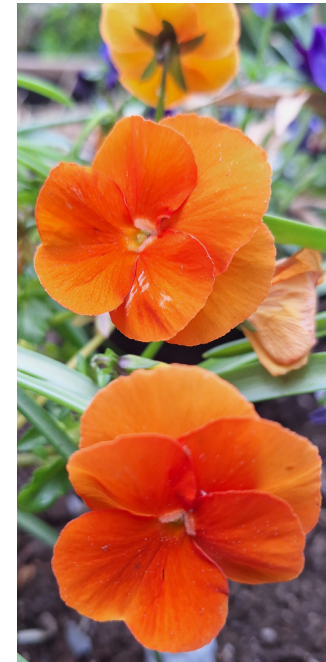


# The Betty Pages

Cascadia's most inclusive alternative-lifestyle entertainment tabloid



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The Betty Pages has an Instagram!

@TheBettyPagesCascadia



# May

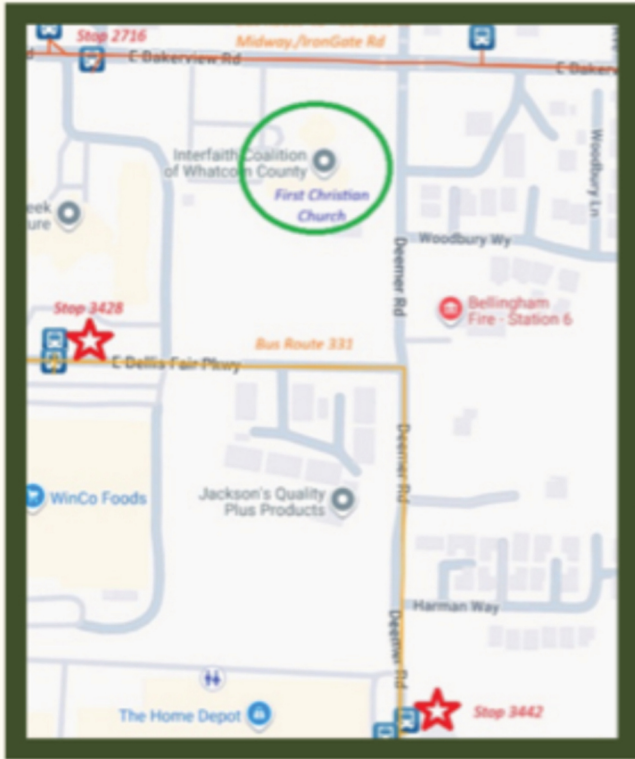
# 2026

# Community Meal

2<sup>nd</sup> and 4<sup>th</sup> Sunday of the month  
2pm - 4pm  
First Christian Church  
495 E Bakerview Road, Bellingham



*Meal Hosts:*  
2<sup>nd</sup> Sunday Interfaith Congregations  
4<sup>th</sup> 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.

**May 10th**, Mother's Day, Spaghetti and meatballs with garlic bread and salad and cupcakes for dessert!

**May 24th**, Barbecue hamburgers and hot dogs with the fixings, potato salad, baked beans, and s'mores!

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.

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.

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**



**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)



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## Betty's Corner

By Betty Desire

May flowers are on the way! I'm very excited for warmer weather and more Sun!

Most of you know that I celebrate all holidays. Not the least is 420, the unofficial celebration of legalized recreational Marijuana. Washington was one of the first States to legalize recreational use of weed at the ballot box in 2012. It happened by referendum. There were 2 referendums on the ballot that election cycle. Both passed that year. One legalizing recreational weed and the other legalizing same-sex marriage! A tremendous victory at the ballot box.

Every 4/20 starting in 2015 (the first stores opened July 8<sup>th</sup> that year) I have gone on what I call a 4/20 run. I started at 9am usually, and stopped at all 22 weed stores in our County. It took over 8 hours. I would normally make Facebook posts along the way, letting people know which stores had entertainment and parties going on and where many door busting specials were happening. It was my April highlight. I've aged since 2012 and this year I did a short 4/20 run. Only 5 stores. There are also fewer stores hosting 420 parties. In the 14 years since legalization the unusual has been normalized.

Looking back, I miss the carnival atmosphere of those early days. I remember doing an outdoor Drag Show at what is now known as "Trippy Hippie" and live music at The Green Stop (I think) it was 4/20 after all. Many stores had food trucks and hot dog stands. People would show up in "theme ware." Costumed for the occasion. It was "stoner" heaven.

We had our own Hemp festival for a few years as well. Hopefully we can bring that back. Bellingham loves a reason to party!

Now, it seems that the novelty has dimmed. You can still get killer deals on everything infused from soup to nuts, but the party atmosphere has mellowed. So I propose next year we plan a 420 throwback. I propose we party on 4/20/2027 like it's 2014!

Watch this space.

Betty Desire

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## Press Release

By NALC Branch 450

### Three Skagit County School Districts Launch "Peanut Butter Challenge" to Support Stamp Out Hunger

Skagit County, WA — Three local school districts—Sedro-Woolley, Burlington-Edison, and Mount Vernon—are joining forces in a spirited and community-driven effort to fight hunger through a friendly competition: the Peanut Butter Challenge.

In partnership with NALC Branch 450 and the Stamp Out Hunger Food Drive, students, staff, and families across the three districts will collect jars of peanut butter in the weeks leading up to Saturday, May 9, 2026, the nation's largest single-day food drive organized by letter carriers.

Peanut butter, one of the most requested items at local food banks due to its high protein content and long shelf life, will be collected at participating schools and weighed to determine which district contributes the most. While one district will take home bragging rights—and the coveted Peanut Butter Challenge trophy—the true winners will be local families in need.

"This is about more than a competition," said Chris Tharp, event organizer and representative of NALC Branch 450. "It's about bringing our communities together, building school pride, and making a meaningful impact right here at home."

Collected donations will be picked up from schools in the week leading up to the food drive and weighed at local post offices. On May 9, letter carriers across Skagit County will also collect food donations left by residents next to their mailboxes, helping to stock local food banks and pantries.

Students are encouraged to get involved beyond their school collections. Volunteers are welcome to join on food drive day at the Mount Vernon Post Office, where donations will be sorted and organized. The event is known for its energetic, community-focused atmosphere, complete with food, drinks, and volunteers working side by side.

The Peanut Butter Challenge highlights the power of youth engagement and community collaboration in addressing hunger at the local level.

#### How to Participate:

- Donate jars of peanut butter at participating schools
- Leave non-perishable food donations by your mailbox on May 9
- Volunteer at your local post office on food drive day

Media Contact: Chris Tharp

NALC Branch 450 | [nalc450.com](http://nalc450.com)

(360) 982-1840 | [thechristophertharp@gmail.com](mailto:thechristophertharp@gmail.com)

## In The Mix

By Bridget Adams

It's May, which means I should be writing about Pride next month. But you know what? You're going to hear a lot about Pride from other sources and people and columnists. So I'm writing about something different.

- Anti-American
- Anti-capitalism
- Anti-Christianity
- Support for the overthrow of the United States government
- Extremism on migration
- Extremism on race
- Extremism on gender
- Hostility towards those who hold traditional American views on family
- Hostility towards those who hold traditional American views on religion
- Hostility towards those who hold traditional American views on morality

In case you don't know, that, up there, is National Security Presidential Memorandum 7 (NSPM7), and that, officially and according to the current government of the United States, is the new definition of domestic terrorist. Apparently, we are all existential threats to the US. But I have so many questions.

What is the working definition of American? What are American views on family, religion, or morality? What is extremism? Does believing in the promise of the American dream being available to all make me extreme about immigration? Or believing in equality and equity for all people make me extreme about race and gender?

As for anti-Christian, I admit this one gets more nuanced. Because I am not anti-teachings of Christ. That was good stuff. We should all probably pay more attention to what the man is supposed to have said. But as someone who grew up in Jerry Falwell's Lynchburg, VA, and whose father was the chaplain at "the other school" in town, I know true followers of Christ from pretend ones. If I am being accused of being anti-teachings of Christ, nope. If I'm being accused of being anti-Christianist bullshit that's being shoved down our throats right now, absolutely. 100 percent.

Then comes anti-capitalism. Fair enough. You got me there. I'm a Democratic Socialist from way back, even before I knew the phrase. POWER TO THE PEOPLE! EAT THE RICH! Seriously, why are there billionaires anyway?

The one in that list that is actually and for real in the definition of domestic terrorist is support for the overthrow of the United States government. That person, is indeed, by any definition, a domestic terrorist. Which would include wanting to throw out the checks and balances of our Constitution. And buying the Supreme Court. And selling—or just giving away—national security secrets. And working for foreign governments over the American one. And making personal profits over the safety of the American people. Makes you think, doesn't it?

However, you and I both know that's not what NSPM7 is talking about with that fourth bullet. It's talking about overthrowing this administration. Overthrowing an administration that abuses its power, that breaks the law, that colludes with enemies and breaks with allies. Funny thing is, overthrowing a government like that may be the most American thing ever. After all, it is part of our very DNA:

“...when a long train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future security.”

~ Thomas Jefferson

Declaration of Independence

I love my country. The Adams in my pen name comes from John Adams, founding father. I wanted to be a constitutional lawyer. For years, I wanted portrait-sized, frameable-quality copies of the Bill of Rights and the Declaration of Independence to hang on my wall. Where in there am I anti-American?

What I am is anti-fascist, anti-Jim Crow, anti-Gilead, and, yes, anti-Trump and anti-this administration. By any legitimate definition, these things make me a true, patriotic American. If, in the current landscape, they make me a domestic terrorist, well... There are worse things.

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



## The Betty Pages Needs Your Support!

# June and July are the final printed papers

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.



[www.patreon.com/TheBettyPages](https://www.patreon.com/TheBettyPages)

## 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](mailto:christine@voxelgallery.com)

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Photo credit: Tree Devotion, Lori VanEtta





## Press Release

By Voxel Gallery

### Still Queer: A Group Exhibition Exploring the Ongoing Presence of Queer Life

This June, Voxel Gallery presents *Still Queer*, a group exhibition bringing together a diverse range of artists to reflect on the endurance, evolution, and everyday brilliance of queer life. On view from June 5 through June 27, the exhibition centers on what it means to remain—boldly, tenderly, and defiantly—queer across time, space, and circumstance.

“This year’s exhibition builds on the spirit of Voxel Gallery’s previous queer-centric show, *How Queer!*,” says Voxel Gallery Director and Owner Christine Biernacki. “I’m thrilled to welcome back several returning artists while also introducing new local voices to the gallery. It’s exciting to see this conversation continue to grow.”

The title itself carries layered meaning. “Still” suggests continuity and persistence, as well as quietness, resilience, refusal, and pause. It points to survival and a kind of joy that endures despite shifting cultural and personal landscapes. Through these interpretations, *Still Queer* positions queer identity as something lived and ongoing—an ever-evolving presence shaped by both individual and collective experience.

The exhibition invites artists to consider how queerness informs the body, the home, the landscape, the archive, and the imagination. Works explore themes of chosen family, intimacy, protest, softness, transformation, humor, memory, and futurity. Rather than prescribing a singular narrative, the exhibition embraces a wide spectrum of perspectives, highlighting the diversity and complexity of queer expression.

Submissions were open to artists working across all media, including painting, drawing, photography, sculpture, fiber, video, and installation. While the call especially encouraged participation from artists across the LGBTQIA2S+ spectrum, all works were thoughtfully considered, resulting in a multifaceted presentation that moves between the celebratory, the confrontational, the intimate, and the poetic.



Photo courtesy of Sam Birks

*Be Gay Do Crime Oh God Kiss Kiss* (2026)  
Acrylic and charcoal on canvas 48" x 36"

An opening reception will take place on Friday, June 5, from 6–9 PM at Voxel Gallery, located at 312 West Champion Street, offering the community an opportunity to engage directly with the artists and their work.

As a whole, *Still Queer* stands as both a reflection and a declaration—an affirmation of queer presence that continues to shape culture, community, and creative practice in meaningful and lasting ways.

For more information, please contact Christine at [Christine@voxelgallery.com](mailto:Christine@voxelgallery.com).

Photo courtesy of Christine Biernacki  
*How Queer!* 2025 opening night



## The Slow Lane

### Accepting Diversity in Beliefs and Lifestyles Can Mean Less War

By Robert Ashworth

It's often said that many wars are fought over religion. Religion is often intertwined with politics in today's Middle East conflicts.

I would say that the biggest problem isn't necessarily religion itself, but a form of religion called "fundamentalism." It seems like conservative fundamentalist movements in places like Iran, the US, and Israel are often in tension with one another while the rest of us are caught in the middle.

By fundamentalism, I mean a rigid, literal adherence to written religious dogma that leaves little room for differing interpretations.

Not all religious people are rigid in their beliefs. Many are open-minded toward diverse opinions. If people are tolerant of diversity, they are more likely to live peacefully with neighbors who think differently.

I sometimes use acceptance of LGBTQ people as a litmus test for whether a religious organization, or even a country is democratic versus being authoritarian. Many countries, like Iran, are theocracies that forcibly impose a line of thinking on their entire populations.

There are various religions that originated in the Persian lands that are now called Iran. Many of these religions, such as the Bahai Faith, have been banned in today's Iran.

I fear that here in the US, Christian nationalists would like to make this country more theocratic and authoritarian as well.

Judaism, Christianity, and Islam share common roots, yet have developed competing interpretations. These Abrahamic religions grew from related scriptures but fractured as political and cultural influences shaped which books and doctrines were included in their scriptures.

The process of adding new holy books continues throughout history. For example, the Book of Mormon added another layer of scripture within Christianity, showing how religious traditions continue to evolve.

People who quote from scriptures have many different interpretations of what their scriptures mean. They often fight over these interpretations, but I think they might as well accept one another in peace. Instead of fighting over who is correct, why can't they all get together and share an interesting conversation?

This can happen. There are many open-minded people who still have a spiritual connection of some sort.

I would think that if someone believes in the possibility of guidance from a holy spirit, they wouldn't always have to refer to a book.

There are even some people who don't believe in any supernatural spirit that still participate in religious organizations. If nothing else, churches can be good community centers.

Acceptance of diversity in beliefs and lifestyles can still be a reality without having to do away with religion altogether.

Scientific evidence speaks louder to me than someone's interpretation of scriptural writings. There isn't much scientific evidence to support many of the claims made by various religious scriptures. For instance,

geological evidence doesn't align closely with creation stories in the book of Genesis.

Scriptural writings are not more valid than other historic documents. They can be useful, in learning how people in the past dealt with the situations they faced, but newer information is often more useful.

Even most scientists are humble enough to update their ideas when new and more convincing evidence is presented. This is how science and technology progresses while religion is often left behind. Scientific learning seems to work better than religious dogma as it's more flexible and open to being updated.

In religion, there should be room for creative thinking. The world would be boring if we all thought alike. There is still room for both belief and inquiry to coexist, if neither insists on absolute certainty. We still have a lot to learn.

Robert Ashworth, Bellingham.

Website to list with many open and affirming churches.

<https://openandaffirming.org/>



Reader board at First Congregational in Bellingham, 2021.



Rainbow flag at All Pilgrims Christian Church in Seattle, 2006.

### First Try

By Briar Westgren

Picture it: a hot afternoon, the kind that makes you grateful for air conditioning and cold things. You're at the ice cream counter with a friend, and they hand over the first scoop of something new – lavender honey, let's say, a flavor you'd been curious about but hadn't tried. Your friend takes the first lick, and their face does that thing: eyes closed, a quiet little moan, shoulders dropping in the way that only really good food produces. And without even tasting it yourself, something warm happens in your chest. You're happy for them. You're not sad that you don't have their cone. You're not wondering whether their pleasure at this ice cream somehow diminishes the ice cream you're about to eat. You are simply, unreservedly delighted that they got something good.

This is compersion. It's not complicated, and in the right context it comes very naturally.

Later, your best friend calls you after a great first date. They tell you about the electric conversation, the way time evaporated, maybe even a salacious detail. You are, probably, grinning into the phone. You want to hear everything. Their joy is contagious because you care about them, and good things happening to people we love feels good to us too.

None of this feels surprising or radical, right? We already know how to do this. We practice it constantly, in every context except one: the moment our lover is the person having the nice date.

That's where a particular kind of vertigo sets in, and where a lot of people who sincerely want to practice non-monogamy end up bailing – often before they've given themselves a real chance.

Here's the phrase that ends more polyamorous experiments than almost anything else: "I think I might just be fundamentally monogamous."

It shows up right on schedule, usually in the first wave of genuine discomfort: the first time a partner goes on a date and doesn't come home, or mentions someone new with a particular kind of warmth. The feeling arrives: some ugly cocktail of anxiety and inadequacy. And rather than sitting with it, examining it, tracking it, people reach for a different available option, the most self-protective one: identifying with it. This is just who I am. They treat a few weeks of – or any – discomfort as diagnostic evidence of a fundamental orientation, when what they're actually experiencing is the first contact with decades of deeply installed cultural software.

We are all walking around with enormous amounts of programming around possessiveness in love. It's handed down to us from our families, our lovers, heaps of love songs, movie plots hinging on the question of who "gets" the love interest, every "joke" about what you'd do to a cheating partner that your relatives laughed at over the holidays. We were handed, before we could consent to receive it, an entire framework in which romantic love is a scarce resource, in which a partner's connection to someone else is definitionally a subtraction from their connection to you, in which jealousy is even downright romantic, as proof that the love is real.

That's a lot to undo. The undoing doesn't happen in a month.

One of the most reliably self-defeating expectations newcomers bring to non-monogamy is the idea that they should be able to get it right on the first try; if they experience jealousy, they feel like they were wrong to attempt it. If they feel threatened, they presume they're unsuited to it. The goal is to feel nothing difficult, immediately, as if the cultural programming of a lifetime can be rebooted over a long weekend.

Nobody expects this of any other skill. Nobody puts on braces and takes them off next week. Nobody undergoes posture-correcting physical therapy in a jiffy. The discomfort is not evidence of incompatibility; it is evidence of growth, which is quite often painful.

The people who give up at the first wave of difficult feelings often describe it as "protecting themselves." And in some cases that's true and wise. But it's worth sitting with the question: are you protecting yourself from genuine harm, or are you protecting yourself from growth? Is the pain coming from something your partner has actually done, or is it coming from your own mind, which is running a very old program that was never really yours to begin with?

The thing about all that work, though, is that it's worth doing.

The people who stay with it – who sit in the discomfort, who get curious about their own reactions, who keep talking and keep practicing and resist the easy exit of "I'm just monogamous" when what they mean is "this is hard" – those people overwhelmingly report the same thing: it gets easier. Not just a little easier. Substantially, qualitatively easier.

The anxious edge to a partner's date night softens and eventually vanishes. The internal narrative about scarcity – about there not being enough love, enough attention, enough of your partner to go around – begins to feel less believable, then unbelievable; experience has contradicted it too many times. And eventually, sometimes, something else arrives in the place where the fear used to be: actual interest in your partner's happiness. The beginnings of compersion. The ice cream moment, but with the person you love.

This is not a guarantee, and it is not a timeline. But it is what enough people report, from enough different starting points, that it seems worth saying clearly: the pain you feel at the beginning is not the pain you will feel forever. If you do the work and are willing to confront possessiveness, most of those hard feelings recede; and it's not because you've suppressed them, but because you've genuinely outgrown the beliefs that were causing them.

The cultural programming is not you. You were handed it before you knew enough to question it. The point of questioning is not to make yourself feel bad for having it. It's to remember what's actually underneath – what you actually want, feel, and believe, when nobody else's script is running. That discovery tends to be worth the hard part.

**Hello!**

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

- Personal Assistant
- Cat Sitter
- Paperwork Wrangler
- Plant Sitter
- Home Cleaner
- House Sitter

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

Also 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. I can water plants and keep an eye on things if you need to go out of town for a bit too.

**Part Time hours ok**

Weekday Afternoon-Evenings preferred but Weekends possible

Just Bellingham area for now (need newer car)

**Contact Naomi at [nbsteele@protonmail.com](mailto:nbsteele@protonmail.com) or via The Betty Pages contact form at <https://bettypages.gay/contact/>**

## 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](http://www.nohateinwastate.org)**

# Astrology

By The Cranky Crone



Aries

You're comin' in hot this month, like someone who's had exactly one too many iced coffees and a point to prove. Slow your roll before you start a feud at the gas station over eye contact. Channel that fire into somethin' useful—money's lookin' better if you quit actin' like every inconvenience is a personal attack.



Taurus

You want comfort, snacks, and nobody botherin' you—and honestly? Respect. But May's gonna nudge you outta that cozy rut. Not in a mean way, just a “put on real pants and handle your business” kinda way. There's money or opportunity knockin', but it ain't gonna climb in your lap while you're binge-watching.



Gemini

You've got more moods than a Midwest spring, and this month? Whew. Pick a lane, sweetheart. People are startin' to notice the whiplash. That said, your charm is still workin' overtime—just maybe don't flirt your way into promises you can't keep.



Cancer

You're feelin' everything, as usual, but this time you ain't wrong. Someone's energy is off, and your intuition's clockin' it faster than a church lady spots a short skirt. Don't ignore it—but don't go full detective either. Sit back, observe, and let folks show you exactly who they are.



Leo

You want attention, admiration, maybe a little applause when you walk into a room—and honestly, you'll probably get it. Just don't let it go to your head so bad you forget to listen. There's a real opportunity here, but it ain't about bein' the loudest—it's about bein' the smartest one in the room.



Virgo

You've been fixin' everybody else's mess like it's your full-time job. Newsflash: it ain't. May is about mindin' your own plate before you start reorganizin' someone else's pantry. Focus on your own glow-up—financial, emotional, all of it. You'll feel better, promise.



Libra

You're tryin' to keep the peace, but baby, sometimes peace is overrated. This month might have you finally sayin' what you've been bitin' your tongue about since last Thanksgiving. It's gonna feel messy—but also? Kinda liberatin'. Just don't apologize for havin' standards.



Scorpio

You've got that quiet, “I know something you don't” energy right now—and you probably do. May is powerful for you, especially when it comes to money or control. Just be careful not to play games so hard you forget what the prize even was. Keep it strategic, not spiteful.



Sagittarius

You're restless. Again. Shocker. You wanna run off, start somethin' new, maybe reinvent yourself for the 47th time. May says: go ahead, but maybe finish one thing before you start ten more. There's real growth here if you can stick with it longer than a week.



Capricorn

You've been workin' like you're personally responsible for keepin' the economy afloat. Ease up just a notch. May brings a chance to actually enjoy what you've built—money looks steady, but your soul needs a lil' attention too. You ain't a machine, even if you act like one.



Aquarius

You're in your “don't tell me what to do” era—and honestly, it suits you. But May's gonna test that independence. Someone might challenge you, and not in a cute way. Stand your ground, sure—but don't burn bridges just because you can. Some connections are worth keepin'.



Pisces

You've been dreamin' big, floatin' around in your own little world—and it's real pretty there. But May's askin' you to bring at least one of those dreams down to earth. You've got somethin' that could actually turn into money or stability if you stop doubting yourself every five minutes

I do offer individual horoscopes and personal tarot/Oracle readings.

You can contact me @: <https://www.hypsee.com/onecrankycronegmailcom>



# You are NOT alone



## PFLAG Whatcom County

Visit online for a list of resources and help lines  
[pflagwhatcom.org/support/help-lines/](http://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](http://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](mailto: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](http://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](http://www.bellinghamfoodbank.org)

[svneighborsinneed.com](http://svneighborsinneed.com)



[basicneeds.wvu.edu/food-resources](http://basicneeds.wvu.edu/food-resources)

[www.communityactionskagit.org/skagit-food-distribution-center/](http://www.communityactionskagit.org/skagit-food-distribution-center/)



**Whatcom**  
COMMUNITY COLLEGE

[www.whatcom.edu/college-life/student-life-and-development/orca-food-pantry](http://www.whatcom.edu/college-life/student-life-and-development/orca-food-pantry)

[www.skagit.edu/student-resources/student-basic-needs-resources.html](http://www.skagit.edu/student-resources/student-basic-needs-resources.html)

**SVC**  
Skagit Valley College

 Sustainable  
Connections

[sustainableconnections.org/freedge/](http://sustainableconnections.org/freedge/)

[helpinghandsskagit.org/distribution/](http://helpinghandsskagit.org/distribution/)

 findhelp

[www.findhelp.org/food/food-pantry--bellingham-wa](http://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
<p><b>Bellingham Food Bank:</b> 1824Ellis St. 10am - 6pm</p> <p><b>Blaine Food Bank:</b> 500 C St. 9am - 12pm</p> <p><b>Ferndale Food Bank:</b> 1671Main St. 9 - 11am</p> <p><b>Lynden Project Hope:</b> 205 S BC Ave. 9:30am - 12pm</p> <p><b>Salvation Army:</b> 1515Birchwood Ave. 1- 3pm *For Seniors (60+) only on Mondays*</p>	<p><b>Bellingham Food Bank Drive-thru:</b> 1824Ellis St. *Required: make a reservation online* 3:30 - 6:30pm</p> <p><b>Foothills Food Bank:</b> 8255 Kendall Rd. 8 - 11am</p> <p><b>Lynden Project Hope:</b> 205 S BC Ave. 3 - 6pm</p> <p><b>Salvation Army:</b> 1515Birchwood Ave. 10am - 1pm</p> <p><b>SeaMar Food FARMacia:</b> 4455 Cordata Pkwy. 12- 3pm</p>	<p><b>Bellingham Food Bank:</b> 1824Ellis St. 10am - 6pm</p> <p><b>Blaine Food Bank:</b> 500 C St. 5 - 7pm</p> <p><b>Ferndale Food Bank:</b> 1671Main St. 9 - 11am</p>	<p><b>Foothills Food Bank:</b> 8255 Kendall Rd. 4pm - 7pm</p> <p><b>Nooksack Valley Food Bank Everson:</b> 100E. 2nd St. 10am - 1pm &amp; 6:30 - 7:30pm <b>Sumas:</b> 461Second St. 11am - 1pm</p> <p><b>Salvation Army:</b> 1515Birchwood Ave. 10am - 1pm</p> <p><b>Southside Food Bank:</b> 1504Larrabee Ave. 1st&amp; 3rd Thurs., 10 - 11:30am</p>	<p><b>Bellingham Food Bank:</b> 1824Ellis St. 10am - 6pm</p> <p><b>Blaine Food Bank:</b> 500 C St. 9am - 12pm</p> <p><b>Food Lifeline:</b> 8255 Kendall Rd. 3rd Fri., 10- 11am</p> <p><b>Lummi Food Bank:</b> 2830 Kwina Rd. 12:30 - 3:30pm, closed 1<sup>st</sup>Friday *For low-income reservation residents &amp; tribal members only*</p> <p><b>Lynden Project Hope:</b> 205 S BC Ave. 9:30am - 12pm</p> <p><b>Nooksack Food Bank:</b> 5061Deming Rd. 1stFri., 10am - 1pm</p> <p><b>Point Roberts Food Bank:</b> 1437Gulf Rd. 8:30 - 10:30am</p>	<p><b>Ferndale Food Bank:</b> 1671Main St. 9 - 11am</p> <p><b>Food Lifeline Mobile Pantry:</b> 8255 Kendall Rd. 1stSaturday, 11:30am - 12:30pm</p> <p><b>Lord's Table River of Life:</b> 4037Valley Hwy. 2nd/4th Saturday, 10am - 12pm</p>

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](mailto:communityresources@oppco.org)

**Community Freedges:**  
Community refrigerators packed with free nutritious food.

**RE Store Freedge:**  
2316Kulshan 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](http://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 [bellinghamfoodbank.org/home-delivery](http://bellinghamfoodbank.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  
110Flora St.  
Coffee and lunch, connections with peers and services  
Tue & Wed, 12- 4pm

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

**Southside Community Meal**  
Our Savior's Lutheran Church  
1720Harris 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.  
8251Kendall Rd. (360) 599-3944  
1stTuesdays, 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/](http://facebook.com/awateredgardenflc/)

**Lynden Community/Sr. Center**  
401Grover 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**  
[bellinghamschools.org/school-menus](http://bellinghamschools.org/school-menus)  
Alderwood, Birchwood, Carl Cozier, Cordata, Happy Valley, Lowell, Northern Heights, Parkview, Roosevelt, & Sunnlyland Elementary Schools; Fairhaven, Shuksan, & Whatcom Middle Schools; Options & Squalicum High Schools

**Blaine School District**  
[blainesd.org/page/free-and-reduced-meal-application](http://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](http://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](http://lynden.wednet.edu/departments/food-services)  
Fisher, Isom, and Vossbeck Elementary Schools

**Meridian School District**  
[meridian.wednet.edu/food-service-program](http://meridian.wednet.edu/food-service-program)

**Mount Baker School District**  
[mtbaker.wednet.edu/page/child-nutrition-department](http://mtbaker.wednet.edu/page/child-nutrition-department)

**Nooksack Valley School District**  
[nv.k12.wa.us/53977\\_3](http://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**  
1437Gulf 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](http://washingtonconnection.org)