

March 26 through April 1, 2020

FREE

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ON TRACK

with Jim Freeman



A busy week it has been trying to keep my mind off what my mind is on.

You too?

All this hand washing has my mind feeling like a microscope.

Never have I noticed so much how I am spending my time, and

how I am not.

With the daily reminders my age group is at the top of the age pole, I find myself slowing down, even if I don't know where I am going.

Sense us

Last weekend, I received my notice from the Office of the Director of the U.S. Census Bureau.

Rather than even consider violating the fine print of Title 13, U.S. Code, Sections 141, 193 and 221, I took the ten minutes to submit my encrypted responses.

According to the frequently asked questions section, our census responses are only used for one thing—statistics.

“The Census Bureau is not permitted to publicly release your responses in a way that could identify you or your household. Per the Federal Cybersecurity Enhancement Act of 2015, your data are protected from cybersecurity risks through screening of the systems that transmit your data.”

Given how many hackers already have me in their address book and on speed dial, I am not concerned. Of course, the government assures us, at my2020census.gov, our info “may only be used by a restricted number of authorized individuals who are sworn for life to protect the confidentiality of your individual responses.”

I would love to get a copy of the “sworn for life” ceremony.

I can sense the census sincerity even as I research my DNA.

TP tips

Business analyst Don Brunell, retired President of the Association of Washington Business, recently wrote in his S.W. Record’s Sound Off essay, “The toilet paper shortage is only the tip of the iceberg.”

Every time I hear the two-ply term, toilet paper, I think of my law school running mate and life long friend, Gene, also known in his youth as Butch, with a dog named Bullet.

If possible, read the following sentence aloud with a West Virginia accent.

“Freeman, I was the youngest of eight kids. We had a two-holer in the back yard, and a Sears and Roebuck catalog to wipe our butts. And, because I know you’ll ask, the toy section was the last one to go.”

Happy talk

If you missed Maria Cramer’s excellent article in last week’s *The New York Times*, you might not have heard the results of the 2020 World Happiness Report.

For the third year in a row, the happy folks of Finland are at the top of the world’s happy stick. The president of Finland received support from over 90 percent of the respondents. The Finnish police came in at 86 percent approval.

The data, based on three years of study with 1,000 people in 153 countries, was examined by the Gallup Poll.

Four of the top five were Nordic countries.

Following Finland, are Denmark, Switzerland, Iceland and Norway.

By the way, the Gallup Poll, the creation of “Gallup, Inc. is an American analytics and advisory company based in Washington, D.C. Founded by George Gallup in 1935, the company became known for its public opinion polls conducted worldwide.”

The poll question asked around the world was, “Imagine that life is a ladder, with the bottom rung being the worst life you can imagine and the top rung being the best life you can imagine.

“Where are you on the ladder?”

For more, visit <https://worldhappiness.report/>.

Quote time

Mom should have Scotch taped this quote to the inside of my Roy Rogers lunch pail. Of course, she would have used boy instead of man until my communion.

Blessed is the man who, having nothing to say, abstains from giving us worthy evidence of the fact.
~George Eliot

Unused passwords

In a continuing attempt to stay under the radar, I try to change my passwords after each hacking. The following passwords have all received a *STRONG* strength rating from an independent agency in Strongsville, Ohio, a Cleveland suburb in Cuyahoga County.

If you would like to use any of these stronger-than-dirt passwords, please do not share the last four digits of your social now that distancing is in vogue.

1600PennsylvaniaAvenue#!

Won'tyouubemypassword?

Mysuitcaseisfilledwithchocolateeclairs33

Thisisthepasswordwillneverforget98277

BlueFoxDrivelnRockstheRock

Taxes

If you have yet to file your 2019 tax return, the feds have given us until July 15.

The front burner goes to the back burner, unless you have already been burned.

There is one difference between a tax collector and a taxidermist—the taxidermist leaves the hide.

~Mortimer Caplan, former IRS director

An income tax form is like a laundry list—either way, you lose your shirt. ~Fred Allen

The income tax has made more liars out of the American people than golf has.

~Will Rogers

For Vets Only

If you have yet to read this month's *For Vets Only* article on page 12, check out Carolyn Tamler's and Maggie Johns' interview with Dr. Milfs, a Korean War vet with more stories than Aesop had fables.

What a blessing it was to meet this real deal gentleman, his wife, and son, Dana.

Meeting and enjoying a veteran who can share his first hand accounts of spending time with General Douglas MacArthur and PT 109's Jack Kennedy is better than anything on the History Channel. No fast forward required.

Not to name drop, but in the 70s, I was able to get Los Angeles Police Chief Ed Davis' autograph from my secretary CC's husband, Cork, volunteer police officer of the year.

I believe the George Eliot quote mentioned earlier applies here.

Bread line

Last week, I realized the supply of bread for my nightly peanut butter and jelly dessert was down to two slices.

Walking in the doors of Payless, I noticed the bread shelves looked like Daytona Beach on spring break – buns only.

Then, like any disillusioned shopper, I looked down. Yet, in doing so, I saw on the lowest shelf, near my feet, two lonely loaves of non-nutritious white bread.

Not just any white bread, but my favorite—Franz Premium White BIG. According to the label, this premium bread, apparently unnoticed by previously prudent lower shelf shoppers, is “healthy” and “a good source of calcium.”

I sure as heck do not want a bad source.

Do I buy both and freeze one, or be a community player, leaving the last loaf for the next loafer?

FOEO, Freeze One, Eat One or, *BOLO*, Buy One, Leave One?

Being a team player, like Robert Frost, I took the loaf less squished.

While Amy helped me unloaf at self-serve check out, Autumn left her post at customer service (no one was waiting, Tom) to remind me it was Nancy Thelen's final day after 33 years or more of smiling service, as well as being Nancy's birthday, age withheld for verification.

Surely Nancy is not the age she had on her t-shirt.

Maybe it was her projected speed limit leaving the parking lot.

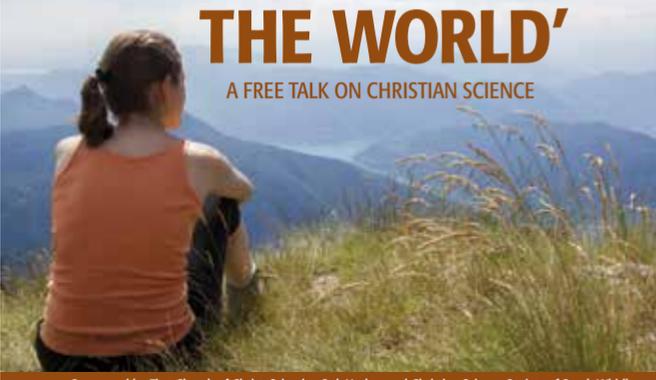
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#whidbeystrong

Whidbey's businesses have been hit hard by the COVID 19 virus. You can help support a local business by buying a T-shirt.

Here's how:

- Visit ashleysdesign.com/WhidbeyStrong
- Purchase a shirt from a participating business
 - \$10 will be donated to that business
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Bits & Pieces

Letters to the Editor

Editor,

As senior citizens with compromised immune systems, we have tried to self-quarantine as much as possible lately. We go out only to pick up groceries, supplies and prescriptions, but now we may be able to stay home even more.

During the past few days, several friends and neighbors have called to see if we needed anything and a friend drove over to check on us. These thoughtful acts are much appreciated and substantiate our belief that the Golden Rule is alive and well on Whidbey Island.

With people like this who go out of their way to look out for others, we know we will get through this Coronavirus pandemic together. God bless us all! God bless America!

Helen and Ken Bates
Oak Harbor, Wash.

Dear Residents of Island County,

Based on the most recent information published by the Island County Health Department and to ensure the continued safety of the public and our employees, the Island County Treasurer has made the decision to temporarily close our office to the general public. Effective immediately, we will be available by phone, email, or by appointment only.

It is essential our employees remain healthy in order to continue our essential services to taxpayers. We cannot take the risk that our staff would need to be quarantined, thereby ceasing our ability to serve you. We will continue working behind closed doors in the county building and for some, remotely.

We encourage the public to conduct business through our website, the U.S. postal service, commercial delivery services (e.g., UPS, FedEx, etc.), email, or by physically dropping off all tax payments and documents at one of the Treasurer's drop boxes. The one in Coupeville is secured to the Island County Administration Building on the 6th Street side, at the door with the wind guard on either side, and the one on Camano Island is at the Camano Administration Building next to the main door (although the site is under construction, the drop box is still accessible). The boxes are accessed several times per day and the materials are processed as received. PLEASE DO NOT USE CASH TO MAKE TAX PAYMENTS VIA MAIL OR DROP BOX.

If you have business you believe cannot be conducted via any of the above methods, please call our office at the number below or email shown and we will do our best to create a solution to address your needs.

At this time, a date when service will revert to "normal" operations is unknown, but we will monitor the situation on a daily basis and reopen our offices when it is safe to do so.

Thank you for your patience,

Wanda J. Grone, CPA
County Treasurer

Urgent Message to the Community

It has come to our attention there are fraudulent calls being made to residents from an unknown caller saying they have lab results for COVID-19 testing.

Please be aware WhidbeyHealth calls ALL PATIENTS with results from tests – both negative and positive – only after they have

identified themselves as employees of WhidbeyHealth. Callers will confirm your identity, come from the WhidbeyHealth phone system and should be identifiable on your I.D.

PLEASE DO NOT TRUST ANY TEST RESULTS FROM YOUR RECENT COVID-19 SWAB FROM ANYONE OTHER THAN WHIDBEYHEALTH. Test results will also be available to patients online at whidbeyhealth.org/mywhidbeyhealth.

We are notifying law enforcement of this phone scam. Please stay vigilant, keep your distance and keep up the hand washing.

WhidbeyHealth Medical Center Team

County Operations

In response to the COVID-19 Public Health Emergency, Island County is ensuring employees and the public remain safe and healthy. As a means of accomplishing these priorities identified by the Board of Island County Commissioners and the importance of providing necessary services to the community, each county office has established protocols for public access.

In order to make it easier to find this information, please visit www.islandcountywa.gov/Pages/Home.aspx and click on the County Operations Information banner to see the list of departments. Click on the department you want and you will find the public access information.

[Submitted by Virginia Shaddy, Deputy Clerk of the Board]

WorkSource Offices Temporarily Converting to All-virtual Service to Address the Economic and Health Needs of our Communities

The WorkSource offices across Washington State (American Job Centers) are closed for in-person customer service and have adopted a virtual-only customer service model until the science and health guidance suggests it is safe to re-open for direct service.

"Community is at the heart of every WorkSource center across our state and improving the well-being of our customers – both individuals seeking employment opportunities and businesses seeking talent – is what drives us and all of the partners in the WorkSource centers," shared Suzi LeVine, Commissioner for the Washington Employment Security Department. "Typically, the focus is on customers' economic well-being. The COVID-19 outbreak, however, demands we also take into account our customers' physical well-being. Therefore, this decision to move to an all-virtual service delivery model allows us to care for and address both customers' economic and health considerations."

Right now, the demand for employment support services is increasing dramatically – with many people losing their jobs at the same time certain industries need to quickly ramp up their staff. In light of this, there is a profound need to rethink and retool how economic and employment support is provided to local communities while, at the same time, considering public health.

"Over the next few days, each regional Workforce Development Board, in close partnership with Employment Security Department and other local partners, will assess and adapt their service delivery models to maximize their customers' and staff's health, safety and economic wellbeing in this changing landscape," shared Kevin Perkey, chairman of the Washington Workforce Association and chief executive officer of Workforce Southwest Washington.

"We don't know what the future may bring, but we aim to be prepared for whatever may come," LeVine concluded.

Please stay tuned for more information about our adapted services. You can find more information about your local WorkSource office at WorkSourceWA.com.

[Submitted by Washington Employment Security Department]

State Ferries to Remain on Winter Sailing Schedules Through April 25 Due to Lower Demand

As part of the state's response to COVID-19, all state ferries will remain operating on their winter sailing schedules through at least April 25. Washington State Ferries' spring season, which includes increased service on some routes, was originally scheduled to begin March 29.

The following service additions set to begin with the start of the spring sailing schedule will not occur:

- Fauntleroy/Vashon/Southworth: Third vessel added on weekend schedule
- Anacortes/San Juan Islands: Inter-island weekend service and addition of couple of afternoon sailings
- Anacortes/Friday Harbor/Sidney, British Columbia: Start of one round trip to Canada daily (suspended until at least April 26)

Previously made vehicle reservations for the Anacortes/San Juan Islands route from March 29 through April 25 will be canceled. No new spring schedule reservations will be allowed after April 25. Customers will be notified through ferry alerts when reservations will be made available on sailings during the winter schedule extension. No-show fees for vehicle reservations are waived until further notice.

The extension of the winter sailing schedules prepares WSF for effects of COVID-19 that could disrupt service, including:

- A significant decrease in ridership due to public health recommendations
- Availability of sufficient crew personnel to meet federal requirements

"We know schedule changes affect many people and we don't make these decisions lightly," said Amy Scarton, head of WSF. "But following discussions with health authorities and state officials we had to make this difficult decision in order to help slow the spread of the virus while still preserving some service options."

While this is generally a slow time of year for WSF, and there are many factors that contribute to day-to-day fluctuations in ridership like weather and special events, system wide ridership has been consistently down an average of 40 percent over the past week. This equates to about 15,000 to 30,000 fewer riders compared with the same days in late February 2020 and dates in 2019.

Customers can sign up for email rider alerts, check WSF COVID-19 travel updates and follow WSF on social media for notification of resumption of regular service and other rider information.

Emergency medical services have been notified of the schedule changes and will continue to have priority boarding as the situation allows.

Passengers can help halt the spread of the virus with good hygiene practices – washing their hands, covering coughs and sneezes, maintaining a 6-foot social distance, staying in their vehicles on the ferry if they choose – and by following the recommendations of the CDC, the state Department of Health, and local public health agencies.

Washington State Ferries, a division of the Washington State Department of Transportation, is the largest ferry system in the U.S. and safely and efficiently carries nearly 24 million people a year through some of the most majestic scenery in the world. For breaking news and the latest information, follow WSF on Twitter and Facebook.

[Submitted by Justin Fujioka, WSDOT]

Goosefoot Community Fund Retools Its Programs During COVID-19 Circumstances

Unprecedented times. Unprecedented needs. All over Whidbey Island, nonprofit organizations are shifting their priorities and their delivery methods to best reach their clients.

"Shortly after realizing the potential of the

Coronavirus to disrupt the safety of our community, local nonprofits rallied into action to protect our vulnerable populations," states Sandy Whiting, Goosefoot's executive director. "Goosefoot believes providing seniors, youth, families and adults with food security is the most pressing need at this time. In response, we have canceled our 2020 community grant cycle in order to fund organizations working on food provisions and delivery."

Goosefoot is working closely with several nonprofits to ascertain both immediate and longer-term needs related to the food system. Goosefoot requests organizations not send in unsolicited funding requests as they cannot process them at this time.

The organization is also working with their tenants at the Bayview Cash Store, Sears House, and Bayview Center to offer short term relief as they regroup and plan their next steps.

In addition, the following program modifications have been made by Goosefoot:

Business Workshops

Goosefoot will offer their free business workshops online until further notice. It anticipates its six-session Social Media Track and Selling Online webinars will be very popular. Check its Facebook page or visit www.goosefoot.org/workshops regularly as new offerings may be added to respond to demand.

Farm Stand Brochure

Also going online is Goosefoot's annual brochure listing farm stands throughout Whidbey Island. This will allow for the addition of new farm stands as they develop. The inclusion of single product producers – eggs, honey, fruits, berries – will also now be possible. This resource is slated to be available the beginning of April. Watch Goosefoot's Facebook page for notice.

Art Shows

The current Hub Gallery art show "Rags, Rubbish, and Refuse: Artists Get Dirty," organized in conjunction with Whidbey Earth and Ocean Month, will be shared virtually via an online gallery and through social media. Watch Goosefoot's Facebook page for notice of its launch.

"Perhaps these measures will be of some help to businesses as they realign and reassess in a time of closed storefronts," hopes Goosefoot's Program Director Marian Myszkowski. "With no idea of when closure orders will be lifted, it's all the more difficult. We want to help entrepreneurs as much as we can with tools to encourage creativity and resilience."

To keep up to date with Goosefoot's programs, like its Facebook page or visit its website at www.goosefoot.org

[Submitted by Marian A. Myszkowski, Goosefoot]

Rare Visitor Appears at Crockett Lake Preserve



A Prairie Falcon isn't supposed to be seen in Island County. But this one was photographed by Jann Ledbetter near Crockett Lake Preserve on Central Whidbey Island March 9.

Jann Ledbetter is accustomed to seeing raptors perched on the weathered posts just off the highway near Crockett Lake Preserve.

One caught her attention earlier this month, beautifully illuminated from the low light of the setting sun.

Ledbetter backed up her car and started snapping photos.

"I was assuming it was just another Northern Harrier," Ledbetter said, referring to the preserve's most common raptor. "I got a few I.D. photos before it flew off."

Later, she thought the app she uses to identify birds had gone cuckoo.

"My Merlin Bird I.D. app identified it as a Prai-



rie Falcon," added Ledbetter, "but said the bird had not been reported there before."

Little did Ledbetter know, she was now in rare company. After consulting with fellow members and birding experts with Whidbey Audubon Society, Ledbetter learned the raptor she saw March 9 was indeed a Prairie Falcon. Hers was only the fourth documented record of a Prairie Falcon in Island County and the first confirmed sighting in the county since 2011.

"If you want to think about Whidbey birds, that's a pretty special bird," said Jay Adams, an avid birdwatcher from Coupeville and board member with the Whidbey Camano Land Trust.

Various birding entities publish checklists of birds to indicate how relatively common or uncommon a specific species might be, Adams said. The Prairie Falcon isn't even listed in Whidbey Audubon Society's list for Whidbey Island.

This bird appeared to wander well beyond its expected range, which is generally more arid parts of the Western United States east of the coastal mountains. About once a year, a Prairie Falcon is spotted in Skagit County.

"I believe the Prairie Falcon Jann saw was a juvenile bird," Adams said. "If so, this is not unexpected. It is not uncommon for young birds to be out of range when compared to adult birds, perhaps because adult birds are more experienced."

Crockett Lake is a mecca for birders with documented sightings of more than 230 different bird species. Nearly a dozen raptor species can be seen around the 423-acre wetland preserve, which is permanently protected by the Whidbey Camano Land Trust.

Apparently, Ledbetter, the membership chair for Whidbey Audubon, wasn't the only one who spotted the Prairie Falcon at Crockett Lake.

Jennifer Holmes, who regularly photographs birds around the preserve, took an image in

January of a white-breasted raptor she also thought might be a Prairie Falcon but wasn't sure.

Adams and other experts took a look at Holmes' photo this week.

"The consensus is same bird, same post," Adams said.

The Whidbey Camano Land Trust is a nonprofit nature conservation organization that actively involves the community in protecting, restoring, and appreciating the important natural habitats and resource lands that support the diversity of life on our islands and in the waters of Puget Sound. For more information, visit www.wclt.org, email info@wclt.org, or call 360-222-3310.

[Submitted by Ron Newberry, Communications Manager, WCLT]

Northwest Athletic Conference Announces Cancellation of Spring Sports at all NWAC Member Colleges, Including Skagit Valley College

In an abundance of caution and to limit further exposure to COVID-19, Northwest Athletic Conference (NWAC) Executive Director Marco Azurdia has announced all spring sports and NWAC Championship events for member colleges, including Skagit Valley College, have been canceled. The Cardinals sports programs affected are baseball, golf, and softball.

"The Northwest Athletic Conference has decided to cancel all spring sport competition and NWAC Championship events, effective immediately. This is a decision we do not take lightly but in consultation with the NWAC Executive Board, member colleges, and other conferences, NWAC believes it makes the most sense. It is our desire to do our part to limit the spread of the COVID-19 virus in the interest of the health and well-being of our student athletes, school personnel, and our fans." (Statement released 3/16/20 by NWAC Executive Director Marco Azurdia)

"The SVC Athletic Department would like to thank our student athletes and coaches

for their commitment and preparation," said SVC's Interim Athletic Director Nancy Anderson. "We feel incredibly sad about the premature end to the season." Frequently asked questions and NWAC updates are available at www.nwacsports.com.

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

Island Senior Resources is Here to Help

Your health and well-being are important to Island Senior Resources (ISR). The organization realizes the significant impact closures and social isolation can have on our community. While its facilities are closed to the public, many of Island Senior Resources' services will still be available:

Aging and Disability Resources

ISR can assist you to identify, understand, and access services and resources available in our community:

- In-home and long term care, insurance, transportation and more
- Current information about all ISR programs
- Concerned about a loved one or neighbor? Resource Specialists are available to help by phone: Monday through Friday 9:00AM to 4:00PM: 360-321-1600, option 0

Meals Programs

- Hot and frozen meals can be delivered to your doorstep Mondays, Wednesdays, and Fridays
- Frozen meals are available for pick-up while meal sites are closed
- Ensure and Glucerna can be delivered

Call Mark MacNaughton at 360-321-1615 for details.

Medical Transportation

Volunteer drivers are available for essential medical appointments and treatments.

Subject to volunteer availability. To schedule your ride, call Pat Weekley at 360-914-3212.

In-Home Care & Family Caregiver Support

The Island Senior Resources staff wants to ensure your care needs continue to be met throughout this crisis. ISR is coordinating with care providers and working to obtain protective supplies. Contact your case manager for any questions or concerns. To ask about obtaining support, call 360-321-1600, option 0

SHIBA Medicare Advising

Turning 65? Have questions about Medicare? ISR is offering one-on-one advising by phone. To request an appointment, call 360-321-1600, option 0

Time Together Adult Day Program

Staff is working hard to continue supporting family caregivers and participants through quality programming. Island Senior Resources is developing online options and take-home activity kits. Call Program Director Mel Watson for details, 360-321-1623.

Staying Connected

While the ISR in-person groups are canceled, Island Senior Resources is organizing phone-based and online support groups. A team of staff and volunteers will be available to call, check-in, and offer friendly support. Contact Mel Watson at 360-321-1623 for more information.

Want to Help?

While Senior Thrift is closed, Island Senior Resources is losing vital revenue to run its programs. ISR could use your support now more than ever (www.senior-resources/donate).

Many volunteer opportunities are available. Volunteers are needed for friendly phone calls, meal delivery, medical transportation, and grocery delivery. Contact Mel Watson to sign up: 360-321-1623 / mel@islandseniorservices.org.

[Submitted by Robin Bush, Outreach Director and Executive Coordinator, ISR]

BITS & PIECES CONTINUED ON PAGE 11

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VOLUNTEERS NEEDED AT BOTH STORES!



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





Family Guide

By Amy Hannold

We are shifting our focus from upcoming events, to providing you with a list of at-home activities. We encourage you to support local businesses that remain open by ordering a takeout meal, shopping their websites, etc. Check with your usual "activity-related" businesses or clubs for online classes and activities. Or, contact your favorite local businesses to order gift cards for future use.

A Thought A Day: In this unprecedented time, journaling can be a good hobby for everyone of all ages. Don't let a blank page intimidate you. Journals can capture this time in our lives with pictures, self and family interviews, doodles and pictures, and other captured memories. Having recently completed preservation of a friend's journal from when she and her sister traveled across the United States in the 1960s, I can tell you that years down the road, journals become cherished possessions. Share the creation of a family journal, and supply your kids with their own. Any paper or notebook will do. Get out the colored pencils, fancy pens, or crayons and begin.

Isle of Calm: Compiled by National Public Radio staff, here is six hours of soothing music – perfect for playing in the background at your home to help your frazzled nerves. The playlist includes classical, folk, jazz, ambient, pop, blues, soul, hip-hop, indie-rock and more. npr.org/music/, click "Isle of Calm"

Bedtime Math, which has free online, at-home math activities for ages 3 to 9 via its YouTube channel and free app, has adapted its engaging after-school math activities to include a number of off-screen activities as well. Check out *Diner Dogs*. Bedtimemath.org

Ivy League, For Free: For the bored gifted student at home, or for yourself, Class Central has your guide to 450+ online courses you can take for free from top universities around the world like MIT, Stanford, and Harvard. Among the subjects included: education and teaching, personal development, health and medicine, humanities, and computer science. Classcentral.com

Social Emotional Learning Activities: Download free lesson plans and printables to help improve social and emotional skills for elementary and middle school students in the following skill areas: Communication, Cooperation, Emotion Regulation, Empathy, Impulse Control, and Social Initiation. Centervention.com/social-emotional-learning-activities

Hear a Story: The world's best storytellers read books aloud. Each video includes an activity guide with lessons for K-5 students to do at home. Storylineonline.net.

Vroom: A global program of the Bezos Family Foundation which believes all parents have the potential to create a bright future for their

children. These free, science-based tips and tools help parents and caregivers give children a great start in life today—and an even better future. Vroom Tips help you do more with your shared moments. Add learning to mealtime, bath time, bedtime, or anytime with 1,000+ fun, free activities. Vroom.org

Marine Life Learning: Ocean Initiative is a nonprofit team of scientists on a mission to protect marine life, including whales, dolphins, sharks, salmon and seabirds, in the Pacific Northwest and beyond. Each Monday and Thursday, at 11 a.m. PST, it is hosting live "Virtual Marine Biology Camps" at Facebook.com/OceansInitiative.

Get them Moving: Good Energy at Home is a free online resource offering free movement, yoga, and mindfulness videos, downloadable curricular activities, and off-screen home activities. These resources span a variety of abilities, interests, ages, and subjects. Gonoodle.com

Fun Reading Education: The Starfall Education Foundation is a publicly supported nonprofit organization seeking to help children have fun while learning. Free reading and math activities for grades K-3. Starfall.com

Typing Skills for All: To learn or improve typing skills, go to Typingclub.com. Free beginner lessons progress to a total of 684 challenges to increase your typing proficiency. The typing activities time and mark your progress, as well as encourage you as you work towards a faster typing speed.

Daily Math Practice: XtraMath is a Seattle-based nonprofit organization dedicated to math achievement for all. XtraMath helps students transition from counting or calculating the basic math facts to quickly recalling them. Math activities take just a few minutes daily. Available for free at Xtramath.org.

OTHER FREE RESOURCES:

KhanAcademy.org: Daily schedules for students ages 4-18. The daily schedules include break-time activities, journaling and movement.

MarkKistler.com: Learn to draw with the Emmy award-winning artist, who will broadcast a drawing lesson, LIVE, every day at

noon CST on YouTube and Facebook. At his YouTube channel you can also enjoy his "20 in 2020" learn to draw series and other instructional videos.

BraveWriter.com: 100 Daily Writing Prompts to keep the kids writing, or its fun 7-Day Writing Blitz (works for all age groups). Students will be encouraged to play with language, use unconventional writing utensils and surfaces, and cultivate good writing habits.

LaughingSquid.com: Laughing Squid is an art, culture, and technology blog featuring a mix of humor, information, live video streams from zoos and other attractions, silly animal videos and more.

GreatSchools.org: Preschool to 12th grade learning activities, a variety of book lists, worksheets, vocabulary words, college prep timeline, and tips for parents.

Farm and Dairy Education: Students of all ages have the opportunity to learn why dairy is an important part of a balanced diet, find out how milk moo-ves from a local dairy farm to their kitchen table, and discover how today's dairy farmers use science and technology to keep their cows healthy and protect our environment. Virtual tours of dairy farms and educational tools for all ages at Americandairy.com.

Havefunteaching.com: There are "Coronavirus Relief Packs" and other printables available for download for grades Pre-K to 6th grade. Included are worksheets, activities, songs, and videos for English, Math, Phonics, Reading, Science, Social Studies, and Writing.

Explore Space: The Boeing Company and Discover Education have put together a website with virtual field trips, online videos, activities and lesson plans for STEM learning, geared to grades 6 to 12. Boeingfutureu.com

World Wildlife Fund: With the improving weather, it's a great time to get outside and explore. Online at worldwildlife.org, you can access a number of free toolkits about tigers, butterflies, the Earth, and more.

THANK YOU

To All The Businesses And Individuals Who Contributed To Our Recent Mardi Gras Fundraiser!



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Greenbank Concrete and Aggregates
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Lotus Yoga
Fraser's Gourmet Hideaway
Casual House
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Nail Masters and Spa
Frida's a Beautiful Mess
Thrive Community Fitness

Coconut Kenny's Pizza
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Cascade Stone Supply
NAPA Auto Supply
Auto Zone
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Whidbey Weekly & Printing



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





Outdoor activities are still okay p. 10

Island Transit reduces service amid coronavirus outbreak

By Kathy Reed Whidbey Weekly

Island Transit has implemented its emergency service plan, greatly reducing bus service for Whidbey and Camano Island residents.

The plan went into effect Monday, the result of the coronavirus COVID-19 outbreak. Although services have been reduced, Washington Gov. Jay Inslee's stay-at-home order is not expected to further reduce services.

"The Governor's declaration doesn't change anything for us," said Island Transit Executive Director Todd Morrow. "Transportation/transit is one of those essential (public) services that is expected to continue."

Details of the current operating schedule are available online at islandtransit.org, but overall, the schedule looks much like the Saturday schedule the agency has been providing. There will be some additional routes and paratransit services will continue Monday through Saturday, but the overall emergency service plan represents about a 50 percent reduction.

"Island Transit is responding as best we can to this COVID-19 outbreak using the latest guidance from public health and other professionals," said Morrow. "Our goal is to protect our riders, the public, and employees while providing an essential public service. The mission of Island Transit is to provide safe, accessible, convenient, and friendly public transportation service which enhances our Island quality of life."

With safety of its drivers and riders in mind, the transportation agency has also implemented new cleaning policies.

"We are providing a level of cleaning that exceeds what some other systems are doing," Morrow said. "We are using chemicals approved for this situation by the scientific community. We wipe down and disinfect all those 'high touch' areas each evening. During the course of the day, our coach operators can use the wipes that we have provided them to wipe down those

See TRANSIT continued on page 11



Photo Courtesy of Island Transit
Richard Dugger, Island Transit Facilities Maintenance, cleans an Island Transit bus with disinfectant on March 10. The agency has implemented its emergency service plan.



Photo Courtesy of Washington Governor's Office

Gov. Jay Inslee has issued a "Stay Home, Stay Healthy" order for all residents of Washington state in an effort to curb the spread of novel coronavirus, COVID-19. Residents are required to stay home unless pursuing essential activities, among other restrictions.

Gov. Inslee: "Stay Home, Stay Healthy"

By Kathy Reed Whidbey Weekly

According to Gov. Jay Inslee, it is time to "hunker down."

In an address to the state Monday evening, Inslee announced he is requiring all residents to stay home. This order, which is enforceable by law, will last at least two weeks and could possibly be extended.

"It's time to hunker down in order to win this fight," Inslee said in his address. "This includes a ban on all gatherings and closure of many businesses, unless those businesses are essential to the healthy functioning of our community or able to let employees work remotely from home."

The ban on all gatherings took effect immediately and includes social, spiritual and recreational functions, public and private. Even weddings and funerals are not permitted for the duration of the order. Grocery stores, doctor's offices and other essential businesses will remain open, as will food banks and pantries. Restaurants may still provide take-out and delivery services. Non-essential businesses with in-office personnel functions must be closed, but will be allowed to continue operating if employees can work remotely. The closure of non-essential businesses was set to take effect Wednesday. People are permitted to go outside, provided they maintain a safe distance of at least six feet from others.

"The less time we spend in public, the more lives we will save, the more time we have to fight the waves of this virus coming down on us now and in the immediate future," Inslee said, adding that this order builds on other steps the state has taken, such as closing schools, restaurants and entertainment venues.

"We've been very clear on the need for everyone to stay home. These measures are more stringent and our goal is the same – to reduce social interactions, physical interactions, where this highly contagious virus can spread," the governor continued. "This weapon, distancing ourselves, is the only weapon against this virus. We have proven that it can work, but only if we actually use it."

CASES IN ISLAND COUNTY GROW

The stay home order from Gov. Inslee comes on the heels of serious news from Island County Public Health there is a cluster of COVID-19 infections at a Whidbey Island long-term healthcare facility, Careage of Whidbey in Coupeville.

"Ten cases have been confirmed by the WA State Department of Health," said a press release Tuesday afternoon. "Test results are pending for other residents and employees. This is the first confirmed outbreak of COVID-19 associated with a long-term care facility in Island County."

ICPH directs anyone who has been exposed to a confirmed case should quarantine themselves at home for 14 days. People experiencing symptoms need to stay at home for at least 3 days after their symptoms resolve or at a minimum 7 days, whichever is longer.

As of press time Tuesday, there were 38 confirmed cases of COVID-19 in Island County, up from 22 at the same time last week. Public health officials said cases of the novel coronavirus are now considered widespread throughout Island County and residents are urged to follow health mandates.

"The main message to Island County residents remains the same

– wash your hands, don't touch your face, stay home as much as possible, behave as if everyone outside of your household has the virus, and keep your distancing," said Island County Commissioner Helen Price Johnson. "This is the best way to stay safe. We must be vigilant in working together and each doing our part to help slow the spread of this virus."

"The possible cluster [at Careage] does NOT change the recommendations," said Commissioner Jill Johnson. "The majority of the cases in this county are from general community contact. We are giving it to each other. We need to take the precautions seriously and limit interactions with one another, wash our hands, try not to touch our face, wipe down surfaces. There is nothing magical about the advice, we simply need to follow it, even if it seems basic or restrictive. Stay home and limit social contact."

Health concerns aside, commissioners said they recognize the impact these restrictions will have on Whidbey Island businesses.

"The economic impacts of this crisis are terrible for our local business owners and their employees," said Price Johnson. "My heart goes out to them and their families. It is a scary time for sure. There is much uncertainty about how long this will last. I urge everyone affected to seek out the resources being provided. [Emergency Manager] Eric Brooks is tracking these programs through the county's response center, and the Island County Economic Development Center is compiling information for our community as well."

As Washington residents are told to stay apart, there are still ways we can come together, said Johnson.

"The other message I would like folks to consider is that if you are blessed with a stable paycheck, that you use some of that to help uplift others in our community," she said. "Buy extra food for the food bank, give a gift card for groceries or even cash to a neighbor whose income has been impacted. Many of those affected are small business owners. They are always the first to donate to local charities and events, and right now, they need us. So think about what you can do to economically support someone else. We need to slow the spread of the virus, but we also need to work together to keep things economically stable."

Most city, town and county offices are now closed to the public. Local governments and many businesses are providing services via phone, email and internet connections. People should check websites for ALL locations to know how business operations may have changed and adjust accordingly, remembering outings have now been restricted to essential activities only.

"We all need to stay physically apart, yet pull together in spirit, and help each other get through this difficult time," said Price Johnson.

For additional support and information related to the COVID-19 crisis, check out the following websites:

- **WA State Department of Health**
www.doh.wa.gov/emergencies/coronavirus.
Call Center – 1-800-525-0127, Sunday through Saturday (6 a.m. – 10 p.m.)
- **Island County Public Health**
www.islandcountywa.gov/Health/Pages/COVID-19.aspx
Call Center – 360-678-2301, Monday through Friday (8 a.m. – 4:30 p.m.), Saturday and Sunday (9 a.m. – 4 p.m.)



Dear Readers,

In the history of this publication we have always had a What's Going On section. Given the current Stay Home, Stay Healthy order there is very little going right now. We have decided to use this space, instead, to promote some of our fellow business owners who are struggling during these trying times. This list was compiled by the various island chambers of commerce and Main Street Associations, who are working tirelessly to support their area businesses. Please try to support our local restaurants and businesses now more than ever. Their survival depends upon it. We are all in this together! We are WHIDBEY STRONG!

Eric Marshall
Publisher
Whidbey Weekly

NORTH WHIDBEY

FOOD & DRINK

123 Thai
360-679-7600
www.123thaifood.net/oakharbor
Take Out

AB's Hillbilly Gyros
360-279-0190
www.abshillbillygyros.com
CURBSIDE PICKUP Take Out

Agave Taqueria
360-675-1052
Take Out

Alfy's Pizza
360-682-2227
www.alfypizza.com
Take Out

Applebee's Bar & Grill
360-679-6100
www.applebees.com/en/restaurants-oak-harbor-wa/31810-state-route-20-99048

Cafe De Lisio
360-682-6933
CURBSIDE PICKUP

Caribbean Lunchbox
360-632-3600
Take Out

Chris' Bakery
360-675-6500
www.chrisbakerywhidbey.com
Take Out

El Cazador Mexican Grill & Cantina
360-675-6114
el-cazador.com
CURBSIDE PICKUP Take Out

Esteban's Mexican Restaurant
360-675-4800
https://estebansmexican.com/
Take Out

Honeymoon Bay Coffee
360-682-6654
www.honeymoonbaycoffee.com
CURBSIDE PICKUP

Instacart
https://www.instacart.com/

Island Café
360-279-2838
www.islandcafefamilydining.com
Take Out

Jumbo Burrito
360-682-5857
Take Out

Kau Kau Corner
808-541-7296
CURBSIDE PICKUP Take Out

Little Caesars
360-279-2769
openmenu.com/restaurant/dc7680b6-2b6f-11e3-ae9-00163eeae34c
Take Out

Lotus Tea Bar & Studio
360-240-8888
CURBSIDE PICKUP Take Out

Naung Mai Thai Kitchen
360-679-8907
www.nmthaikitchen.com
Take Out

Oak Harbor Café
360-675-9100
oakharborcafeandlounge.com
CURBSIDE PICKUP Take Out

Orlando's Fish and Grill
360-544-6344
www.orlandosfishandgrill.com
CURBSIDE PICKUP Take Out

Papa Murphy's Pizza
360-675-5505
order.papamurphys.com
Take Out

Riverside Café & Lounge
360-240-0250
www.riversidecafemv.com
Take Out

Rock Island Coffee
360-279-9690
www.rockislandcoffee.com
CURBSIDE PICKUP Take Out

Seabolts
360-675-6485
seabolts.com
Take Out

Starbucks – Harbor Station
360-675-0130
www.starbucks.com

Sweet Rice Thai Cuisine
360-679-8268
CURBSIDE PICKUP Take Out

Tamayo's
360-279-1120
Take Out

The BBQ Joint
360-679-3500
www.thebbqjoint.com
CURBSIDE PICKUP Take Out

Toppins Frozen Yogurt
360-682-6695
CURBSIDE PICKUP Take Out

Wicket Teuton Brewing Co.
360-682-5011
wickedteutonbrewing.com
Take Out

CENTRAL WHIDBEY

FOOD & DRINK

bayleaf
360-678-6603
CURBSIDE PICKUP Take Out

Bell's Farm
360-678-4808
www.bells-farm.com
Take Out

Callen's Restaurant & Coffee
360-499-2306
www.callensrestaurant.com
CURBSIDE PICKUP Take Out

Coffee On The Cove
360-632-0922
Take Out

Currents Bistro
360-678-5480
currentsbistro.com
 Take Out

Front Street Grill
360-682-2551
www.fsgcoupeville.com
Take Out

Greenbank Deli
360-222-3623
www.greenbankstore.com/pantry
Take Out

Greenbank Wine Shop
360-222-3797
greenbankfarmwineshop.com
Take Out

Kapaws Iskreme
360-929-2122
Take Out

Lavender Wind Bakery
360-544-4132
www.lavenderwind.com
Take Out

Little Red Hen Bakery
360-682-5809
www.littleredhenbakerywhidbey.com
Take Out

Molka Xete Mexican Restaurant
360-222-3373
Take Out

Phad Thai
360-678-6963
www.phadthaicoupeville.com
Take Out

Pizza Factory
360-678-3200
coupeville.pizzafactory.com
CURBSIDE PICKUP Take Out

Prairie Perks
prairie-perks.square.site

Serendipity Catering
360-678-3807
www.whidbeycatering.com

Sunshine Drip
360-682-6201
www.sunshinedrip.com
CURBSIDE PICKUP Take Out

The Lower Loft Eatery
360-678-2900
thelowerlofteatery-com.webs.com



The Oystercatcher
360-678-0683
www.oystercatcherwhidbey.com



Toby's Tavern
360-678-4222
www.tobysuds.com



Vail Wine Shop
360-632-2227
www.vailwineshop.com



Whidbey Pies
360-678-1288
whidbepies.com



SOUTH WHIDBEY

FOOD & DRINK

Anthes Ferments
425-238-0762
www.antesferments.com



Baileys Corner Store
360-579-1814



Bubba Flame Broiled Burgers
360-907-3733



Charmers
360-331-2123



China City (Freeland)
360-331-8899
www.chinacityrestaurant.com



Clinton Liquor Store
360-341-6313



Crabby Coffee
360-929-9899



Dairy Queen
360-341-2464



Dancing Fish Vineyard
360-632-4190
www.dancingfishvineyards.com



Double Bluff Brewery
360-333-9113
www.dblfbrewing.com



El Corral Mexican Restaurant
360-321-7799



Farmer & The Vine
360-321-0791
www.farmerandthevine.com



Glendale Shepherd
360-593-9935



Good Cheer Food Bank
360-221-6454
goodcheer.org

Shop For you

Holmes Harbor Cellars
360-331-3544
holmesharborcellars.com



Hong Kong Gardens
360-341-2828
www.hkgardenus.com



Joe's Wood Fired Pizza
360-321-1819
joeswoodfiredpizza.com



Mukilteo Coffee Roasters
360-321-5270



Orchard Kitchen Farm Stand
360-321-1517
www.orchardkitchen.com/farm-stand



Patron Mexican Restaurant
360-341-4101



Pickles Deli
360-341-3940
picklesdeliwhidbey.com



Porticos Latin Bistro
360-221-8141
porticolatinbistro.com/location



Robbie's Mini Donuts
360-320-7743



Rocket Taco
360-331-0760
rocket-taco.com



Shell Shack
360-331-3588
shellshack.com



South Whidbey Commons
360-221-2414



Southern Cross (Clinton/Freeland)
360-341-3550



Spoiled Dog Winery
360-661-6226
www.spoiledogwinery.com



Sprinklz (Langley)
360-221-6364
www.sprinklz-icecream.com



Spyhop Public House
360-221-4494
www.spyhoppub.com



Sweet Mona's Chocolates
360-221-2728
sweetmonas.com



The Beary Scoop
Take Out



The Big W Americana Restaurant
360-321-1989



The Braeburn
360-221-3211
www.braeburnlangley.com



Ultra House
360-221-4959
ultrahouse.us



Useless Bay Coffee Co.
360-221-4515
uselessbaycoffee.com



Village Pizzeria
360-221-3363
restoguides.com/VillagePizzeria



Whidbey Doughnuts
360-321-4653
whidbeydoughnuts.com



Whidbey Island Vineyard and Winery
360-221-2040
whidbeyislandwinery.com



Wild Crow Pie Co.
360-969-3817
wildcrowpieco.com



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Blackberry Moon Produce
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www.blackberrymoonproduce.com



Bart's Better Foods
www.bartsbetter.com



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NORTH

Haggens
360-679-8058
www.haggen.com



Safeway
360-279-8828
www.safeway.com



CENTRAL

Prairie Center Market
360-678-5611
www.prairiecentermarket.com



SOUTH

Clinton Foodmart
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www.clintonfoodmart.com



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paylessfoodstore.com



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State parks are closed, the marathon's postponed, but outdoor activities remain

By Kacie Jo Voeller Whidbey Weekly

Each year in mid-April, hundreds of participants run the Deception Pass Bridge as part of the Whidbey Island Marathon. This year, with the unprecedented effects of COVID-19 in Washington state and beyond, the race has been postponed to a "to-be-determined" later date.

In the wake of Whidbey Island taking community action to "flatten the curve" through social distancing, postponed and/or cancelled events, several area businesses have come through to offer resources and safe methods for staying active.

Jared Loranger, owner of Fizz Events, said the decision to postpone the Whidbey Island Marathon was a difficult one, but was the most appropriate action to keep all participants safe. He said updates will be available via email for those who have already registered, as well as through the event's Facebook page (www.facebook.com/runwhidbey) for those who may not have signed up yet.

"The absolute last thing any of us want to do is cancel or postpone a race," he said. "We know this is a disappointment for all participants. We know how hard you've worked to meet your fitness goals. When a race is cancelled, we are the most disappointed that participants have been let down."

Loranger said he understands the frustration of runners, but asks participants to keep safety in mind and encourages everyone to continue to stay active while using safe social distancing practices.

"I'm a runner and I enjoy getting to other event producers' races and participating," he said. "I've had a few I've signed up for get postponed or cancelled as well. It happens, but we have to remember, this is happening for the safety of all participants, not because we want to. With that, I try to remember that my fitness goals are personal. If I'm not able to join others at the start line, that is okay, I can still accomplish my goals. I know I can still go outside and run, ride my bike and enjoy the fresh air. Stay positive and keep training, races will come back, and when they do, sign up, participate and have a great time!"

In the wake of event cancellations, postponements, and gym closures, Celese Stevens, owner of Thrive Oak Harbor, said organizations are finding ways to offer fitness to the community from afar. She said Les Mills, which helps Thrive provide



Photo Courtesy of Meerkerk Gardens
Meerkerk Gardens remains open and offers 53 acres of woodland space and over four miles of trails in Greenbank. Please check www.meerkerkgardens.org for any potential closure information.

group fitness classes such as Bodypump, offers at-home workouts through Les Mills On Demand. The service has a 14-day free trial, and for Thrive members, a reduced subscription as the current outbreak affects the nation. Stevens said members will also have free access to workouts from Eat the Frog On the Go.

"In general, there are so many choices, even just between those two options and especially the fact that you can get access through your phone or iPad," she said. "It depends on where and how you want to use it, but literally you can do that from anywhere you have some kind of internet access."

Stevens said one of the goals at Thrive is to continually empower people to stay active, whether the gym's doors are open or closed.

"We encourage people to reach new goals," she said. "If we did one thing at Thrive, that is it, we encourage. And it is at times like this that we just want to encourage people that we will get back to 'normal,' we will return to even some of those common things and being able to interact within our community."

Stevens said the gym has also encouraged those in the community to get outside and enjoy the outdoor spaces the island has to offer while following safety guidelines.

"We have definitely encouraged people to hike, be in the fresh air and sunshine as much as they are able," she said.

"There is so much hiking nearby, and my first piece of advice would be just get outside and do something fun."

Late Tuesday afternoon, Washington State Parks and Recreation Commission and the Washington State Department of Fish and Wildlife announced all state-managed parks, wildlife areas and water access areas will be closed temporarily in response to Gov. Inslee's "Stay Home, Stay Healthy" order. Parks shut down Wednesday and will remain closed for at least two weeks to combat the spread of COVID-19.

Chris Holm, area manager for Washington State Parks on Whidbey Island, said getting outside is not only physically beneficial, but also offers benefits for mental health.

"Speaking personally, I think getting out and getting exercise or just walking around and getting the fresh air does great wonders for your mental state as well," he said.

Under Inslee's stay-at-home order, outdoor activities such as going for walks, gardening and riding bikes, for example, are allowed, as long as people maintain a six-foot distance from one another.

But Whidbey Island has a number of places beyond our now-closed state parks to try for a peaceful walk in nature. Frank Simpson, executive director of Meerkerk Gardens in Greenbank, said the 53-acre area remains open each day from 9 a.m. to 4 p.m. for \$5 per person, with 16 and under being able to visit for free.

"There is a lot to see in the entry garden itself," he said. "It has access to the gazebo area where we have a terrific view of the Saratoga Passage, which is a favorite place for people to come."

Simpson said while the gardens highlight rhododendrons, which have begun to bloom, the area also offers more than four miles of trails varying in difficulty, with space to practice social distancing.

"It (the garden) provides a place for visitors to come and enjoy a woodland garden featuring rhododendrons, but we also have great trails and other features that make it a nice place to come," he said.

For more information on Meerkerk Gardens and a list of plants currently in bloom, visit www.meerkerkgardens.org.

Whidbey's food banks are still up and running

By Kathy Reed Whidbey Weekly

In this time of uncertainty for many, keeping one's family safe and well nourished is of paramount importance, something that can be especially worrisome for those who rely on food banks to feed their families.

With dedicated staff and volunteers, food banks on Whidbey Island are stepping up and staying safe as they continue to provide essentials to those families who need a little help.

Good Cheer Food Bank in Langley, Gifts From the Heart in Coupeville and North Whidbey Help House in Oak Harbor are trying to keep business as normal as possible in the midst of the coronavirus pandemic – but there are some changes.

"Clearly, we can't let anyone in, so we have gone to a personal shopper model," said

Carol Squire, executive director of Good Cheer. "We have a list of what's available, they tell us their name, we tell them how many points they have. They sit down, fill out their list and when they're ready one of us will take their list in, fill the order and bring it back out to them. They're still getting what they want, what they need."

Squire said they are encouraging people to take a lot at one time, rather than coming back for less more frequently, reducing exposure for everyone. Lines are clearly marked and there are places for people to sit while they wait, at a proper distance apart, of course.

"So far it's been fine," she said. "People are being patient, so, so far so good."

Care is being taken inside the store as well, according to Squire.

"We've even made a traffic flow plan for staff inside," she said. "We're making sure we don't walk across each other, so we can keep that six-foot space."

In Oak Harbor, the name of the game is disinfect, disinfect, disinfect and distance, distance, distance.

"We shut down [one day last week] and did a thorough cleaning," said Jean Weiman, executive director of North Whidbey Help House. "We are only allowing one person in the office at a time. We are pre-making food bags (with the exception of produce), so we set the bag on a chair or on the floor for the client to pick up. We are not using their personal reusable shopping bags, but they can put the bag we give them in their bags."

Clients must maintain space between them when waiting to go to the produce area, and they are issued a pair of disposable gloves

they must use. Staff are even keeping track of pencils – people take a pencil from one cup, put it in another when finished, and when the "used" cup is full, the pencils are carefully disinfected before being put back into use.

Weiman said Help House is allowing clients to get two boxes of food instead of the normal, single allotment. This will continue through April in an effort to offset schools being closed. Right now, supplies are good.

"We had a good holiday season last year, so I feel comfortable doing this and not running out," she said. "I hope to keep doing the extra allotment in May if we can."

Weiman did say it has been harder to purchase meat, and the nonprofit agency is in need of large, family-size cans of chili, stew, big cans of tuna, fruit and pork and beans.

"[Good Cheer] gets a large percentage of our stock from food aggregators, like Food Lifeline and Northwest Harvest," Squire explained. "They send trucks over twice a week, so we've been stocking up. However, they're reporting they're receiving less food, so going forward it could be difficult. We also get grocery 'rescues' from stores on the island, but with all the panic buying, that's also down."

If people want to help, the best thing to donate right now is money.

"The best thing people can do is give us money so we can buy what we need," said Squire. Good Cheer gets a large portion of its funding through its thrift stores in Langley and Clinton, but with closures, it will impact the agency's bottom line quickly.

See FOOD BANKS continued on page 11



Photo Courtesy of Good Cheer Food Bank
Staff at the Good Cheer Food Bank in Langley are acting as "personal shoppers" for clients – they fill out their list and staff fill the orders, rather than having clients come in and shop as they normally would.

Whidbey Schools Provide Meals

All three Whidbey Island school districts are providing free meals to students. Students must be present to get a meal.

Oak Harbor Public Schools

10 a.m.-1:30 p.m. at:

Broad View Elementary

473 SW Fairhaven Drive

Crescent Harbor Elementary

350 E Crescent Harbor Road

Olympic View Elementary

380 NE Regatta Drive

Check ohsd.net for information about mobile delivery services and menus.

Coupeville:

10-11 a.m. at:

Coupeville High School Commons

South Whidbey:*

11 a.m. – 1 p.m.

South Whidbey High School Parking Lot

Kitchen back door

*NOTE: Students MUST sign up to receive meals: <https://forms.gle/5ZaVaj22fZTaYmqb8>



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





In the wake of every movie theater being shuttered for the duration of a pandemic that seems like something right out of a Roland Emmerich disaster movie, major studios have either bumped up the dates movies will be available to stream or have bypassed theatrical release entirely and released them straight to streaming (we're looking at you, "Trolls World Tour," the weirdest movie I have never seen). Since we've all been mandated to stay at home for at least the next two weeks, we'll need all of the watch-worthy material we can get our eyeballs on. What follows is all of the movies you could formerly watch in movie theaters that you'll now be watching in the movie theater known as your house. Normally, I'd say to invite a few friends over, pop some popcorn and make a whole thing of it. But in our new reality, the best you can do is stream while video chatting with friends. At least you won't have to share your popcorn.

Birds of Prey (And the Fantabulous Emancipation of One Harley Quinn): Somehow this movie is actually decent and I will take it as proof Margot Robbie can do no wrong. ★★★★★ (R • 1 hr. 49 min.) iTunes, Prime Video

Bloodshot: Vin Diesel is a manmade superhero with an ambiguous backstory who seems dead inside, so in other words, this is a biopic about Vin Diesel starring Vin Diesel as Vin Diesel. ★★ (PG-13 • 1 hr. 49 min.) iTunes

Emma: Did this classic Jane Austen novel really need another remake? Probably not, but this one does the plucky heroine and her meddling ways justice. Plus, it features an appearance by precious gem Bill Nighy. ★★★★★ (PG • 2 hrs. 4 min.) iTunes, Prime Video

Frozen II: I almost hesitate to include this film here because I know for a fact every parent now forced to be a homeschool teacher has already watched it with their kids numerous times despite the fact it just became available for streaming March 15. ★★★★★ (PG • 1 hr. 44 min.) Disney+

The Gentlemen: Guy Ritchie, whose movies are like the cinematic equivalent of Axe Body Spray but also somehow likeable, remains true to form with another gangster thriller starring Matthew McConaughey, Charlie Hunnam, Hugh Grant, Henry Golding, Colin Farrell, and more. ★★★★★ (R • 1 hr. 43 min.) iTunes

The Hunt: Instead of writing about the inane political outrage surrounding this movie or its people-hunting-people plot—so edgy!—I'm going to mention it stars Bellingham's own Hilary Swank, mostly so I can talk about the time I saw her eating at Fiamma Burger and walked by her six times, stared conspicuously and had no chill whatsoever. ★★ (R • 1 hr. 29 min.) iTunes, Prime Video

I Still Believe: Normally, I poke fun at Christian-themed movies because that's my shtick, but what happened to Christian singer Jeremy Camp and his first wife Melissa, who lost her life to ovarian cancer at just 21 years old, was truly tragic so I'm just going to leave this one alone. ★★★ (PG • 1 hr. 55 min.) iTunes

The Invisible Man: There is no way a horror reimagining of H.G. Wells' classic novel should be any good, but with Elisabeth Moss as the star and a thematically clever take on the tale, this is a tense, engrossing ride. No one saw it coming. Kind of like the Invisible Man. ★★★★★ (R • 1 hr. 50 min.) iTunes, Prime Video

Just Mercy: Michael B. Jordan plays Bryan Stevenson, a Harvard-educated lawyer who has dedicated his life to defending the wrongfully accused and underrepresented, as he takes on the case of Walter McMillian (Jamie Foxx) sentenced to Alabama's death row for a murder he did not commit. ★★★★★ (PG-13 • 2 hrs. 16 min.) iTunes

Onward: Two elves (one played by actual elf Tom Holland) embark on a quest to see whether there's still magic left in the world in this Pixar movie that looks designed to make people cry. Damn you and your ability to play on our emotions, Pixar. ★★★★★ (Unrated • 1 hr. 43 min.) Disney+

Sonic the Hedgehog: Raise your hand if you're only going to see this because you're curious about the \$5 million Paramount dumped into special effects to make Sonic look more like himself and less like a creepy blue humanoid with surprisingly lively fur. ★★★ (PG • 1 hr. 39 min.) iTunes

Star Wars: The Rise of Skywalker: This film got a lot of flack, but since it had a lot more of my movie-star boyfriend, Poe Damron (aka Oscar Isaac) than previous installments, as far as I'm concerned, it was great. ★★★★★ (PG-13 • 2 hrs. 35 min.) iTunes, Prime Video

Trolls World Tour: I watched a preview for this movie when I went to see "Cats" (no regrets) and it was the only time a trailer for a kids movie made me feel like I was on a drug trip without actually being on a drug trip. Starts streaming April 10. ★★★ (PG • 1 hr. 50 min.) iTunes

The Way Back: Ben Affleck, excellent actor, stars as a man who "once had a life filled with promise," but is now "drowning in the alcoholism, that cost him his marriage," until he becomes a basketball coach and finds hope again. In other news, I hear Affleck is looking for a basketball team to coach. ★★★★★ (R • 1 hr. 48 min.) iTunes

BITS 'N' PIECES CONTINUED FROM PAGE 5

Humility is Powerful? True humility empowers us to do good and overcome evil

Mark McCurties, practitioner of Christian Science healing and international speaker, will present a live webinar, "Humility that 'overcomes the world,'" Saturday from 10:30 to 11:30AM. The talk focuses on universal healing precepts found in the Holy Bible, especially in Christ Jesus' life and teachings, and shows how they are available for anyone to understand and experience through the lens of Christian Science. The talk is free, open to the community, and sponsored by First Church of Christ, Scientist, Oak Harbor, and South Whidbey Christian Science Society.

"A central theme of Christ Jesus' ministry was to teach and show that the power of God's love can help us overcome the various injustices in the world." McCurties says, "Yet, for all the remarkable healing work Jesus did, he always gave the credit to God. Based on Jesus' example, we will define true humility, how it links us to God, and how it connects us with God's healing laws. There is great need for healing in the world today, and living with more Christ-like humility can help us to meet that demand."

McCurties will share healings to explain why Christian Science is both Christian and scientific, meaning people can prove its effectiveness for themselves. The practice is fully described in the book, *Science and Health with Key to the Scriptures*, written by the founder of the Christian Science movement, Mary Baker Eddy.

McCurties will also touch on the life of Mary Baker Eddy, and how she came to understand, confirm, and teach what she felt was original Christian healing. Eddy herself said she was especially inspired by Jesus' demand, "He that believes on me, the works that I do will he do also; and greater works than these will he do, because I go unto my Father" (from the Gospel of John 14:12 in the *Bible*).

Mark McCurties has been a Christian Science practitioner for many years, daily helping people through this scientific approach to prayer. He travels from his home base in Michigan to speak to audiences as a member of the Christian Science Board of Lectureship.

To join the webinar, visit join.zoom.us or call 253-215-8872, enter ID# 143-655-119. For more information, call 360-969-1693.

[Submitted by Joy Oldemeyer]

TRANSIT continued from page 7

rails, if they feel that is necessary and they are able to do that."

Passenger seats, floors, windows and mirrors are all being disinfected daily. Protective kits are also being issued to drivers and include hand sanitizer, disinfectant wipes, gloves and masks.

While the agency is unable to screen passengers who ride the bus, riders are being asked to use recommended sanitary practices, such as staying home if sick, covering coughs and sneezes and washing their hands frequently.

In order to comply with social distancing guidelines, passengers are encouraged to sit at least six feet apart and the bus seats immediately behind drivers have been removed.

"This provides that distance for our drivers," said Morrow. "Of course, the most important social distancing practice is for the sick to stay home and not ride the bus."

Morrow said Island Transit had already seen a decline in ridership as more people decided

to stay home. However, a lengthy mandate to stay at home could have an adverse effect on the overall economy, which in turn could have an impact on the nonprofit transportation agency.

"Some of the money we receive is determined in part by our ridership," he explained. "However, ridership has tanked across the region, state, and nation. Approximately 70 percent of our funding comes from local sales tax. If the economy in Island County falters we will lose revenue. In terms of the financial impacts of this, there may be some reimbursement of our costs associated with the outbreak. We have had to spend more money on supplies, schedules, protective equipment, etc."

Morrow encourages all Island Transit riders to check out its website, www.islandtransit.org, to see how these service reductions may affect them and to verify office hours. Riders can also click on Rider Alerts to sign up for an automated e-alert system.

FOOD BANKS continued from page 10

"We're getting a lot of donations, which usually covers about 20 percent of our costs," she said. "Several organizations on the island are stepping up and we had money in reserves. We have been saving for a rainy day. This is it. We will keep the food bank open."

"People have just been walking through the door, handing us contributions," said Weiman. "It's been amazing. We'll stay open as long as we can, or until they tell us we can't."

For information, go to goodcheer.org, facebook.com/North-Whidbey-Help-House-267618856581791/ and giftsfromtheheartfoodbank.com.

"Take this seriously and keep safe," said Squire. "The impact on the island depends on how long this is drawn out. If people stay separated, it will die out sooner, the economic impact will be less and everybody can get back to normal sooner."

We are currently closed and will re-open when allowed. We Appreciate Your Support! Gift Certificates Available Online

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CAN DO SUDOKU!

On a scale from 1 to 10...3.3

Every row of 9 numbers must include all digits 1 through 9 in any order
Every column of 9 numbers must include all digits 1 through 9 in any order
Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9

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

Answers on page 15

For Vets Only

Memories and recollections
of U.S. Service Members

By Carolyn Tamler
and Maggie Johns



Merle "Milo" Milfs

Milo Milfs' journey from his experiences during World War II to his peaceful life today on Whidbey Island has been quite an adventure.

Merle "Milo" Milfs, 98, lives on a peaceful 12-acres in a beautiful log house in Langley. His life journey began in the Midwest, but the trajectory for where he has ended up started from quite an adventure as a Navy Corpsman in World War II.

Enlisting at age 18 as a hospital corpsman in 1942, Milo was sent to New Mexico to work with a doctor there. He was given the honor of being chosen to attend Columbia University in New York. Upon graduating, he was commissioned as a Naval Officer. After surviving WWII and returning home, he went on to earn a PhD and continue his service to the United States via the Ford Foundation.

His World War II adventure began as an Ensign with an assignment in the South Pacific, where he became an XO (Executive Officer), which made him second-in-command of a Landing Craft Tank (LCT).

Later he got to hitch a ride on the brand spanking new aircraft carrier Salamaua on her "shake-down cruise" headed toward New Guinea, which at the time was being protected from the Japanese by the Australians. Milo was to meet his next assigned boat, the LCT 1027, in New Guinea. But to his surprise after being dropped off on New Guinea, he discovered the LCT 1027 had not arrived and there were no other Americans in sight. He said he sure was grateful a group of Aussies took him until the U.S. Navy showed up four days later. He boarded the LCT 1027, and was instantly made the XO. He stayed with the LTC group for the duration of the war.

One of the major jobs of the LCT groups was dropping tanks onto beaches for Gen. MacArthur's Army forces. One of his vivid memories is landing at Lusan in the Philippines and providing Sherman tanks that were used to free women and children held prisoner at Santa Tomas after their husbands had been killed. It was the very prison where his second grade elementary school teacher had been held captive. Small world.

After the war, Milo returned home to Glendale, Calif., and later moved to Albuquerque, N.M., to attend the University of Albuquerque, where he participated in a Ford Foundation plan to help Native American youth who wanted to go to college. In the Old Town section of Albuquerque, he met his wife, Jean. After graduation from the University of Albuquerque, Milo and Jean moved to Los Angeles, where Milo attended USC and received a PhD in Education. With this degree, he was able to teach at several California state colleges, including Fresno State, San Francisco State and Los Angeles State. He later became a founder of Cal State Dominguez Hills.

After his retirement from teaching in 1994, he and Jean moved to Whidbey Island to be near their daughter, Linnea, whose husband was stationed at Naval Air Station Whidbey Island in Oak Harbor. Linnea's brother, who is an engineer at Boeing, also lives on Whidbey. Milo and Jean have enjoyed living in Langley and have helped raise a grandson.

A few years ago, Dana Sawyer, who was then with the Whidbey Veterans Resource Center (WVRC), met Milo and Jean at a soup kitchen at the CMA Church, and told them about the VRC and the services it provides. They went to some meetings of the group and Milo was very pleased to be able to use the transportation services of the organization to get to medical appointments off the island. He and Jean are looking forward to meeting more of the local veterans living on the island.

Milo sums up what he feels has been the most important factor driving his life: "So many people came into my life who offered to help me."

Whidbey Veterans Resource Center Connect. Educate. Serve.



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- Free Professional Counseling
 - Free Van Shuttle to VA
 - Educating families

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You served us; Let us serve you!

South Whidbey Community Center • 723 Camano Ave, Room 403 Building C • Langley
www.whidbeyvrc.org



THURSDAY, FEB. 20

10:10 am, East Harbor Rd.

Requesting call, very bad connection. Advising male is trying to break into reporting party's house at night; advising male is getting more aggressive.

12:02 pm, Smugglers Cove Rd.

Caller has herd of goats currently contained at this time.

1:42 pm, Taylor Rd.

Reporting party advising cows in and out of roadway; brown with white face.

10:41 pm, Penn Cove Rd.

Reporting party is looking over Penn Cove, sees bright light. Thought it was a star but says it moved over five inches, now seeing flashing blue/red/green lights.

SATURDAY, FEB. 22

1:52 am, SR 20

Open line, can hear male "Can you f***ing take me home, slow down;" female heard speaking in background.

4:41 pm, Lenz Pl.

Female on line "Oh never mind;" sounds like she is driving. On recall, line pickup, can hear driving, no response to call taker.

SUNDAY, FEB. 23

1:07 pm, Patmore Rd.

Reporting party advising found pile of purses nearest the entrance by WAIF.

MONDAY, FEB. 24

12:06 am, Cultus Bay Rd.

Reporting party advising friends have been checking his house and they told him house is ransacked; reporting party advising not sure if Island County Sheriff's Office may have done it, is hospitalized due to gun shot wound.

7:16 am, 1st St.

Caller advising truck rolled back into caller's yard and caller cannot get hold of owners of truck to have it removed.

1:43 pm, Monkey Hill Rd.

Requesting call, advising she was taken to hospital in 2017 and was assured by Island County Sheriff deputy her service animals would be safe when she left; can't remember name of deputy.

TUESDAY, FEB. 25

4:09 pm, Rhododendron Dr.

Panic alarm activation for zone one; working on call outs. Comment – one large dog, three cats and single turtle in home.

WEDNESDAY, FEB. 26

12:28 am, Stewart Rd.

At Freeland Park; reporting party and friend were driving past park, someone was flashing a light at them, they pulled over; subject's friend is laying on his side, incoherent.

7:29 am, Harper St.

Caller says neighbor flattened two tires and put cream and glitter on her car; occurred sometime overnight. Caller has already confronted suspect.

10:42 am, Dewey Dr.

Requesting call referencing wanting to know what crimes are happening in her neighborhood.

1:36 pm, SR 20

Reporting party advising male is swinging a machete.

2:35 pm, Golf Course Rd.

Caller advising subject just jumped over his fence in order to get his golf ball.

THURSDAY, FEB. 27

1:43 pm, Polnell Shores Dr.

Reporting party advising is being harassed by neighbor and another one; says they poisoned reporting party's front hedge; requesting contact at home.

1:50 pm, N Oak Harbor St.

Caller advising male sitting at graveyard in area and taking his clothes off; advising male is laying there naked.

6:42 pm, Engle Rd.

Reporting party advising is staying at location and was locked in bathroom by camp host; camp host and reporting party shoved each other.

FRIDAY, FEB. 28

6:35 am, Maxwellton Rd.

Reporting party advising crashed vehicle; does not remember where she crashed; walking all night, sounds of confusion.

7:53 am, Quigley Rd.

Caller advising he is being harassed by roommate; subject records caller and follows him around the yard.

8:41 am, Wilkinson Rd.

Yesterday around 8 am, law enforcement responded to location for 911 hangup; caller just wanting law enforcement to know everything is okay.

10:03 am, Smugglers Cove Rd.

Advising neighbors having garage sale and people are parking haphazardly, very dangerous.

11:09 am, Lisa St.

Reporting party advising neighbor may be trying to break into house; could see on Ring camera pictures of trying to break in.

1:01 pm, Polnell Rd.

Advising of ongoing issue with pack of dogs coming onto property; has video from a few days ago. Dogs have been aggressive towards subjects in neighborhood. Requesting call.

3:30 pm, East Harbor Rd.

Requesting call referencing meeting up with parents of kids who stole his golf carts; reported last week.

5:21 pm, SR 525

Advising newer, silver Ford pickup swerving, erratic speeds, passing on shoulder, disabled license plate; caller advising last seen heading northbound on SR 525.

SATURDAY, FEB. 29

1:21 am, Terrace Dr.

Female screaming "Oh my god," "Uh oh," then hung up on dispatch. No answer on recall. Now recalling on business line, advising accidental dial. Verified phone number and location; ICOM asking to speak with female who was screaming.

3:57 pm, Mobius Lp.

Caller demanding call taker's number; says wife will burn place down before giving house back to bank, scramble fire trucks.

6:59 pm, SR 525

Reporting party has questions; went to restaurant last night, did not tip on the tap; female waitress; requesting call.

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



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)



A popular metaphor for strength, for determined will that will never relax and never be swayed, is the iron hand in a velvet glove. Think back to the school marm of old, wielding her ruler that measured inches and rapped knuckles. Get the picture? Somewhere in that picture, wielding that velvet glove, is you this week. Well-concealed behind your sweetness, the will that won't give an inch. Woe to any who test you.

TAURUS (April 20-May 20)



You can be coy. You can beat around the bush. But if you do, you'll drive you-know-who insane. You don't want that, do you? So say what's on your mind. It's not hard. The truth won't shatter you, so out with it. What fate, what hungry tiger, are you teasing when you play the coquette? What is your gain in feigning innocence? Pursuit is half the fun, yes. It makes you feel alive. But don't overdo it.

GEMINI (May 21-June 21)



Imitation is the sincerest form of flattery. It's also your ticket through the thicket when you're feeling lost or confused. Look around. Somewhere in the brambles now befalling you is the right person to lead you out. Hint. It's someone quite unlike you. Someone whose strengths are your weakness. You may not like them. We like what's like ourselves. Can you embrace the one who shows you your failings? It's your way through the thorns.

CANCER (June 22-July 22)



Today's lesson from business: When the pig and chicken collaborate to produce breakfast, it's definitely the chicken who gets the better deal. The chicken is merely involved, while the pig is committed. Yours this week is the role of the chicken. Your dealings in whatever sphere are strictly temporary and voluntary, leaving you free to walk away. Enjoy your wiggle room silently. Gloating will annoy the pig.

LEO (July 23-Aug. 22)



Harry Houdini made his fame escaping handcuffs, straitjackets and similar restraints. Even being buried alive didn't stop Harry. Comparisons to your week are apt. We trust your own restraints are much less dramatic, but it's no stretch to say that you must Houdini your way out of them. Feeling buried? Contort yourself out of your mess by transcending your imagined limits. Belief that escape is possible is not a bad place to begin.

VIRGO (Aug. 23-Sept. 22)



What is love? Love is the skateboard Romeo and Juliet rode to the Great Beyond. The harddrive that crashed Antony and erased Cleopatra. Love for you this week, we are happy to say, promises to be less traumatic. Think labors of love. Think frazzled hair, quiet sighs, and a cold brew at day's end. While this love is not

without effort, it's also not without reward. Loving what you do means you won't work a day in your life.

LIBRA (Sept. 23-Oct. 22)



How might Medusa handle a bad hair day? Tie her hissing locks in a ponytail and keep on trucking? The question is relevant. You may not be asked to tame Medusa's cowlick, but dilemmas equally perplexing are looming. The reason? You've hitched up in a three-legged race with someone whose style is vastly different from your own. Speedy or slow? Spontaneous or deliberate? You two have a lot to work out.

SCORPIO (Oct. 23-Nov. 21)



Pity the life of the sidekick. Jim Fowler wrestled alligators while Marlin Perkins pitched life insurance on Wild Kingdom. Where's the justice in that? Treasure your independence, if you still have it. Chances are good that you don't. Has your ill-choice of a swamp mate left you grappling the fearsome 'gator? Conserve your energy, for the struggle may be long. And take a tip from Jim. Watch out for the snout.

SAGITTARIUS (Nov. 22-Dec. 21)



In the matter of science versus belief, we'll take belief. Belief is the elixir that lets the bumblebee fly. Aerodynamics says the poor bee can't possibly fly, but no one told Mr. Bee. Someone in your sphere has fallen prey to the trap that Mr. Bee avoided. There's no reaching this poor imprisoned soul, unless and until he or she asks for help. When the request comes, be ready with a dose of elixir. The day is not far off.

CAPRICORN (Dec. 22-Jan. 19)



Every strategist's playbook has a page of trick plays. Flea-flickers and fake punts win football games. The Greek's Trojan Horse trick brought down Troy. What's on your secret page of tricks? You might review it. Now is the time for doing things you wouldn't normally do, in ways others might think you wouldn't do them. Break your routine. Be predictably unpredictable. It's time to keep them guessing.

AQUARIUS (Jan. 20-Feb 18)



When everything you know says you can't, then take a chance on the unknown. When your fortune cookie crumbles, get back to basics. Switch to Oreos. Get the message? Keep it simple, keep it light. Dare to be wrong. Do these things and you become your own oracle. You become the light that leads you out of darkness. The pop gurus are right. The surest way to know the future is to create it.

PISCES (Feb. 19-March 20)



It's time for a walk on the wild side. The unknown territory ordinary mortals fear to tread. Don't bother Googling. You won't find this place on any map. It's the real you, absent the varnish of what you think someone wants you to be. Who is that person? Who are you really? Maybe you already know, having shed the varnish long ago. In that case, bully for you and carry on. Otherwise, ignore the hoot owls and be yourself. Just for a day.

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Chicken Little's knock on the head meant to him that the sky was falling, silly bird. His horoscope showed other possibilities. Don't wait for a knock on the head to ask what's up in your life. Wesley Hallock, as Whidbey Weekly's professional astrologer and horoscope writer, keeps one eye on the sky and alerts us to the prospects each week. To read past columns of Chicken Little and the Astrologer in the Whidbey Weekly, see our Digital Library at www.whidbeyweekly.com.

Crossword Puzzle

Grid for a crossword puzzle with numbered squares from 1 to 61.

CLUES ACROSS

- 1. Yields Manila hemp
6. A type of gin
10. Japanese ankle sock
14. Swiss city
15. Applied to
17. Achievements
19. Japanese title
20. Possesses
21. Belgian city
22. Child
23. Great delight
24. Petty quarrel
26. Gathered
29. Zoroastrian concept of holy fire
31. Path
32. Legendary hoops coach Riley
34. A citizen of Denmark
35. Flat
37. Upper-class young women
38. Payment (abbr.)
39. Distort
40. Affirmative! (slang)
41. One who has a child
43. Without
45. Workplace safety agency
46. Political action committee
47. Period of plant and animal life
49. Swiss river

- 50. Sino-Soviet block (abbr.)
53. State of being kept secret
57. Hobbies
58. One-time Korean ruler
59. Sudden attack
60. Born of
61. Assists

CLUES DOWN

- 1. Ancient Greek sophist
2. Famed composer
3. Spore-bearing fungi cells
4. Chief executive officer
5. Defunct Syrian political party
6. Thin wood
7. Polynesian garlands
8. Fluid replacement (abbr.)
9. Flammable hydrocarbon gas
10. Multi-leveled
11. Influential diarist
12. Gambles
13. Many subconsciousnesses
16. Current unit
18. Illumination unit
22. Tantalum
23. Steps leading down to a river
24. Kids love him

- 25. Before
27. Fencing swords
28. Mountain range in China
29. Payroll company
30. A way to pack together
31. Business designation
33. Thyroid-stimulating hormone (abbr.)
35. Forage fish
36. Greek temple pillars
37. Internet mgmt. company
39. Rouse oneself
42. In a way, covered
43. Elaborate silk garment
44. Cooling unit
46. Riley and O'Brien are two
47. ___ fide: genuine
48. Ancient Incan sun god
49. Poker stake
50. Trigonometric function
51. Interesting tidbit
52. Adieus
53. U.S. Treasury position
54. Midway between east and southeast
55. Doctors' group
56. Women's ___ movement

Answers on page 15

YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST

Table with 7 columns showing weather forecasts for North and South Islands from Thursday, March 26 to Wednesday, April 1. Includes high/low temperatures and conditions like rain, clouds, and strong winds.



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



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Oil Change

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\$37⁹⁵ Includes 4X4 & SUV

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- ✓ FREE Power Steering & Fill
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- ✓ FREE Differential & Fill
- ✓ FREE Transfer Case & Fill
- ✓ FREE Windshield Washer Fluid & Fill
- ✓ FREE Battery Fluid & Fill
- ✓ NEW Oil & Oil Filter
- ✓ LUBE Chassis
- ✓ INFLATE Tires
- ✓ VACUUM Interior
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- ✓ Belts & Hoses
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Most cars up to 5 qts. 5W20, 5W30, 10W30. Other grades extra. Some filters cost extra. Vehicles with Skid Plates may be extra. Plus \$1 Environmental Disposal Fee.

Full Synthetic
Oil Change
only **\$43⁹⁵**

Up to 5 qts. Filter & Lubricant included. Ask for details!

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TIRES
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always
FREE ESTIMATES!

\$1
PER GALLON
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Ask for Details

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- Retrieving Codes
- Reset Check Engine Light
- Up to 1 Hour Diagnostic
- 12 month/12,000 mile warranty

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- Labor Includes**
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 - Tire Rotation
 - Inspect Belts & Hoses
 - Inspect Exhaust System
 - Check Charging System
 - Test Ignition Cables
 - Tire Rotation & Balance
 - Inspect Suspension
 - Check all Fluids
 - Test Anti-Freeze

Radiator Flush & Fill

\$85⁹⁵

starting at
Flushes Radiator, Engine Block, Heater Core & Hoses to -35° below

Computerized TUNE-UP Special

\$79⁹⁵*
4 cyl

\$89⁹⁵*
6 cyl

\$99⁹⁵*
8 cyl

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- Clean/Replace Spark Plugs & Air Cleaner
- Inspect/Replace Distributor Cap & Rotor
- Check Charging System
- Inspect Ignition Cables
- Scope & Scan
- Adjust Timing & Idle Speed
- Safety & Brake Inspection

*Plus Parts

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- DRUMS**
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 - Machine Drums
 - Rebuild Wheel Cylinders
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 - Bleed & Adjust System
 - Road Test Vehicle
 - 3 Year or 26,000 mile Warranty
- DISCS**
 - Install Raybestos Disc Pads
 - Machine Front Rotors
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 - Clean-Lube Sleeve & Bushings
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 - Road Test Vehicle
 - 3 Year or 26,000 mile Warranty

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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@serval-cfs.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/NorthPugetSound-DragonBoatClub?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

The Habitat Stores depend on enthusiastic volunteers to help carry out our mission. We are looking for volunteers to help us with customer service, merchandise intake, store up-keep, organization and pick-ups of donated items. If you have two (2) hours or more per week to donate, please join us in our mission to create affordable housing in our community by volunteering at our Oak Harbor Store. Hours: Mon-Sat, 10am-5pm and Sun, 11am-4pm. Please contact Tony Persson if you are interested in volunteering at our Oak Harbor store (290 SE Pioneer Way, Oak Harbor, WA 98277): 360-675-8733, tony@islandcountyhabitat.org. For our Freeland store (1592 Main Street, Freeland WA 98249), please contact John Schmidt: 360-331-6272, john@islandcountyhabitat.com. Habitat for Humanity of Island County, www.islandcountyhabitat.org, 360-679-9444.

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: imagineapermacultureworld@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

MISCELLANEOUS

Craftsman 14-drawer tool chest that sets atop a 3-drawer Craftsman cabinet. Contained within are sockets (sae and metric) in large variety of sizes, crescent wrenches, screw drivers, pliers, small tap and dye set, torque wrench, files, air tools, and much more. Value of cabinet and tools \$2000. Will sell for \$700. Call 360-679-9001 (1)

ANIMALS/SUPPLIES

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

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.

WANTED

Running or Not: We buy cars, trucks, travel trailers, motorhomes, boats, tractors, & much more! If you want to sell or get rid of anything, call TJ's Recycling, 360-678-4363. We will haul junk vehicles away. (3)

Always buying antiques, collectibles, sporting goods, tools, garden equipment, furniture. Cash paid at loading out. 45 years experience. 360-678-5888 or text 360-9691948 (3)

Art, Antiques & Collectibles. Cash paid for quality items. Call or text 360-661-7298

Was your Dad or Gramps in Japan or Germany? I collect old 35 mm cameras and lenses. Oak Harbor, call 970-823-0002

How'd you do?

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

No Cheating!

A	B	A	C	A		S	L	O	E		T	A	B	I				
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R	A	I	D			N	E	E			A	B	E	T	S			

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Island Herb Remains Open through Coronavirus Crisis

As Washington state deals with the COVID-19 pandemic, there has been much confusion over which businesses are able to stay open. Island Herb in Freeland wants to reassure its loyal community of patrons that it will remain open for business throughout the crisis, as cannabis shops, especially those providing medicinal products, have been deemed an essential business by Gov. Jay Inslee.

Whether one consumes marijuana for medicinal or recreational purposes, it's good to find a local source that has your health, wellbeing and safety as its priority, especially in times like these. But there have been a few changes of which Island Herb's staff would like everyone to be aware.

The shop will remain open daily from 10 a.m. to 6 p.m., and there will be some restrictions on the number of people allowed in the shop at one time. Employees will wear gloves as appropriate and are following public health guidelines, washing hands frequently, covering coughs and sneezes and disinfecting surfaces often. Staff and customers are also asked to maintain a safe social distance as much as possible. Anyone with any symptoms of illness should stay home.

There are things customers can do as well. Buy more and shop less – patrons are asked to consider limiting the number of trips they might normally make and instead stock up on products when they do shop. Those customers at higher risk due to age or other medical conditions are asked to consider having someone else -over the age of 21, of course - shop for them. Online ordering is also available through Leafly. All of this is counter-intuitive to Island Herb's normal philosophy of doing business, but these measures are specific and necessary in the current situation.

More than anything, Island Herb wants its customers to know its staff will be here and will continue to provide the highest quality products available. Whether customers seek flowers, pre-rolls, vapes, edibles, tinctures, drinkables or concentrates, the crew at Island Herb can provide what is needed to give customers the experience they desire and keep everyone safe and healthy at the same time.

Check out the vast array of products available – Island Herb will be open from 10 a.m. to 6 p.m. daily at its location at 5565 Vanbarr Place, Unit F, in Freeland. Call them at 360-331-0140, find them online at www.whidbeyislandherb.com or check them out on Facebook, Instagram or Twitter.

*Marijuana products may be purchased or possessed only by persons age 21 and older. This product has intoxicating effects and may be habit forming. Marijuana can impair concentration, coordination, and judgment. Do not operate a vehicle or machinery under the influence of this drug. There may be health risks associated with consumption of this product. For use only by adults 21 and older. Keep out of the reach of children.

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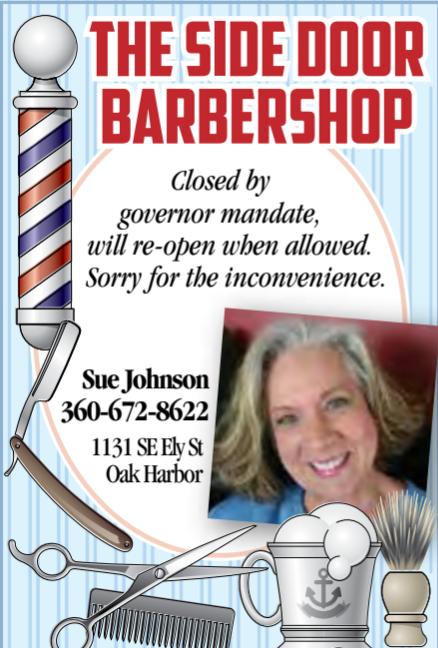


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COVID-19 Selfcare

Your team at WhidbeyHealth urges you to take steps and take care:

- Social distancing
- Frequent handwashing
- Hand sanitizing
- Avoid touching your face
- Avoid close contact with people who are ill

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