

The Betty Pages

Cascadia's most inclusive alternative-lifestyle entertainment tabloid



No Kings Protest from Camden
Photos by MM

In this issue:

4 **Betty's Corner**

By Betty Desire

5 **In The Mix**

By Bridget Adams

6 **Press Release**

By Voxel Gallery

7 **BQC Update**

By Michelle Harmeier

8 **Press Release**

By Stones Throw

9 **The Slow Lane**

By Robert Ashworth

10 **Free Range Connections:**

By Briar Westgren

11 **Press Release**

By Stones Throw

12 **Astrology**

By The Cranky Crone

14 **Food Resources**

By Opportunity Council

If you'd like a chance for your photos to be in
The Betty Pages, contact us!

April

2026

Community Meal

2nd and 4th Sunday of the month

2pm - 4pm

First Christian Church

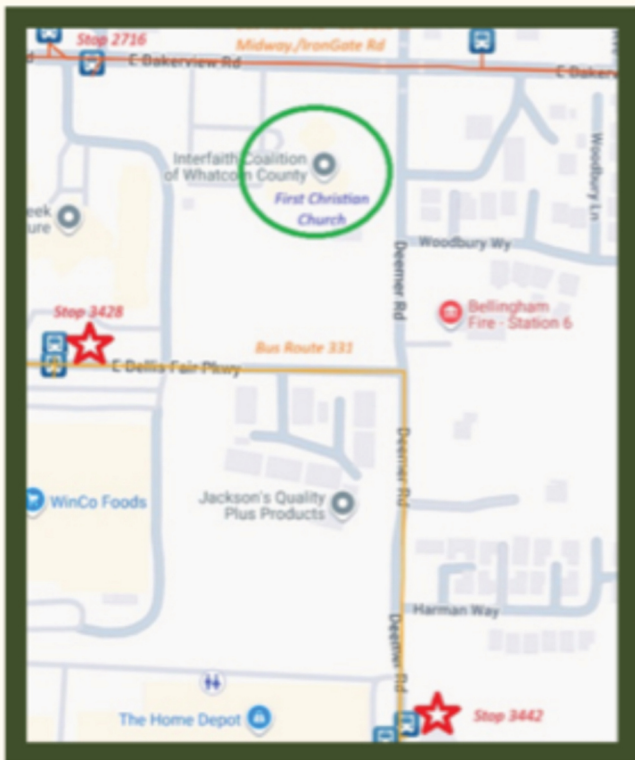
495 E Bakerview Road, Bellingham



Meal Hosts:

2nd Sunday Interfaith Congregations

4th Sunday WWU Neighbors Group



Twice a month all y'all* are invited to dinner at First Christian Church in Bellingham - No charge, No sermon, just delicious home cooked food served in a friendly environment every second and fourth Sunday. We provide a safe, welcoming space for everyone who comes.

This is a cooperative effort with Interfaith Coalition of Whatcom County and Western Washington University Friends.

We have a charging station for your devices and also dog food and dog treats available for your canine companions. You're welcome to stick around to relax a while - there are puzzles and games available and likely a baseball game or movie on the telly.

In between times, there is a "blessing box" free food pantry on the Deemer Road side of the church building that we keep stocked with food for those who are food insecure and those living rough.

Need a ride or a bus ticket to get here? Opportunity council and Road to Home have been provided with a limited number.

**Call the church office at 360-734-6820
or Interfaith Coalition 360-734-3983
for more information**

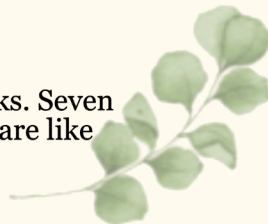
Public Transportation from Downtown Bellingham: Bus 331 from Bellingham Transit Station, stop 3442 or 3428 and take a short walk down Deemer to the Church.



INTERFAITH COALITION

Partners in faith. Changing lives.

Interfaith Coalition is a nonprofit that works with housing insecure folks. Seven of the partner congregations are working together on this meal (There are like 38 or so total faith communities associated with interfaith)



Over 50
BEERS
ON TAP



Delivery
Dine In
Carry Out

Made with:
Vegan Cheese
Vegan Sausage
Red Bell Peppers
Mushrooms
on Gluten Free crust

Pizza
Wings
Subs

Trivia Wednesdays at 7:30 p.m.

Open

Sun - Thu 11 a.m. - 2 a.m.

Fri & Sat 11 a.m. - 3 a.m.

Order at

www.McKaysTaphouse.com

1118 E. Maple St.

360-617-3600

Betty's Corner

By Betty Desire

April has arrived!

Spring is now in full swing and sadly, we made it through the entire winter in Bellingham without a single snow event!

When I was younger I would check the long range forecast often, hoping to see evidence of snow in the future. I loved snow then, and I still love snow now. Then it was because I wanted to get outside and frolic in it. Now it's because I want to be prepared to keep this 71 year old body warm, safe and healthy during the cold snap. Still there is nothing more enjoyable for me than sipping a mug of sugar free hot chocolate and watching the snow fall. Well, looks like I'll have to wait until next year.

I should talk about the political storm we are wading through, we really are in perilous times. The illegal war in Iran has resulted in Iran closing the Strait of Hormuz where over 20% of the world's oil must pass thru, causing gas prices to skyrocket among other commodities. President Trump made his move along with Netanyahu's Israel, and did a Pearl Harbor like attack on Iran, against the advice of our intelligence agencies and without informing or consulting our Allies, which he has insulted and tariffed so often in this his first year that the public opinion of the United States among the Democracies of the world is lower than the Mariana Trench. On average only 16% of citizens in the European Union consider us a reliable Ally. Here are some examples from a survey done by the Council of European Relations taken in late 2025 published in 2026.

In Poland, those who view the United States as an Ally/Friend has dropped from 75% in 2024 to 30%. In Italy, 52% still see us as an Ally/Friend, but 61% see us as a potential threat. In France, 53% still see us as an Ally/Friend, but 41% prioritize EU independence over the U.S. alliance. In Germany Approval of U.S. leadership fell 39 points since late 2024 to 41% seeing us as a Ally/Friend. In Spain, 39% view us as an Ally/Friend In Denmark 26% still see us as an Ally/Friend after our verbal saber rattling over Greenland. In Great Britain, 33% view us as an Ally/Friend. I could continue, but for more depressing details Google the Council of European Relations survey taken in late 2025 and published in early 2026, before our current war in Iran and kidnapping of the President of Venezuela and his wife.

Trump's policies and school yard bully tactics have isolated us. We're in for rough economic times ahead.

-Betty

Thank you to our Supporters

Sara R.	Kolby L.	Meredith M.
Christine B.	Ryan L.	David W.
William A.	Jay B.	Kelly B.
Emerson M.	Anthony L.	Judy O.
Jeff H.	Michelle H.	Karin H.
		Kitrina K.

McKays Taphouse
WinkWink Boutique



The Betty Pages Needs Your Support!

I haven't given up keeping it going, I just can't keep it printed unless I get some solid sponsors/advertisers.

Or, even better- More Patreon Supporters! I would love to put a big ol Community Sponsored label on the front but I need enough of the community to be able to do that.

Patreon tiers start at \$2! At the \$5 level you get early access and at the \$10 you get a printed copy when available.

Feedback is welcome as I explore Patreon options and try to figure out worthy rewards!

www.patreon.com/TheBettyPages



\$2 : Name on the website

\$5 : Early access to read

\$10 : Print copy when available

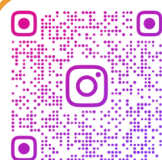
\$15 : Behind the Scenes screenshots

\$20 : Exploring ideas for rewards!

\$30 : Still exploring ideas for rewards!

\$75 : Limited Quantity Tier!

If filled then guaranteed The Betty Pages keeps printing.



The Betty Pages has an Instagram!
@TheBettyPagesCascadia



In The Mix

By Bridget Adams

I try to write about myself, my life, here as rarely as possible. Sometimes though... Sometimes I think my experiences might help someone else. That's one of the times I will write about my life. This is one of the times I will write about my life.

If you remember, last month I had to send in a reprint. For maybe the third—fourth?—time in since July of 2007, I didn't have a new article for The Pages. There was a reason for that.

For two last years or so, I've been having anxiety. Sometimes full-blown attacks; sometimes generalized; sometimes somewhere in between. Now, I was (correctly) diagnosed with depression when I was 12, so I recognize that. And sometimes depression can cause anxiety. That's different from having an anxiety disorder, though.

In case you haven't noticed, there's been A LOT the last few years, so I had a sense of it being something I could manage as opposed to having developed an anxiety disorder. Finally, though, last summer, things came to a head. If I had developed an anxiety disorder or not, I needed help. For reasons that aren't important to this conversation, it took until January for me to get on an anti-anxiety medication. My doctor said we should look out for high blood pressure, headaches, and some agitation. I made an appointment to see her in seven weeks to see how it was going.

To research this article, I looked back at my calendar. I started the meds on January 26. By February 5, I was beginning to overreact to things and get irrational. By February 22, I was obsessing. And ruminating. And paranoid. Intrusive thoughts. By March 8, I was dangerously behind in the first semester of my master's program; my relationship with my best friend was over because of how I had treated him since early February; and David and I had agreed to go to counseling because he no longer had the capacity to handle me (and because, in my paranoid, intrusive-and-obsessive-thoughts, irrational, ruminating place, I thought he had done things that were threatening our marriage, which he hadn't been).

Mind you, sometime in February, I had realized I didn't like the meds. I had the headaches and agitation but that wasn't all. Nausea. Tremors. Lack of focus. I googled "side effects of this medication." Nausea, tremors, jitters, and lack of focus were all side effects. I called my doctor but she wouldn't return a call about this; I had to go in and see her. Only she didn't have an appointment for a bit over a week. And it was just nausea, tremors, and lack of focus. I'd only been on the meds for about two weeks. I would see if the symptoms let up.

Note: I never saw anything about psychotic-break symptoms. My doctor never mentioned them.

Finally, after a particularly horrible argument with my best friend and an especially draining (for him) two days of insanity with David, it dawned on me to google my specific symptoms. Between .1 and 1 percent of people have this kind of a mental break on this type of medication. It didn't show up in a general search for side effects.

David and I weaned me off it. By the second day with half a dose, my shaking had slowed down. By my first day without anything, I was able to recognize obsessing, ruminating, and irrationality when it was kicking in. By the middle of the week, I could control it. By day eight, it had stopped. I was myself again.

I emailed my best friend but haven't heard back yet. I get it; I did a lot of damage in a short period of time. However, counseling is going really well, and David and I are stronger than we've been in a couple years, truth be told. We're still going and we're going to keep getting stronger. I'm caught up with school and even got my first assignment turned in on time.

So why am I writing this? Because it didn't have to happen. Because my gentlemen didn't have to go through what I put them through. Because I didn't have to go through what I was put through.

Our medical system is broken. My doctor is one of the most responsive doctors in the Philadelphia area—and couldn't return a call and didn't mention mental breaks. I couldn't even get an appointment to see her in a timely manner.

Yes, I should have taken the appointment the week out. At the time, I thought my symptoms were just physical. Perhaps a phone call would've gotten me some more information, though. I don't know. The point is the system is bad and it's only going to get worse.

There is no such thing as a medication with no side effects. I am all about pharmaceuticals, embracing modern medicine, and better living through chemistry. But we all must understand what everything we put in our bodies might do to us. And we have to teach ourselves. Trusting the professionals won't cut it any longer.

You know yourself. If something isn't right, advocate for yourself. Hard. Do your own research and make it specific. Even if you, like me, think you're completely sane, if you realize you aren't acting like yourself, tell someone and make them listen.

If you need meds, get them. Take them. Live a better life on them. But if something's wrong...be a pain in the ass patient until everything is right again. The system is broken; don't let it break you.

Until next month, take care of you—and each other.

Advertising space
available!

Visit www.TheBettyPages.gay
to view our current prices, prepaid
discounts, or to contact us.

Press Release

By Voxel Gallery

Voxel Gallery Presents *The Veils of Self* by Lori VanEtta
Opening Reception: April 3, 2026 | 6:00–9:00 PM
Exhibition Dates: April 3 – May 15, 2026

Bellingham, WA — Voxel Gallery is proud to present *The Veils of Self*, a solo exhibition by Lori VanEtta, an abstract painter, opening April 3, 2026. The public is invited to attend the opening reception from 6:00 to 9:00 PM. The exhibition will remain on view through May 15, 2026.

The Veils of Self presents a compelling collection of paintings that explore emotional states, intuition, and the evolving inner landscape of the artist. Each piece serves as a visual record of a moment—capturing moods, experiments, and expressions that emerge organically through VanEtta’s creative process.

“This show is a proud accomplishment for me,” says VanEtta. “It is such a pleasure to share current work in my hometown. *The Veils of Self* showcases a variety of paintings that are a recording of a mood, a feeling, an experiment or expression of my inner self at a particular moment.”

VanEtta’s work is distinguished by its layered approach, both technically and conceptually. Through the careful application of detail and texture, she builds compositions that evolve over time.

“I care about the details and add layers, or veils, until the result is satisfactory,” she explains. “The work reveals itself as I paint, adjusting and changing details as a reaction to what is there.”

An established artist and educator, VanEtta has exhibited in several local galleries, with her paintings held in both private and public collections. Her work has earned recognition including a Best in Show award and has garnered praise for its variety and expressive range. In addition to her studio practice, she has spent many years teaching art to both children and adults and is a member of Women Painters of Washington, a statewide association of professional artists.

Beyond technique, the exhibition invites viewers into a shared emotional space. VanEtta emphasizes connection and intention as central to her practice.

“I make the finest work that I can, hoping that it resonates with someone besides myself. This connection between myself and the viewer has an energy. I lean towards spreading positive energy because we all need more positive energy in our homes, office spaces, and the world.”

For VanEtta, art-making is both introspective and exploratory—a journey into the unknown.

“The reason that I make art is to innovate, clarify what is inside, and to share my take on the world. The process is relaxing at times, frustrating at times and always exciting. It is a march toward the unknown.”

Visitors to *The Veils of Self* can expect a presentation of layered acrylic paintings on canvas that highlight both the nuance of her process and the emotional depth of her work.

Event Details:

Opening Reception: April 3, 2026, 6:00–9:00 PM
Exhibition Dates: April 3 – May 15, 2026
Location: Voxel Gallery

Media Contact:

Christine Biernacki (Director) - christine@voxelgallery.com

Find us on Instagram and Facebook:

www.instagram.com/voxelfineart/

www.facebook.com/voxel.gallery.2025



Photo credit: Tree Devotion, Lori VanEtta



Press Release

By Stones Throw

Stones Throw Brewery to Host Block Party for Bellingham Beer Week

Stones Throw Brewery is excited to celebrate Bellingham Beer Week with a Block Party on Friday, April 17, 2026, from 5:00 PM to 8:00 PM in Historic Fairhaven Village.

The evening will feature live music by The Penny Stinkers, alongside Stones Throw's flagship and seasonal craft beers, including the annual collab beer with Bellingham Homebrewers.

"Bellingham Beer Week is a celebration of our vibrant craft beer community, and we're thrilled to be a part of it," says Tony Luciano, co-owner of Stones Throw Brewery. "Our block party is about connecting with neighbors, enjoying great beer, and dancing the night away."

About Bellingham Beer Week: Presented by the Bellingham Beer Alliance (BBA), Bellingham Beer Week is an eleven-day celebration of the city's rich craft beer culture. The lineup includes unique beer releases, pairing dinners, and creative events, culminating in April Brews Day — Bellingham's largest beer festival.

Join us for a night of music, community, and exceptional brews. For details, visit stonestrowbrewery.com or follow [@fairhaven_stonestrowbrewery](https://www.instagram.com/fairhaven_stonestrowbrewery).

Cheers to local beer!

About Stones Throw Brewery: Stones Throw Brewery is your closest pint to adventure. Located on the South Side of Historic Downtown Fairhaven, it's the perfect spot to unwind after a day on the bay, a hike in the Chuckanuts, or a ski run on Baker. This family- and dog-friendly taproom emphasizes Beer, Community, and Sustainability — and keeps you coming back for more.

About the Bellingham Beer Alliance (BBA): The BBA organizes Bellingham Beer Week, showcasing local collaboration and camaraderie and encouraging everyone to experience great local beer.

Media Contact: Johanna Hendrickson - Events & Marketing Manager, Stones Throw Brewery marketing@stonestrowbrewco.com

Hello fellow Neurodivergent!

You have a lot on your plate, I could help with that!

**Personal Assistant
Paperwork Wrangler
Apartment Cleaner
Cat Sitter**

I can come by and clean every week or two, I can help with paperwork, I can help with basic bookkeeping and filing.

I also have experience with online orders and shipping. I like keeping inventory and organizing things in a way that functions for those using it.

I have lifelong experience with cats and even some elder cat care.

**Part Time hours ok
Weekday Afternoon-Evenings preferred but
Weekends possible
Just Bellingham area for now
(need newer car)**

**Contact Naomi at
nbsteale@protonmail.com**

Vote **NO** on IL26-001, IL26-638

Washingtonians respect and care for each other. We may not always agree, but we work together to protect our children from harm. This November, VOTE NO on IL26-001 and IL26-638, which endanger Washington students with invasive genital exams, forced LGBTQ+ outings, and restricted access to help when they need it most, exposing them to more hate, bullying, and harassment.



www.nohateinwastate.org

The Slow Lane

Before Electronic Word Processing

By Robert Ashworth

Before the concept of "accommodation" for disabilities became as common as it is today, teachers were already making quiet adjustments for students like me. When I was in school, my spelling was terrible. Professors informally gave me accommodation. They just let me pass, in spite of all the spelling errors.

Since then, I've learned that I was dyslectic and probably on the autism spectrum, though not officially diagnosed. Also, since then, has come the advent of spellcheckers. Autocorrect is something people take for granted these days. They have been a godsend for me.

My professors and teachers, in earlier grades, kept saying I was plenty smart, but my knowledge didn't show up well on tests. When I got a low score on one test during grade school, the teacher wrote on the outside of the test results envelope, "I do not believe this is a valid score."

When I was being evaluated, teachers would say things like, "reading your term paper is like seeing great thinking through a dirty window." Fortunately, most of my teachers didn't take points off for spelling so I was able to get through school all the way to college graduation.

Some of the papers did come back with lots of red ink if they circled each misspelled word. That was before the days of word processing, so typo errors had to be whited out with a product that is still found in stores called today called "Whiteout." I used lots of it. A few of my term papers would leave crumbs of dried Whiteout on clothing and professor's desks. Thank goodness for the advent of electronic spellchecking.

Speaking of term papers, I had one professor named Dr. Crichfield. He was a precise stickler for detail. I worked extra hard to survive his classes and I think he was willing to overlook some of my errors.

Just before I graduated, there was one last term paper for his class. It was a research project in the study of geography. I tested my hypothesis using census information which I fed into Western's computer.

Halfway through my project, I realized that I was not using the mathematical formula correctly. It was too late to correct my mistake and start over. I just wrote what my intent was, along with the work I had done so far, and I admitted to the mistake. Then I handed in the paper.

I figured that I might flunk the class, but my parents were willing to pay my way for an extra quarter of college if need be. Back then, I was a bit reluctant to leave college and face the so called "real world" anyway so I had little to lose. I could afford to admit to the mistake and not try to cover it up.

Dr. Critchfield was very disciplined in his own life, so he always got the graded papers back to students on time. He left them in a box in the hallway outside his office. Privacy was less of a worry in those days.

When I got the paper back, I was surprised. He gave me an A for the class. I think it was an A for honesty which is important in research. The returned paper did have lots of red marks for spelling errors, but he didn't take away points for that.

Out in the real world, the job market can be very judgmental based on surface appearance, credentials and things like spelling errors in resumes. I've done well by settling for low profile, low stress jobs.

Rather than seeking a traditional career, I worked as a custodian. The job was meditative and I was in a friendly work environment. Admittedly my landlords have also been accommodating by offering me below market rent as I didn't make top dollar.

My job was accommodating enough so I had time and energy, outside of work, for community involvement, creative writing, photography and long distance bike touring. My avocations fit pretty well with my job as I worked on the custodial crew of a local YMCA. It's an organization that promotes healthy lifestyles, community and work life balance.

Accommodation and things like spellcheckers helped me unlock my skills.

Robert Ashworth, Bellingham.



Reader board at a motel I stayed at during a bicycle tour.

Five Best Ways to Fail At Non-Monogamy

By Briar Westgren

Non-monogamy is often framed as something people "try" — an experiment, an opening-up, a departure from the default. What gets discussed less is how many people attempt it while quietly smuggling their most controlling monogamous assumptions right through customs. The result isn't non-monogamy at all, with the aesthetics of openness wrapped around the same old architecture of possession.

A handful of these common failures are so commonplace that many people think they are reasons that all non-monogamous intimate relationships are doomed to fail (as if longevity is the main determinant of success...! also, do these people know how often monogamous people break up?).

Here, then, are five of the most popular ways to sabotage a perfectly good non-monogamous relationship before it even gets started.

1. You Want to Be Shared, Don't Want to Share

This most fatal mistake when breaking out of monogamy is, unsurprisingly, also the least mature. It's often encountered by people who accidentally experience non-monogamy — by falling in love with a friend, for instance, and then getting permission from their more established lover. When the reciprocal reality arrives, though, we're back to square one: possessive crash-outs, blame, loss of self-esteem, and so on.

The person in this situation hasn't actually left monogamy; they've simply found a way to practice serial possession across multiple partners simultaneously. We find these people in forums like /r/polyamory very commonly, begging for a way not to have to practice the work of undoing their own possessiveness while also asking their lovers to do that work on their behalf.

2. The One-Penis (or One-Pussy) Policy

Few things in the non-monogamous world generate more eye-rolling than the genitalia-based restriction: a partner may date freely, provided they don't date anyone of the same sex as the person making the rule. The most common version limits a female partner from dating other men, on the premise that male intimacy is somehow more threatening than female intimacy — a premise that tells you considerably more about the rule-maker's insecurities than about any meaningful theory of connection.

What this framework actually communicates, when translated plainly, is: "I don't mind you having intimacy I don't perceive as competitive." It reduces partners to their anatomy and relationships to threat-assessment exercises. The irony is that this rule tends to produce exactly the insecurity it's designed to prevent. Treated as less threatening by definition, same-sex connections can become more intimate by default, while the anxious partner's relationships get to stew in a resentment that was, architecturally, built right in.

3. "No Feelings" — and Its Cousins

The "no feelings" arrangement presents itself as practically minded: you may sleep with other people, as long as everyone stays strangers. It is, in practice, a rule designed to be broken — why would you only date people you don't really like? Most relevant to this rule, orgasms boost oxytocin, the "bonding hormone," which means that anyone who has sex more than a couple-few times is likely to develop an attachment.

When this rule inevitably meets reality, what follows is usually retroactive rulemaking: new restrictions invented after the fact, specifically engineered to limit whichever connection has grown inconveniently meaningful. No sleepovers. Fluid bonding with new partners prohibited, framed as a sexual health concern even when everyone has been recently tested and the actual concern is obviously emotional. No meeting each other's friends. A creeping proliferation of clauses that have nothing to do with safety and everything to do with ensuring that what was promised — genuine connection — can never actually be delivered.

Rules built to prevent feelings, besides being ineffective, are ultimately self-defeating. They're monogamy with extra steps and considerably more paperwork, designed not to invite growth but to protect against it. This column has noted before that the health of a boundary can often be assessed by whether it's designed to protect you from growth or move you toward it. A rule that treats your partner's deepening connections as an emergency is almost never actually about protection. It is, almost always, about control, which doesn't create security downstream — just resentment.

4. Implicit Hierarchy

Hierarchy in non-monogamy isn't inherently unethical — if it's your day to pick you and your wife's child up from school, you don't schedule a date at that time. What's worth examining is the hierarchy that nobody negotiated, but everyone is expected to respect: the primacy of whoever arrived first, or who wants to feel like the "most important" connection.

This becomes something else when it functions as a trump card in perpetuity, a veto power over any connection that grows inconveniently close, available to the established partner simply by virtue of tenure. Under this model, newer relationships exist in a condition of permanent probationary status, subject to cancellation at any time regardless of their depth, history, or the explicit agreements that allowed them to form. This is the arrangement that produces the scenario examined in a previous column, in which someone can lose their closest friendship to a stranger's ultimatum, having violated no agreement except the unspoken one: don't become too real.

Veto power is where implicit hierarchy most often gets its teeth. The ability to unilaterally end another person's relationship — not your own, someone else's — is an extraordinary amount of authority to hand to anyone, rarely handed back once granted. A relationship that requires veto power to feel secure is a relationship whose security is being outsourced to control, which means it isn't secure at all.

5. Mono/Poly Dating

The hazards of dating across the mono/poly divide have been explored at length in this column, but in the context of failure modes they deserve specific attention. Not because it can't work, but because it is where several of the above failure modes tend to concentrate, and where the person most likely to be harmed is the non-monogamous partner.

"Cowboys" are the most recognizable version: a partner (partner?) who rides up alongside a herd of non-monogamous people, trying to lasso one off to keep for themselves. But the subtler harm is more common, arriving not in a lasso but in accumulated small moments: a partner who falls in love with you, but treats your capacity to fall in

love with others as a character flaw to be corrected over time. Who agreed, intellectually, to non-monogamy, but who flinches each time the reality of it materializes. Who views the existence of your other connections as evidence that you haven't chosen them enough, and might ditch at a moment's notice because they don't consider non-monogamous intimate relationships to be "serious."

Being made to feel that you should apologize for falling in love is a particular kind of erosion. Done gradually, across months or years of well-meaning pressure, it can convince a person that their natural way of moving through the world is something that needs to be fixed. It is worth naming this plainly: treating someone's capacity for love as a problem is not a form of intimacy. And remaining in relationships that frame it that way is, ultimately, a failure mode too — just one that belongs entirely to you.

Mistakes, especially common ones, aren't a sign that you should stop practicing. But if you fail to identify your errors as such, they can become permanent bad habits. In fact, we all learn to do better from not just our own mistakes, but the mistakes of others — and knowing the most common pitfalls may mean that future generations are able to skip them altogether.

Press Release

By Stones Throw

Stones Throw Brewery Celebrates 10 Years with Street-Closing Anniversary Block Party April 4, 2026

BELLINGHAM, WA — Ten years ago, Stones Throw Brewery opened with a simple idea: a place where great beer and great people come together. On April 4, 2026, that idea turns a decade old—and the brewery will celebrate by closing the street for a full-scale Anniversary Block Party.

Since opening in 2016, Stones Throw has become more than a neighborhood brewery. It's a gathering spot, a third space, a launchpad for adventures, and a welcoming home for community connection in Fairhaven and beyond.

The free, family-friendly, and dog-friendly event will feature live music throughout the day, local food trucks (That's What I Like! Island Grill, Street Dogz hot dogs, Cicchitti's Pizza), anniversary beer releases, and plenty of space to reconnect and celebrate.

Live Music Lineup:

- 12:00–2:00 PM: High Mountain String Band
- 2:30–4:30 PM: JP Falcon Grady
- 5:00–8:00 PM: Andy "Badd Dog" Koch

Expect the classic Stones Throw block party vibe: kids running around, dogs drawing more attention than their owners, music echoing off the buildings, food trucks lined up, old friends reconnecting, and new friendships forming over a pint.

This year's celebration holds special meaning. Some guests have been

there since opening day; others discovered Stones Throw during a spontaneous bike ride, after a soccer match, on a rainy Tuesday, or during a moment that needed a good beer and a welcoming place to land.

"At our core, we still believe in what got us here: community over everything, approachable beer for every palate, taking care of our planet and our neighbors, and creating a space where everyone feels welcome," says the Stones Throw team.

The Anniversary Block Party is proudly sponsored by First Federal.

This milestone isn't just about ten years behind us—it's about everyone who helped build Stones Throw and everyone who will shape its next chapter. Come raise a glass, dance in the street, and celebrate 10 years of Stones Throw.

Event Details:

What: 10-Year Anniversary Block Party

When: April 4, 2026

Where: Stones Throw Brewery, Fairhaven (Street Closure Event)

Admission: Free and open to the public

For more information, follow Stones Throw Brewery on social media or visit the taproom.

Media/Sponsorship:

First Federal is the presenting sponsor of the anniversary music.



♈ Aries

Darlin', April has you running hot, and when you run hot people tend to get burned—or seduced. Your confidence is downright intoxicating this month, and someone is going to notice the way you walk into a room like you own it. The trick for you in April is restraint... not your usual specialty. A flirtation could turn serious before you even realize it. Just remember: the fastest sparks make the brightest fires.

♉ Taurus

Honey, you've got slow-burn energy this month, and that's the kind that keeps people up at night thinking about you. April invites you to indulge your senses—good food, good music, good company... preferably the kind that knows how to whisper in your ear. Financially you're steady, but emotionally you may be tempted to give someone a little more access to your heart than you planned. Take your time, sugar. Anticipation is half the pleasure.

♊ Gemini

Sweet talker, April puts a dangerous sparkle in your eyes. Conversations turn flirtatious without warning, and people will find themselves telling you things they never meant to say out loud. There's a strong attraction brewing with someone who can keep up with your mind—and that's rarer than diamonds. Just don't promise forever when you're only feeling tonight.

♋ Cancer

Darling, you're craving closeness this month—the kind where someone holds you just a little longer than necessary. April softens your heart but sharpens your instincts. You'll know exactly who deserves your tenderness... and who doesn't. A quiet evening could turn unexpectedly romantic if you let your guard down. Just don't mistake nostalgia for destiny.

♌ Leo

Listen, doll, when you shine like this people line up to bask in it. April gives you magnetism that's impossible to ignore. You'll notice eyes lingering a second longer than usual and compliments coming from every direction. Someone with confidence of their own might challenge you—and if you're honest, you like that. Passion runs high this month, and you may discover you enjoy a little chase.

♍ Virgo

Now look at you... all neat and proper on the outside, but April has other plans. Someone may awaken a playful side of you that doesn't always get to come out and play. The more you try to stay sensible, the more tempting the distraction becomes. Let yourself enjoy the attention. After all, sweetheart, perfection is overrated—mystery is much more fun.

♎ Libra

Angel, April drapes you in charm like silk. People are drawn to your energy without quite understanding why. Relationships deepen this month, especially if you're brave enough to say what you really want instead of what sounds polite. A connection may grow intense quickly—like the kind of chemistry you feel before the first kiss even happens.

♏ Scorpio

Well now... April turns up the heat around you, and you know exactly how to use it. Your magnetism is almost unfair this month. Someone may find themselves completely fascinated by you, even if they can't quite explain why. Just be careful with hearts, darling—yours and theirs. When you play with fire, you've got to expect a little smoke.

♐ Sagittarius

Wild thing, April makes you restless in the most delicious way. Adventure calls, and it may arrive disguised as a person rather than a place. Someone different from your usual type could catch your attention and keep it. The connection feels exciting... maybe even a little dangerous. And if there's one thing you've always liked, it's a story worth telling later.

♑ Capricorn

Honey, people underestimate you. They see the discipline and the ambition, but April reveals the warmth underneath. Someone who's been watching you from afar may finally decide to make a move. The real surprise? You might enjoy letting someone else take the lead for once. Even the most composed hearts appreciate a little romance after dark.

♒ Aquarius

Darling, your mind is electric this month, and people find that incredibly attractive. Conversations feel charged, like something interesting could happen at any moment. Someone may become fascinated with your ideas... and then with you. Just remember: curiosity can lead to delightful complications.

♓ Pisces

Dreamer, April wraps you in a kind of romantic haze that makes everything feel cinematic. Music sounds sweeter, touches linger longer, and emotions run deep. Someone may fall for your softness and imagination in a way that feels almost fated. Just keep one foot on the ground so you don't drift too far into fantasy.



You are NOT alone



PFLAG Whatcom County

Visit online for a list of resources and help lines
pflagwhatcom.org/support/help-lines/

LGBT National Hotline - 888-843-4564

LGBT National Youth Talkline - 800-246-7743

LGBT National Senior Hotline - 888-234-7243

LGBT National Coming Out Support Hotline - 888-688-5428

<https://lgbthotline.org>

Need to Vent? **Simply text HOME or HOLA to 741741** to reach a live volunteer Crisis Counselor. We are always here for you. **Free, 24/7, confidential.**

www.crisistextline.org

The Trevor Project **866-488-7386**

Trans Lifeline **877-565-8860**

<https://www.thetrevorproject.org/resources/>

Skagit YMCA Oasis Youth Shelter

The Oasis Youth Shelter provides youth with a safe place to spend the night every day of the year. Other than being age 13-17, there are no strict eligibility requirements.

Address: 125 N 5th St, Mount Vernon, WA 98273

Phone: 360-419-9058

Email: shelter@skagitymca.org

Oasis Text Hotline: 360-230-0587

Mental health crisis lines

Crisis lines are available for all people in Washington regardless of your income or whether you have insurance or not.

For a life threatening-emergency: Call 911.

For 24-hour suicide prevention or a behavioral health crisis: Call or text 988

For substance use, problem gambling, or mental health support: Contact the Washington Recovery Help Line or the behavioral health crisis line in your area.

What happens if you call a crisis line?

After you call or text 988 or call a county crisis line:

A professional provides you with support and asks you for information about the crisis.

They will offer in-person crisis services, including Mobile Crisis Outreach (for adults and youth), Designated Crisis Responders, and safety officers.

Mobile crisis outreach and emergency services may need to ask further questions to determine the appropriate response.

The dispatched crisis service will then help the individual receive appropriate care.

Learn more about all available crisis programs and regional crisis lines online at www.hca.wa.gov/free-or-low-cost-health-care/i-need-behavioral-health-support/mental-health-crisis-lines

Whatcom & Skagit County Regional Line: 1-800-584-3578

FOOD RESOURCE LINKS

Whatcom & Skagit Counties

No shame in needing help or if you can - follow links to donate



www.bellinghamfoodbank.org

svneighborsinneed.com



basicneeds.wvu.edu/food-resources

www.communityactionskagit.org/skagit-food-distribution-center/



Whatcom
COMMUNITY COLLEGE

www.whatcom.edu/college-life/student-life-and-development/orca-food-pantry

www.skagit.edu/student-resources/student-basic-needs-resources.html

SVC
Skagit Valley College

 Sustainable
Connections

sustainableconnections.org/freedge/

helpinghandsskagit.org/distribution/

 findhelp

www.findhelp.org/food/food-pantry--bellingham-wa





Food & Meal Guide Whatcom Food Banks



Call or walk-in: (360) 734-5121 option 3
1111 Cornwall Ave. - Monday - Friday, 9am - 4pm

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Bellingham Food Bank:
1824 Ellis St.
10am - 6pm

Blaine Food Bank:
500 C St.
9am - 12pm

Ferndale Food Bank:
1671 Main St.
9 - 11am

Lynden Project Hope:
205 S BC Ave.
9:30am - 12pm

Salvation Army:
1515 Birchwood Ave.
1 - 3pm
For Seniors (60+) only on Mondays

Bellingham Food Bank Drive-thru:
1824 Ellis St.
Required: make a reservation online
3:30 - 6:30pm

Foothills Food Bank:
8255 Kendall Rd.
8 - 11am

Lynden Project Hope:
205 S BC Ave.
3 - 6pm

Salvation Army:
1515 Birchwood Ave.
10am - 1pm

SeaMar Food Farmacia:
4455 Cordata Pkwy.
12 - 3pm

Bellingham Food Bank:
1824 Ellis St.
10am - 6pm

Blaine Food Bank:
500 C St.
5 - 7pm

Ferndale Food Bank:
1671 Main St.
9 - 11am

Foothills Food Bank:
8255 Kendall Rd.
4pm - 7pm

Nooksack Valley Food Bank Everson:
100 E. 2nd St.
10am - 1pm & 6:30 - 7:30pm

Sumas:
461 Second St.
11am - 1pm

Salvation Army:
1515 Birchwood Ave.
10am - 1pm

Southside Food Bank:
1504 Larrabee Ave.
1st & 3rd Thurs., 10 - 11:30am

Bellingham Food Bank: 1824 Ellis St.
10am - 6pm

Blaine Food Bank:
500 C St.
9am - 12pm

Food Lifeline:
8255 Kendall Rd.
3rd Fri., 10 - 11am

Lummi Food Bank:
2830 Kwina Rd.
12:30 - 3:30pm, closed 1st Friday
For low-income reservation residents & tribal members only

Lynden Project Hope:
205 S BC Ave.
9:30am - 12pm

Nooksack Food Bank:
5061 Deming Rd.
1st Fri., 10am - 1pm

Point Roberts Food Bank: 1437 Gulf Rd.
8:30 - 10:30am

Ferndale Food Bank:
1671 Main St.
9 - 11am

Food Lifeline Mobile Pantry:
8255 Kendall Rd.
1st Saturday, 11:30am - 12:30pm

Lord's Table River of Life:
4037 Valley Hwy.
2nd/4th Saturday, 10am - 12pm

All dates, times, and locations are subject to change without notice. Please help us keep this resource up to date: email changes to communityresources@oppco.org

Community Freedges:
Community refrigerators packed with free nutritious food.

RE Store Freedge:
2316 Kulshan St., Bellingham
Monday - Saturday, 10am - 6pm

North Fork Library Freedge:
7506 Kendall Road, Maple Falls
Tuesday & Thursday, 10am - 8pm
Wednesday & Friday, 10am - 6pm
Saturday, 10am - 5pm

Miracle Food Network
Surplus food distributed throughout Whatcom County. Call (360) 685-1013, or visit miraclefoodnetwork.org for times and locations.

Home Deliveries
Delivery may be available for those unable to visit a food bank. Call (360) 676-0392, or visit bellingshamfoodbank.org/home-delivery

Birchwood Food Share Boxes:
Free food pantry boxes throughout the Birchwood Neighborhood.

- 2833 Birchwood Ave.
- 2930 Patton St.
- 3248 Firwood Ave.
- 3315 Northwest Ave.
- 3329 Pinewood Ave.
- 3304 McAlpine Rd.
- 3138 Cherrywood Ave.
- 3127 Bennett Dr.

Community Meals:

Interfaith's CAST
Arch of Healing and Reconciliation (Behind Bellingham Public Library)
Mon, Wed, Thurs, Fri, 6 - 7pm

Bellingham Recovery Cafe
First Baptist Church
110 Flora St.
Coffee and lunch, connections with peers and services
Tue & Wed, 12 - 4pm

Maple Alley Inn
Faith Lutheran Church
2750 McLeod Rd.
Lunch Wed & Thurs, 11:30am - 1pm

Southside Community Meal
Our Savior's Lutheran Church
1720 Harris Ave. (360) 733-6749
3rd Sunday, 5 - 6:30pm
subject to change, call for dates

Ferndale Community Meal
United Church of Ferndale
2034 Washington St., Ferndale
3rd Thursday, 4:30 - 6:30pm

EWRR Community Meal
E. Whatcom Regional Resource Ctr.
8251 Kendall Rd. (360) 599-3944
1st Tuesdays, 6 - 7:30pm
Senior Potluck every Wed, 1 - 3pm
Subject to change, call for dates

A Watered Garden
Everson SDA Community Svcs. Ctr.
700 Strandell St., Everson
Semi-regular community meals.
Check for details:
facebook.com/awateredgardenflc/

Lynden Community/Sr. Center
401 Grover St.
\$7/meal, all ages
Monday - Friday, 12 - 12:30pm.

School Meals:

Apply for Free & Reduced Meals in your school district.
Visit your school district's website to apply online/print an application, or visit your school's office to pick up an application.

Many schools in Whatcom County qualify to provide free meals for all students. Families at these schools are still encouraged to complete an application to qualify for other benefits and services, and to ensure that these schools remain qualified for this program and other funding.

All students at the school eat free in the 2025-2026 school year

Bellingham Public Schools
bellingshamschools.org/school-menus
Alderwood, Birchwood, Carl Cozier, Cordata, Happy Valley, Lowell, Northern Heights, Parkview, Roosevelt, & Sunnysland Elementary Schools; Fairhaven, Shuksan, & Whatcom Middle Schools; Options & Squalicum High Schools

Blaine School District
blainesd.org/page/free-and-reduced-meal-application
Blaine Primary & Blaine Elementary Schools

Ferndale School District
ferndalesd.org/deptprograms/child-nutrition/free-reduced-lunch-application

Lummi Nation School
Applications can be obtained from and returned to any school office.

Lynden School District
lynden.wednet.edu/departments/food-services
Fisher, Isom, and Vossbeck Elementary Schools

Meridian School District
meridian.wednet.edu/food-service-program

Mount Baker School District
mtbaker.wednet.edu/page/child-nutrition-department

Nooksack Valley School District
nv.k12.wa.us/53977_3

Senior Meals:

Meals on a donation-only basis for ages 60 and older (\$6 suggested donation). Membership not required.

Meals on Wheels: (360) 746-6480

Bellingham Sr. Center
315 Halleck St.
Mon - Fri, 11:30am - 12:30pm

Blaine Senior Center
763 G St.
Mon - Fri, 11:30am - 12:30pm

Everson Senior Center
201 Jackson St.
Wed, 11:30am - 12:30pm

Ferndale Senior Center
1999 Cherry St.
Mon - Fri, 12pm - 1pm

Pt. Roberts Senior Center
1437 Gulf Rd.
Wed & Fri, 12pm - 1pm

Sumas Senior Center
461 2nd St.
Wed, 11:30am - 12:30pm

STRETCH YOUR EBT:

SNAP Market Match
This program matches EBT dollars for additional produce at the Bellingham, Twin Sisters, EN Valley, and Lynden Farmers Markets in Whatcom County.

SNAP Produce Match
Use your EBT card to buy \$10+ of fruits & vegetables and get \$5-10 off your next qualifying purchase. Available at Safeway, Haggen, and Community Food Co-Op stores in Whatcom County.

DSHS Customer Service
Call or walk-in: 1 (877) 501-2233
4101 Meridian St.
Monday - Friday, 8am - 3pm

Washington Connection
Apply for benefits online at washingtonconnection.org