immersive early learning experience.

Story Time includes:

- Picture book reading
- Finger plays (rhymes with hand motions for fine motor skills)
- Songs
- Movement activities
- Games

Every branch hosts Story Time, each with its own flavor. At North Fork, Story Time returns in late September on Fridays at 10:30 a.m. Thomas emphasizes that kids are not expected to sit still: "Some parents worry... they're not going to sit still... and I always want to make sure they know that's not the point of Story Time."

While Story Time is advertised for the 1 to 5 age range, Thomas notes, "lately we've been having kids as old as 10 and 12... they are usually kids who started coming at an early age who don't want to stop." And the older kids often attend with younger siblings, act as helpers for the librarian, and model good behavior for younger children. It's a win for everyone.

Thomas frames Story Time as community-building, early learning, and social development: "It's a learning experience... learning how to be in a shared space with other people." It is a space where kids make friends, homeschool families rely on it for social connection, it's a weekly anchor point for families, and it's one of Thomas' favorite parts of the job. "It's really hard to beat Story Time. I really, really love our Story Times!"

Teen Corps and More

From D&D camps, to Teen Corps, Whatcomics, Forest of Words and more, youth have a variety of programming and events to participate in.

Teen Corps is a youth volunteer program designed for students in grades 6-12 with library cards to build community spirit by helping library staff prepare supplies and assist younger kids during various library activities and events.

Teen Corps members act as event assistants. They help pass out supplies, guide children through crafts or games, and serve as enthusiastic audience members for things like comedy open-mics and book swaps. The events are typically one-off volunteer shifts ranging from 1 to 2 hours for specific summer or year-round programs.



WCLS also offers additional ways for youth to engage with the library, such as being pages at local libraries, as well as opportunities to publish original artwork and poetry in annual anthologies like *Whatcomics*, an art program for youth grades 6-12. The online submission form opens September 1, 2026 and closes October 1, 2026. Selected artworks are also reproduced for exhibition on WTA buses and other public spaces. It's a great way for youth art to gain recognition!

If words are your thing, *A Forest of Words* is a poetry

Whatcomics artist, Viola Patten

program for the same age group as *Whatcomics*. Youth can submit two poems each year.

A Forest of Words will open for submissions January 1 through March 15th.

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The Book Shelf



whatcom county
library system



August events at the North Fork Library

Monday, August 17

2:00 pm - 3:00 pm

Friends of the North Fork Community Library Monthly Meeting. Express your library love by joining a Friends of the Library group and attending their events. Funds raised support programs and needs not covered by the library budget. Ask library staff how to get involved or join us at the North Fork Library for one of our monthly meetings. All are welcome.

Saturday, August 22

2:00 pm – 4:00 pm

Coastal Creations

Join us at the library to learn about Coast Salish art from Coast Salish Artist Michael Jimmy and make a creation of your very own to take home! All materials will be provided. All ages welcome. Spaces are limited; registration is required. **FREE**

Saturday, August 29

6:00 pm – 7:00 pm

Whatcom Grooves – Cape Flattery

Bring your blankets, camp chairs, and picnics. Carpooling is suggested as parking is limited.

Saturday, September 5th

10:00 am - 4:00 pm

Friends of the North Fork Community Library Book and Bake Sale

Book and Bake Sale in the beautiful foothills. Come on down and make supporting your local library a Labor Day Tradition!

June events at Deming Library

Saturday, Aug 22 2026

6:00pm - 7:30pm

Whatcom Grooves--One Lane Bridge

Bring your blankets, camp chairs, and picnic to enjoy great music with neighbors.



by Linda Kerth

Baking Soda Health Benefits

Baking soda has many uses besides helping baked goods rise. Last issue we discussed personal hygiene uses of baking soda. Today we discuss its many health benefits.

1. Baking Soda may help treat heartburn

Heartburn, also called acid reflux, is a painful, burning sensation in the upper region of your stomach that can spread into your throat. It occurs when acid flows out of your stomach and up into your esophagus, which is the tube that connects your stomach to your mouth.

Baking soda water may help relieve heartburn by neutralizing stomach acid. To try it, dissolve 1 teaspoon (5 g) of baking soda in a glass of cold water and drink the mixture slowly. However, it's important to note that consuming high amounts of baking soda may lead to several side effects such as nausea, headache, and muscle pain. If you have any of these side-effects, **stop use at once**.

Further, continued use may also lead to heart problems and metabolic alkalosis (a condition in which your blood becomes overly alkaline). Bottom line? Use occasionally! Speak with a doctor before trying baking soda for heartburn, especially if you have an underlying health condition.

2. May soothe canker sores

Canker sores are small, painful ulcers that can form inside your mouth. Unlike cold sores, canker sores don't form on your lips and aren't contagious. Though more evidence is needed, some older research suggests that baking soda mouthwash soothes pain caused by canker sores. You can make baking soda mouthwash by adding 1/2 teaspoon of baking soda to half a glass of warm water. Rinse your mouth with this mixture once a day (and spit out) until the canker sore heals.

3. May improve exercise performance

Baking soda is a popular supplement among athletes. Some studies show that baking soda helps you perform longer at your peak, especially during anaerobic exercises or high intensity training and sprinting. Sodium bicarbonate supplements may be effective when used in doses around 0.13 g per pound) of body weight. Remember to speak with a healthcare professional before taking supplements, and read and follow the supplement labels correctly.

4. May relieve itchy skin and sunburns

A baking soda bath helps soothe dry, itchy, and scaly skin that could be related to bug bites, sunburn, or skin conditions like psoriasis. To make a baking soda bath, add 1 to 2 cups of baking soda to a lukewarm bath. Make sure the affected area is soaked thoroughly. For specific areas, create a paste with baking soda and a bit of water, then apply a thick layer to the affected area.

5. May slow the progression of chronic kidney disease

Your kidneys help remove excess waste and water from your blood while balancing important minerals like potassium, sodium, and calcium. Although more studies are needed, some research suggests that taking sodium bicarbonate supplements may help improve kidney function. Still, it's essential to talk with your doctor before ingesting baking soda if you have kidney problems.

6. May improve certain cancer treatments

Cancer is the second leading cause of death in the United States. Chemical therapy slows or stops the growth of cancer cells, which grow and divide at a rapid rate. Baking soda may help chemotherapy medicines work more effectively by making the environment for tumors less acidic. However, the current evidence is limited to animal and test-tube studies. Human research is needed.

The bottom line is this: Baking soda will not cure an illness. It is only palliative — a treatment focused on relieving the symptoms of pain, and illness. If you are undergoing medical treatment for any condition, remember to ask your doctor before complementing your treatment with baking soda. See more at: <https://www.healthline.com/health/gerd/baking-soda>

National Immunization Awareness Month

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages. Together, we can help raise awareness about the importance of vaccination and encourage people to talk to a healthcare provider they trust about staying up to date on their vaccinations.

HEALTHY CHOICES

Sleep for Good Health



Whatcom Healthy Children's Fund

by Kathryn DeFilippo

I hope this summer is filled with joyful moments, connection, and time to make special memories together. I know in our home; summer also brings a big shift in schedules and routines. This can include later bedtimes, travel, visitors, camps, and more evening time outdoors. This season is full, there may be less down time and routines and all of this can disrupt our sleep routines. For this resource share, I wanted to offer some helpful information and resources about sleep. Sleep is foundational for health and wellbeing. Sleep supports physical and emotional health, during sleep our bodies complete essential functions that help us process the day from brain and body repair to synthesizing, growing and learning. When our sleep is off, it impacts all parts of our lives (and can have long term effects). Sleep doesn't look the same for every child or every family. Some kids settle right into routines, while others need more support with transitions, sensory needs, or communication. Sleep routines is individual specific and family and culturally specific, what works for you may not work for someone else and visa versa. I hope this message helps your child—and your family—get the rest and connection you need.

A Few Ideas to Support Sleep This Summer

First you can start with the basics, setting up the environment for success. This is often called 'sleep hygiene.' Sleep hygiene is foundational and even if your kiddo has a challenges with sleep or a disability. Sleep hygiene is still critical.

- Aim for a cool, quiet, and dark sleep environment
- Encourage calming activities (like reading or gentle music) before bed.
- Try to get natural light during the day and dim lights in the evening.
- Reserve beds for sleep (and quiet activities like reading), not for screens or homework.
- Reduce screens before bed
- Reduce caffeine, heavy meals and physical activity right before bed
- Move, play, and explore during the day (and if possible early morning time outside)

Sleep habits are the routines and habits we have around sleep, these can be helpful or not. There factors that will impact a persons sleep even with the best sleep habits, this can include pain, stress, hormone changes, sleep apnea and medical conditions, even so improving sleep habits can still be useful while addressing other issues.

- Consistent sleep and waking time
- Consistent bedtime routines ([brush, book, bed](#))
- Calming activities before bed
- Ensure needs are met (hunger, bathroom, connection)
- [Visual Supports](#) (could include to-do list, pictures or words)

General Tips

Respond with connection

Night waking is completely normal—especially for little ones. Kids might wake up because they need comfort, reassurance, a snack, help with regulation, or just need to know you're nearby. Gentle responses—a calming voice, a reassuring hand, rocking, breathing together, or simply being present—can help children feel safe and supported.

Every Child's Sleep Journey Is Different

Some children—and teens—need extra support with routines, transitions, sensory needs, communication, or development. You know your child best. Families have different routines, values, and cultural traditions around sleep. Resources can offer ideas and information, but you are the expert on what works in your home.

Reward Systems

A reward system for sleep habits is a way of using positive reinforcement to encourage consistent sleep behaviors. Instead of rewarding "sleeping well" (which isn't always under a person's control), you reward the habits that support good sleep. Some families have set up systems such as rewarding when a child sleeps in their bed the full night, or completing the bedtime routine, or adding extra incentives or a positive reinforcement when things are hard (like brushing teeth).

Resources to Learn More

[Seattle Children's Sleep Clinic and Resources](#)

Information about common sleep challenges, bedtime routines, sleep concerns, and when to seek support.

[HealthyChildren.org \(American Academy of Pediatrics\)](#)

Parent-friendly information about infant, toddler, and child sleep, including routines, sleep development, and safe sleep

[Supporting Children with Sensory Differences and Sleep Challenges](#)

Resources for families whose children may need additional support related to sensory needs, regulation, or sleep routines.

[Sleep Apps](#)

A curated list of apps that can support sleep with soothing sounds or stories. In our home, we use the calm app, they have really great sleep stories for kids and adults.

[Safe Sleep Resources for Infants](#)

For babies, [safe sleep recommendations](#) include placing infants on their backs to sleep, using a firm, flat sleep surface, keeping the sleep area free of loose bedding and objects, and avoiding exposure to smoke.

[Local Support](#)

If you have questions or concerns about your child's sleep, development, routines, communication, or behavior, support is available. Families with children under age 3 can connect with SEAS to learn more about early support services, home visiting, and other resources. Wishing your family a summer filled with connection, play, and plenty of rest.

[Links:](#)

Apps--<https://www.fatherly.com/gear/best-sleep-apps-kids>
Safe sleep for infants--<https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guide-to-Safe-Sleep.aspx>

Rebus 1



To Your Health

Staying Healthy During Smoke Season

by Dr Gabriel Durben, ND

When wildfire season rolls around, the sky tends to exchange its classic blue for a somewhat menacing shade of campfire orange. Beyond ruining the view, that haze brings along fine particulate matter- tiny microscopic particles that can cause big problems for our health. The result? Irritation like itchy eyes, a scratchy throat, or a lingering dry cough. For folks with pre-existing conditions like asthma, COPD, or heart disease, exposure can spell bigger trouble, but even for healthy lungs, breathing heavy smoke can feel like running a marathon behind an idling tailpipe. Fortunately, taking care of your lungs doesn't require a bunker or an engineering degree. With a few accessible adjustments around the house, you can breathe much easier this season. Smoke particles measure under 2.5 micrometers wide — roughly 30 times smaller than a single strand of hair. Their size allows them to dodge your nose's natural filters and travel straight down into the lungs.

Ways to protect you and your family from wildfire smoke:

- **Seal the Fort (Without Overheating):** Close up your doors and windows to keep outdoor particles outside. If you're running a central air conditioner, set it to **recirculate** mode so it filters the air you already have inside instead of pulling in fresh campfire aroma from the street.
- **The DIY Air Purifier Trick:** If expensive commercial HEPA purifiers are out of budget or sold out at the store, make your own. Duct-tape a MERV 13 furnace filter directly onto the back of a standard box fan. The EPA has tested this simple setup, and it works surprisingly well at trapping fine ash and debris.
- **Skip Indoor Combustion:** When outdoor air is bad, keep indoor air clean by avoiding activities that generate fine smoke or dust. Hold off on burning scented candles, using gas stoves for high-heat frying, or vacuuming (which can kick settled particles back into the room).
- **Upgrade Your Streetwear:** If you have to head outside, save the cloth bandanas for cowboy movies. An **N95 or KN95 respirator** forms a tight seal against your face and filters out those microscopic particulates.

By making a few quick tweaks to your routine, you can easily turn your living room into a clean-air sanctuary — helping you avoid some of the harm that can come from wildfire season.



Dear Deb...

Answering your questions with compassion, not criticism!

Deb Shawver, LICSW



Practicing Empathy in the Noise of the World

By Deb Shawver, LICSW

Sharing information in the Digital Age

This past week, our local Foothills community was shaken when one of our own, a community leader, was injured by a bison in Yellowstone. The video went viral, bringing a massive wave of online chatter, ranging from support to harsh criticism and judgment. People have been capitalizing and trying to benefit from this incident, by starting fake GoFundMe pages, making and selling T-Shirts, and paintings. Social media seems to be full of mocking others and sharing misinformation. The fact that people are drawn to others suffering - mostly due to human ego, or the need to be in the know, or and wanting to be a part of something no matter how tragic it is, creates situations that can negatively impact others. In graduate school, a professor of mine used a term that has stayed with me ever since: *lateral violence*. She was referring to gossip. When negative words are thrown around, they do a type of deep, quiet damage that we cannot see, but we can certainly feel for years to come. Let us join together as a community to embrace and support each other. We must avoid looking for reasons to criticize or find humor in another person's pain. It starts with how we handle the stories we hear, both online and in our own neighborhoods.

A Question from the Lake

Dear Deb,
My 4th grader came to me mortified that his friends were talking about how he couldn't swim. It became obvious at a recent birthday party at Silver Lake when he stayed close to shore. The others laughed at how he tripped, fell in, and ran back to my towel. My son is now mad that I let him choose the lake for his party, since it is his favorite place. How do I support him to trust his friends again after this betrayal?
- Worried at the Water

Dear Worried

Ouch. This is a painful experience to witness as a parent, and an incredibly difficult one for your son to feel. Some of the first lessons we learn in our primary school years involve holding our own in a group. Yet, many of us do not excel at this skill until much later in life, if ever. Joining in on a laugh at someone else's expense is a powerful temptation. The human need to be liked and approved of by our peers is extremely strong. Having the strength to pause, see the bigger picture, and practice empathy is a skill that takes time to build. Empathy means being able to truly understand, and even *feel*, what another person is going through. If we can practice this skill and teach it to our kids, our communities will feel much safer. To help your son rebuild trust, try these steps at home:
-- Validate his feelings of hurt without feeding the anger toward his friends.
-- Remind him of his own strengths and that everyone has areas where they are still learning or growing.
-- Talk gently about peer pressure, helping him see that his friends likely laughed because they wanted to fit in, not because they wanted to hurt him.
If we start practicing this kindness and understanding in our own homes and communities, it may eventually branch out into social media.

Practice kindness and understanding in the Foothills this summer!

HEALTHY CHOICES

Medicaid Changes: How They Will Impact You

by Joni Hensley



Are you between the ages of 19-64?

Do you have Medicaid coverage (in WA State this is Apple Health)?

Did you know that there are changes coming (required by the Federal Centers for Medicare and Medicaid-CMS) that may affect your healthcare coverage?

What are the changes? Federal policies have made rules (required through the One Big Beautiful Bill) that **take effect in Jan 2027**.

They will require “community engagement” more **commonly known as work requirements — for people enrolled in Medicaid**. Although receiving Medicaid coverage is usually based on income, work requirements add a new condition of eligibility for adults, by requiring working, volunteering, or engaging in educational activities for a minimum number of 80 hours per month.

What happens if I am unable to work? Some Medicaid enrollees, including pregnant women, people with disabilities, and caregivers of dependent children under age 14 will not have to meet these requirements. (See the [CMS Fact Sheet](#) for more details). Also those who already comply with work requirements under the Temporary Assistance for Needy Families (TANF) program or the Supplemental Nutrition Assistance Program (SNAP), parents or caregivers of a dependent child or individual with a disability, incarcerated or recently released from jail within the past 90 days, and those who are in substance abuse or alcohol treatment programs.

What kind of activities will I need to do? Qualifying activities, such as employment, participation in certain work programs, or community service, or being enrolled in educational programs will need to be documented in order to keep your healthcare coverage.

What impact will this have in our State? See this [2026 slideshow](#) for how this will impact our WA residents. You will be receiving more information on the impacts later this year.

For more information about this change see:

<https://www.federalregister.gov/documents/2026/06/03/2026-11094/medicaid-program-community-engagement-requirement-for-certain-individuals>

<https://www.govinfo.gov/content/pkg/FR-2026-06-03/pdf/2026-11094.pdf>

Kristi's Corner

by Kristi Warren Slette

Director Whatcom Family and Community Network

Parents are People, Too!

Recently, I recalled a personal life lesson--“*Parents are people, too!*”

As a child, when I didn’t get my emotional needs met by my parents, it translated into one of two understandings—either they were bad parents or I wasn’t a good enough kid. I loved them so much, that having bad parents wasn’t an option. So, clearly—I wasn’t a good enough kid. Not true, but Good or Bad, was a very simple way for my little-kid brain to make sense of my world. When parents divorced and one left the home,--“*I must have not been enough to keep them here.*” When a parent struggled with substances—“*I’m not important enough for them to stay sober.*” The child’s mind can easily turn every confusing experience into a personal lack of worth.

The reality is that parents are simply people, too! They have lived lives filled with positive and negative experiences—just like the child is experiencing.

I didn’t understand that concept until my 22nd year. No one talked to me about it. One day, as I listened to my father talk about his childhood, it just clicked, “*Ohhh! My dad is a person, too! He’s not a TV character who knows just what to say when I’m sad, or who arrives home promptly at 5:30 p.m. for a sit-down meal; or who understands that it would be best for our family if he did x, y or z! Interesting....*”

37-years later, I do understand that I expected a lot of unrealistic things that I didn’t receive from my parental relationships. Holding compassion for my parents and a more realistic perspective about how and why and they showed up—or didn’t-- in certain ways, helps me navigate my own family dynamics better today.

I wish someone had sat me down around age 12 or 13—before I started making some of my own big life mistakes, with consequences, to let me know that my grandparents’ and parents’ shortcomings were not about me! However, they can be about family history and dynamics, habits and patterns, health and harm. In my columns, I try to offer insight into how to build healthy family and community habits and change the course of families’ histories for better.

As an imperfect parent from two imperfect family trees, I’ve taken what I’ve learned and talked candidly, at appropriate ages, to my children about the impacts of substance misuse and child abuse across generations. It wasn’t always comfortable, and it didn’t always mean they escaped their own experiences, but it did mean they had more context, more confidence, more ability to communicate and make meaning out of opportunities and circumstances.

Professionally, at Whatcom Family & Community Network (WFCN), we focus on how families can build resilience and set a foundation of hope and resilience for the next generations of youth.

Resilience is made up of any number of factors that help people bounce forward through life adversities (healthy relationships with family, peers, and others; ability to learn new skills; to develop talents; and to feel connected to and have purpose within something bigger than yourself—connection to culture, community and spirituality).

Hope is the belief that a better future is possible and that YOU have an important role to make a better future possible by setting goals, identifying pathways to those goals, and rallying the motivation (with and without support) to reach those goals.

Resilience and Hope mitigate the impacts of Adverse Childhood Experiences (ACEs). ACEs include experiences you had before the age of 18, such as experiencing any type of child abuse or neglect; living in a home where one or more adult caregivers were



Protect Your Kidneys all Summer Long

As temperatures climb in the Foothills, staying hydrated becomes more than a comfort issue; it’s essential for kidney health. Because 60–70% of your body is made of water, every

system depends on good hydration to function well. Your kidneys, in particular, rely on steady fluid intake to filter waste, regulate blood pressure, and keep your body in balance.

Your kidneys are constantly working to maintain the right amount of water in your body. They:

- Hold onto water when you need it
- Make urine so excess water doesn’t build up
- Signal thirst when your body needs more fluids

Water keeps blood vessels open and flexible, allowing nutrients to reach the kidneys. When you’re dehydrated, this process becomes strained. Water helps the kidneys to remove waste from your blood in the form of urine. Without enough water, waste and acids can build up, kidneys can clog with muscle proteins, contribute to kidney stones and urinary tract infections, and reduce blood flow to the kidneys. Dehydration can escalate these conditions rapidly during hot weather, especially for children and older adults, people who work outdoors, and people managing chronic health conditions.

Healthy Hydration: What to Drink

There’s no set rule about drinking “eight cups a day”. Most people can stay well-hydrated with a mix of:

- Water
- Cow’s milk or plant-based milks
- Unsweetened fruit juices
- Soups
- Foods with high water content

Try to avoid sugary drinks and sodas which offer little nutritional value and can actually contribute to dehydration.

Older adults need to be conscientious about hydrating especially during hot weather. As we age, we may not feel thirsty as often, and some medications can cause dehydration and/or increase urine output.

A few common medications can also cause dehydration and/or increase urine output, and increase the risk of kidney stones and UTIs. If you’re taking any of the following medications, be sure to stay well hydrated.

- ACE Inhibitors and ARBs: Blood pressure medications ending in “-pril” (e.g., lisinopril) or “-sartan” (e.g., losartan) can lower your natural urge to drink water and may interfere with kidney fluid balance.
- SGLT2 Inhibitors: Used to treat Type 2 diabetes and heart failure, medications like empagliflozin (Jardiance) flush excess sugar out via urine, which carries extra water with it.
- Laxatives: Frequent or excessive use of laxatives, such as polyethylene glycol (Miralax), forces the digestive tract to release heavy fluids, leading to rapid dehydration.
- Antihistamines and Anticholinergics: Allergy and overactive bladder medications can dry out mucous membranes and impair the body’s natural fluid balance.
- Chemotherapy Drugs: Cancer treatments commonly cause side effects like severe diarrhea and vomiting, accelerating fluid loss.

How to Know You’re Dehydrated

Common signs include:

- Dry or sticky mouth
- Feeling thirsty
- Headaches
- Dark yellow urine
- Fatigue
- Urinating less often

Note that dark-colored urine is a primary indicator of dehydration; aim for pale, straw-colored urine.

Simple Ways to Stay Hydrated in Hot Weather

- Sip water throughout the day instead of drinking large amounts all at once
- Keep a reusable water bottle within reach at all times
- Eat hydrating foods like watermelon, cucumbers, and oranges
- Increase fluids during exercise, yard work, or time in the sun
- Check urine color as a quick hydration gauge
- Talk with your doctor if you have kidney disease or take medications that affect hydration

The Bottom Line

Hydration is one of the easiest and most effective ways to protect your kidneys, especially during the hottest part of summer. Whether you’re working outside, enjoying the outdoors, or simply navigating a warm day, consistent fluid intake helps your kidneys do their job and keeps your whole body functioning smoothly.

experiencing untreated mental health, substance use, or were no longer in the home due to separation, divorce, or incarceration; or living in a home where domestic violence occurred—even if it was one time. A child who experiences 3 or more ACEs potentially runs higher risks for health problems and earlier death across their life span.

When adults and parents learn about the health impacts of ACEs on children’s wellbeing, sometimes grief, shame, guilt and embarrassment arise as feelings. While it makes sense that those feelings surface because you love the children you care for and wish you would have understood sooner before passing along any adverse experiences, the message we wish to convey is that “*now that you understand, together you can set goals to stop unhealthy cycles in families from passing ACEs on to the next generations.*”

When youth learn about ACEs and their potential impact, they can choose strategies to lessen the impacts—seeking help, learning emotional regulation skills, addressing their own mental wellbeing, delaying use of substances until adulthood, and seeking strong relationships with trusted adults and peers.

Talking to your own children about what you, as a parent or caregiver experienced as a child, in developmentally appropriate ways—can help your children understand that they aren’t alone in having challenges. You can make sense



FYI



Aug 1, 2026 4-8pm
Kendall Elementary School

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

SPONSORED BY:



WHATCOMICS

TEEN ART ANTHOLOGY

PUBLISH YOUR ART • DEADLINE OCTOBER 31

Submit your 2D art for consideration for publication in Whatcom County Library System's yearly art book, **Whatcomics**. All styles of art are encouraged.

Open for submissions September 1 – October 31st.

Whatcomics is a teen art book published annually by Teen Services of the Whatcom County Library System. Area teens in grades 6 through 12 are invited to submit their original, 2-D artwork in a variety of styles including pen and ink, colored pencil, watercolor, comics, and digital art. The committee considers all levels of art that display originality, creativity and craft.

Accepted artists receive a copy of Whatcomics and their art will be framed and on display at the Lynden Library Celebration and Art Show in January.

A selection of each year's art is also displayed on the Whatcomics Bus, WTA's rolling art exhibit. Youth Ride Free on all WTA busses, so hop aboard anytime and enjoy the art!



BIGFOOT FESTIVAL

SAT. AUG. 1 2026

9AM - 4PM

A THEMED FUNDRAISING ARTS & CRAFTS FESTIVAL
CELEBRATING COMMUNITY & ALL THINGS BIGFOOT!

60+ local arts & crafts vendors

food trucks • beer garden • live music • root beer floats • bigfoot bingo

SAVE THE DATE

August 16
Noon til Sunset

FREE COMMUNITY EVENT

The Frost Rd. Festival

Stop the

RANCH QUARRY

4th Annual

FUNDRAISER



Live Local Music
Kids Activities
Silent Auction
Lunch/Dinner
Info About Quarry

FUNDRAISER FOR
HOME
WHATCOM
A 501(c) 3 organization

For More Information
go to homewhatcom.com

Mark your calendars for the Frost Road Festival on August 16th

Attendance and music are free!

This is to raise money for the ongoing effort to stop the Ranch Quarry.

Music is being donated by...

11:30am- Opening Ceremonies

Noon- Pete Ruble

12:45pm- The Sleeping Dragons

1:30pm- David Donahue

2:15pm- bandZandt

3:30- Saltwater Cowboys

4:20pm- Tiny AsA Tear

6pm- Love-A-Saurus-Rex

7pm- The TOADMORTONS

8pm- Closing Ceremonies

Purchasing burgers and beverages, the 50:50 raffle and our Silent Auction contribute to our "War Chest" for future legal fees. Local breweries donate to the Beer Garden.

If you have something to donate for the Silent Auction email Wendy Porter, wnmpor@msn.com to discuss and make arrangements for pick up. We (and the lucky people who bought things!) appreciate all the donations that have supported us in the past. These sales make a major contribution to the success of this event. Local arts, crafts, services, experiences, gift certificates to local eateries, and quality functional items have been donated to previous festivals.

Kids activities will be provided. We hope you can enjoy this summer day in the Foothills and join us in our efforts to save our peaceful valley!

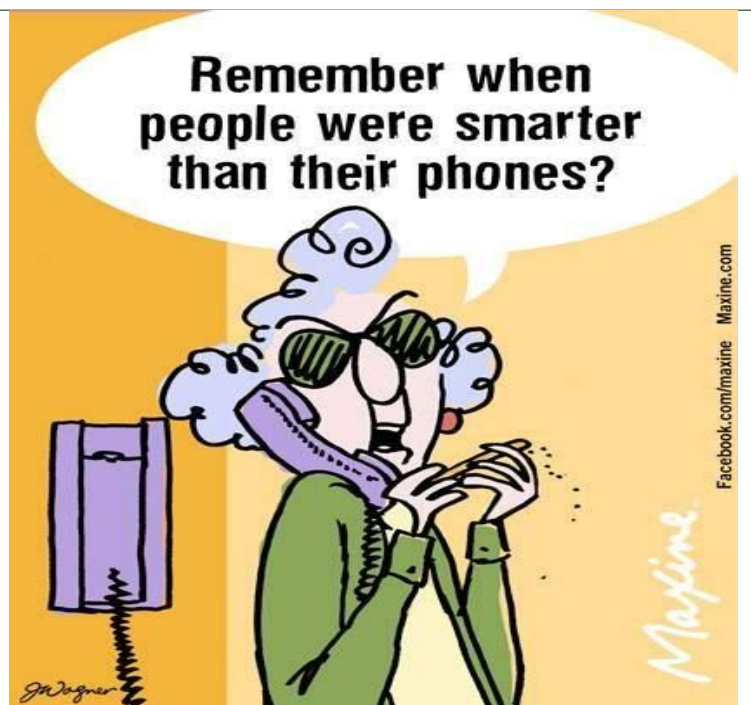
Visit HOMEWHATCOM.com Media tab for information on the quarry. Visit <https://homewhatcom.com/the-frost-road-festival/> to sign up to volunteer and get updates about the event. Volunteers get a free t-shirt.

August Sudoku

solution on back page

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

New Year Resolution #8



RESOURCES

Crisis/Emergency



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



211 helps connect you to community resources statewide.



24/7 Crisis Line
800.584.3578



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

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

Non-emergency number: (360) 599-2823

Remember: in an emergency dial 911

info@wcfd14.org



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

1 800 RED CROSS (1-800-733-2767)

<https://www.redcross.org>



Salvation Army

For many, making ends meet is a daily challenge, forcing people to choose between things like

heating their homes and putting food on the table. We understand the stress these situations put on families and are here to help.

360-733-1410

shevaun.malone@usw.

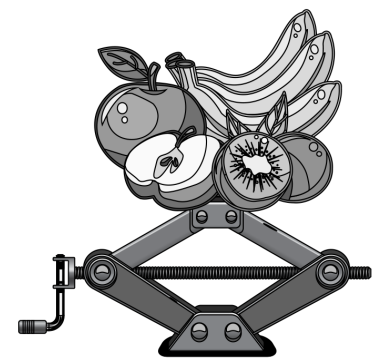
salvationarmy.org <https://bellingham.salvationarmy.org>

2912 Northwest Ave., Bellingham



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

Rebus 2



I've noticed the squirrels are beginning to gather nuts for winter. A couple of my friends are missing... Are you in a safe place



Food

Distribution Hours



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



St. Peter's Catholic Church Social

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



Low Income Health Care



Unity Care

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

Sea Mar Community Health Center



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

Homeless Help



Bridge 2 Services is a mobile outreach program that bridges

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

Local Healthcare



Ask-a Nurse Clinics

Health

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

DON'T FORGET!

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



Whatcom Mobile Medicine

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

Mental Health



NAMI Whatcom Mental Health

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

Deb Shawver, LICSW offers individual counseling sessions in-person and on telehealth for ages 13+, as well as support groups for teenagers and parents.

On the 2nd and 4th Tuesdays of each month, she will be joining the Ask-A-Nurse program from 8-11 AM. In addition, Deb is offering a free drop-in group for teenagers starting July 1st. This group will meet weekly on Tuesdays 6-7:30 PM through the summer.

Deb accepts most insurances, including Cigna (out of network) Molina, Medicare, Kaiser, Premera, Blue Cross, Regence, CHPW, Humana.

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



Additional Health



SEAS 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@oppc.org
<https://www.seaswhatcom.org>



Center for Independence

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



Washington Connection

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

Addiction



Lifeline Connections

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



ALANON

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

NA

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

AA

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



RESOURCES



Addiction Continued



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

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

Seniors

Whatcom Council on Aging



WHATCOM Council on Aging

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



Northwest Regional Council

connects and creates new solutions to navigate the challenges of aging and disability. NWRC provides an extensive array of services and resource to assist the elderly and disabled improve their lives with short- and long-term solutions including health care, medical transportation, in-home care, case management, resources for veterans, housing, food, a variety of support services, and much more.

(360) 676-6749 <https://nwrcwa.org> 600 Lakeway Drive Bellingham, WA

resources

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



is dedicated to serving vulnerable adults. We investigate reports about abuse, abandonment, neglect, exploitation and self-neglect of vulnerable adults in Washington State. We collaborate with other agencies to offer protective services as needed. Our goal is to promote lives free of harm while respecting individual choice.

Make an APS Report: Report Online or Call 1-877-734-6277 <https://www.dshs.wa.gov/altsa/adult-protective-services>

Catholic Community Services

is the largest local private provider of assistance to individuals and families struggling with poverty and the most vulnerable in our communities.

(360) 676-2164 info@ccsww.org <https://ccsww.org>



Medicare.gov

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



Medicare

Volunteer Chore Program



THE VOLUNTEER CENTER of Whatcom County

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



Each year we provide hundreds of hours of

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

Family Services

FAMILY SERVICES & PARENTING SUPPORT



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

(360) 383-2000 (360) 383-2009 **Kendall Elementary** (360) 383-2055 <https://www.mtbaker.wednet.edu/o/kendall>

7547 Kendall Road Maple Falls, WA 98266

Acme Elementary School (360) 383-2045 <https://www.mtbaker.wednet.edu/o/acme>

5200 Turkington Road Acme, WA

Mt Baker Jr High School (360) 383-2016

5100 Mitchell Road Deming, WA <https://www.mtbaker.wednet.edu/o/mbjh>

Mt Baker Senior High School (360) 383-2015 <https://www.mtbaker.wednet.edu/o/mbhs>

4936 Deming Road Deming, WA



PARENT TRUST

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

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



Care Connect

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



northwest youth services

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



ECEAP & Head Start

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

Family Reconciliation Services

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

Department of Children, Youth, and Families

DCYF is a cabinet-level agency focused on the well-being of children. Our vision is to ensure that “Washington state's children and youth grow up safe and healthy—thriving physically, emotionally and academically, nurtured by family and community.

Report Child Abuse and Neglect | 1-866-ENDHARM (1-866-363-4276) <https://dcyf.wa.gov/services/child-welfare-system/cps>

Rebus 3



The Parent to Parent Support Programs

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

Parent to Parent of Whatcom County

Veterans



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,



WASHINGTON STATE DEPARTMENT OF VETERANS AFFAIRS



"Serving Those Who Served"

Vet Center

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



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

Education

ESL: English Language Learning



Whatcom Literacy Council

Opening Doors. Changing Lives.

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

*Improving their basic reading, writing, math, computer, and parenting skills. *Helping them prepare for a GED test and/or further education. *Helping them attain US citizenship. *Increasing their employment opportunities. *Enabling self-sufficiency. *Enhancing the stability of their daily lives. ell@whatcomliteracy.org (360) 685-6756 <https://www.whatcomliteracy.org/english-language-learner>



WASHINGTON STATE DEPARTMENT OF SOCIAL & HEALTH SERVICES



Vocational Rehabilitation

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

RESOURCES

Education/Jobs



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

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



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



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

Home Owners/Utilities

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



Are you eligible for free home weatherization?

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

Home Owners/Utilities



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

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



Whatcom County Water District 13 is committed to protecting the environment and the natural habitat while supplying pristine water and reliable wastewater services to our customers. 360-599-1801 admin@wcwd13.com 532 Sprague Valley Drive, Maple Falls



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



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



Energy Assistance Do you need help with energy costs?

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

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

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



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

Immigrants/Refugees



Supporting Families of Those Detained/

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



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



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



Helping Immigrant Families

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



WHATCOM DISPUTE RESOLUTION CENTER

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 wdr@whatcomdrc.org www.whatcomdrc.org



Immigrant Rights Resources

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

The dementia journey isn't easy.

Reaching us is.

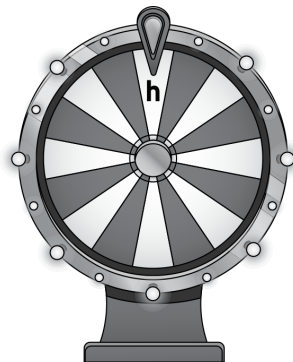


You're not alone. We're here to help.

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

ALZHEIMER'S ASSOCIATION

Rebus 4



Septic Systems Evaluation Rebates

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



RESOURCES ORGANIZATIONS



ORGANIZATIONS



Columbia Valley Park and Recreation

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



KAVZ Radio is Your Voice of the Valley

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



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

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



The Foothills Community Alliance

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



East Whatcom Regional Resource Center

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



Mt. Baker Chamber of Commerce

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

Beyond the Shelves

, cont from p.2

Programs like these are a powerful way to engage young artists and authors and celebrate their talents.

ConnectEd

ConnectED is a partnership between WCLS and all schools in Whatcom County. This program enables enrolled students to use their student ID number as a library card. It gives them easy access to check out books, audiobooks, and use online resources from the public library. Students can check things out online and they'll be delivered to the student's school. It's a great way to expand the horizons for students.

the Shelves

One of the most surprising offerings is the Library of Things. With more than 200 things that can be checked out, the offerings range from musical instruments, toys, light therapy lamps, framed art, puzzles and games, and too much more to list. Thomas says "We also have a whole catalog of American Girl dolls. Each doll comes with outfits, a book, and a journal kids can write in. It's really fun for us librarians to read what they write."

In addition, there are several kits and collections including Time Immemorial, video games, board games and puzzles, and more that can be checked out for home use.

A Living, Breathing Community Space

From Story Time to checking out ukuleles, from nature journaling to poetry, the library continues to evolve as a place where families can learn, create, and connect. Libraries by nature are all inclusive and safe spaces; they welcome everyone and are genuinely happy you're there. At your local library you're greeted with a smile and open arms, staff are more than willing to help you whether it's finding the perfect summer read, printing something, going online, research, or just having a friendly chat...they relish it all.

Thomas says, "It's such an important community resource. In a place like Maple Falls, it's especially important. You run into your neighbors here. It's the heart of the community." This is especially true for young children and homeschool families. "It warms my heart when kids come for programs and recognize each other and make friends. We have a lot of homeschool kids who don't get to see other kids their age very often. I love that they can connect here."

As fall approaches, North Fork and Deming library staff are ready to continue welcoming patrons with fresh programs, new ideas, and the same warm, welcoming spirit that makes them the heart of the Foothills.

For more information:

WCLS homepage: <https://www.wcls.org/>

WCLS Events Calendar: An extensive list of events occurring at each of the twelve library locations throughout Whatcom County.

<https://wcls.libcal.com/calendar/events/?cid=5625&t=d&d=0000-00-00&cal=5625&inc=0>

Whatcomics: <https://www.wcls.org/youth-services/whatcomics/>

A Forest of Words: <https://www.wcls.org/youth-services/afow/>

Teen Corps: <https://www.wcls.org/youth-services/connected/>

Library of Things: Catalog of more than 200 items that can be checked out.

<https://wcls.bibliocommons.com/v2/search?query=library%20of%20things&searchType=smart&page=1>

Children and youth programs are always free.

Here are just a few exciting activities coming this fall:

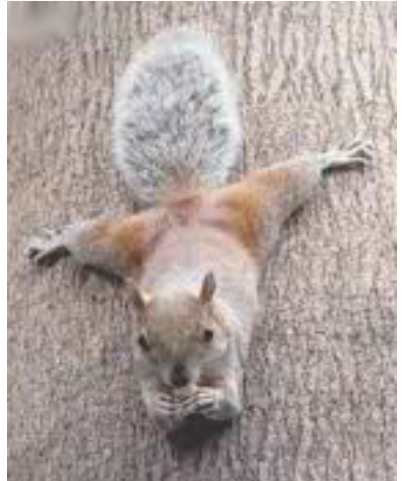
All About Bats! (for grades K-5) Tuesday, October 13, 3:45-4:45pm

Teen Paint Night (grades 6-12) Friday, October 16, 4:00-5:30pm

Escape The Library! (for grades 4-7) Friday October 23, 3:45-4:45pm

Zine Making Workshop (for grades 6-12) Friday November 13, 4:00-5:30pm

For more information and activities, check out WCLS at <https://www.wcls.org/> and discover everything our library system has to offer!



Just hanging out having a snack.

August Crossword Clues

Across

- 2 Deliberate betrayal
- 5 Flouts or shows contempt for the law
- 6 Achieving one's goals through deceit
- 9 Betrayal
- 10 Someone easily deceived or cheated
- 11 Ruse to create specific impression
- 13 Underhanded, dishonest
- 16 Deliberate concealment of truth
- 19 Con artist who uses deceit for gain
- 21 That which constitutes a felony
- 23 Slang for suspicious
- 24 Wrongful or illegal act
- 25 Use of trickery
- 26 Deception to gain from victim

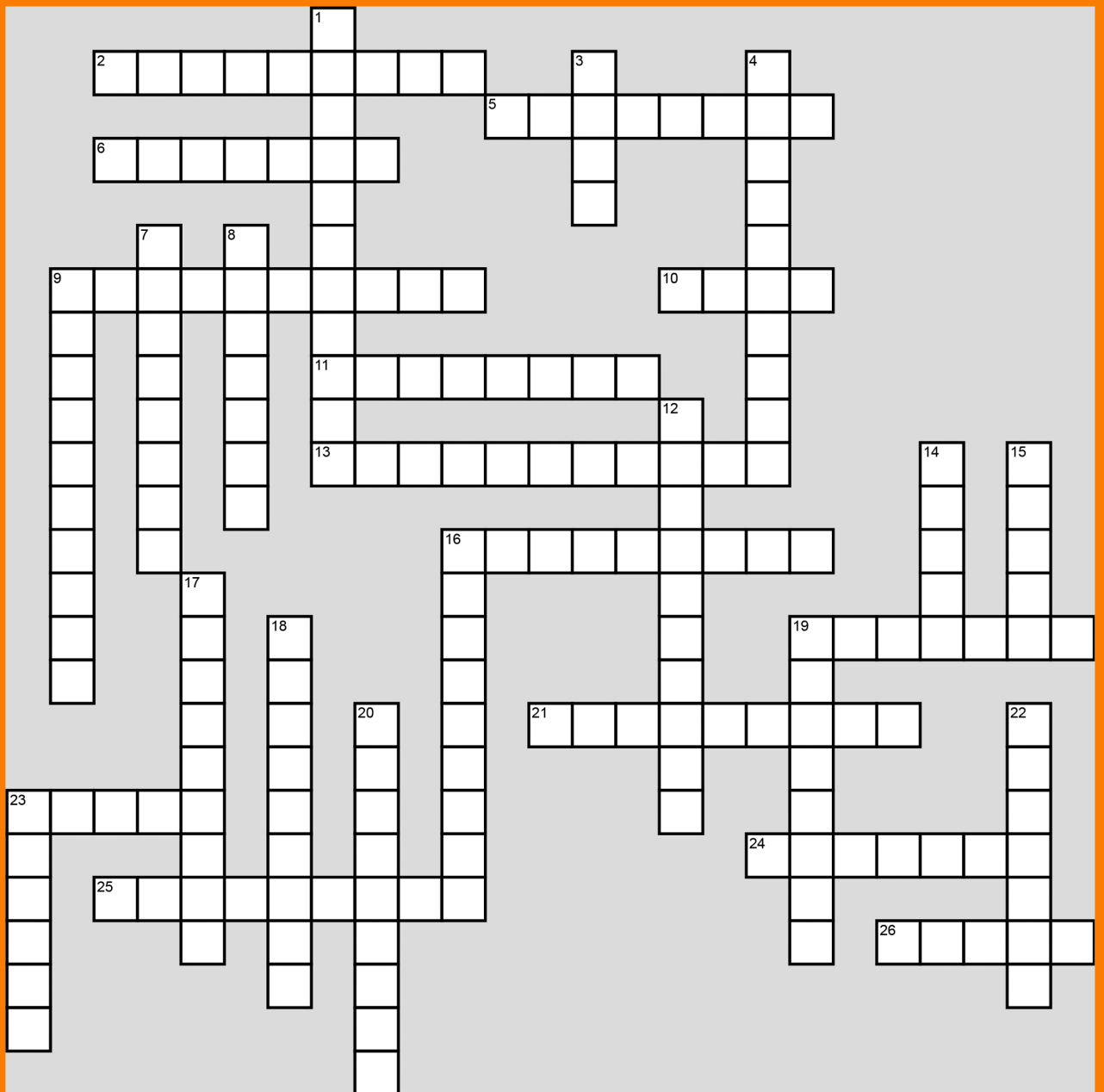
Down

- 1 Slightly deceitful activities
- 3 Slang for mobster's girlfriend
- 4 Underhanded activity
- 7 Clever strategy to fool someone
- 8 Malicious character
- 9 Petty misdeed
- 12 Small-time criminal
- 14 Defy the rules for gain
- 15 Playfully dishonest person
- 16 Contradictory double-dealing
- 17 Underhanded activities
- 18 Theft of small value items
- 19 Trick or mislead someone
- 20 A tendency toward theft
- 22 Violent criminal thug
- 23 Dirty, cheap, disreputable

August Crossword Puzzle

Foul Play

Solution on back page





Community Events Calendar

August 2026 Events Calendar

Do you have an upcoming event? Email us at info@foothillinfo.com and we'll promote it in the Outlook and on our website.

Sun falls on dry grass, Ice in tea glass melting fast,
Slow breeze not cooling

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

SATURDAY 1

Bigfoot Festival
9am-4pm
Maple Falls

Kendall Summerfest
4-8pm
Kendall Elementary

Sunday 2

3-5pm Third Place
Coffeehouse @ Van
Zandt Hall

Monday 3

1pm Whatcom Mobile
Medicine clinic

Tuesday 4

8am Ask-a-Nurse
clinic

8-11am Foothills Food
Bank (weekly on Tues)

12-2pm Foothills
Seniors Gathering
@Van Zandt Hall

10:30-11:30AM
Gentle Yoga @ Van
Zandt Hall

Wednesday 5

Storytime @ Deming
Library

6pm Good Yarns @
Deming Library

Crafting Community
@ North Fork Library
Every Tuesday, 6pm

Thursday 6

10:30-11:30AM
Gentle Yoga @ Van
Zandt Hall

3pm St Peter's
"Thursdays with
Friends"

4-7pm Foothills Food
Bank

5.30pm Deming
Library Writer's Circle

6.30-7.30pm Columbia
Valley Park and
Recreation District
Regular Meeting

SATURDAY 8

10-5pm Summer
Saturday Book Sales
@ Deming and North
Fork Libraries

Sunday 9

3-5pm Third Place
Coffeehouse @ Van
Zandt Hall

Monday 10

2.45-4.15pm Mt Baker
Community Coalition
Meeting

Tuesday 11

8-11am Foothills Food
Bank

10.30-11.30 Digital
Equity Bus @ Deming
Library

10:30-11:30AM
Gentle Yoga @ Van
Zandt Hall

12-2pm Foothills
Seniors Gathering
@Van Zandt Hall

Wednesday 12

10.30-11 Storytime @
Deming Library

6-8pm Good Yarns @
Deming Library

5pm to 7pm Foothills
Entrepreneurs
Collective @ Van
Zandt Hall

Thursday 13

10:30-11:30AM
Gentle Yoga @ Van
Zandt Hall

3-5pm St Peter's
"Thursdays with
Friends"
St Peter's Catholic
Church

4-7pm Foothills Food
Bank

5.30-6.30 Foothills
Communication Hub
meeting

6-9pm Potluck and
Open Mic @ Van
Zandt Hall

SATURDAY 15

10-5pm Summer
Saturday Book Sales
@ Deming and North
Fork Libraries

Sunday 16

3-5pm Third Place
Coffeehouse @ Van
Zandt Hall

Monday 17

8am Ask-a-Nurse
clinic @ EWRRC

1-5pm Whatcom
Mobile Medicine Clinic
@ EWRRC

2:00 pm
Friends of the North
Fork Community
Library Monthly
Meeting

2.30-4.30
MBCC Retreat
Van Zandt Hall

Tuesday 18

8-11am Foothills Food
Bank

10.30-11.30 Digital
Equity Bus @ Deming
Library

10:30-11:30AM
Gentle Yoga @ Van
Zandt Hall

12-2pm Foothills
Seniors Gathering
@Van Zandt Hall

Van Zandt History
Enthusiasts @ Van
Zandt Hall, 7-9pm

Wednesday 19

10.30-11am Storytime
@ Deming Library

6pm Good Yarns @
Deming Library

Thursday 20

6-7pm Gentle Yoga @
Van Zandt Hall

3-5pm St Peter's
"Thursdays with
Friends"
St Peter's Catholic
Church

5.30pm Deming
Library Writer's Circle

Saturday 22

10am to 3pm
Everybody's Market
@ Van Zandt Hall

10-5pm Summer
Saturday Book Sales
@ Deming and North
Fork Libraries

6 - 7:30pm
Whatcom Grooves
Summer Music Series:
One Lane Bridge @
Deming Library

6-9pm Whatcom
Grooves Summer
Music Series: Cape
Flattery @ North Fork
Library

Sunday 23

3-5pm Third Place
Coffeehouse @ Van
Zandt Hall

Monday 24

8am Ask-a-Nurse
clinic @ EWRRC

1-5pm Whatcom
Mobile Medicine Clinic
@ EWRRC

Tuesday 25

8-11am Foothills Food
Bank

10.30-11.30 Digital
Equity Bus @ Deming
Library

10:30-11:30AM
Gentle Yoga @ Van
Zandt Hall

12-2pm Foothills
Seniors Gathering
@Van Zandt Hall

Van Zandt History
Enthusiasts @ Van
Zandt Hall, 7-9pm

Wednesday 26

10.30-11am Storytime
@ Deming Library

6pm Good Yarns @
Deming Library

Thursday 27

10:30-11:30AM
Gentle Yoga @ Van
Zandt Hall

3-5pm St Peter's
"Thursdays with
Friends"
St Peter's Catholic
Church

5.30pm Deming
Library Writer's Circle

Saturday 29

10am to 3pm
Everybody's Market
@ Van Zandt Hall

10-5pm Summer
Saturday Book Sales
@ Deming and North
Fork Libraries

Sunday 30

2:00 pm
Title - Let's Make
Music and Dance! @
North Fork Library

3-5pm Third Place
Coffeehouse @ Van
Zandt Hall

PUZZLE SOLUTIONS

Crosswords

Across

- treachery
- scofflaw
- cunning
- perfidious
- dupe
- artifice
- skullduggery
- deceitful
- hustler
- felonious
- shady
- misdeed
- chicanery
- fraud

Down

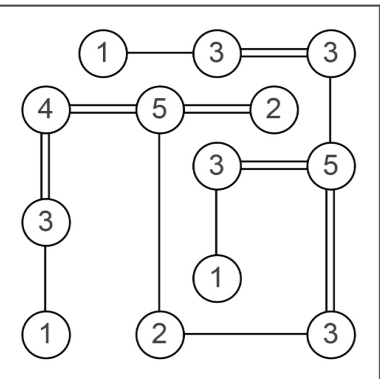
- shenanigans
- moll
- hanky-panky
- trickery
- villain
- pecadillo
- pettycrook
- cheat
- rogue
- duplicity
- monkeybiz
- pilferage

- hoodwink
- larcenous
- hoodlum
- sleazy

Rebus

- Quiche
- Jackfruit
- Raisins
- Spinach

Hashi



Do you have an idea for a feature story, Helping Hands article, or an interview with someone who is making a positive difference in the Foothills communities?

Do you have photos of the area you'd like to share with the community?

Would you like to write reviews of local events and activities?

Are you interested in writing about local history, interesting sites, local geology, and more?

LET US KNOW!

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

Contact the editor at: info@foothillsinfo.com

Sudoku

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

Do you have an upcoming event? Let us know by the 15th of the month prior and we'll help promote it. Email the editor at info@foothillsinfo.com.