

September 26 through October 2, 2019

FREE

Whidbey Weekly

Your Source For "What's Happening" On Whidbey Island

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CLASSIFIEDS · DINING GUIDE

A 10-day celebration of local products & services



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More Local Events inside

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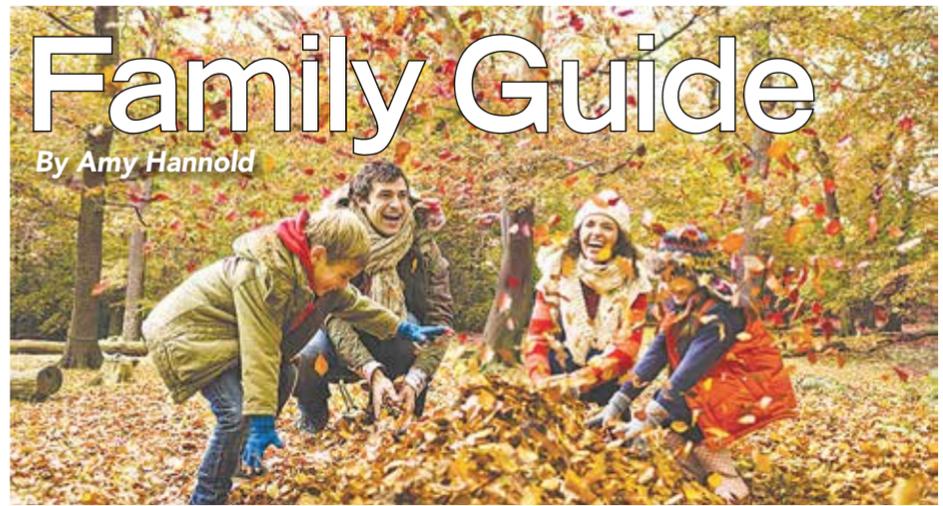
LOOK WHO'S GROWING!

In addition to being your favorite source for news and events on the island, Whidbey Weekly is now your source for:

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Fall Bazaars And Events



Family Guide

By Amy Hannold

Get to Know the Fun of 4-H: Enjoy a family friendly, fun-filled open house to learn all about Island County 4-H Sunday, Oct. 6, 11 a.m. to 4 p.m., at the Pacific Rim Institute, Coupeville. Meet 4-H members and clubs, pet animals, play games, make crafts and more.

Island County 4-H is a youth organization with a mission of engaging youth to reach their fullest potential while advancing the field of positive youth development. It is open to all 5-19-year olds. There are clubs for raising animals, robotics, leadership, bee-keeping, arts and crafts, homesteading and more. Though typically thought of as an agriculturally focused organization as a result of its history, 4-H today focuses on citizenship, healthy living, science, engineering and technology and animal science.

For a list of local 4-H clubs and more information visit extension.wsu.edu/island/youth/4-h-clubs.

Life after High School Transition

Resource Fair: Island County Parent-to-Parents hosts this event which brings together more than 20 resource providers with information from Whidbey Island's public schools and local support agencies. Families of elementary-age students, through adults, who experience developmental disabilities are welcome. Admission is free and includes dinner, Tuesday, Oct. 8, 5:15-7:30 p.m., at Oak Harbor High School. 360-675-4093.

ChildFind Development Screenings:

ChildFind seeks to identify and assist families with young children, ages 3 to 5 years, who are not currently enrolled in school and may need special education services. If your child is identified as one needing assistance, they will be eligible to enroll in pre-kindergarten classes for developmental assistance. Free evaluations for possible intellectual or physical disabilities are available in the areas of hearing, vision, speech, language, health, learning and developmental delay, behavior management, birth defects, and orthopedic or spinal development. An appointment is required, contact the school district office where you reside for information. If your child is under the age of 3, they can receive assistance through the Toddler Learning Center, 360-679-1039.

United Against Bullying: UNITED for kindness, acceptance and inclusion. Wear orange Wednesday, Oct. 23, to show you agree bullying is never acceptable. Locally, the Boys and Girls Club of Oak Harbor and Whidbey's Positively Linked invite you to join them in taking action in October, National Bullying Prevention Month. Facebook: Unity Day on Whidbey.

Nationally, PACER's Bullying Prevention Center leads social change to prevent childhood bullying, so all youth are safe and supported in their schools, communities and online. PACER provides innovative resources for students, parents, educators, and others. For a list of action steps you can take against bullying, or if you need support in circumstances of bullying visit pacer.org/bullying.

SEPTEMBER EVENTS:

Whidbey Island Cider Festival: Saturday, 11 a.m. to 5 p.m., PacificRimInstitute.org

Burlington Harvest Festival and Pumpkin Pitch: Saturday, 10 a.m. to 4 p.m., BurlingtonWA.gov/Recreation

Greenbank Farm Harvest Faire: Sunday, noon-5 p.m., Portofcoupeville.org

HALLOWEEN & HARVEST EVENTS:

The Haunting of Coupeville: Coupeville hosts a variety of Halloween and harvest fun throughout October for all ages, including "Scarey-Crow Trail," "Weary Bones Rest Stop Graveyard" and the Halloween Torchlight Parade. Hauntingofcoupeville.com

Skagit Valley Festival of Family Farms, Saturday and Sunday, Oct. 5 and 6, 10 a.m. to 4 p.m. A weekend full of fun including corn and hay mazes, free samples, animal exhibits, pumpkin patches, hayrides, educational displays, and locally grown food. Free parking and admission. This is a self-guided tour of participating farms. Maps available at Festivaloffamilyfarms.com.

Build a Scarecrow and help Good Cheer Too: All of the materials and instruction to build, stuff and customize your scarecrow will be provided for \$10 and two cans of food, Oct. 5, noon-4 p.m. at the Island County Fairgrounds. BBQ delights, for you, by donation. Whidbeyislandfair.com

Frightville: Presented by the Oak Harbor Boys & Girls Club, Oct. 12, 18-19, 25-26 and 31 at the Oak Harbor Roller Barn. Haunting hours are 7 p.m. to midnight. Tickets are \$13 per person at the door. Lights-On-No Scare Matinees will be hosted Saturday, Oct. 19 and 26, noon-4 p.m., tickets are \$5 per person. Facebook.com/Frightville

Haunted Fort Casey & Kids Zone: Bring the family for trick-or-treating, a bounce house, and games. Ages 10 and older are invited to tour the haunted fort. The scary fun and Halloween activities run Oct. 25 and 26, 6:30-10:30 p.m. Tickets are \$10 per person over the age of 4, sold only in advance, online at WhidbeyPlayhouse.com. A Washington State Park's Discover Pass is required to access the park.

Midway Monster Mash: This free, family-friendly Halloween Party is Oct. 26, 4-7 p.m. at Smith Park, 950 SE Midway Blvd., Oak Harbor. There'll be music, food, crafts and games! Facebook.com/Midwaymonster-mash

Langley's Monster Mash: Whidbey Children's Theatre presents an evening of dancing, food, costume parades, lip sync battles, games and their famous "Tent of Mysterious Mystical Musings." All ages are welcome. The festive fundraising event will be held in the Island County Fairground's Pole Building Saturday, Oct. 26, 4-7 p.m. Wctmagic.org

The Great Pumpkin Race: Build your pumpkin or squash race car and then head to Coupeville Sunday, Oct. 27, at 1 p.m., to compete in a hilarious and dramatic display of American ingenuity. You could win the coveted Pumpkin Race Championship Trophy! Prizes are also awarded for Best Decoration, Most Innovative Design, and Best Crash. Spectators to cheer on the entries are also welcome. Visit hauntingofcoupeville.com for ideas for building your race car, rules and information.

Find the Bazaars, Holiday Events and Festive Activities! Fill your calendar, with our guides to and calendar of local events at WhidbeyIsland.MacaroniKid.com.

Island County Fairgrounds in Langley
819 Camino Avenue
22-4677

Saturday, Oct. 5th 12pm - 4:00

BUILD a SCARECROW!

and help Good Cheer Food Bank too.

BBQ By Donation

All the materials & instructions provided for you to build, stuff and customize your own scarecrow.
Just \$10 for each scarecrow and 2 cans of food for Good Cheer Food Bank.

Harvest Faire 2019

HISTORIC GREENBANK FARM

Arts & Crafts Music Family Fun Local Vendors Food

Sunday, September 29th
12 noon to 5 pm

765 Wonn Road, Greenbank, WA
Whidbey Island

Port of Coupeville

Fall Sportsman Sale and Gun Show

Sunday, October 6
10am to 3pm

In the Main Clubhouse
Holmes Harbor Rod and Gun
Brooks Hill Road, Langley

Admission by donation
Members and non-members
all welcome

guns • ammo • scopes
hunting gear • knives
fishing gear • tools
camping equipment
boating equipment

who knows what will show up

FFL on site for
firearm transfers

info / table reservations
Mike 360-221-7574
Tables: \$10 Member
\$15 Non-member

WHERE PUMPKINS FLY AND ZUCCHINI ZOOM

PUMPKIN PITCH HARVEST FESTIVAL

FREE

Saturday, September 28 • 10am-4pm
Skagit River Park
1100 S. Skagit Street, Burlington

Sponsored by
City of Burlington Parks & Recreation
360-755-9649
burlingtonwa.gov/pumpkinpitch

Pumpkin Pitch
Public Viewing in Pit
10am-11:15am
Opening Ceremonies
& Pitch 11:30am
Accuracy and Distance
Competitions Noon

Free Kids Zone
Pumpkin Painting
Activity Booths
Pony Rides, Bouncy Houses
Climbing Wall
Zucchini Car Races

Food Vendors
Food, Coffee, Snacks

Spend The Weekend
Lodging Information
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ON TRACK

with Jim Freeman



It occurred to me over the weekend while half watching football and half listening to baseball, that my life would be much simpler if I could take a pill which combined my common sense with my sense of humor.

What would life be like if we all had a common sense of humor?

Would we all laugh at the same time watching *All in the Family*?

Would Mary Kay Place's Loretta on *Mary Hartman, Mary Hartman* make all grandmothers laugh at the same punch lines?

Would Lenny Bruce have offended anyone?

Richard Pryor?

Don Rickles?

If the common sense of humor pill were approved by the FDA, an acronym for Fear Distributors Association, would we need fluoride in our water?

Whom do we believe?

The *Farmers' Almanac*, *The Encyclopedia Britannica*, or *The History Channel*?

My brother worked as an assistant pharmacist in his teen years in Ohio.

I have a poster of the 1965 periodic chart of elements in my bedroom. Don't ask.

Maybe my brother and I can get together over the holidays and binge think a common sense of humor pill. As General Patton said, "If everyone is thinking alike, then somebody isn't thinking."

We can call it the Rodney King pill for folks who want to just get along.

Imagine. No more growling about growlers, no more whining about dining, no more pleasing while teasing.

I know.

It might get pretty boring around here if we all agreed.

On that, maybe we can.

Black-eyed peas

Growing up with a southern Mom who cooked while on the phone, we ate a lot of canned vegetables, packaged meats, and Franco-American spaghetti.

On the occasion Mom was homesick for her Mama in Mississippi, which occurred daily and nightly, often out came a can of freshly packed black-eyed peas.

By the time Mom got off the phone, the peas were done. Some more than others.

The peas were so soft, even without ham hocks added for more salt flavor, we kids could gum them.

Who needed teeth for Mom's home phone cooking?

Mom's corn boiled so long it actually fell off the cob. My sister and I thought it was cool, kind of like one of Mr. Wizard's science experiments.

"Come on, Tommy, who says you can't boil water if you watch it? Look at these little corns release themselves. Like little baby space ships in hot bubbling water."

I always wanted to be like Mr. Wizard but I did not want to be forced to wear short sleeved, starched white shirts and have arm hair just to be a scientist.

Back to the peas, please.

Well hell

So my neighbor called to ask if he could have some water since his well pump went out. Instead of calling him back, I drove to Pay-Less in Freeland to buy a brand new, hopefully sterile, plastic jug, hopefully gluten-free, to fill with water for my neighbor, a retired battalion chief in our fire department.

How fun for a retired notary public like me to bring water to a retired fire fighter.

Even though my neighbor's well had been fixed by the time I got there with three gallons of drinking water, grandpa and grandma were so

appreciative of the late water delivery, the next day they drove over with two containers.

One with rice. One with pork, black-eyed peas, and an au jus bonus.

I had not had black-eyed peas not out of a can since the summers of the sixties, back when all my teeth were available.

Before my neighbors were out of the driveway, I was heating the peas and pork on the wood stove while microwaving the rice.

Where was my apron when I needed it?

That's right. I have no apron.

Mom would have been proud. I was doing two things at once without being on the phone.

Then it rang.

By the time I got off the phone, I had forgotten the multi-tasking chef job, so I drove to the post office.

When I got back, the black-eyed peas were stuck to the pork and the rice was screaming for water.

Thank goodness for helpful neighbors.

Without their help, I would not have been able to share this remembrance.

Maybe you thought I forgot about the peas again?

Browse the brows

The other day, I slowed down in front of a mirror long enough to see the areas above my eye balls were growing stringy gray hairs. Almost like dental floss in pursuit of gums.

Some folks know this area as the eye brow area.

Having been brow beaten as a young Marine recruit, my version disappeared about my fifth week at Parris Island.

Today, it appears there are six to eight hairs above each eye ball. Given the omni-direction of these critters, my south forehead looks like those sign posts that show the arrows and mileage to Cairo, Paris, New York, and Greenbank.

Is *follicularity* a word?

Our grandma Tama had no eye brows until she penciled them on. Watching hopefully as she did so, I imagined using her pencil sometime to try a mustache on me, seeking my buddy Mike's approval during 4th grade show n' tell.

Of course, theft was not an option with Grandma. Nor was taking it on the plane even if she granted my temporary pencil use back in Ohio.

As many of you baby boomers know, eye brow pencils were not permitted on airplanes back in the fifties.

Nor were ipads, iphones, and itablets.

Any product that started with an "I" was confiscated. Flying alone even became dangerous.

Fortunately, most of my friends are like me. They are also unable to see the "E" on the top of the eye chart, but we know it is probably there anyway.

The "E" on the chart is like my eye brows. My close friends just accept my brows are there, even if only in a virtual sense.

I browse, you browse, we all browse for eye brows.

Sing that to the tune of the Howard Johnson song "I scream, you scream, we all scream for ice cream" for full effect.

Interesting to this former ice cream junkie is the 28 flavored Howard Johnson is not related to the songwriter Howard Johnson. At least they both liked ice cream screaming.

Maybe I told you this two weeks ago, but who remembers stuff anymore unless there is going to be a pop quiz?

When our Dad was hospitalized, unable to speak for himself, we three kids and our step mom had to remind the nurses to clip Dad's nose hair.

Looks like Dad's hairs came back above my eyes.

Thanks Dad.

Having figured out that you may be behind all this, next time I trim, I won't cut off so much.

I like you hanging around.

To read past columns of *On Track* in the *Whidbey Weekly*, see our Digital Library at www.whidbeyweekly.com.

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Friday, October 4 OHHS @ Ferndale	Ferndale HS	Kickoff-7:00pm
Friday, October 11 Arlington V. OHHS	Memorial Stadium	Kickoff-7:00pm

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Whidbey Island Harvest Festival

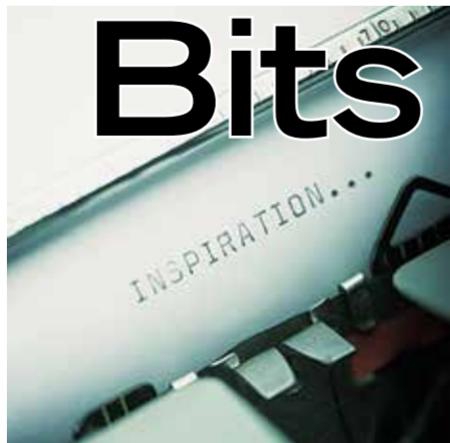
Whidbey Island Fairgrounds and Events Center in Langley, WA

October 3 & 4 - Seminars & Classes
Sign up today at: VisitLangley.com/store/

October 5 & 6 - 11 am to 5 pm
Music, Food, Wine/Spirits/Beer & Crafts

FREE Pumpkins & Kids' Activities
Screening of the film "Biggest Little Farm"
Sat. 5-7, Sun 4-6 Admission \$5

Sponsors



Bits & Pieces

Letters to the Editor

Editor,

If "We Are NAS Whidbey Island," Time to Tell Our Attorney General to Settle

We, the clients of Washington State Attorney General Bob Ferguson, learned on the evening of Sept. 20 from KING 5 that the Secretary of the Navy, Richard Spencer, will be reaching out to Governor Jay Inslee and Attorney General Ferguson Oct. 3 for settlement talks. Secretary Spencer will be offering financial compensation for easements and with our support thankfully not back down on the necessary Field Carrier Landing Practice at OLF Coupeville I watch and enjoy from 525 feet or closer.

Regardless of anyone's thoughts about giving money to Central Whidbey landowners, let me be very clear: If Washingtonians who support NAS Whidbey Island do not tell our Attorney General to stop trying to close OLF Coupeville and representing an agitating minority; we will not keep the faith with the sailors.

Let me give you this motivational quote from Katie Ann Higgins Cook, Marine Corps Reserve C-130 pilot and the Captain America who did not rest her laurels on being the first female Blue Angels pilot but also was the first suicide prevention officer. Since, "You have to facilitate others around you as well. You can be the best in the world, but if everyone around you is failing you will never win the war;" I will be facilitating you to speak.

If you are patriotic and understand retirement homes are replaceable and VAQ Wing lives are irreplaceable, I want you to take five and log onto bit.ly/ContactFerguson. This custom URL I made will take you directly to Attorney General Ferguson's webform. We Washingtonians are his clients; so the man has to listen to us. Be acute, be professional and remember everything you say is public record.

If we are NAS Whidbey Island, kindly please help me tell Attorney General Bob Ferguson to take the settlement offer. That's bit.ly/ContactFerguson.

Thank you,

Joe A. Kunzler
Sedro Woolley, Wash.

NAS Whidbey SAR Rescues Hiker In Olympic Mountains Saturday Evening

A Search and Rescue (SAR) team from Naval Air Station (NAS) Whidbey Island rescued a 33-year-old man in the Olympic Mountains in the early evening of Saturday, Sept. 21.

The injured man, who was hiking with a female hiker, had fallen down a slope in the afternoon on a trail near Lake Constance, which is southwest of Quilcene, Wash., on the Olympic Peninsula. The female hiker had to hike two and a half hours down the trail to a point where she could communicate the emergency.

The SAR team took off from NAS Whidbey Island at approximately 6:50PM, heading for the reported location of the injured hiker. Once on location, the SAR crew had to rappel two crewmembers north of the injured hiker's location because of low clouds. The crewmembers hiked more than an hour to the injured hiker's reported location to begin their search. While the SAR helicopter returned to NAS Whidbey Island to refuel, the crewmembers on the ground were able to find the injured hiker.

Upon their return from refueling, the clouds over the patient's location had receded. The patient was in a location that made hoisting difficult due to the height and thickness of the tree canopy, thereby necessitating a repositioning of the aircraft. After helping the crew to get the helicopter repositioned, the SAR crew hoisted him and the two crewmembers aboard the helicopter for transport to Harborview Medical Center in Seattle.

Naval Air Station Whidbey Island SAR has conducted 33 total missions throughout Washington State this year, including ten searches, thirteen rescues and ten medical evacuations.

The Navy SAR unit operates three MH-60S helicopters from NAS Whidbey Island as search and rescue/medical evacuation (SAR/MEDEVAC) platforms for the EA-18G aircraft as well as other squadrons and personnel assigned to the installation. Pursuant to the National SAR Plan of the United States, the unit may also be used for civil SAR/MEDEVAC needs to the fullest extent practicable on a non-interference basis with primary military duties according to applicable national directives, plans, guidelines and agreements; specifically, the unit may launch in response to tasking by the Air Force Rescue Coordination Center (based on a Washington State Memorandum of Understanding) for inland missions, and/or tasking by the United States Coast Guard for all other aeronautical and maritime regions, when other assets are unavailable.

[Submitted by Thomas Mills, NAS Whidbey Island]

Make Your Own Toothpaste at Tilth

P.J. Beaven of ZooFit will demonstrate how to make daily wellness products such as toothpaste and vitamins at the South Whidbey Tilth Farmers' Market Sunday. ZooFit is about achieving personal fitness through wildlife conservation; eating clean, living green and positive training. Learn more at www.zoofit.net. Among the wellness products, Beaven may show how to make low-to-no plastic toothpaste and a sustainably sourced gummy vitamin. The vitamin does include fish oil, but it is sustainably sourced. Also, young Maliyah Tucker brings her full-throated singing talent to the stage. The market is open from 11:00AM to 2:00PM every Sunday through Oct. 13 at 2812 Thompson Rd. on Hwy. 525 toward Langley. SNAP customers receive double value for produce purchases. Farmers' Market Nutrition Program customers are welcome. Shop for late season fruits and vegetables and enjoy unique craft items for the holidays. Enjoy hot food and drink from the kitchen. For more information visit www.southwhidbeytilth.org.

[Submitted by Susan Prescott]

2019 Whidbey Island Harvest Festival



Join the scarecrow making workshop on Sunday at the Harvest Fest. \$10 fee includes all materials. Photo courtesy of Whidbey Island Fairgrounds.

The Whidbey Island Harvest Festival is a new four-day fall festival at the Whidbey Island Fairgrounds and Events Center in Langley, falling at the end of Whidbey Island Grown Week and celebrating agriculture, food, wine, spirits, music, and arts and artisans on Whidbey Island. The event is a collaboration between The Port of South Whidbey, The Vintners and Distillers Association, Whidbey Island Grown,

Whidbey Island Arts Council and Langley Chamber of Commerce.

The festival will consist of two days of classes and presentations (Thursday/Friday), culminating on the weekend (Saturday/Sunday) with live music, food and wine tasting, sales of locally made arts and crafts, and such harvest-themed activities as pumpkin decorating and scarecrow making.

Glean New Skills at Harvest Festival Workshops and Seminars

From fermentation to photography to painting to floral design to creative cooking and preserving, workshops and seminars offered at the 2019 Whidbey Island Harvest Festival will teach you new skills and ignite your creative imagination.

Cooking, distilling and preserving classes include kimchi prep, craft distilling, edible wild plants, growing medicinal mushrooms, cider appreciation and using cannabis in cooking.

Gardening workshops include garlic planting, native plants, apple growing and six classes offered by South Whidbey Tilth about food growing.

Learn a new creative skill by exploring how to take better photos, encaustic painting, pastels, building clay ovens and making a clay slab wall pocket, felt art, eco-friendly floral design and floral jewelry and converting feed bags to totes.

In a class by itself is a workshop called "Going Batty," where you'll learn interesting facts and dispel myths about bats from a naturalist and bat specialist.

Another stand-alone is a seminar entitled "How to Build a Six-figure Business from Scratch."

Some workshops are free or by donation, while some others have a fee. Check out the entire workshop program by going to www.visitlangley.com/store/. Sign up early to assure yourself a spot in the seminar of your choice.

[Submitted by Betty Freeman, Langley Chamber of Commerce]

Skagit Valley College to Host the Annual SVC Powwow

Skagit Valley College (SVC) will host the annual SVC Powwow Saturday, Oct. 5, in the Dave DuVall Pavilion, located at the Mount Vernon Campus. The doors will open to the public at noon. The SVC Powwow will include drummers, dancers, and participants in regalia from across the United States and Canada. Admission and parking are free.

SVC has a long history of collaboration with its Native American neighbors, including hosting powwows on campus in previous years. This is a family-friendly, free event, and all are welcome. Come enjoy dancing, drums, food, and vendors selling Native arts and crafts. The event will also include a kids' corner organized by SVC's Early Childhood Education program.

Grand Entry will take place at 1:00 and 7:00PM and will include grass dancers, fancy dancers, traditional dancers, and jingle dancers. There will be inter-tribal dances that are open to all. In addition, there will be "tiny tots" sessions for children birth to six years of age.

The SVC Powwow will include time to honor veterans from all walks of life and recognize their service and all veterans are welcome to take part in the Grand Entry.

The SVC Powwow is about nurturing diversity and inclusion in our community, building relationships that honor the beauty of our differences, and celebrating all that brings us together for a common purpose.

For more information, visit www.skagit.edu/community/powwow/

[Submitted by Arden Ainley, Chief Public Information Officer, SVC]

Buffalo Field Campaign Roadshow 2019

Join Orca Network and Langley Whale Center Friday, Oct. 11 from 6:00 to 8:00PM as the

organizations co-sponsor the Buffalo Field Campaign 2019 Roadshow.

Learn how much the wild buffalo have in common with our endangered orcas, and what we can learn from the decades of experience the Buffalo Field Campaign has undertaken for the charismatic mega fauna of the land, much like efforts Orca Network has engaged in for our charismatic mega fauna of the sea.

Journey through 22 Years of Resistance on Behalf of the Last Wild Buffalo. Through archival footage, personal stories, storytelling and music, learn about the struggles to save the last of the wild buffalo in Wyoming and Montana, and keep them roaming free.

Storytelling and videos by BFC co-founder Mike Mease. Beautiful flute music and stories from Mignon Geli.

This is a free event, but donations are gladly accepted.

Buffalo Field Campaign's goal is to stop the slaughter and harassment of Yellowstone's wild buffalo herds, protect the natural habitat of wild free-roaming buffalo and native wildlife, and to work with people of all nations to honor the sacredness of wild buffalo. www.BuffaloFieldCampaign.org

Orca Network is dedicated to raising awareness of the whales of the Pacific Northwest, and the importance of providing them health and safe habitats. www.OrcaNetwork.org

The Langley Whale Center is located at 105 Anthes Ave, Langley, Wash.

[Submitted by Cindy Hansen, Orca Network]

Celebrate Our Human Diversity

Saturday, Oct. 12 from 3:00 to 5:00PM, the community is warmly invited to the Fellowship Hall of the Coupeville United Methodist Church to show its support for inter-cultural understanding and the important work of Northwest Language and Cultural Center. There will be delicious antipasti from Ciao Restaurant, live music and an informative presentation about the Global Cultures Experience Project NWLACC brings to students of our public schools. No entrance fee – but bring your checkbooks and join in the fun-raising activities.

More than ever, people, cultures and nations are interdependent, requiring the preparation of students capable of solving problems that are global in scope, while having direct impact on the local economic and civic environment.

NWLACC is dedicated to nurturing inter-cultural awareness and understanding by providing opportunities for local communities to practice cultural competency, participate effectively in our global environment and contribute to a more peaceful and harmonious world.

Jin Ming Ma, pastor of the CUMC who is hosting the event, says: "I am originally from China, but I have lived in this wonderful country for over 28 years. My life has been enriched greatly by other cultures. That is why I have become a volunteer for NWLACC in our community.

"I have personally witnessed how people of all ages in our community receive great benefits from the work of NWLACC. Specifically, inter-cultural learning in the classroom allows students to seize opportunities that diversity offers and to learn how to interact in our global, diverse and challenging world. The Global Cultures Program focuses on skills like empathy, flexibility and creativity.

"The current political climate both in the US and abroad, shows us the urgent need to educate our youth to be able to work and thrive in this complex and multicultural world they will inherit. To be able to see and know the 'other' as a human being like oneself is so important. And especially when their culture, beliefs or lifestyle is different than ours, takes personal, human-to-human experience.

"This is important work and we want to support it."

All financial donations will be matched dollar for dollar for this event – so even if you are unable to attend the event Oct. 12, please send your support by donating online: www.nwlacc.org/donate/, or send a check to NWLACC PO Box 1156, Langley, WA 98260



Thank you for reading! Please recycle the Whidbey Weekly when you are finished with it.



To find out more about NWLACC and its mission, visit the website, www.nwlacc.org, or drop in to its center at China City, 1804 Scott Road, Suite 104, Freeland, Wash.

For information about the Oct. 12 benefit event or to RSVP, email josette.hendrix@nwlacc.org

[Submitted by Josette Hendrix, Executive Director and Founder, NWLCC]

Music As Medicine

Penny Livingston and Lydia Violet Harutoonian will lead participants through a day-long immersion in their Music As Medicine program, interweaving community singing, land-based connection, and Joanna Macy's Work That Reconnects (WTR).

The Work That Reconnects is a dynamic, interactive body of work developed by Joanna Macy, a scholar and respected elder in systems theory, deep ecology, and Buddhism as well as 50+ years of international activism.

Singing in a council of friends is one of the most healthful, encouraging, invigorating, and nourishing things we know. Hearts opened by grief and celebration want to sing their songs of longing, despair, belonging, reckoning, valiant warrior-ship, and gentle loving kindness. Come experience the teachings of Joanna Macy, deep connection practices with the land at the Whidbey Institute, and the power of music and harmonies.

Hosted by the Regenerative Design Institute - www.regenerativedesign.org.

The program will be held Sunday, Oct. 20 from 9:30AM to 5:30PM and includes lunch. Book now and get \$20 off listed tuition price. Offer valid until Sept. 30. Register at: <https://whidbeyinstitute.secure.retreat.guru/program/music-as-medicine>

[Submitted by Whidbey Institute]

South Whidbey Ryther Mardi Unit Dinner and Auction

The South Whidbey Ryther Mardi Unit is planning another great dinner and auction Saturday, Oct. 26 at Holmes Harbor Rod and Gun

Club. Ryther is a local nonprofit that heals and gives hope to over 2,000 young people and their families each year who struggle with trauma, mental illness, substance use and autism.

The menu this year is: Roasted pork tenderloin with bacon and plum demi glaze. Served with garlic mashed potatoes, veggies and roll with butter. Caesar salad.

Baked Salmon with lemon/dill butter. Served with rice, veggies and roll with butter. Caesar salad.

This year's theme is "Sparkle at our Ryther Denim 'N Diamond Event" and you can win a prize by having the best decorated attire.

A few of the auction items available to bid on include: a Holland America seven day cruise for two, wine baskets, Mariners tickets, Swinomish Casino Lodge stay, lots of gift cards and many more items you will want to bid on. Doors open at 5:00PM and dinner begins at 6:00PM. The cost of this fun event is \$35 per person. For tickets or more information, please contact Sara Wilcox at saraw@whidbey.com or 425-985-1185.

[Submitted by Sara Wilcox]

Local Business News

Rue and Primavera Occupational, Hand & Physical Therapy Accepting Patients in Langley

Rue and Primavera Occupational, Hand & Physical Therapy is pleased to announce it is accepting new patients in their new hand therapy location at the Soundview Center in Langley, Wash.

After 17 years in Oak Harbor, Occupational/Hand Therapist Thomas Primavera has decided to share his 33 years of experience in treating hand injuries to the Langley community. Hand surgeons from Seattle to Bellingham have relied on the rehabilitation services from Thomas Primavera for decades. He has an exceptional reputation and history of success in numerous injuries and conditions that affect the hands, wrists and shoulders. In addition,

both deep tissue laser and low-level laser therapy will be offered to alleviate pain and reduce inflammation.

In each session with Thomas, patients will receive 45 minutes of one-on-one care. Thomas can provide therapy for:

- Hand, wrist and shoulder injuries
- Pre and Post Op care from hand, wrist or shoulder injuries
- Repetitive stress injuries such as carpal tunnel, trigger finger, de Quervain, dupuytren's contracture, tennis elbow, arthritis, wrist fractures and shoulder impingement

Services offered:

- Custom upper extremity orthosis
- Manual therapy
- IASTM instrument-assisted soft tissue mobilization
- Kinesotaping
- Low level laser therapy
- Modalities, including ultrasound and electrical stimulation
- Joint mobilization and soft tissue mobilization

Thomas is looking forward to working with the people in Langley and partnering with the practitioners in the new beautiful space created by Shannon Arnett, PT at Soundview Center. Working in a community that strives to give extraordinary care in a healing environment is what Rue & Primavera has always strived for. This is an opportunity that can't be passed by.

For more information about the Langley location or to schedule an appointment, call 360-279-8323 or email info@rueandprimavera.com

Fall Family Food Drive Continues at Banner Bank

Fall is the perfect time for a Family Food Drive and Banner Bank in Oak Harbor will be taking donations of food and cash through the month of September to help feed local families.

BITS & PIECES CONTINUED ON PAGE 12

Meet the Artist Eckhardt Ullrich



Eckhardt uses his many years of experience in the waterjet industry to create beautiful designs inspired by nature.

Saturday, October 5th 12-7pm

Eckhardt will have door prize drawings of Halloween figures during the Langley Art Walk from 5 to 7pm!



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Thank you for reading! Please recycle the Whidbey Weekly when you are finished with it.



What's Going On

All entries are listed chronologically, unless there are multiple entries for the same venue or are connected to a specific organization (such as Sno-Isle Libraries) in which case all entries for that venue or organization are listed collectively in chronological order under one heading.

The Green Room Vendor Day

Thursday, September 26, 3:00-6:00PM
The Green Room, Oak Harbor

Representatives from Sticky Budz will be on site with product displays and information. Must be 21 or older. The Green Room is located at 1640 N Goldie Road. For more information, call 360-682-5755 or visit www.thegreenroomwa.com. Marijuana has intoxicating effects and may be habit forming. Keep out of the reach of children.

"Shirley Valentine"

Thursday, September 26, 7:30PM
Friday, September 27, 7:30PM
Saturday, September 28, 7:30PM
OutCast Theater, Whidbey Island Fairgrounds

Suzanne Kelman shines in a one-person show at OutCast Productions: "Shirley Valentine," a comedy written by Willy Russell and directed by Gail Liston. This engaging play was a hit in London and New York, performed by Pauline Collins, who later recreated her role on film for which she received an Oscar nomination. Tickets are \$14 for students and seniors (61+) and \$18 for adults. All tickets for the Thursday performance are \$12. Tickets may be purchased using a credit card from www.brownpapertickets.com/user/manageevent/4264880 or you can email OutCast Productions at ocp@whidbey.com to reserve tickets and pay at the door by cash or check.

Island Herb Vendor Day

Friday, September 27, 2:00-5:00PM
Island Herb, Freeland

Representatives from Clandestine Gardens will be on site with product displays and information. Must be 21 or older. Island Herb is located at 5565 Vanbarr Pl, Unit F. For more information, call 360-331-0140 or visit whidbeyislandherb.com. Marijuana has intoxicating effects and may be habit forming. Keep out of the reach of children.

The Green Room Vendor Day

Friday, September 27, 3:00-6:00PM
The Green Room, Oak Harbor

Representatives from Aloha Botanics will be on site with product displays and information. Must be 21 or older. The Green Room is located at 1640 N Goldie Road. For more information, call 360-682-5755 or visit www.thegreenroomwa.com. Marijuana has intoxicating effects and may be habit forming. Keep out of the reach of children.

Community Swap Meet

Saturday, September 28, 9:00AM-2:00PM
Blue Fox Drive In, Oak Harbor

The Whidbey Island Lions Club will be hosting its final free family community swap meet for the season. There will be a special appearance by the Seahawks Fanbulance. Vendors are encouraged to participate with a nominal fee charged to benefit the Whidbey Island Lions Club's Projects and Programs. Please call 360-679-9468 for more information or visit <https://e-clubhouse.org/sites/whidbeyisland/>

Pumpkin Pitch and Harvest Festival

Saturday, September 28, 10:00AM-4:00PM
Skagit River Park, Burlington

View the amazing Pumpkin Pitching machines up close from 10:00-11:15AM. The opening ceremony and pitch are at 11:30AM, followed by the accuracy and distance competition at noon. The festival includes a free KidsZone with zucchini car races, pumpkin painting, activity booths, pony rides, bouncy houses, and a climbing wall. Food vendors on site.

Free wagon rides to and from the free parking lot. No admission, parking or activity fees. For more information, call 360-755-9649 or visit burlingtonwa.gov/pumpkinpitch.

Whidbey Island Cider Festival

Saturday, September 28, 11:00AM-4:00PM
Pacific Rim Institute, Coupeville

Featuring music, children's activities, food, Cider Store and more. Part of Whidbey Island Grown Week. For more information of the day's activities visit <http://whidbeyislandciderfestival.com>

Harvest Faire

Sunday, September 29, 12:00-5:00PM
Greenbank Farm, 765 Wonn Road

Enjoy arts, crafts, food and activities for the entire family. Choose from a bounty of local farm produce and fresh flowers, press your own cider, get some tips about gardening or check out the lineup of local musicians sure to get your feet stomping. Admission is free. More event details at www.portoc.org.

Candidate Forum

Monday, September 30, 10:30-11:30AM
Regency on Whidbey, Oak Harbor

This forum will introduce residents and families to candidates running for Oak Harbor City Council position 1, 2, and 3. Candidates include Tara Hizon, Michael Crawford, Beth Munns, Jeffery Mack, and Joseph Busig. Regency is located at 1040 SW Kimball Drive. For more information, call 360-279-2224 or email tmendiola@regency-pacific.com.

Harvest Festival

Thursday, October 3 - Sunday, October 6
Island County Fairgrounds, Langley

The Whidbey Island Harvest Festival is a brand new event and part of Whidbey Island Grown Week. The first two days are agriculture-related workshops and seminars while the rest will be filled with your chance to meet food vendors, taste locally-crafted wine and beer. You'll also have the opportunity to watch the popular documentary, "The Biggest Little Farm."

Live Music: Rosahlee

Friday, October 4, 7:30-9:30PM
Penn Cove Taproom, Oak Harbor

This very talented singer/songwriter is 16! She will blow you away with her pop and Indie music. Her very first album is coming out soon. No cover. For more information, call 360-682-2247 or visit www.penncovebrewing.com.

Build a Scarecrow & Help Good Cheer

Saturday, October 5, 12:00-4:00PM
Island County Fairgrounds, Langley
\$10 per scarecrow

Bring two cans of food for Good Cheer. All materials and instruction provided for you to build, stuff and customize your own scarecrow. BBQ lunch provided by donation until the food runs out. For more information, call 360-221-4677.

Whidbey Contra Dance

Saturday, October 5, 6:30-9:30PM
Clinton Community Hall, 6411 S Central Ave.

All ages come enjoy the music and dance! Returning special guest caller Isaac Banner will teach a simple dance of repeating steps, then call out the moves as we dance to the live band: Improper with Sean Bolton, fiddle, Melissa Coffey, whistle, flute, Sax, and fiddle, Nick Leininger, guitar, and Julie Bennet, percussion.

A new dance for every song. Short lesson and simpler dances at the start. Come alone or bring friends, no partner needed. \$10 suggested donation or a snack to share. No one will be turned away if unable to donate.

Live Music: Jess

Saturday, October 5, 7:30-9:30PM
Penn Cove Taproom, Coupeville

Jess' performances are a mixture of originals and covers. Recently described as coffeeshop rock-acoustic, Jess has carefully handcrafted her originals. No cover. For more information, call 360-682-5747 or visit www.penncovebrewing.com.

Fall Sportsman's Sale and Gun Show

Sunday, October 6, 10:00AM-3:00PM
Holmes Harbor Rod and Gun Club, Langley

The show takes place in the main clubhouse and features tables of guns, ammo, optics, knives, fishing gear, boating equipment, and all manner of other sporting goods. An FFL will be on site to facilitate firearm transfers. Though HHRGC is a private club, the public is welcome to attend this event. Admission is by donation. For more information, call 360-221-7574.

Italian Fest Dinner

Thursday, October 10, 5:30PM
Oak Harbor Yacht Club

Medical Safety Net of North Whidbey invites you to its 2019 fundraising event. The evening includes a no-host social hour at 5:30PM followed by dinner featuring an Italian osso bucco menu at 6:30PM. The evening includes a raffle of gift baskets and other surprises. Call Sheri Blessing at 360-675-4640 for ticket information.

Frightville XIX

Saturdays, October 12, 19, 26,
7:00PM-12:00AM
Fridays, October 18, 25, 7:00PM-12:00AM
Thursday, October 31, 7:00PM-12:00AM
Roller Barn, 98 NE Barron Dr, Oak Harbor

Haunt fee is \$13 per person. A guided no-scare tour of the haunted house will be held Saturday, Oct. 19 and 26, noon-4:00PM, \$5 per person. All proceeds benefit Oak Harbor Boys and Girls Club.

Upcoming Sno-Isle Library Events

See schedule below

Cost: Free

Lit for Fun Book Group

Thursday, September 26, 9:00-11:00AM
Freeland Library

Join us for a discussion of Adam Rutherford's "A Brief History of Everyone Who Ever Lived," and how genomics is completely rewriting the human story from 100,000 years ago to the present.

End-of-Life Discussion Series

Thursday, September 26, 1:00-3:00PM
Freeland Library

Hospice of the Northwest and Island Senior Resources are offering a series of free workshops about the many crucial decisions surrounding aging and death. The workshops will provide guidance and planning information for spiritual, medical, legal and housing questions related to end-of-life issues. Join us for some or all conversations. These classes are free and anyone is welcome to attend one or all of the sessions. Presented by Kaaren Flint from Hospice of the Northwest.

Write Now: Book Marketing From Your Couch, Social Media 101

Saturday, September 28, 3:00-4:30PM
Clinton Community Hall, 6411 S. Central Ave.

Social media can be confusing, but book marketing from the couch is easy once you learn how. Discover how to grow your Facebook author page from zero to thousands of followers. Learn how to reach readers on Instagram and YouTube. Become a hashtag expert and wield them to your advantage. This class is for veteran authors, as well as writers seeking to grow their platforms in the hopes of landing an agent or publishing deal.

Discuss the Classics with Rita Drum

Monday, September 30, 1:30PM
Oak Harbor Library

Join us as we follow "The Way of the Pilgrim." A journey of faith, wisdom and inspiration. A 19th century Russian classic. Contact Rita Bartell Drum at ritadrum777@gmail.com or 631-707-5980 for more information.

Bridging Our Differences

Wednesday, October 2, 1:30-3:30PM
Freeland Library

This interactive workshop will offer tools to help people engage in difficult conversations. During this polarized time many people find themselves unable or unwilling to talk to family members, neighbors or work colleagues with whom they disagree. This interactive workshop will offer tools to help people engage in these difficult conversations. The workshop will focus on how to listen to understand, how to speak without acrimony and how to remember that understanding does not mean changing your beliefs. Presented by Civility First.

Movie Night: "Pokémon: Detective Pikachu"

Wednesday, October 2, 5:30-7:15PM
Coupeville Library

Join us for popcorn and a movie. This month we are showing "Pokémon: Detective Pikachu."

Used Book Sale

Saturday, October 5, 10:00AM-2:00PM
Freeland Library

Large selection of great books for all ages at bargain prices. Proceeds support the Friends of the Freeland Library.

Screenagers: Growing Up in the Digital Age

Saturday, October 5, 2:00-4:00PM
Coupeville Library

"Screenagers" is the first feature documentary film about the impact of the digital age on children and how to help them minimize harmful effects and find balance. For parents and their tweens/teens.

Religious Services

South Whidbey Community Church

Sundays, 9:00-9:45AM Adult Bible Study
10:00-11:00AM Worship
Deer Lagoon Grange, 5142 Bayview Rd, Langley

Sunday, September 29 - Special Speaker: Dr. Tom McAnally. Services are followed by a light lunch. You are invited to join us for lunch and loving fellowship.

Prayer Group

Every Tuesday, 4:00-5:30PM
St. Hubert Catholic Church, Langley

Charismatic Prayer and Praise group. Everyone welcome. For more information, call Bill at 360-222-4080 or email Sobico@comcast.net.

Filipino Christian Fellowship

Sundays, 2:00PM
Meets at Church on the Rock,
1780 SE 4th Ave., Oak Harbor.
www.ohcfellowship.com

Healing Rooms

Every Thursday, 6:30-8:30PM
5200 Honeymoon Bay Road, Freeland

The Healing Rooms are open to anyone desiring personal prayer for physical, emotional, or spiritual needs. There is a team of Christians from several local churches dedicated to praying for healing the sick in our community. All ministry is private, confidential, and free. Teams are available to pray for individuals who drop by on a first-come, first-serve basis.

For more information, contact Ann at 425-263-2704, email healingwhidbey.com, or visit the International Association of Healing Rooms at healingrooms.com.

Concordia Lutheran Church

Sunday service, 9:30AM
Bible Study & Sunday School, 10:45AM
590 N. Oak Harbor Street

For more information, visit www.concordiaoakharbor.org or call 360-675-2548.

WHAT'S GOING ON CONTINUED ON PAGE 9



Thank you for reading! Please recycle the Whidbey Weekly when you are finished with it.





Channel your inner Viking p. 10

Whidbey Island Grown Week gets community in touch with its roots

By Kacie Jo Voeller Whidbey Weekly

Try a glass of fresh-pressed apple cider, attend a farm-to-table dinner, learn about the island's agricultural heritage and more during the third annual Whidbey Island Grown Week, which starts Friday and runs through Sunday, Oct. 6.

Highlights of the event include the Whidbey Island Cider Festival Saturday at the Pacific Rim Institute, the Harvest Faire at Greenbank Farm Sunday and the Harvest Festival at the Whidbey Island Fairgrounds Oct. 3-6. Several other organizations will host events throughout the week, including Farm to School Open Houses Friday night at Eckholm Farm and Bell's Farm. For a complete list of events, visit whidbeyislandgrown.com and click "WIG Week 2019."

John Burks, chair of the steering committee for Whidbey Island Grown, said the week offers activities to suit all ages and has seen success in its first two years of operation.

"I think the community response has been really good," he said. "A lot of our farm-to-table dinners have been sold out, which is really just fantastic."

Burks, who owns Kettle's Edge Farm, said Whidbey Island Grown operates under the umbrella of the nonprofit Northwest Agricultural Business Center, which helps farmers find new markets and provides other support.

"We really just want people to see what entrepreneurs and producers here on Whidbey have to offer the local community and we want to encourage folks to support these local

businesses," he said. "Because by supporting them they help us really maintain a thriving economy here on Whidbey, and by having a thriving economy here on Whidbey we are able to sustain the rural lifestyle and the lovely landscape and lifestyle that we enjoy here on Whidbey."

Burks said part of Whidbey Island Grown's mission is to offer its various members, from distillery owners to farmers, a way to connect and support one another.

"It is a real chance to collaborate and strengthen our businesses and strengthen the local economy," he said.

Kim Gruetter, a member of the multi-generational Salty Acres Farm, said the Harvest Faire at Greenbank Farm will help celebrate Whidbey's farming heritage. Gruetter said her family currently leases a plot at Greenbank Farm, and will be one of the merchants at the Harvest Faire. In addition to a number of vendors, the event will offer live music from local artists Ronnie Nix, Mac n Cheese, and Scott Shannon Davis. Admission is free for the event, which runs from 12-5 p.m. Sunday, and attendees can also enjoy fresh-pressed cider and pumpkin decorating.

"We have been gathering apples from all over the island," she said. "And we will bring out our antique cider press and get all the apples and then people can bring their cup over there and have a beautiful cup of fresh-pressed cider, which will be fun."

Gruetter said one of the hopes of the Harvest Faire is to continue the legacy of farming at Greenbank Farm and to raise awareness of what the land - which is now worked by a number of local farms such as Salty Acres Farm - has to offer.

"Greenbank Farm was the largest loganberry farm, possibly in the world, but definitely in the country, for many, many years and then it was sold," she said.

One of the goals of the Harvest Faire is to help the community learn more about local agriculture.

"Everyone needs to be aware of the importance of your local farmer, get to know your farmer, get to know where the food comes from, call them, go visit them, visit their farm stand - there are farm stands all over this island - and buy local," she said.

Kyle Flack, who serves as the operations manager at the family-owned Bell's Farm, said this will be the first year of having a Farm to School Open House event for Whidbey Island Grown Week. The event, which begins at 4 p.m. Friday at Bell's Farm, will feature activities from meeting sheep to learning about vegetable production in an effort to help kids learn more about local farms, Flack said.

"One (reason for the event) is a lot of kids might not know



Photo Courtesy of Virginia Bloom
Giant rhubarb grows at Blooms Winery, which will feature products from local businesses, including Deep Harvest Farm and Penn Cove Shellfish, as a part of the third annual Whidbey Island Grown Week, which starts Friday and runs through Sunday, Oct. 6.

where their food is coming from, and that is obviously a very large piece of it," he said. "We get really removed from the food system with packaged and processed foods."

Flack hopes the event will help encourage children to take an interest in agriculture and develop a greater understanding of farming.

"Additionally, I also think it is really important for kids to even have an understanding of what agriculture is," he said. "There are not very many farmers left and the average age of farmers is going up every year and a lot of old farms are shutting down. I think it is important for kids to understand what agriculture is and give them an interest in it and a perspective on it at a young age so that way we can have farmers in the future so everybody can get fed."

The crew at Bell's Farm is looking forward to hosting the event and fostering relationships in the community.

"We love getting to share our farm and we love getting to talk to people and make those connections with people and we are always looking for opportunities to do that," he said.

Flack said Whidbey Island Grown offers a place for producers and consumers alike to find resources.

"I think Whidbey Island Grown is a great community-building organization for a lot of the local producers on the island," he said. "It is great for networking and it is great for building those connections with each other as well as bringing awareness to some of the local producers."

For more information on Whidbey Island Grown and a full list of events, visit whidbeyislandgrown.com.



Photo Courtesy of Beth Herrild
A pop-up stand at Island Athletic Club features farm-fresh produce. Whidbey Island Grown helps support farmers and local businesses and encourages making connections in the community.

NAVY SECRETARY:

Solution to state's lawsuit against Navy a top priority

By Kathy Reed Whidbey Weekly

The U.S. Secretary of the Navy, Richard Spencer, hopes there can be a resolution to the state of Washington's lawsuit against the Navy before it ever goes to court.

That is what the Secretary told reporters after attending a Community Leadership Forum last week at Naval Air Station Whidbey Island.

While Spencer would not comment specifically about the lawsuit nor any potential solutions under consideration, he said he believes a resolution is possible if all parties work together.

"We are a neighbor and we've been a

neighbor for quite some time," he said. "We take this responsibility very seriously and solutions that we come to, to make sure we can complete our mission, have to be done in a holistic manner. We have to have local communities involved, the Navy's involved, the state's involved the federal government is involved. This is not a "Navy problem," this is an issue we all have to work on."

Spencer's visit to NAS Whidbey was a direct result of a lawsuit filed in July by Washington Attorney General Bob Ferguson, with whom Spencer will be meeting on Oct. 3. The lawsuit against the Navy follows its Record of Decision last March to increase EA-18G "Growler" operations, quadrupling

the number of Field Carrier Landing Practices conducted at Outlying Landing Field near Coupeville. Members of local activist groups such as Citizens of Ebey's Reserve and Sound Defense Alliance, who have been fighting the increase and have also filed legal complaints, stood by Ferguson as he announced the lawsuit.

The issue has caused a great divide among residents of Whidbey Island, something which surprised Spencer.

"I have to admit I was taken by surprise by how it's impacting on some communities

See SECRETARY continued on page 10



Kathy Reed/Whidbey Weekly
The U.S. Secretary of the Navy, Richard Spencer, speaks to reporters last week at Naval Air Station Whidbey Island.



Life Tributes



JAMES R. JONES



Jim was born July 3, 1941 in Seattle, Wash., and died at home in Freeland, Wash., Aug. 28, 2019 after a three-year battle with cancer. He graduated from Blanchet High School in 1959 and received a BA in Business Administration from Seattle University. Jim enjoyed a 30-year accounting career in the Los Angeles and San Francisco areas. He retired to Whidbey Island in 2000 with his wife, Carolyn, who died in 2006 from ALS. Jim had a passion for golf, physical fitness and a healthy diet.

Jim is survived by his sisters, Lynn and Caryl; along with his three sons, Jeff, Michael and Craig; grandson, Aaron; granddaughter, Casey; and

great-grandson, Victor.

Remembrances are suggested to Good Cheer Food Bank, PO Box 144, Langley, WA 98260 or Whidbey Health Hospice, 101 N. Main St., Coupeville, WA 98239

A Celebration of Life will be held at Trinity Lutheran Church, 18341 SR 525, Freeland, Friday, Sept. 13, at 11 a.m.

Family and friends are encouraged to share memories and condolences at www.whidbeymemorial.com

RUTH ANNEKE EDWARDS



Ruth Anneke Edwards, age 95, passed away Sunday, Sept. 1, 2019 at her home in Oak Harbor, Wash.

Born to Tjitte and Jessie van der Ende in Camas Hot Springs, Mont., Sept. 24, 1923, Ruth developed at an early age a love for reading and poetry which led to a life-long pursuit of learning. After graduating from Mt. Ellis Academy in Bozeman, Mont., she obtained both a BS and MA in Education and an MA in Marriage and Family Counseling. Ruth taught grade school for 20 years in Missouri and Idaho and practiced counseling until her death.

Those who knew her best knew of her love for Jesus, and that translated into everything she did, including baking bread to share with whomever needed some love. She was an active member of the Oak Harbor Seventh Day Adventist Church. She loved gardening, sewing and reading. She could easily read a book a day and remember everything she read.

She successfully raised five boys; something she would say gave her energy beyond her years. Ruth is survived by her sons, Paul Giem, James Giem and Ross Giem III, and their wives, sister, Rebecca Gustavsen, 14 grandchildren and eight great-grandchildren.

Ruth was preceded in death by her husbands, Ross Giem, Jr. and Clayton Edwards, sons, David Giem and John Giem, three brothers and four sisters.

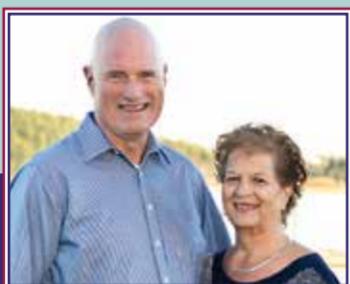
A memorial service was held Sept. 21 at Seventh-day Adventist Church in Spirit Lake, Idaho. A remembrance was held at Oak Harbor Seventh-day Adventist Church, in Oak Harbor Wash., Sept. 24.

Family and friends are encouraged to share memories and condolences at www.whidbeymemorial.com.

Life Tributes can now be found online at www.whidbeyweekly.com

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Island 911

Seriously, we do not make this stuff up!

THURSDAY, AUG. 15

7:26 am, SR 525

Reporting party states loose cows from yesterday are back in her yard; yesterday they disappeared back into the woods. Red cows and black cows.

6:39 pm, Lakeside Dr.

Caller reporting vehicle she left disabled at location had tires stolen off it; tow company she hired to tow vehicle reported this to caller, who is in Tri-Cities area. Were stolen by area resident and friend has seen the tires on their vehicle.

6:52 pm, SR 525

Advising male on foot walking with dog, yelling at passing motorists and flipping people off as he goes; heading toward the terminal from Cozy's area.

7:09 pm, Fallview Ln.

Reporting party advising ongoing issue with neighbor who comes over and is often aggressive toward reporting party. Reporting party was discussing politics with friend when male came over and yelled at him about his political ideals. Occurred at 2 pm today.

FRIDAY, AUG. 16

1:41 am, Dorsey Dr.

Reporting party advising woman is walking down street, yelling at dog loud enough to wake reporting party up; advising female stumbled onto neighbor's property, still yelling but still on ground.

8:19 am, Surface Rd.

Reporting party advising subject came to location – have video of subject coming up on home surveillance camera – stole camera. Has video of face and knows name of subject.

SATURDAY, AUG. 17

2:46 pm, Cultus Bay Rd.

Caller advising neighbor's wife network's names are "I love ISIS" and "I am racist;" caller believes this is harassment, requesting call.

8:16 pm, SR 20

Advising customer told reporting party there was personal information for male including male's door code, written on port-a-potty stall door; port-a-potty is locked now.

SUNDAY, AUG. 18

2:10 pm, Central Ave.

Advising dark-skinned male with beard walking on Central Ave. carrying briefcase. Caller just has a "weird feeling."

7:14 pm, Ocean Spray Ln.

Reporting party states went away for weekend, came home today and there are new paths and a driveway cut into reporting party's property; requesting call to see what steps need to be taken to figure this out.

11:12 pm, Airline Way

Caller advising reporting party and approximately five others will be in area placing pink flamingos in yards for "grad night." Will be in area for approximately an hour.

MONDAY, AUG. 19

11:23 pm, Airline Way

Reporting party advising is going to pick up flamingos from address then going to Landing Circle to place them there.

11:29 pm, Mortland Dr.

Reporting party advising she just got home and found VHS tape unwound in mailbox and something white behind it; reporting party didn't feel comfortable moving tape to see what else was inside.

TUESDAY, AUG. 20

11:32 am, Old Goldie Rd.

Advising female's arm is hurting from lifting things this morning; advising subject drove by area and took reporting party's personal belongings from location to the dump without her permission.

3:09 pm, SR 20

Requesting call referencing wanting to know if potato launcher that uses hair-spray to launch is legal in area of location.

WEDNESDAY, AUG. 21

6:31 am, SR 20

Reporting party advising is at campgrounds off Rhododendron and just heard loud gun shot; reporting party doesn't know which camp site number they're in.

6:54 am, SR 20

Reporting party states male is killing someone in a blue van; states they're at the campgrounds.

7:46 pm, Compass Blvd.

Caller advising this afternoon male came to location selling vacuums. Male has come back two days in a row. Today male knocked on door then came into house with reporting party in the back room.

7:49 pm, West Beach Rd.

Reporting party advising went to store, came home, was painting on a sign, ran inside house, now bag of tobacco is missing. Reporting party advising two people live there, one person let reporting party search their place.

FRIDAY, AUG. 23

11:36 am, SR 525

Advising male at back door yelling at manager, male is sucking on pacifier and talking to himself.

4:21 pm, Amble Rd.

Reporting party advising her pig is running loose and she needs help to get it contained; requesting phone call.

SATURDAY, AUG. 24

12:08 pm, Old Goldie Rd.

Caller advising homeless subject is pushing disabled car down middle of road. Has been at location a couple of days.

4:33 pm, SR 20

Caller advising elderly man fell asleep while standing up; reporting party afraid subject may get hit.

7:17 pm, Saratoga Rd.

Reporting party advising wife came to house, made herself at home and started to scream at him; reporting party left location; still on property, just left house.

8:40 pm, Noble Pl.

Advising of ongoing issue with neighbors harassing reporting party by letting animals into her yard; subject also sent reporting party a package with "rude stuff" in it.

Report provided by OHPD & Island County Sheriff's Dept.



Thank you for reading! Please recycle the Whidbey Weekly when you are finished with it.



WHAT'S GOING ON CONTINUED FROM PAGE 6

Teaching Through God's Word

Sundays, 9:00 & 11:00AM
Calvary Chapel, 3821 French Road, Clinton
For more information, visit ccwhidbey.com.

Unitarian Universalist Sunday Service

Sundays, 10:00AM
Unitarian Universalist Congregation, Freeland
All are welcome. Values-based children's religious exploration classes and childcare will be provided. Visit www.uucwi.org for more information. The Unitarian Universalist Congregation building is located at 20103 Highway 525, two miles north of Freeland.

Unity of Whidbey

Sundays, 10:00AM
5671 Crawford Road, Langley
If you're one of the "spiritual but not religious" people who questions your childhood faith or is looking for something more, Unity of Whidbey may feel like a homecoming. Visit their website: unityofwhidbey.org.

Whidbey Quakers

Sundays, 4:00-5:00PM
Unitarian Universalist Congregation, Freeland
Whidbey Islands Friends Meeting (also known as Quakers) meet in silent worship and community, with occasional spoken messages, every Sunday at the Unitarian Universalist building. For more information, contact Tom Ewell at tewell@whidbey.com or go to www.whidbeyquakers.org.

First Church of Christ, Scientist

Worship, 10:00AM
Sunday School to age 20, 10:00AM
Wednesday Testimony Meeting, 2:30PM
Christian Science Reading Room
Tuesday & Friday, 11:00AM-3:00PM

The church and Reading Room are located at 721 SW 20th Court at Scenic Heights Street, Oak Harbor. Call 360-675-0621 or visit christianscience.com.

Services and Sunday School are also held at 10:30AM on South Whidbey at 15910 Highway 525, just north of Bayview and across from Useless Bay Road; testimony meetings are held the first Wednesday of each month at 7:30PM.

Galleries & Art Shows

Featured Artist: Beth B Johns

Through September
Garry Oak Gallery, Oak Harbor
Beth B. Johns began photographing Whidbey Island and the area after she and her husband retired to Oak Harbor in 2013. Her interest and subject matter vary widely but her work consistently reveals her fascination with light and mood through landscapes and details in nature. She digitally enhances the quality of form, color and light in her photography because it was these aspects of nature that evoked her earliest sense of wonder with the world.

Meet the Artist - Eckhardt Ullrich

Saturday, October 5, 12:00-7:00PM
Langley Whale Center, 105 Anthes Avenue
From Black Diamond, Wash., Eckhardt uses his many years of experience in the water jet industry to create beautiful metal designs inspired by nature. Eckhardt will be holding free prize drawings for his Halloween yard stakes during the Langley Art Walk, from 5:00 to 7:00PM.

Meetings & Organizations

Indian Ridge Water Company Membership/Public Meeting

Saturday, September 28, 10:15AM-12:30PM
Oak Harbor Library Meeting Room
The Board of Trustees of the Indian Ridge Water Company will hold a special membership and public meeting to discuss the replacement of the main water line for the system. Representatives will be on hand to answer questions.

Flying Fingers Deaf and Hearing Social

Friday, October 4, 5:45-6:45PM
Langley United Methodist Church, Fireside Room
We celebrate birthdays, holidays and share food. Small group of individuals who enjoy seeing sign language used in conversations. Fun, easy-going time. Donation for room usage. Come and meet us. Parking across street, off Third St. and Anthes Ave. Room is back side of church, follow the path and signs. For more information, contact Susan at 360-221-0383 or email sisoleil973@yahoo.com.

For a list of continuous Meetings and Organizations, visit www.whidbeyweekly.com

Classes, Seminars and Workshops

Welcome to Medicare Workshop

Friday, September 27, 1:00PM
Oak Harbor Senior Center, 51 SE Jerome St.
If you are soon turning 65 or are new to Medicare, have your questions answered. Topics include: Basic Medicare benefits, Part D Prescription Plans, Options for Supplemental and Medicare Advantage Plans, various costs and eligibility for financial assistance. Workshop is offered by Statewide Health Insurance Benefits Advisors (SHIBA), a program of the Washington State Office of the Insurance Commissioner.

Sea Level Rise in Island County

Saturday, September 28, 2:30-5:30PM
Coupeville Rec Hall, 901 NW Alexander St.
What do local sea level rise projections mean for your property and your community? How can you be preparing for changes that are affecting our shorelines? You are invited to join specialists from Washington Sea Grant, Island County, and the Island County Marine Resources Committee to learn about impacts of sea level rise, explore local maps, and discuss strategies for planning and adaptation. This is a free workshop, but please RSVP at www.surveymonkey.com/r/Z6LVCT2.

DUI/Underage Drinking Prevention Panel

Thursday, October 3, 7:00-9:00PM
Oak Harbor Library meeting room
No pre-registration required. Seating at 6:45PM. No late admittance allowed. Open to all and required by local driving schools for Driver's Education students and parents. More information, call 360-672-8219 or visit www.idipic.org.

DUI/Underage Drinking Prevention Panel

Thursday, October 5, 1:00-3:00PM
Trinity Lutheran Church, Freeland
No pre-registration required. Seating at 12:45PM. No late admittance allowed. Open to all and required by local driving schools for Driver's Education students and parents. More information, call 360-672-8219 or visit www.idipic.org.

Creosote Removal - How You Can Help Keep Our Beaches Clean

Saturday, October 12, 2:00-4:00PM
Pacific Rim Institute, 180 Parker Rd, Coupeville
Join fellow community members to serve as eyes on the beach to help identify and report creosote-treated debris to the Washington Department of Natural Resources creosote removal program. At this free workshop, you will learn about the creosote removal program, how to identify creosote on the beach, and how you can report it using just your smart phone. Register at www.surveymonkey.com/r/5SRV5VK.



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Channel your inner Viking at Nordic Culture Day

By Kathy Reed Whidbey Weekly

Those of Scandinavian descent - or anyone who simply appreciates Nordic culture - have an opportunity to channel their inner Viking at the first ever Nordic Culture Day from 11 a.m. to 3 p.m. Saturday, Oct. 5 at the Nordic Lodge in Coupeville.

This free event will feature food, crafts and demonstrations the whole family can enjoy, say organizers.

"Nordic Culture Day is an event organized to expose the community to some of the culture and heritage of the Nordic countries of Denmark, Finland, Iceland, Norway and Sweden," explained Brian Petersen, president of the Whidbey Island Nordic Lodge. "Part of our lodge mission is to promote the culture of all the Scandinavian countries. This event does this through exposure to various demonstrations of skills and food preparation along with some local Scandinavian culture."

You don't have to be Scandinavian to enjoy some of the treats to be served up that day, such as Norwegian lefse and krumkake, Danish aebleskiver and Scandinavian heart waffles. Lunch will be available for purchase as well, and will feature split pea soup and meatball sundaes (mashed potatoes covered with meatballs in gravy and topped with lingonberry jam).

"Personally, my favorite Nordic treat will be lefse," said Petersen. "The reason being that it is something I learned to love as a child. We ate it in our home and I can remember making it with my grandmother. Always fun!"

There will be plenty of other demonstrations to enjoy, including an appearance by the Nordic Traders.

"They are a Viking reenactment group from the Sons of Norway Lodge of Bothell," said Petersen. "They have various displays of Viking era clothing, weaponry, and living skills such as preparing and weaving wool and grinding grain. We hosted this group last October and they are very informative."

"There will also be a hands-on demonstration of Rosemaling," he continued. "This is a Nordic method of painting and decorating that is unique to Scandinavia."



Photo Courtesy of Whidbey Island Nordic Lodge
Music, food, fighting and lots of fun are in store for those attending the first ever Nordic Culture Day in Coupeville on Saturday, Oct. 5 at the Whidbey Island Nordic Lodge.



Photo Courtesy of Sons of Norway Lodge of Bothell
Experience the culture of the Vikings and more during the first ever Nordic Culture Day, from 11 a.m. to 3 p.m. Saturday, Oct. 5 at the Whidbey Island Nordic Lodge in Coupeville. A Viking reenactment group called the Nordic Traders from the Sons of Norway Lodge in Bothell will be on hand with demonstrations.

While this is the first time the Nordic Lodge is hosting a culture day, the group does all kinds of activities throughout the year and the public is welcome to participate in several of them.

"We also do events to be a part of the community, such as Veteran's Appreciation Night, "Vinterjazz" concert and the "Troll Stroll" in the spring," said Petersen. "We have supported the local schools through donations to Oak Harbor High School and Coupeville School's history and Farm to Table program. We have participated in community parades with our Viking Ship float. We have many lodge activities such as book club, craft day, game day, and soup and cinema day. This year we will participate in Coupeville's Scarecrow Trail."

"We have several special meals during the year, including Julefest and Frokost," he continued. "Last year we held our first Lutefisk Dinner which we plan to repeat again this year. In June, we have celebrated Midsommer with a pig roast. We just held a cooking class with a chef from Seattle. This year we are planning to host a Film Festival and have a Crab Feed."

Perhaps even better, the Whidbey Island Nordic Lodge is open to all men and women to join, whether or not they have Scandinavian ancestry.

"People can become members by visiting the Lodge on meeting days, visiting SonsofNorway.com or we will have membership information available at the Culture Day event," said Petersen.

For more information people can visit whidbeyislandnordi-

Don't forget Nordic Fest!

**Saturday, Nov. 9
9:30 a.m. to 3:30 p.m.**

South Whidbey High School, 5675 Maxwellton Rd., Langley

\$1 suggested donation at door

If you don't get your fill of Nordic goodies at the Nordic Culture Day in October, be sure to check out the 20th annual Nordic Fest, to be held from 9:30 a.m. to 3:30 p.m. Saturday, Nov. 9 at South Whidbey High School in Langley.

Put on by the Daughters of Norway Ester Moe Lodge #39, the event will feature live entertainment and music, vendors, children's crafts, food and more.

"We always have a bakeri (baked goods we have made), butik (boutique) with kitchen items and general decor we have made (scrubbies, microwave bowl holders, aprons, etc.) including 'nisser' or 'tomte' figures (legendary farming helpers, like elves), 'julenek' - a bundle of grain farmers in Scandinavia hang on a post so the birds can have a Christmas feast as well," said Kristine Nerison Collins, with Daughters of Norway, adding members have even grown the wheat for this themselves for the past couple of year.

"Everything is handmade at the butik, and of Scandinavian ilk. We have raffle baskets, a Swedish luncheon available with the World's Best Cake, sour cream porridge (rommegrot) and lefse," she continued. "We have vendors selling Scandinavian motif items and a crafts person or two demonstrating wood carving, knitting or weaving."

There will also be a cake walk this year, where six tempting creations on pretty cake plates (which the winners get to keep) will be up for grabs. Collins said it's a chance for the community to explore Scandinavian heritage through the senses of taste, sound and sight, plus it's an inexpensive lunch and a chance to learn more about the Daughters of Norway to boot.

"At our monthly meetings, we learn to cook more heritage items, get exposed to more music and art, history, culture, etc.," she explained. "That's our mission statement - to preserve Scandinavian heritage and create a sense of community that helps us care for one another in the process. You just have to have a little Scandinavian of any kind - even by marriage - in your family to join."

clodge.com, email them at whidbeyislandnordiclodge@gmail.com or phone them at 360-678-5197. Anyone interested in the history, heritage, and culture of the Nordic countries is welcome to join. Or, according to Petersen, those interested can simply stop by the Nordic Culture Day and check it out for themselves.

"This is a wonderful opportunity to explore Nordic culture," he encouraged. "See what the Nordic Lodge has to offer. See what part of our roots are. There are displays of interest to all ages. We will have Nordic life coloring for small children, genealogy for adults, food preparation for all, skill demonstrations of weaving and woodcarving, and other displays of interest. All free! All this and a unique lunch offering."

The lodge is located at 63 Jacobs Road, in Coupeville.

SECRETARY continued from page 7

within the community itself, dividing the community," he said. "That's the last thing the United States Navy wants to do. We're usually part of those communities, so we're living there. This is a top priority, to get a solution in place."

Spencer also said he is not without sympathy for residents impacted by the increased operations.

"I live in Georgetown, [Va.]," he said. "Georgetown is right on the approach and departure of Regan [National Airport]. I can't hear myself talk when I have a cocktail now and then. I totally get it. You're not seeing someone who has no compassion for the situation. I'm more frustrated that we can't move quicker to get to a solution."

Oak Harbor Mayor Bob Severns, one of the community leaders who attended the forum, said he believes the Navy is sincerely interested in finding a solution to the Growler issue.

"I think it shows extra effort on the Navy's part to understand the state AG's concerns," he said. "I believe NASWI and the AG should

have better communication as a result of [Spencer's] visit."

Severns admits he would like to see a solution that would be equally satisfying to both sides.

"[I'd like to see] a resolution that decreases the noise to OLF but allows NASWI to train as needed," he said.

While Spencer said the lawsuit is currently not affecting the Navy's mission at NAS Whidbey Island and he hopes it won't have an impact in the future, the base remains critical to the nation's defense.

"[It is] absolutely critical," he said. "If you look at what's going on in the world today, it's not getting any less risky, and as we were discussing in there, this is a local problem, but 49 other states, Russia, China, North Korea, Iran, all get a vote in what goes on here, just due to the importance of this mission."

The Secretary's goal is to find a solution to the problem before anyone sets foot in a courtroom.



Photo Courtesy of Rhonda Severns
Richard Spencer, U.S. Secretary of the Navy, greets Oak Harbor Mayor Bob Severns during a Community Leadership Forum last week at Naval Air Station Whidbey Island.

"This is going to involve the State of Washington, this is going to involve thinking outside the box in some ways, but I think we can actually get there," Spencer said. "I want to

make sure everyone knows this is front and center on Navy's radar. It's a very meaningful issue. I think we can solve it. I have great hope we can solve this."



Thank you for reading! Please recycle the Whidbey Weekly when you are finished with it.

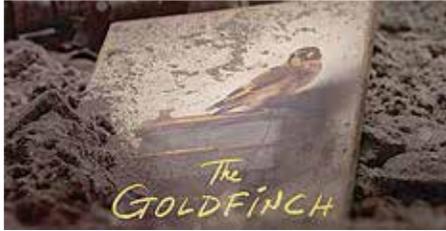


Film Shorts

Courtesy of Cascadia Weekly

By Carey Ross

Abominable: An animated adventure about a kid who wakes up to find a yeti on his roof, befriends it and tries to help it return to its home on Mt. Everest. I'm pretty sure if I found a yeti on my roof, it's not at all how things would go, so kudos to that kid. ★★★★★ (PG • 1 hr. 37 min.)



The Goldfinch: Evidently, this movie is as hard to watch as the book was to read. (Sorry, Donna Tartt. "The Secret History" is one of my favorite books, so I swear it's not personal.) ★ (R • 2 hrs. 29 min.)



Ad Astra: A lavishly shot, very serious sci-fi movie that tackles issues writ small and universal which probably deserves better than to be described as "that Brad Pitt space movie," but I went ahead and said it anyway. ★★★★★ (PG-13 • 2 hrs. 4 min.)

Angel Has Fallen: Just when I forgot all about the existence of Gerard Butler, here he is. I gave some thought to learning what this movie is about, but it seems like a waste of effort, so I'll just go ahead and guess it's about as good as every other Gerard Butler movie. ★★ (R • 1 hr. 54 min.)

Brittany Runs a Marathon: Jillian Bell plays a fat woman who runs off the pounds in this film that is, to its credit, a lot more complex than other, similar stories in which being skinny is somehow an inspirational ideal rather than an arbitrary standard imposed by society and its ever-changing and largely meaningless principles. ★★★★★ (R • 1 hr. 44 min.)

Downton Abbey: I'm always skeptical when a beloved television show gets the feature-film treatment, but I think this is going to be a good one. Welcome back, Violet Crawley, Dowager Countess of Grantham. We've missed you. ★★★★★ (PG • 1 hr. 30 min.)

Hustlers: Lest you think Jennifer Lopez is nothing more than hit songs and husbands, she's here to remind you she's got acting chops for miles in her mesmerizing portrayal of a stripper with big ideas and a cast of co-conspirators including Constance Wu, Keke Palmer, Cardi B, and probably not nearly enough Lizzo. Anything you can do, J. Lo can do better. ★★★★★ (R • 1 hr. 47 min.)

It Chapter Two: This movie is predicated on the premise that if murderous Pennywise the clown shows up and starts offing people, the now-adult kids from the Losers Club will return to Derry and vanquish him once again. If I were one of those now-adult kids, that would be the hardest nope I ever noped. ★★ (R • 2 hrs. 49 min.)

Judy: Renee Zellweger transforming herself to play a late-in-life Judy Garland? Sometimes the dreams I dare to dream really do come true. ★★★★★ (PG-13 • 1 hr. 58 min.)

The Peanut Butter Falcon: Shia LeBeouf delivers on some of the promise he showed in his earlier roles as a small-time outlaw who befriends a young man with Down syndrome who ran away from his nursing home in order to follow his dream of becoming a professional wrestler in this heartwarming Mark Twain-inspired story. ★★★★★ (PG-13 • 1 hr. 33 min.)

Rambo: Last Blood: If Arnold Schwarzenegger gets to be the Terminator again, it seems only fair Sylvester Stallone reprise his role as John Rambo. They drew first blood. Now he's going to draw last blood. Never mind all the blood in the middle. We don't need to talk about that. ★ (R • 1 hr. 29 min.)

Villians: A pitch-black comedy about a pair of burglars who get far more than they bargain for when they break into the home of a couple that has a whole lot to hide. ★★★★★ (R • 1 hr. 29 min.)

For Anacortes theater showings, please see www.fandango.com. For Blue Fox and Oak Harbor Cinemas showings see ads on this page.

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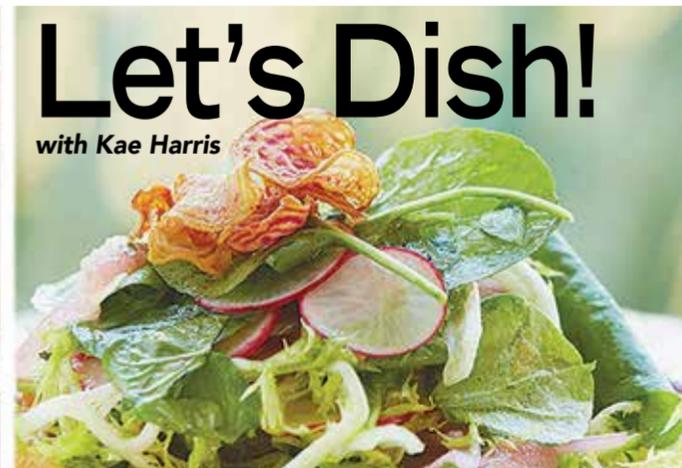
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Answers on page 15



Let's Dish!

with Kae Harris



LET'S TACO-BOUT FALL WITH THIS FOOD!

Let's discuss a little something off the fall trend. I know the season calls for me to talk about all things pumpkin spice and autumnal, which I will of course, but I wanted to segue for a bit because I wondered what new things we could do this season with regards to how we eat. There is nothing wrong with cooking our trustworthy, tried and tested, seasonal favorites, but if we can mix it up a little, why not? You see, National Taco Day is coming up and I'm all about celebrating foods on their allocated days throughout the month. I mean, celebrating any type of food, any time is perfectly acceptable too, but I figured maybe, just maybe, there's a way to make a fall fusion in the taco world.

There are very few people I know – in fact, I don't think I know anybody – who do not like tacos. After all, what's not to like? Delicious protein (because a taco doesn't have to have meat in it to be tasty), fresh veggies and spicy condiments enveloped inside a soft, fluffy tortilla and you have an entire meal in your hands. Easy, right? A bit messy, but okay, that doesn't detract one bit from how delicious tacos are. So, this got me thinking about the origins of tacos; where in the world they came from and why? I did my research and found an extremely knowledgeable professor of history, Jeffrey Pilcher, has theorized the taco dates back to the 1700s in the silver mines in Mexico. The 'taco' was actually a reference to the charges used to excavate silver ore. They were comprised of gunpowder, around which was wrapped little pieces of paper, which were then pushed into the holes or cracks in rocks. These were called 'taco de minero,' or 'miner's taco.' There is also the idea that even further back, in about the 1600s, evidence suggests women were already pressing masa (maize) into flat rounds and stuffing them with beans and other delicious fillings. So, if these things – think taquitos – resemble quite closely a 'miner's taco,' it's a fair assessment the origins of the modern-day taco as we know it has its roots in Mexican silver mines.

The tacos we know best today were popularized in the U.S. in the 1950s by Glen Bell, owner and founder of Taco Bell. He wanted people to be able to experience a taco in all it's delicious glory, without having to travel to Mexico City to have one. But even before Mr. Bell ramped up the taco effort in the U.S., Mexican migrants to Los Angeles can be credited as being the true heroes of the story because they brought this way of eating, this kind of food, with them and, while initially seen as 'lower class' street fare, it's undeniable they carved their own niche into the face of the market here and blasted their way onto the North American culinary scene.

I wondered what a 'traditional taco' was, given it was originally a fusion of sorts created in Mexico City by all the people migrating there, bringing their regional flavors and flares with them and catering to the workers in the area. The general consensus, I've found, seems to be the taco is a simple dish with fresh ingredients – perhaps not so much like Taco Bell, but this does not attest to their taco's tastiness, of course. First, you need to start with soft corn tortillas. Then you'll add your marinated, cooked meat – usually flank steak in a concoction of spices like oregano, cumin, pepper, chilies, paprika and lime juice. Lastly, authentic tacos are topped only with fresh cilantro and diced white onion, though green tomatillo sauce or pico de gallo is often an accompaniment with which to garnish a taco, and the rest is delicious history. Simple yet filling and it really is an entire meal all in one. Literally, a meal you hold in your hands. I think the only downside to a taco for me personally, is the fact I haven't quite yet, even after all these years, worked out how to eat them without their innards slipping out on one side or the other. I'm trying to narrow down the technique. It's probably because I don't have enough practice eating tacos and therefore, I'm basically just a novice, but I find tilting my head some 90 degrees and leaving the taco upright, is how best not to let the insides splat out onto my plate. I think it's universal though, because whenever I see someone do the 90-degree head tilt, I instinctively

know, regardless of whether or not I can see what they're eating, they are almost certainly enjoying themselves a taco.

One thing I love most about fall – aside from everything I mentioned at the beginning of my last article – is the plethora of ways in which we can use seasonal food items to redefine our favorite dishes. There are so many ways to take a taco and use butternut, sweet potato, carrots, black beans, garbanzo beans, thanksgiving leftovers even, and so on and so forth – and turn it into a Mexican/American fall fusion of sorts. The taco itself is a fusion food and the very nature of gastronomy is owing to the fact it is constantly changing and evolving.

Dear readers, Oct. 4 is National Taco Day and whether you like your tacos hard or soft is irrelevant. Just observing their presence in our culinary scene is more than enough homage to them and what better way to observe them and their deliciousness, than to make your very own version at home? I'm including a recipe for a fall-inspired taco I absolutely love and I hope you try it. If you do, let me know how you like it! Please send any and all comments, questions and most definitely, recipes you might like to share to letsdish.whidbeyweekly@gmail.com and we can do exactly that – Dish!

Roasted Butternut Squash Tacos

- 1 medium butternut squash, peeled, deseeded and diced
- 2 teaspoons olive oil
- 6-8 corn tortillas
- 1 can black beans
- 1 medium white onion, diced
- fresh cilantro
- ½ teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon paprika
- ¼ teaspoon chipotle seasoning
- 2 limes
- ½ small head purple cabbage
- 2 avocados, cubed

Toss butternut squash cubes, olive oil, cumin, oregano and paprika together in a medium bowl until well coated. Arrange the cubes on a non-stick cookie sheet and then bake until tender (approximately 25 minutes) in an oven that's been preheated to 400°F. Remove from heat when done and set aside to cool. Heat the black beans in a small saucepan on the stove and add the chipotle seasoning. Cook until heated through. Remove from heat. Finely slice the cabbage and arrange inside the corn tortillas with the roasted butternut squash, black beans, onions and avocado cubes, top with fresh cilantro and squeeze a little lime juice over it all. Serve and enjoy!

www.smithsonianmag.com/arts-culture/where-did-the-taco-come-from

To read past columns of *Let's Dish* in the *Whidbey Weekly*, see our Digital Library at www.whidbeyweekly.com.

BITS 'N' PIECES CONTINUED FROM PAGE 5

Hunger is a very real issue in every community across the nation, including ours. Thankfully, neighborhood business can be part of the solution by partnering with local food banks to get assistance to those in greatest need.

Items in high demand include peanut butter and jelly, cereal and cereal grain bars, canned fruits and individual fruit packs, canned vegetables and beans, canned chicken or tuna, soup, stews and chili, rice and pasta, pasta sauce and boxed crackers.

All donations will stay in the community to help local families. Banner Bank is located at 570 NE Midway Blvd. Visit bannerbank.com for more information.



Sculpture Garden Grand Opening

After extensive renovation, Rob Schouten Gallery is happy to announce the opening of the new Rob Schouten Gallery Sculpture Garden.

Located directly next to the gallery, the little gem of a garden houses the work of some of Whidbey Island's finest sculptors. Seventeen pieces by the following artists: Georgia Gerber (3), Sharon Spencer (3), Dan Freeman (2), Sue Taves, Dale Reiger (2), Lloyd Whannell, Richard Nash, Robert Adamson, Lane Thompkins, Penelope Crittenden, and Woody Morris, with one each, are displayed in an attractive garden setting. Each sculpture has been given ample room to be enjoyed individually, while collectively forming a place of beauty, tranquility and respite from the daily endeavors of life.

Benches and sitting rocks invite the viewers to linger and relax. Beautiful new evergreen shrubs, perennials and flower bulbs, combined with a number of old established roses, ferns and other perennials, ensure year round color and fragrance.

To celebrate, the gallery's indoor exhibition will also feature the work of these fine artists in an impressive display of bronze, steel and stone sculptures.

Also included in the month's exhibit are some extraordinary fine paintings and art glass including hand-blown, sculpted and fused glass. You'll also find finely crafted, handmade jewelry, woodwork, ceramics and fiber art, witty assemblages and a wide array of other beautiful art objects sure to bring delight.

Visit Rob Schouten Gallery for the opening reception Saturday, Oct. 5, from 5:00 to 7:00PM in conjunction with Langley's First Saturday Art Walk. Many of the gallery artists will be in attendance, and light refreshments will be served. The Gallery is located at 101 Anthes Avenue, Suite B.

Maurice and the Stiff Sisters - "Our Old Haunts" - Single Release

Power-pop quintet Maurice and the Stiff Sisters will release their new single "Our Old Haunts" on streaming platforms worldwide Sept. 30.

With a skittery post-punk/new wave vibe, the PDX band's latest single is sad-sounding-happy: a tale of regrets and grudges dressed up with a wry smile and an upbeat, chipper pop-rock tempo.

"I think we know what it's like to be jealous of other people having fun, especially when they used to have that kind of fun with you," recants songwriter Maurice Spencer. "You gotta smile through the anger, put your best foot forward and act like it doesn't bother you...even when it really, really does."

Offering up a brand new single every month until the premier of their debut album (scheduled for independent release in January of 2020), Maurice and the Stiff Sisters are looking to fill those empty hearts, as well as the holes in your content calendar.



Dining Guide

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Thank you for reading! Please recycle the Whidbey Weekly when you are finished with it.





CHICKEN LITTLE & THE ASTROLOGER

By Wesley Hallock

ARIES (March 21-April 19)



If you're in a scrappy mood this week, ready to take on the world, you're exactly where you need to be. Anything worth having is unlikely to come without a fight. There's every reason to believe you can come out on top, but you'll need to prove yourself. The best way to guarantee success is to not underestimate your opposition. When you're ready to battle dragons, all else comes easily. Knowledge as a weapon excels on the 28th.

TAURUS (April 20-May 20)



The mysterious workings of creativity are alive and well in your life this week. The pregnant notions that appear from nowhere, ready to deliver good, may find their trigger when and where you least expect them, and in the most amazing ways. If their occurrence flips you into moods carefree and whimsical, so much the better. It's this playfulness that creativity finds so attractive. Do less and accomplish more on the 28th.

GEMINI (May 21-June 21)



Leave stability and consistency to others this week. You're in no shape even to know from one moment to the next what you want, let alone stay focused long enough to get it. With attention grabbers presently being a dime a dozen, the flavor of the day may change hourly. For those who aspire to know a little bit about everything, this may be the perfect storm. No need to own the bases on the 28th--it's enough just to touch them.

CANCER (June 22-July 22)



Information overload is distinctly possible this week. Like a hundred people in a room all talking at once, the deluge of data coming your way could quickly become overwhelming. For sanity's sake, you may need to narrow your focus. Block out the extraneous, attend to what really matters, and let the rest go by. Some of the puzzle pieces made available on the 28th won't make sense until later.

LEO (July 23-Aug. 22)



Backing for your ambitions is wide and varied this week. Resources you hadn't counted on may reveal themselves as possible options. Your life at present reads like a chessboard. Deliberate moves to advance yourself go better with some forethought about timing and sequence. A good strategy could turn around what appears hopeless at the moment. Make sure to think several moves ahead on the 28th.

VIRGO (Aug. 23-Sept. 22)



Your week shapes up to be mostly self-directed. More than any other time, the decisions you make now and the actions you take are apt to be yours alone. The comfort of a pre-set agenda, a plan devised by someone else, may sound appealing, but your happiness lies in

the direction of self. This is not the same thing as selfish. Self-directed action on behalf of others rates highly on the 28th.

LIBRA (Sept. 23-Oct. 22)



A cloistered place within the inner circle is where you're most likely to be found this week. A relatively still place sheltered from the outer hub-bub suits you perfectly.

Whether you seek these conditions actively, or circumstance directs you there, matters not. The ultimate intent is to grant you time to tie up loose ends, iron out kinks and get ready to face a brighter future. Use the 28th accordingly.

SCORPIO (Oct. 23-Nov. 21)



Your ability to command attention and respect for who you are and what you do should hit a highwater mark this week. During this satisfying time, recognition for past achievements is possible. So, too, is acclaim coming from those who stand to benefit from associating themselves with you. Use your own discernment on the 28th to separate the sincere from those interested only in advancing themselves.

SAGITTARIUS (Nov. 22-Dec. 21)



A better time than now for mounting a push forward could be a long time coming. You may balk at the thought of taking on a new goal, given the weight already on your shoulders like an invisible thumb. However, the possibility of wiggling out from under that weight is strong this week and increasing rapidly. It's not too soon to begin thinking about soaring again. If you have your ducks in a row, the 28th is ripe for action.

CAPRICORN (Dec. 22-Jan. 19)



The smooth way a host of people and events mesh and merge in your favor this week may surprise you. Take it as evidence that your grasp of the big picture and how to navigate within it is sound. The occasional glitch notwithstanding (there is no perfection within Nature), it's a good time to step back and admire your creations. The passing scene on the 28th is rife with clues about where you're headed next.

AQUARIUS (Jan. 20-Feb 18)



Stress tests are possible this week. Money, career, relationships--anything and everything is up for review. At times like this, even the best laid plans may go awry. The good news is that all areas that pass the test may enjoy improved status in your life. Adjustments up and down take place, bringing you to a new and better place of balance. Events on the 28th are less important than your reactions.

PISCES (Feb. 19-March 20)



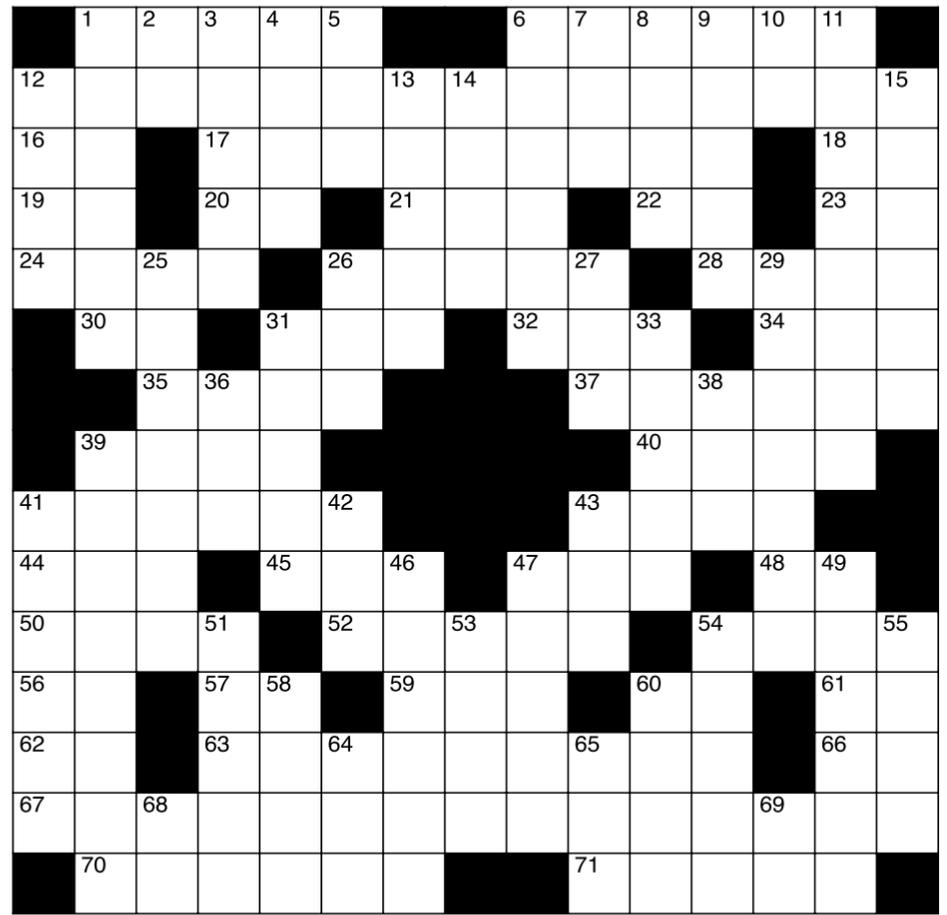
The other person plays a highly significant role in your life this week. It matters little whether that person represents happiness through a life-long relationship, or angst as a short-term adversary with whom you must struggle. You stand to benefit significantly from either type of interaction. Happy is always preferred, of course. But if things go the other way on the 28th, the one less attached to being right is the one who suffers least.

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Chicken Little looks at what is and fears the sky is falling. Wesley Hallock as a professional astrologer looks at what is and sees what could be. Read Wesley's monthly forecast, with links to Facebook and Twitter, at www.chickenlittleandtheastrologer.com. To read past columns of Chicken Little and the Astrologer in the Whidbey Weekly, see our Digital Library at www.whidbeyweekly.com.

Crossword Puzzle



CLUES ACROSS

- 1. Adventure stories
- 6. Amphetamines
- 12. Extend the limits
- 16. Article
- 17. Socially disoriented
- 18. Gold
- 19. Part of the mind
- 20. "Rubber Band Man" rapper
- 21. Take by force
- 22. Football position
- 23. American cola
- 24. Risk management plans (abbr.)
- 26. Narrow channel on the moon
- 28. Semitic alphabet letter
- 30. Dorm employee
- 31. Dessert dish
- 32. A street where nightmares happen
- 34. For each
- 35. Fat from a pig
- 37. Easily altered
- 39. Salvador __, Spanish artist
- 40. The last CEO of Sears
- 41. One who lades
- 43. Russian pop duo
- 44. Fictional free city of Essos
- 45. Cool!
- 47. Strong liquor
- 48. Rural delivery
- 50. Brews

CLUES DOWN

- 52. Compound found in hops
- 54. Where golfers begin holes
- 56. Third note of a major scale
- 57. City of Angels
- 59. Snag
- 60. Exclamation of surprise
- 61. Controversial retired wide receiver
- 62. For example
- 63. Free to use
- 66. Carson's sidekick
- 67. Pirate saying
- 70. Convulses
- 71. Semitic gods

- 15. Card game
- 25. Feeling of discomfort
- 26. Get free of
- 27. Unit of measurement
- 29. A person who enjoys good food and drink
- 31. Violin maker
- 33. Noted psychotherapist
- 36. Complete
- 38. Ballplayers' tool
- 39. Afternoon illumination
- 41. Points a finger at
- 42. Moved quickly
- 43. ' __ death do us part
- 46. Blue jeans
- 47. French Jesuit theologian
- 49. Dissuades
- 51. Eastern European peoples
- 53. Abnormal rattling sound
- 54. Air-breathing land snail genus
- 55. Turfs
- 58. Farewells
- 60. __ mater: one's school
- 64. They __
- 65. Baby's eating accessory
- 68. Priestess of Hera
- 69. Type of railroad

Answers on page 15

YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST

Thurs, Sept. 26	Fri, Sept. 27	Sat, Sept. 28	Sun, Sept. 29	Mon, Sept. 30	Tues, Oct. 1	Wed, Oct. 2
North Isle H-63°/L-52° Showers	North Isle H-59°/L-49° Showers	North Isle H-60°/L-45° Clouds and Sun Mixed	North Isle H-58°/L-39° Sunny	North Isle H-61°/L-46° Partly Sunny	North Isle H-61°/L-49° Sunny	North Isle H-61°/L-47° Mostly Sunny
South Isle H-62°/L-52° Showers	South Isle H-58°/L-47° Showers	South Isle H-58°/L-43° Clouds and Sun Mixed	South Isle H-55°/L-37° Mostly Sunny	South Isle H-58°/L-46° Sunny	South Isle H-61°/L-48° Mostly Cloudy	South Isle H-61°/L-47° Clouds and Sun Mixed



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- ✓FREE Battery Fluid & Fill
- ✓NEW Oil & Oil Filter
- ✓LUBE Chassis
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- ✓Air Filter
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- Inspect Belts & Hoses
- Inspect Exhaust System
- Check Charging System
- Test Ignition Cables
- Tire Rotation & Balance
- Inspect Suspension
- Check all Fluids
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Community Bulletin Board

ANNOUNCEMENTS · JOB MARKET · FOR SALE · PERSONALS

To place an ad, e-mail classifieds@whidbeyweekly.com

GARAGE/ESTATE SALES

Moving Sale: Saturday, Sept. 28, Sunday, Sept. 29 and Monday, Sept. 30, 9am-4pm, 703 Perkins St, Coupeville. Final Days!

ANNOUNCEMENTS

FINAL DAYS! Hidden Pearls Gallery, 901 Grace St, Coupeville: 30% OFF EVERYTHING! Open Wed-Sun, 10am-5pm. Closing Sept. 30

Pregnant? Need baby clothes? We have them and the price is right—FREE. Pregnancy Care Clinic, open most Wednesdays and Thursdays, 10am to 4pm. Call 360-221-2909 or stop by 6th and Cascade in Langley.

Be the difference in a child's life and become a foster parent today! Service Alternatives is looking for caring, loving, and supportive families to support foster children. 425-923-0451 or mostermick@servalcfs.com

The Whidbey Island community is encouraged to try out the paddling sport of dragon boating with the Stayin' Alive team. Our team's mission is to promote the physical, social, and emotional benefits of dragon boating. It has been shown to be especially beneficial to cancer survivors. Practice with us for up to 3 times for free. Life-jackets and paddles provided. Saturdays at the Oak Harbor Marina, 8:45am. Contact njlish@gmail.com. More info at our Facebook Page: www.facebook.com/NorthPugetSoundDragonBoatClub?ref=hl

Medical Marijuana patients unite; If you need assistance, advice, etc. please contact at 420patientnetworking@gmail.com. Local Whidbey Island help.

If you or someone you know has been a victim of homicide, burglary, robbery, assault, identity theft, fraud, human trafficking, home invasion and other crimes not listed. Victim Support Services has advocates ready to help. Please call the 24-hr Crisis Line 888-388-9221. Free service. Visit our web site at <http://victimsupportservices.org>

VOLUNTEER OPPORTUNITIES

College student? Student of history? History buff? Opportunities are available to spend constructive volunteer hours at the PBY-Naval Air Museum. Go to www.pbymf.org and click on "Volunteer" or just stop by and introduce yourself.

Imagine Oak Harbor's first Food Forest, Saturdays 11am-3pm, at 526 Bayshore Drive. Each week, we have volunteer opportunities available to help care for our community garden, share organic gardening tips, and learn Permaculture principles. All ages and skill levels welcome. Schedule can change due to adverse weather conditions. If you have any questions, please contact us at: imaginepermacultureworld@gmail.com

Mother Mentors needs volunteers! Oak Harbor families with young children need your help! Volunteer just a couple of hours a week to make a difference in someone's life! To volunteer or get more info, email wamothermentors@gmail.com or call 360-321-1484.

Looking for board members to join the dynamic board of Island Senior Resources and serve the needs of Island County Seniors. Of particular interest are representatives from North Whidbey. For more information please contact: reception@islandseniorservices.org

JOB MARKET

Full-time/Permanent Garden Center Manager: We are seeking a professional, experienced person to lead our outside Nursery Team. Looking for applicants with relevant experience, self motivation, and commitment. Northwest plant, tree and shrub knowledge is help.

How'd you do?

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

required, as well as previous buying experience. Supervisory and retail experience are a plus. Primary job will be to order weekly plant and hard goods order, assist customers with their selections and be involved in BBQ sales. Need to be willing to work outdoors in any type of weather. Will be supervising a team of 3-5. Qualified candidates please stop by with your resume (with references) and a cover letter, and fill out our application at: Freeland Ace Hardware, 1609 E. Main St, Freeland, WA 98249 (0)

Fulltime Floor Sales Associate: If you have paint, tool, plumbing, or electrical product knowledge, love hardware, and crave the full-time retail career experience then we'd love to hear from you. Working Saturdays and Sundays are required. Must be able to lift 40-50lbs. Qualified candidates, stop by with your resume (with references) and a cover letter, and fill out our application at: Freeland Ace Hardware, 1609 E. Main St, Freeland, WA 98249 (0)

CLOTHING/ACCESSORIES

Handsome hand-knit alpaca wool sweaters from Bolivia, one men's size M, one men's size L, \$35 each, or best offer. Men's work outfit: RAIL CHIEF size 42, Union Made, Sanforized, \$10. Photos available, call or text 360-320-0525.

No Cheating!

	S	A	G	A	S		U	P	P	E	R	S		
P	U	S	H	T	H	E	E	N	V	E	L	O	P	E
A	N		A	L	I	E	N	A	T	E	D		A	U
I	D		T	I		R	O	B		D	E		R	C
R	E	M	S		R	I	L	L	E		R	E	S	H
	R	A		P	I	E		E	L	M		P	E	R
		L	A	R	D			L	A	B	I	L	E	
	D	A	L	I					L	A	C	Y		
B	A	I	L	E	R				T	A	T	U		
L	Y	S		R	A	D		G	I	N		R	D	
A	L	E	S		N	E	R	O	L		T	E	E	S
M	I		L	A		N	A	B		A	H		T	O
E	G		A	V	A	I	L	A	B	L	E		E	D
S	H	I	V	E	R	M	E	T	I	M	B	E	R	S
	T	O	S	S	E	S			B	A	A	L	S	

HOME FURNISHINGS

House plants: small \$5 each, larger floor plants \$20 each; Ceiling mount light with beveled glass, classic, flush mount, 16 pieces of high quality beveled crystal glass, eight clear glass bulbs, \$35; Swopper is an ergonomic office chair that enables movement in all three dimensions to provide balanced support for your lower back, \$295; Beautiful blue stained-glass lampshade in pyramid shape, 13-1/4" along each lower edge, 10-3/8" along side edges (from top to bottom), \$25 or best offer; Two low, upholstered occasional chairs, in thin, muted shades of rust, peach, cream, and light cinnamon velveteen corduroy, \$30 each, or both for \$50. Photos available, call or text 360-320-0525.

LAWN AND GARDEN

Japanese Maple trees. These are young trees, still small enough to plant easily. Take your pick from several different kinds, including Coral Bark Maples. \$20 each. Coupeville 360-678-4848 (0)

RECREATION

Camping items: Old (but clean) Thermos 1-gallon jug, \$5; Versatile backpack, the two parts can be used separately, or (for more serious backpacking) together, \$15 obo. We have photos. Call or text 360-320-0525.

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Water sports accessories including gloves, hats, and footwear, many are neoprene, \$5 each (or per pair); Cabela's heavy-duty duffel, 31" L x 16" W x 17" H, sturdy base covered in canvas, two wheels in back for easy transport, never been used, in pristine condition, \$40 or best offer; Penn Fathom Master 600 downrigger, includes stainless steel wire and 10-pound ball, in excellent condition, \$115 or best offer. Photos available, call or text 360-320-0525.

Golf clubs, excellent condition, each has its own head cover: BAT stand alone putter, RH, 35", \$50; L2 stand alone putter, RH, 33", \$50. Photos available, call or text 360-320-0525.

ANIMALS/SUPPLIES

Excellent grass hay, good for horses, \$7 per bale. 20 bale minimum. 360-321-1624

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If you or someone you know needs help in feeding pet(s), WAIF Pet Food Banks may be able to help. Pet Food Banks are located at WAIF thrift stores in Oak Harbor (465 NE Midway Blvd) and Freeland (1660 Roberta Ave) and are generously stocked by donations from the community. If you need assistance, please stop by.

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Business Spotlight

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The Best Women's Health Services for Miles Around at Harada PT

By Kae Harris

A major hub for quality care and invaluable services in the world of physical therapy, Harada PT covers a broad range whilst never compromising on standards. With a staff that has countless years of education, continued education and training and expertise second to none working at Harada PT, you can rest assured all your physical therapy and rehabilitation goals will be prioritized and care will always be dispensed with unmatched professionalism.

Among the many services offered at Harada PT, the women's pelvic health program is undoubtedly one of the most important. Providing pregnancy and postpartum care, posture training, core and lumbar stabilization, and back pain and addressing issues such as diastasis recti, low back pain related to pregnancy, posture abnormalities which could be affecting alignment during and after pregnancy, urinary incontinence and core and pelvic floor strengthening to improve posture, decrease incontinence and provide stability, Harada PT ensures all who walk through their doors receives top care and nothing but the best. These services are offered at both the Oak Harbor and Coupeville locations, so patients needn't worry about traveling further than necessary.

Working with patients both during pregnancy and after delivery, Allison Engert, PT, DPT, Theresa Knoll PT, MPT and Erick Harada, PT, DPT all focus their expertise on women's health services, including women who have had both natural and caesarian section deliveries. While their scope of treatment reaches far and wide, it is important to note Harada PT does not provide internal treatments, however, utilizing an individualized approach for each and every patient, your care is customized to suit just you. Your goals are achieved together with your care provider supporting you each step of the way, and your success is theirs, too.

The staff of Harada PT puts passion into the work they do for their patients. They not only serve the community in numerous ways, they are also part of it. With a vested interest in the people who walk through the doors, Harada PT puts you at ease from the get-go. As a family owned and operated business, you'll feel like family yourself here, and with their space being large and accommodating, no patient will ever feel restricted when it comes to working towards their rehabilitation goals.

Whatever your aim is when it comes to physical therapy rehabilitation, your concerns will be addressed by staff whose dedication to their patients and community as a whole speaks for itself in the level of care dispensed. For more information about their services, visit www.haradapt.com, or call the Oak Harbor location at 360-679 8600 or the Coupeville location at 360-682 2779.

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