

August 20 through August 26, 2020

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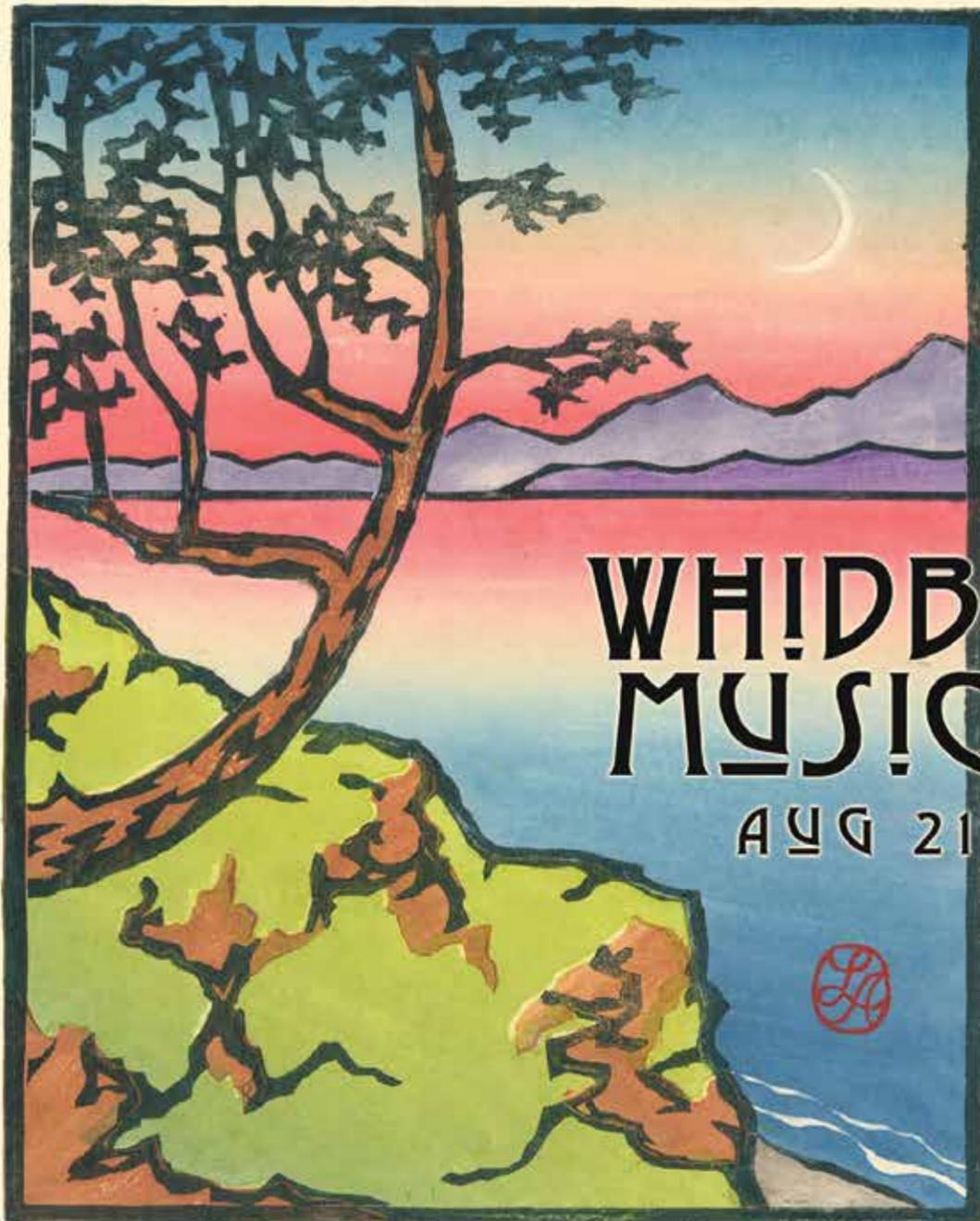
Whidbey Weekly

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

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WHIDBEY ISLAND MUSIC FESTIVAL

AUG 21 · SEPT 30 2020

Tekla Cunningham, director

Celebrating our 15th season of fine baroque and classical chamber music!

www.whidbeyislandmusicfestival.org

tickets \$20/\$10 | whidbeyislandmusicfestival.org
all performances pre-recorded and broadcast on our Vimeo channel

artwork courtesy of Linnane Armstrong | graphic design by Tinuviel Creative | program sponsored by the Whidbey Island Arts Council

Program I - Fri, Aug 21

Beethoven Sonatas
for Cello and Piano

Rita Dove, poet
Tanya Tomkins, violoncello
Eric Zivian, fortepiano

Program II - Sat, Aug 22

The Mysterious
Zoé de la Ruë

co-produced by Pacific MusicWorks
Tess Altiveros, soprano
Tekla Cunningham, violin
Maxine Eilander, harp

Program III - Sun, Aug 23

Beethoven
Scottish Songs

co-produced by Pacific MusicWorks
Tess Altiveros, soprano
Brandon Vance, violin
Stephen Stubbs, guitar
Caroline Nicolas, violoncello
Henry Lebedinsky, fortepiano
Tekla Cunningham, violin

NOTE: all programs may be viewed from the release date through the end of the festival on September 30.

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REMAINING ON THE POSITIVE SIDE OF WASTE REDUCTION DURING COVID-19

There have been so many changes to our daily lives this year, which in some cases has brought about positive results for the environment. Our household waste has increased, but we've had reductions in commercial waste. We are limiting our travel, both by commuting less in our cars and traveling less by plane, and this decreases our carbon footprint. With events canceled and activities closed, we are spending more time enjoying our gardens, beaches, and hiking trails. In the wake of supply chain disruptions caused by COVID-19, more people are buying local produce from local farmers.

As the pandemic stretches on, we have settled into new habits, but what about good habits we have put aside, such as waste reduction and recycling? We rely more on single use take-out containers to support our local restaurants. Our grocery stores aren't packing into reusable bags we bring from home. We are using more disposable masks, wipes, and gloves in order to keep ourselves and our loved ones safe and protected. COVID-19 brings new challenges to our efforts at waste reduction, but there are still steps we can take, positive choices we can make and actions we can resume.

When talking about waste reduction, we want to focus on refuse, reduce, and reuse first. When we choose to refuse, reduce or reuse, we not only eliminate our possible need to dispose of something, we also eliminate the entire cycle of that item, from mining natural resources to manufacturing consumption to transport costs. Take-out containers and disposable masks may be unavoidable now, but COVID-19 has not removed most of our choices for lower impact purchasing or finding second lives for products. Don't worry if the actions you take seem small - every time you choose to refuse, reduce, and reuse you are making a difference.

Here are some of our favorite tips for reuse:

- First, you can reduce the amount of "want" purchases, focusing on "need" instead. If you feel Amazon calling your name, go outside instead, and take in the summer sun or starlit evenings.
- If you are buying something, consider quality over quantity, as well-made products tend to last longer. Avoid single-use, non-recyclable items as much as possible, choosing glass or aluminum containers, and reusable products when they're available. Reuse items whenever possible.

- You can now bring reusable bags to all grocery stores on Whidbey. Most stores will ask you to bag your groceries when using your own bags as a way to limit employee exposure. (Unfortunately, stores are not allowing you to bring in your own containers for bulk foods as yet). It may seem a little strange at first to pack your own groceries, but don't forget, at one point, it was a little strange to bring reusable bags into the store!

- » Choose disinfectable personal protective items when safe, such as reusable masks. Remember to treat your used cloth mask as a biohazard. Wash your hands before and after handling it. When removing it, fold it in on itself and launder either in the washing machine or by hand. The Center for Disease Control (CDC) website provides detailed, helpful information about washing cloth masks. Go to cdc.gov for resources.

- » You can also make washable disinfectant wipes to replace single use disinfectant wipes. The cdc.gov website has a list of household disinfectants that are effective to use during the pandemic as well as instructions to make your own wipes.

- Have you been sorting in your spare time? The thrift stores are all accepting used goods, but donation hours vary. In all cases, when their daily storage area fills up, they stop taking items, so arriving early is best. Thrift stores are also a great place to pick up something "new."

- » **Garage of Blessings**
 - Closed for shopping and donations
 - Emergency requests are taken

- » **Good Cheer**
 - Donations: Only at donation center in Bayview, Thurs., 9 a.m.-2 p.m.
 - Shopping: Good Cheer Ken's Korner, open Tues.-Fri., 12-5 p.m.
 - Shopping: Good Cheer Langley, open Wed. -Sat., 12-5 p.m.

- » **Habitat for Humanity**
 - Donations: OH and Freeland locations Mon.-Fri. 10:30 a.m.-4 p.m.
 - Shopping: Freeland, Mon.-Sat., 10 a.m.-4 p.m.
 - Shopping: Oak Harbor, Mon.-Sat., 10 a.m.-5 p.m.

- » **Island Thrift**
 - Donations: Mon.-Thurs., 9 a.m.-noon, or until full, call ahead to confirm 360-675-1133, max 3-4 bags/boxes per car
 - Shopping: Mon.-Sat., 9 a.m.-5:30 p.m.

- » **Senior Thrift**
 - Donations: Sun., 9-11 a.m.
 - Shopping: Thurs.-Sun. 12-4 p.m.

- » **WAIF**
 - Donations: Freeland: Mon.-Sat., 10 a.m.-4 p.m., earlier is better
 - Donations: Oak Harbor Mon./Wed./Fri., 11 a.m.-12:30 p.m.

- Shopping: Freeland, Mon.-Sat., 10 a.m.-5 p.m., Sun., 11 a.m.-4 p.m.
- Shopping: Oak Harbor, Mon.-Sat., 10 a.m.-5 p.m., Sun., 11 a.m.-3 p.m.

Recycling and composting are second-line options, meaning they are preferable to landfilling items but not as great as refuse, reduce, and reuse. Recycling, though it does reduce the need to consume virgin natural resources, is still an energy-consuming process. Composting is an excellent way to convert food and yard waste into valuable soil nutrients. However, avoiding as much food waste as possible is preferable. Here are some best practices still required when recycling:

- Check the Island County Solid Waste website for what is recyclable on the island, and if you have curbside service, make sure you're up to date about what can be recycled curbside.
- Remember, all items should be empty, clean, and dry. If it can't be cleaned, such as a greasy pizza box, it can't be recycled.
- Some cardboard isn't recyclable if it's lined with wax for refrigerated or frozen items.
- Many types of plastic are not recyclable, including plastic wrap, hard plastics, plant pots, and styrofoam. We can recycle #1 and #2 plastic on the island, which includes bottles, jugs, tubs, and jars. A good rule of thumb, although it's not always true, is if the container neck is smaller than its bottom, it is a #1 or #2 plastic.
- Island County Solid Waste is asking people to minimize trips to the dump because of staffing shortages. Keep in mind the best practice is to not create the waste or recycling in the first place.

When we cannot avoid single-use plastic or need to purchase something that can't be reused, repurposed, or recycled (as is the case with disposable gloves, for example), the most important thing we can do is to make sure it makes it into the trash. Bag small and lightweight items together so they won't blow away in a wind. Devote some time to picking up trash from your neighborhood, public spaces, and beach to make sure it gets to the landfill and stays out of the ocean.

Our focus on pandemic concerns has taken center stage, as it should, but our environment continues to struggle. The changes we've had to make to our lifestyles include an increase in our use of single use plastics like gloves, masks, and take-out containers, and we'll need to continue to rely on them into the future. It can be easy to feel discouraged, but remember every choice we make resulting in reducing, reusing, or recycling, is a step forward. We still have many opportunities to make an impact in every choice we make. With each one of these choices, we are choosing hope for the health of our planet.



CELEBRATE LOCAL FOOD

Whidbey Island Grown Weekend is a celebration of local food with farm fresh specials from your favorite restaurants, virtual farm tours and videos, and farm open houses.

- **Local Eats - Patio Seats ...** Island farmers and restaurants are teaming up to create delicious dishes for dine in or take out.
- **Virtual Farm Connect ...** Island farmers are sharing videos of their farms, practices, and lives. Connect with the amazing people who grow our local food.
- **Farm Open Houses ...** Have a weekend adventure meeting a local farmer and learning how our local food is grown, following safe social distancing procedures of course!

All the details are at whidbeyislandgrown.com

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ON TRACK

with Jim Freeman



Last Sunday, for the first time in four years, I went to the beach. It was still there.

The main difference was there were so many people and dogs and even a guy playing a piano.

Because I was officiating a wedding, I was

wearing clergy clothes. No one else had on a Harris tweed.

Given all the fresh sea air and the glorious sea breeze, I felt silly wearing a mask. Not as silly as wearing a three-piece suit to a nude beach, but silly enough.

Tiring of my self-imposed silliness, I walked far enough away from dogs and people and Frisbees to feel comfortable enough to remove my mask.

I just wanted to be transparent about it all.

My question – How does one best walk on sand while wearing wing-tips?

Dirty jobs

In order to widen my driveway to accommodate the parking of a motor home, I have become very familiar with my shovel.

Actually, it is not my shovel. I have never purchased a shovel or a hammer or a screwdriver or an electric drill.

Dad always advised me not to buy something that I might be able to borrow.

“Don't buy a boat, son. Find a friend with a boat.”

Maybe I can find a friend who likes to shovel.

What has amazed me most about shoveling dirt is how much I have learned about myself. Without the sounds of television or music or sports, it is much easier to be aware of one's thoughts.

The sound of the shovel. The aroma of dirt. The tinnitus in my ears. A perfect union of thought provoking stimulants.

Since I was the only one shoveling, I took lots of breaks. Why not? No money was involved. Nobody was nearby to watch but the mama doe and her fawn. They seemed preoccupied with the free leaves of summer.

The last time I shoveled was last spring. That shoveling involved a boss who did not like the way I was doing the job. I would have walked off the job, but I needed my help.

Solo shoveling is easier than supervised shoveling.

While shoveling, many new thoughts come to the surface.

Thoughts like, who invented shoveling?

Or who made the first shovel?

How did the shovel get its name?

Some of the hoods in high school used to say “shove it” in the hallways, but I never knew what to shove.

While shoveling, I have learned that if the dirt is light and dry, I smile more.

Shoveling the wet, hard-to-dig dirt is a non-smiling activity unless you are watching someone else do it.

I do not recommend binge shoveling. Take breaks. Go inside. Get a soda pop. Turn on the TV. Move stuff around so you can look for it later.

Then go back outside for another shovel sequence.

You will be amazed at how many thoughts you can have doing something requiring very little thinking.

Tolerance

As I was walking across the parking lot of Payless, en route to another diversion of thought while acquiring products, I saw another masked man.

Recognition thereof being non-essential, I asked, “How are you doing?”

“Doing,” he said headed to the door.

“Yep, tolerating here.”

Tolerating is a great word. It suggests a generic emotion, one between here and there, but closer to here.

One of the tough things for me to tolerate is that which is disgusting. Start your own list. Deceit, dishonesty, and duplicity are 3D for me, without the glasses.

There are lots of explanations and opinions about

evil and its source. Regardless, how does one deal with it?

Much of my life understanding was learned outside the classroom Thursday nights. That was our night to watch King Fu, a jurisprudential seeker's mystical western relief.

In “The Tide,” episode 7, written by A. Martin Zweiback and directed by Walter Doniger, first airing Feb. 1, 1973, a flashback segment features a young Caine (Radames Pera) seeking more wisdom from Master Kan (Philip Ahn).

Young Caine is trying to resolve a dilemma in understanding evil. Like Alexa and Siri, Master Kan knows all.

Master Kan: *Deal with evil through strength – but affirm the good in man through trust. In this way we are prepared for evil, but we encourage Good.*

Young Caine: *And is Good our great reward for trusting?*

Master Kan: *In striving for an ideal, we do not seek rewards; yet trust does sometimes bring with it a great reward – even greater than Good.*

Young Caine: *What is greater than Good?*

Master Kan: *Love.*

We look forward to the time when the power of love will replace the love of power. Then will our world know the blessings of peace. ~William Gladstone

Over the course of my career, I've learned that divineness will never work when defeating an enemy. ~General “Mad Dog” Mattis, USMC

If there ever was a time to save money, it's now. When a dog gets a bone, he doesn't go out and make the first payment on a bigger bone. He buries the one he's got. ~Will Rogers (1879-1935)

1918 Flu

My longtime buddies, Revis and McKinley, have joined me over the years in sharing stored items from our desk drawers. Brochures from Mark Twain's birthplace and Hopalong Cassidy's hometown, or snow skiing stubs from Colorado resorts are among the sacred collections we have shared.

Last week, Revis sent me a superb packet including a creased postcard of Franklin Park in Columbus, Ohio, our hometown in the 50s and 60s.

There were two green one cent stamps of George Washington on the address side of the card, along with these words written in pencil:

Mrs. Harry Dorman, Pike Street, Marietta, Ohio

Margaret (Delmar Dorman)

I won't be down this week. Will wait till the Flu is over. We are all well as usual. Come up. There is no Flu any closer than Lowell.

Mother

One hundred years ago. A postcard mailed from Lowell, Ohio, at five in the afternoon, talking about the 1918 Flu, with a capital F. Mother Delmar, Congratulations. You are now published. Sorry it took so long. The national news says the mail has been getting really slow lately, and may be getting slower.

When who and what

At the age of 42, Ted Williams hit a home run in his last official at bat.

At the age of 20, Mickey Mantle hit 23 home runs his first full year in major league baseball.

At the age of 71, Golda Meir became Prime Minister of Israel.

At the age of 24, William Pitt II became Prime Minister of Great Britain.

At the age of 94, George Bernard Shaw had one of his plays first published.

At the age of 7, Mozart had his first composition published.

At the age of 16, Ben Franklin was a newspaper columnist.

At the age of 81, Franklin was signing the United States Constitution.

If each of us adds up all these ages and divides the total by the number of years we have lived, most of us should come up with a different answer.

Hope to see you on page three next time.

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



Whidbey Island Lions Club 2nd Annual Swap Meet Every Saturday In August 9:00 AM - 2:00 PM

FREE Family Community Event

Calling All Businesses, Vendors, Garage, Yard and Estate Sellers, Reach More Buyers by Selling Your Wares at the Whidbey Island Lions Club Swap Meet at the Blue Fox Drive In. One Person's Junk Can Turn Out to be One Person's Treasure.

\$20.00 Per Booth

For More Vendor Information Contact:

Carolyn (360) 679-9468 OR wilclions@gmail.com

All proceeds from the Swap Meet help support the Whidbey Island Lions Club Programs and Projects in Our Community

Blue Fox Drive In • 1403 N. Monroe Landing Road

PHONE: 360-682-2341

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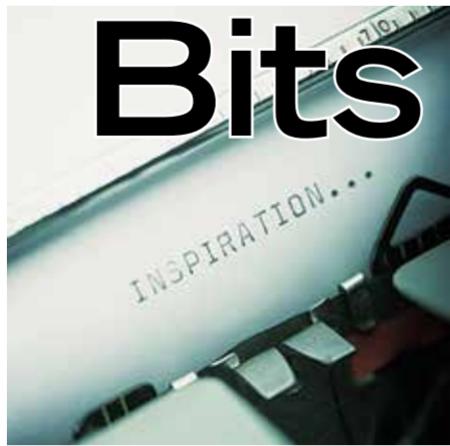
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Thank you for reading! Please recycle the Whidbey Weekly when you are finished with it.





Bits & Pieces

Letters to the Editor

Editor,

I support Carolyn Cliff for Superior Court Judge Position 2. Carolyn has been a part time court commissioner or judge Pro Tem for nearly 25 years. As an attorney, I have practiced in front of her in truancy court (kids not going to school), dependency court (State has taken parents' kids), District Court criminal calendars, and Superior Court juvenile court, family law and civil law calendars. In all these matters, Carolyn has respected all parties, listened, and explained her decisions well. I can attest to Carolyn's fairness, legal acuity, thoroughness, and extraordinary people skills. New judges have a steep learning curve. Carolyn has an advantage because of her substantial experience making decisions on the limited information provided. Judges never have as much information about a case as they would like. That can be a difficult adjustment for new judges.

Decisions regarding admissibility of evidence or trial procedure must be made on the spot. It's a high-stakes, high-stress situation. Judges must be comfortable with making decisions that impact people's lives. I believe Carolyn has demonstrated she makes decisions that are fair and equitable.

Carolyn's experience making judicial decisions for more than two decades gives her a critical edge.

Margot Carter
Oak Harbor, Wash.

Kayakers, Paddlers, Boaters Beware: The Sun Shines Warm, but the Water is Still Cold and Dangerous

There are still warm, sunny summer days left to enjoy, but the Deception Pass Sail and Power Squadron (DPSPS) reminds boaters, kayakers and paddlers that Whidbey and Fidalgo waters are still cold. A fall into the water could be dangerous and deadly. Wearing a life jacket is essential to survival.

With local water temperatures averaging in the mid-50s, a fall into the water could bring on cold water immersion, which is the cause of many boating-related fatalities. According to the U.S. Coast Guard, cold water immersion and hypothermia can occur in water as cool as 70 degrees at any time of the year.

According to DPSPS Commander Pat Waters, cold water immersion refers to the effect sudden shock of cold water has on your breathing. "You fall in, and you have an automatic gasp reflex action as soon as you immerse in that cold water. If your head is under water, you can ingest water, drown, or have a constricted windpipe and suffocate."

Even experienced swimmers can experience shock within one minute in the frigid water and lose muscle control within 10 minutes.

According to the National Safe Boating Council, accidents on the water will happen much too fast to reach and put on a stowed life jacket. Drowning is the reported cause of death in 77 percent of all boating fatalities – and 84 percent of drowning victims in recreational boating accidents were not wearing a life jacket in 2018.

According to Waters, warming temperatures and sunny skies will bring locals and visitors to

our beaches and waters. "It's not just those on the bigger boats heading out, but anyone on smaller boats, kayaks, jet-skiers, and paddleboards that need to heed the life jacket requirement."

Waters also stressed the importance of dressing properly for the weather. "Always wear layers, and bring an extra set of clothes in case you get wet."

The Deception Pass Sail and Power Squadron is a 44-year-old nonprofit organization. It is a member of the United States Power Squadrons, the world's largest boating education organization. DPSPS has over 75 members from Whidbey and Fidalgo Islands.

The Deception Pass Sail and Power Squadron is dedicated to education and training of safe boating activities.

<https://safeboatingcampaign.com>

[Submitted by Jennifer Geller, DPSPS]

Working From Home Webinar

While remote work has its advantages (flexible schedules, no commute, saving the company money), it also brings challenges and disadvantages. Communication concerns alone present a challenge, as well as issues of self-scheduling and troubleshooting problems without a support system. Recognizing these challenges will help participants adjust successfully to working from home.

Through the Working From Home Webinar, participants will learn additional skills needed to be successful in their work-from-home environment.

Webinar Objectives:

- Know the skills required for working outside the office
- Learn keys to self-management
- Learn ways to manage time efficiently
- Know different methods of organization and planning
- Identify various forms of communication and their use
- Address and resolve challenges working from home can bring

The webinar will be held Thursday, Aug. 27 from 11:00AM to noon and is presented by the Economic Development Council for Island County. Register today to save your place! <https://economicdevelopmentcouncilforislandcounty.growthzoneapp.com/ap/Events/Register/vP3B9NjP>

[Submitted by Patricia Griffin, EDCIC]

WhidbeyHealth Maintains Zero Device-Related Infection Rate in 2020

WhidbeyHealth Infection Preventionist Colleen Klamm has a passion for what she does.

"I do have a passion for infection prevention," Klamm said.

This is why Klamm is thrilled to announce WhidbeyHealth has had no device-related Hospital Acquired Infections (HAIs) since last year. Before two were recorded in 2019, WhidbeyHealth has had ZERO device-related infections at the hospital since April 2015.

When the COVID-19 pandemic reared its ugly head in March, Klamm became a veritable gumshoe detective for sniffing out possible infection starters at the hospital. She also noted the education of staff and patients about prevention processes is key.

"Possible transmission of disease or pathogens is an ongoing process," said Klamm.

"I have monitored all employee illnesses since 2016, but in 2020 we quickly moved from monthly employee illness reports to daily reporting, so I could maintain a watchful eye for the protection of our staff and patients."

Klamm identified actions that needed to be taken by the staff in order to adhere to the best practices for infection prevention, and of course, with the coronavirus, the proper Personal Protective Equipment (PPE) became mandatory in many more situations.

"Infection prevention can be complex and simple at the same time. If our staff is performing 'best practices' and if the patients are following through, everything comes together in a perfect juxtaposition of prevention," Klamm said.

Patients may be asked to take an antimicrobial bath, let the nurse change their bed with clean sheets and put on clean pajamas, which all can be crucial to their care as it decreases the burden on their skin. This may require some education among patients so they are aware that these actions help to reduce the bio-burden of bacteria on them and prevent the spread of infection.

In the midst of COVID-19, as science and our understanding of this new pathogen continue to evolve, Klamm's role has been pivotal in leading the organization to proactively put evidence-based practices into place.

Education has always played a big role in infection prevention for physicians, nurses and Certified Nursing Assistants (CNAs), as well as for patients. WhidbeyHealth CNAs are trained to let patients know they will be checking on their central line and their catheter frequently. They remind them that this is the best care for the patient.

"Things that may not seem important to patients can be very important to their care," Klamm said.

Klamm has spearheaded efforts to implement sustainable practices that prevent HAIs and the proof of her work can be seen in our exceptionally low infection rates. With Klamm's guidance, WhidbeyHealth has engaged its front-line staff to serve as champions for infection prevention by developing monitoring checks for patients with an in-dwelling device. These checks ensure prevention interventions are performed every shift.

According to the Center for Disease Control (CDC), one in 25 hospitalized patients will get an infection as a result of the care they receive. An estimated 75,000 patients will die each year of Healthcare Acquired Infections (HAIs). Many hospitals and healthcare facilities have made the prevention and reduction of these infections a top priority. The most common infections include Catheter-Associated Urinary Tract Infections (CAUTI), Central Line-Associated Bloodstream Infections (CLABSI), and Ventilator Associated Events (VAE). Nurses are critical in keeping the patient safe from these device associated infections.

As of Aug. 1, 2020, WhidbeyHealth has had no device-related, Healthcare Acquired Infections (HAI) at the hospital this year and this includes infections from urinary catheters, central lines and ventilators.

"Our nurses are diligent about using proper technique with the care of these devices from insertion to discontinuation and every aspect in between and it shows," Klamm said.

"I encourage everyone to talk to their family members about these best care practices and to be prepared if they become an inpatient at the hospital. Our patients' collaboration in these practices is our best line of defense against these infections," Klamm said.

WhidbeyHealth is a comprehensive healthcare system, offering a network of primary care and specialty clinics available at convenient locations, some offering extended office hours. Having a Primary Care Provider (PCP) can help you stay healthy. If you are in need of a provider, please visit www.whidbeyhealth.org to find a provider near you.

Stay connected with WhidbeyHealth for current information at facebook.com/whidbeyhealth or on its website at whidbeyhealth.org.

[Submitted by Patricia Duff, Public Relations Officer, WhidbeyHealth]

What Does an Unplanned Career Transition Mean for You?

The COVID-19 pandemic has unsettled the country's employment picture for months and will likely continue to do so for a while. However, the nature and terminology of this disruption varies greatly among individuals – some have seen their jobs disappear, others have been "furloughed" and still others have been offered an early retirement. If you're in this final group – those either offered, or feeling forced to accept, an early retirement, how should you respond?

Try to look at your situation holistically, rather than strictly in a short-term manner. Consider these four areas:

• **Retirement** – What does retirement really look like to you? Are you ready to fully retire or would you like to work part time? Are you confident that you can work somewhere else for a few years before retiring on your own terms? If you're not certain you can work elsewhere, how can you adjust your desired retirement lifestyle – what you planned to do, where you hoped to live, etc. – to meet your new reality?

• **Income** – Just how financially affected you'll be from an early retirement depends on several factors: how much you've already saved and invested, whether you're married and have a working spouse, whether you've paid off your mortgage, and so on. In any case, though, you'll need to answer several questions, including these: *Do I need to start taking withdrawals from my IRA and 401(k)? If so, how much can I afford to take out each year without running the risk of outliving my resources? Should I adjust my current investment mix? If I haven't yet started collecting Social Security, should I do so now, or can I afford to wait until my monthly payments will be bigger?* Are there any other sources of income I can leverage? You may want to work with a financial professional to address these and other key income-related issues.

• **Insurance** – If you received health insurance through your employer, an early retirement could present you with a dilemma, especially if you're not quite old enough for Medicare. You might be eligible for COBRA, which provides ex-employees and their dependents the option of continued health insurance for potentially up to 36 months, but this coverage can be expensive. As an alternative, you might be able to negotiate an extended severance package, which could provide you with health insurance for several months. Or, you might be able to get on the health insurance plan of your working spouse.

• **Legacy** – Many people want to take care of their family while they're alive – and leave something behind when they're gone. If you take an early retirement, you might lose your employer's group life insurance. Of course, if this plan was not sufficient, you may have already supplemented it with your own policy, but, if you haven't, you may need to shop around for some coverage, particularly if you have children still at home. You also may want to take this opportunity to review your key financial accounts to make sure your beneficiary designations still accurately reflect your wishes.

Going through an unplanned career transition is certainly challenging. But looking closely at the four areas describe above, and making the appropriate moves, may help you reduce some of the stress and can put you in a better position to start the next phase of your life.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.
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MAKING SENSE OF INVESTING



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





Island 911

Seriously, we do not make this stuff up!

SATURDAY, JULY 25

8:37 am, Maxwellton Rd.

Reporting party advising she was bitten by a bat while staying at location. Her health care provider told her animal control needed to respond to location to catch the bat so it can be tested for rabies.

1:46 pm, Williams Rd.

Reporting male at address is harassing reporting party's wife. States subject has a laser beam and is flashing it at reporting party's cameras on house.

7:35 pm, SR 525

Advising wrench blew off county vehicle, struck reporting party's windshield, which cracked. No plate obtained.

SUNDAY, JULY 26

12:38 pm, S Main St.

Reporting party states neighbor has been spraying stuff to kill plants and it's making her throat dry and there's a bad smell from it.

4 pm, Lake Shore Dr.

Reporting party states two boats that are too big for lake are going the wrong direction in the water, endangering everyone else. States they're out in Deer Lake.

5:18 pm, Monroe Landing Rd.

Reporting party advising vehicle stuck

on the sand, tide is coming in; minivan with yellow kayak on roof rack. Reporting party is seeing all this from a distance, is worried due to the tide coming in; this is in area of Monroe Landing boat launch.

5:19 pm, Saboteur Farm Ln.

Reporting party states neighbor backed up into reporting party's driveway on an ATV, saw reporting party, flipped him off, then drove back onto his road. Occurred 10 minutes ago.

MONDAY, JULY 27

1:09 am, Hastie Lake Rd.

Reporting party combative on phone, doesn't believe 911 is real. Advising call-taker has all the information on screen. Says he was hacked and someone was banging on windows. Disconnected when ICOM asked to verify his number.

8:34 am, SE Terry Rd.

Reporting party states male working in parking lot came over and told teacher the kids were yelling "faggot loser." Reporting party states no way he could hear the kids.

9:46 am, Olympic Dr.

Requesting call regarding Proud Boys and Boogaloo, regarding their activity in Oak Harbor.

11:16 am, Mobius Loop

Reporting party advising saw post on Facebook of someone trying to sell a table with what looked like severed feet in the picture; reporting party advising the post has been removed but reporting party is still concerned. Advising the only location she could get from post was the area code of 98277.

3:47 pm, NW Front St.

States male walking from Toby's towards Coupeville Wharf, screaming and cussing at everyone.

5:58 pm, E Squire Rd.

Caller requesting law enforcement drive by right now to make sure neighbors are not trespassing on property. States is concerned neighbor may come onto property while reporting party is going to the store because he has shot towards the reporting party's property before.

6:05 pm, Huckleberry Ln.

Reporting party advising neighbor's dog was in her yard; reporting party went to tell neighbor and neighbor was aggressive, calling her a c*** and yelling at her. Reporting party advising she drove her vehicle over to location and got it stuck.

10:40 pm, N Main St.

Male subject advising is in lobby at location. States came to location for assistance and is being discharged. Male subject now advising "they are making porn here."

TUESDAY, JULY 28

4:02 pm, SR 20

Reporting party advising 18-year-old neighbor kids keep trying to lure her small puppy into the woods to steal him; reporting party advising she suspects they are sneaking into her house, she can see footprints on her window sills.

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

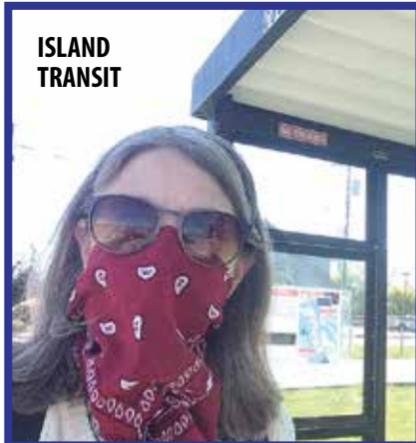
Pandemic Pods are forming on Whidbey Island from Coupeville to Bayview!



What is a pandemic pod? Credentialed teachers will meet with the learners from 2 to 3 families in order to teach (planning lessons) or to guide the instruction from the regular teacher as needed, either online or in-person, following strict CDC health guidelines.

Judy Kaplan is creating the pods. She is a credentialed, experienced teacher who wants to help children, teens and parents. The pods are comprised of up to 6 students, grades 3 to 12, whose parents work outside the home. Fees are negotiable.

For more information, or if you are a teacher wanting to create pods, call Judy at 206-755-4873



ISLAND TRANSIT



ANCHORAGE INN



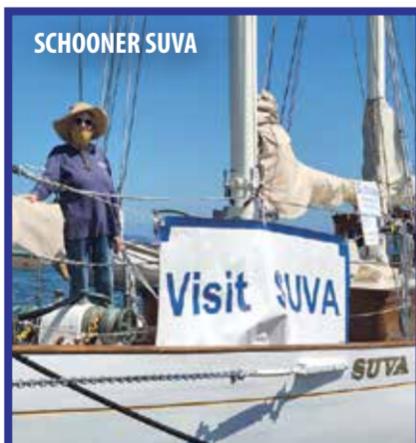
Far From Normal



THE COUPEVILLE INN



SALON BLUE



SCHOONER SUVA



CURRENTS BISTRO



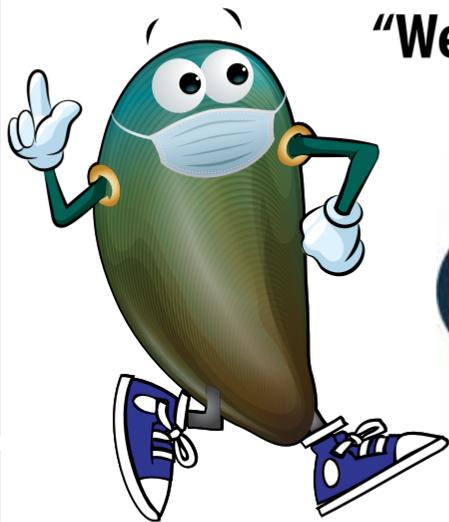
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Riding program gives helping hand p. 10

New nonprofit aims to provide top-notch nutrition to athletes

By Kacie Jo Voeller Whidbey Weekly

It all started with sandwiches – enough to feed the entire football team after pre-season practice, when Colby Heefner got the idea to start the Whidbey AthLEATS Foundation.

Heefner, Oak Harbor High School's strength and conditioning coach, said he was inspired by the school's football coach after being asked to make sandwiches for the team. Heefner decided he wanted to create a nonprofit to provide readily available, quality nutrition sources for all the athletes he worked with in the weight room, from baseball to football players.

"The main thing that we wanted to do was just level the playing field nutritionally for the athletes," he said.

Heefner said creating a dependable source of nutrition and fostering a sense of belonging for all athletes were key factors in creating the Whidbey AthLEATS Foundation, which has been in operation for just under a month. Heefner said with the impacts of COVID-19 and a constantly changing landscape for student-athletes, he wanted to create an organization focused on consistency and reliability.

"The weight room is going to be there for them (the athletes) and the food is going to be there for them," he said. "That is really the main point. What I want to do with this foundation is just create that certainty and security so they know that I am going to be there for them, and the foundation and the program is going to be there for them in case they need food or any kind of support."

Heefner said COVID-19 has impacted the new organization in other ways with safety considerations being kept in mind.

"With the food preparation, it has been a lot more pre-packaged foods that we have had to use instead of homemade or anything like that," he said. "We have been doing a lot of pre-packaged food or things we have made in-house with the cafeteria at the school."

Heefner said the organization has also started a contract with Gatorade to keep protein bars and shakes available and one of the main objectives is to also have quality food accessible to athletes multiple days a week.

See ATHLEATS continued on page 9



Photo Courtesy of Colby Heefner

The Whidbey AthLEATS Foundation aims to provide local athletes with meals and quality sources of nutrition. The organization was founded by Colby Heefner (center), and assisted by directors and collegiate athletes Dorian Hardin (left) and Taeson Hardin.



Photo Courtesy of Whidbey Island Music Festival

Former U.S. Poet Laureate, Rita Dove, will make a special appearance Friday at this year's Whidbey Island Music Festival, performing her poem "Ludwig van Beethoven Returns to Vienna." A series of three different concerts begins online this weekend and will feature pre-concert chats with the artists. Concerts will be available to "attend" from home through September.

A VIRTUAL DELIGHT: WHIDBEY ISLAND MUSIC FESTIVAL 2020

By Kathy Reed Whidbey Weekly

One might compare it to a beloved children's book about perseverance: The Whidbey Island Music Festival is the little concert series that could, despite a worldwide pandemic and event cancellations too numerous to remember.

The festival, now in its 15th year of celebrating the music of the past four centuries, kicks off a unique series of three virtual concert "opening nights" starting Friday and running through Sunday, all available for music lovers to enjoy from the comfort of their own homes.

While this weekend's performances will each feature a live Zoom chat with musicians at 7 p.m. before the 7:30 p.m. concerts, all the programs will be available to watch through Sept. 30. A festival pass for all performances is available for purchase at www.whidbeyislandmusicfestival.org, as are tickets for individual concerts and information on all the performers.

Founder and organizer of WIMF, Tekla Cunningham, said this year presents a unique experience she hopes festival lovers will embrace.

"This year there are three online-only programs and two big anniversaries to celebrate," she said. "The first is the 250th anniversary of Beethoven's birth and the second is the 15th anniversary of the Whidbey Island Music Festival."

As so many are doing these days, Cunningham adjusted how the festival would proceed. Instead of gathering small groups of musicians at various venues on Whidbey Island, participating musicians recorded their performances.

"This is uncharted territory, but I'm very hopeful that Whidbey audiences will embrace the convenience of watching these programs from the comfort and safety of home at a time when large in-person gatherings are not possible," Cunningham said. "The concerts will be available online until the end of September, so there is lots of flexibility built into the experience."

"The live chats are a chance for the audience to connect with performers and will function as a pre-concert chat," she continued.

"2020 has been the year of Zoom and I think most people are now fairly comfortable with this new way of connecting."

If the experience is different for audiences, it is also different for musicians, who are used to performing in front of said audiences. This year has been hard on those in the performing arts, so Cunningham is happy to be able to provide this online venue for them.

"Performing without an audience is certainly a different experience, but in doing video recordings of performances, the musicians become more focused on communicating with each other," she said. "The musicians were all so thrilled to have a chance to play together, and to get to 'make something.' Most musicians have seen their concert calendar erased from March 2020 to at least the end of 2021. It's a very challenging moment for artists who make their living performing. For musicians, it's extremely meaningful and validating to have this opportunity to create a shared experience to bring light and joy to the community."

Selecting these centuries-old compositions and playing them on period instruments is part of what has made WIMF unique over the past several years. The pandemic made for even more challenges when it came to putting this year's festival together.

"Logistics are certainly daunting during this time," said Cunningham. "Keeping groups very small, working with venue, safety and spacing requirements were all new challenges. Adding in the video element adds a new layer of complexity. It has been so inspiring to see musicians meet the challenges of this with so much ingenuity and creativity, and with such devotion to their craft."

For those familiar with the Whidbey Island Music Festival, Cunningham said she feels this year's series of concerts will not disappoint and has pulled together both familiar and new elements to make these performances special.

"The first program is a selection of Beethoven Sonatas for piano forte and cello," she described. "Eric Zivian and Tanya Tomkins live in Berkeley, Calif., and have turned their living room into a concert

See FESTIVAL continued on page 9



Back to School

Escape to the big screen

By Carey Ross



Back when I was a high school student—which was a fair bit of time ago, but not so long I've forgotten it—starting the school year was an event fraught with controversy. In elementary and middle school, I mostly went peacefully, barring a few dustups over hygiene (elementary school) and wardrobe choices (middle school). By the time I hit my freshman year, I'd learned how to clean and dress myself, however I believed the first day of school to be a waste of time because "nothing happened." Instead, I tried to get my parents to let me skip and hang out in my friend Holly's basement with the other kids whose parents were "nicer" than mine.

Needless to say, I never missed a first day of school.

This year, thanks to COVID-19, back-to-school controversy is real in a way it never has been before. Whether learning happens at home or in a classroom—or in some combination of both—the choices parents and teachers are facing wedges them right between a rock and a hard spot, with precious little wiggle room to maneuver.

This is where I take a serious moment to commend everyone involved in the rearing and education of kids of all ages for trying to navigate an impossible and frightening situation with careful consideration, thoughtfulness and an abundance of courage. Parents, I know you're up against it and have been for some months now. Teachers, your job has gone from being challenging to treacherous in short order. Both groups of you are meeting difficult circumstances with what can only be described as real heroism.

But for now, all of you could probably use an escape, and this is where movies come in. Movies set in the halls of high school might not seem like the obvious choice when trying to take a break from start-of-school creeping dread, but I believe hearkening back to a more normal time goes a long way toward reminding us we will get through this and will make it back to a place in which wardrobe arguments and skip-day negotiations will be nice problems to have.

John Hughes was the undisputed king of the 1980s high school comedy—no one mixed angst with jokes quite like he did. It is true some of his movies have not aged well (*Sixteen Candles* and *Breakfast Club*, I'm looking at you), but what makes Hughes' movies still watchable and relatable was his way of writing characters that fit into well-known archetypes—the jock, the nerd, the goth, the popular girl—and fleshing them out, flaws, soft spots and all. Of course, few of his characters are as memorable as the cast of *Ferris Bueller's Day Off*. Technically this is not so much a movie about school as it is about skipping school, but Ferris and his fourth-wall-breaking antics remain charming, even though

as time has gone by, I've come to feel sorry for Cameron, who certainly deserved better treatment from his bestie. Matthew Broderick was so good in the title role, it's no surprise people still think his real name is Ferris. (For more Hughes' take about high school, see also *Pretty in Pink*, *Some Kind of Wonderful*, and, if you must, *Weird Science*.)

For some reason, Hollywood seems to think high school is a place where people break into song and dance in the hallways, in class, in the cafeteria—or anywhere else there might be room to groove. Of course, *Grease* is probably the standard-setter for such behavior, even if its cast appeared to be well in its 30s by the time they started singing about "Summer Lovin'" and "Greased Lightning." While it is true I know every lyric from the soundtracks to both *Grease* and its unfairly maligned sequel *Grease 2*, my favorite high school musical (no, it's not *High School Musical*) will forever and always be *Footloose*. First, to dispel a long-held myth of unknown origins: No, the movie is absolutely, positively not based on Lynden and its hatred of dancing. It's based on a small town in Oklahoma called Elmore. Let go of that dream. Stop trying to make Lynden happen. But Kevin Bacon as Ren is iconic (even if his gymnastics in the barn dance sequence stretch anyone's suspension of disbelief to the breaking point), and bromance was never expressed quite as endearingly as when Ren taught Willard (Chris Penn) to dance in that cornfield. (For further viewing, check out *Fame*, *Bring It On*, and, for the best dance sequence in modern cinematic history, *Napoleon Dynamite*.)

Lastly, even the genre of high school cinema has its classics, such films as *Fast Times at Ridgemont High*, *Say Anything*, *American Graffiti*, as well as nearly every film mentioned above. However, I'm here to make a case for the modern classics. For instance, not only does *Clueless* feature an iconic turn by Alicia Silverstone as Cher, as well as the seemingly ageless Paul Rudd in a role so charming we somehow forgive him for romancing his high school stepsister, but it also contains the 60-second speech Cher gives about Haitian refugees that addresses the immigration crisis better than any politician I've ever seen. *10 Things I Hate About You* has Seattle as its backdrop, Heath Ledger at his high-school dreamiest and a clever take on Shakespeare I believe would make the Bard himself proud. However, all of those movies bow before the altar of *Mean Girls*, Tina Fey's cinematic masterpiece that manages to be smart, snarky, hilarious and bighearted, all at the same time. There is no movie line I've quoted more often than "You can't sit with us," a sentiment that stretches far beyond the high school cafeteria. (Keep the classics rolling with *American Pie*, *She's All That*, *Rushmore*, *Dazed and Confused*.)

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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

Answers on page 15

		4		3				
	7	2		1	4			3
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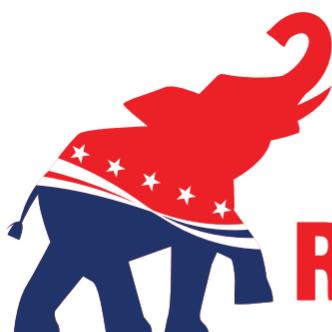
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For questions call Joe Coomer at 360-929-2397.



PAID ADVERTISEMENT



THIS AND THAT

With summer fishing and crabbing in full swing, I hope all Island Anglers have had a chance to get out on the water and catch some savory Chinook salmon and pull up some sweet Dungeness crabs. Salmon catch numbers have been about average, Marine Area 7 reached its quota of 1,562 hatchery Chinooks before the end of the regular season and was closed. At the same time, Marine Area 9 was falling short of legal hatchery fish reported, so area nine's daily limit was bumped up to two hatchery Chinooks per day. Area 9 was hot and cold; some fishermen were out early and home early with a limit and others struggled to catch a keeper-size fish. I had reports of gobs of small shakers being hooked; even when switching to large lures, people were hooking these aggressive little guys. By the time you read this, most all of the Chinook fishery will be closed and anglers will shift gears to target hatchery Coho, which will be good in the salt through September and early October.

If you are still searching for a halibut that didn't happen in May and June, the Department of Fish and Wildlife has re-opened some of the Marine Areas. This reopening is the result of the recreational halibut quota not being met and opening day being pushed back due to COVID-19. Here is a quick look at what is planned for us:

Marine Areas 5 - 10 (Puget Sound) opened Thursday, Aug. 6. The fishery in this area will be open three days per week, Thursdays, Fridays, and Saturdays, Aug. 6 through Sept. 30 or until the remaining quota is taken. In all marine areas open to halibut fishing, there is a one-fish daily catch limit and no minimum size restriction. Anglers may possess a maximum of two halibut in any form while in the field and must record their catch on a WDFW halibut catch record card. There is an annual limit of four halibut. Recreational fishery samplers will be available to collect catch information at fishing access sites throughout Puget Sound and the coast while practicing physical distancing guidelines.

Because halibut fisheries are managed to a quota, closures could happen quickly and anglers should check the WDFW website to ensure a specific area is open prior to fishing. Complete information about recreational halibut regulations and seasons is available online at wdfw.wa.gov/fishing/regulations/halibut. Anglers should check the Washington Sport Fishing Rules pamphlet at wdfw.wa.gov/fishing/regulations and WDFW's emergency rules page at fortress.wa.gov/dfw/erules/efishrules/ before heading out and download the Fish Washington mobile app for up-to-date regulations at their destination.

Sockeye anglers on Baker Lake were very successful this year. Remember, this is an early morning fish-

ery; we need to be up with the sun to catch these feisty fish. The state closed the Baker Lake fishery a little early to ensure enough fish remained in the lake to spawn and help provide the Smoltz needed to provide next year's fish. There will be close to 16,000 fish returning to the Baker River trap this year, under the 19,000 fish average; unfortunately returning salmon numbers have been low for all salmon species across the board the past few years. With a couple of positive WDFW emergency rule changes coming out this month, I am still keeping my fingers crossed the state might reconsider giving us a winter Blackmouth season. When the weather cooperates, the winter Chinook fishery can be very productive, plus I like fresh salmon for Christmas! Time will tell.

Limits of hard shell Dungeness crabs have been coming from all over the island's waters. Chicken pieces are always on the crabs' menu; freeze the pieces first, this will slow the crabs down and keep them from devouring the bait so quickly. Any old salmon, lingcod, and kelp greenling carcasses you may have will get the crabs headed for the trap doors. If you can take time to scoop up a five gallon bucket of sea water to cook your crab in, try it. You will like the salty mineral taste the water adds to the crab meat. Be sure to dump the saltwater away from the trees; too much salt can kill them.

If you are a hardware salmon fisherman like me, flashers and spoon prices have gotten ridiculous, so to keep that \$16 flasher and \$7 spoon in good condition, I always wash my gear in warm, soapy water after each trip. This rinses off excess salt and removes any sticky oils and gels that if left on too long can remove paint and stickers. It is also good to give the barrel swivels on the flashers a small drizzle of light oil, like 3-in-1 or WD-40 - this keeps the swivels from sticking and helps prevent line twist. Once your gear is down at 100 feet you want that gear catching fish, not turning into a tangled mess

"Let it climb" - remember this phrase, especially during Coho season. After pulling your mainline from the downrigger clip do not reel the gear in. Instead, keep trolling and set the rod back into the pole holder; let the flasher and spoon or bait slowly climb up through the water column to the surface. I have caught many fish this way, plus it can help find the depth of the biting fish.

Migrating salmon will be in the Puget Sound through September filling up on bait fish and getting ready to move into the river systems. This can be a busy and exciting time, with lots of preparation involved in switching gear from salt to freshwater fishing. Everyone be safe out there, continue to be patient, and keep good notes on all fish caught for future trips out. GOOD LUCK out there!

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Central Whidbey riding program provides unique helping hand

By **Melanie Hammons** Whidbey Weekly

Height measurement for horses is usually expressed in precise units of hands, ranging anywhere from 8.5 to 17. It's a practice dating back to ancient times.

Equestrian Crossings, an all-inclusive horse riding program based in Freeland, takes this "hands-on" metaphor to a whole new level. Their uniquely tailored therapy programs seek to provide "healing hands" to children and adults of all ages and abilities.

Therapy and service animals have been around for a while now, but just by nature, horses offer a little something extra, said Marjorie Bommersbach, a riding instructor and volunteer with the organization.

"There's something about learning to care for a large animal like a horse and developing ridership skills that's been a life-line for people. Just to see kids and adults, of all ages and abilities, move on to new levels of confidence makes this work incredibly rewarding," she said.

Established in 2009, Equestrian Crossings is unique among many riding clubs and organizations in the United States, because it successfully offers a range of horsemanship lessons to able-bodied and adaptive students alike. Riders include both children and adults, "from ages 5 to 105."

The organization also offers people opportunities to develop these skills without having to actually own a horse themselves, said Bommersbach.

"Horses require a lot of care, and room. Most people nowadays are just not in the position to afford the upkeep of an



Photo Courtesy of Equestrian Crossings
Equestrian Crossings riding program gives people of all ages and abilities the opportunity to learn how to ride horses, even during the pandemic.

animal of that size. One thing I love about our program is, you don't have to own a horse to get a horse in your life," she said.

Just last fall, Equestrian Crossings added a therapy program that serves disabled veterans. As with the other classes they offer, instruction is very much safety-focused and tailored to the individual's unique needs. It's a fun physical activity, but it has an emotional element also, said Bommersbach.

"We try to promote healing in a couple of ways. One is physical improvement, which covers everything from muscle stretching to achieving better balance," she explained. "Two, we aim to create a nurturing, emotional connection between the rider and the animal that builds their confidence as they work toward personal goals of self-improvement."

Students at Equestrian Crossings reap the benefits of over 40 years combined teaching experience, a volunteer pediatric occupational therapist and riding instructors certified by the CHA (Certified Horseman's Association). The horses

may be silent partners in this, but they bring their own set of strengths to the mission:

"Generally, we look for small, steady horse breeds with nice, quiet dispositions," said Bommersbach.

Equestrian Crossings' success depends greatly upon its dedicated instructors, and gentle horses. But it relies most of all on an army of faithful volunteers - from horse handling and "side walking," to event promotion and fundraising, they are the ones who may be the real behind-the-scenes heroes. New volunteers are always welcome. Equestrian Crossings provides training sessions in Coupeville and Greenbank.

The benefits for all are boundless, according to Bommersbach, no matter on which area volunteers choose to focus.

"There's a special bond between horse and rider that's simply super-magical," she said. "All of us who volunteer here have a part in making that happen."

Find more information at equestriancrossings.org.

ATHLEATS continued from page 6

"The goal is to have the ability to keep [the bars and protein shakes] stocked up full for the athletes and provide a meal, or at least a sandwich, five days a week for them," he said.

In the future, Heefner said he hopes to see the program grow beyond the high school and provide support to other schools throughout the Oak Harbor community.

"If we keep growing like I hope we will, then maybe we can provide to other schools within Oak Harbor," he said. "Maybe at the middle school we can get a little bit of food for the athletes."

Heefner said although many factors go into athlete performance, nutrition is an important piece of the puzzle to help high school athletes reach their goals.

"How my background (as a strength coach) has helped is I basically live in the weight room and I see athletes every day," he said. "And I know the importance of nutrition because I see these athletes who are getting good food or quality food, they progress faster, they get bigger, they get stronger."

Heefner said he will be assisted in running the program by two Oak Harbor High School graduates, Dorian Hardin (2018) and Taeson

Hardin (2017). The brothers have gone on to become football players at the College of Idaho and will continue to serve as directors for the foundation remotely when they return to school, Heefner shared. Dorian Hardin said nutrition is one of the key parts of any athlete's regimen.

"Having experienced what it's like at the next level, I know that it's important for kids to continue to eat healthily, maintain their body, and build their strength," Dorian said. "This is a pivotal time in their development, as they are always growing at this period in life."

Taeson Hardin said the combination of hard

work and proper nutrition could help athletes become their best.

"Since being at home, I've gained a solid 15 pounds of muscle while working with Colby," he said. "I just want the younger kids to see that hard work and making sure you're fed right through this nonprofit organization will set our athletes up for success."

Those interested in contributing to the Whidbey AthLEATS Foundation can email whidbeyathleats@gmail.com. More information about the nonprofit can be found at whidbeyathleats.org.

FESTIVAL continued from page 6

hall. They created wonderful videos of their performances for this program. Rita Dove, the former U.S. Poet Laureate, sent a video recording of her poem 'Ludwig van Beethoven Returns to Vienna' from her home in Virginia.

"The second program is all about an almost unknown French composer named Zoé de la Ruë, who was the French Age of Enlightenment's reigning harp virtuosa," Cunningham continued. "Tess Altiveros sings a set of Zoé's songs, which are every bit as tuneful as Schubert's, and I'm playing the violin in the wonderfully dramatic duos with harpist Maxine Eilander, as well as a few opera arias by Mozart and Gluck arranged for violin and harp, in which I get to 'sing' the melody line on the violin."

The third and final program, which debuts Sunday evening, also brings high-caliber performances.

"The final program combines Beethoven's Scottish songs with sets of traditional Scottish fiddle tunes played by Scottish fiddle champion Brandon Vance, Grammy winner Stephen Stubbs and multi-instrumentalist Henry Lebedinsky," said Cunningham. "The contrast between Beethoven's refined imaginings of traditional melodies and the crackling energy of the traditional fiddle tunes is pure delight!"

While the festival may be anything but "traditional" this year, Cunningham hopes audiences will still be inspired to "attend." Pre-concert Zoom chats will take place before this weekend's performances, but all concerts will be available to enjoy through the end of September. Details are available at whidbeyislandmusicfestival.org.



Photos Courtesy of Whidbey Island Music Festival
Almost live from Berkeley, Calif., musicians Tanya Tomkins and Eric Zivian will be featured in Friday's opening night of the Whidbey Island Music Festival.

"This year's festival is a chance to take a break and recharge with the beauty, joy and connection of music," she said. "Music has a unique power to inspire and delight. From the virtuosity and passion of Beethoven's sonatas for piano



and cello, the elegance and joie de vivre of Zoé de la Ruë's chamber music and the sheer foot-stomping joy of traditional Scottish Fiddle tunes, this year's Whidbey Island Music Festival has something for everyone!"



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





invented the umbrella? Someone long ago. Our inescapable conclusion? However you shade it, your behind figures largely in your future.

LIBRA (Sept. 23-Oct. 22)



"Can't live with them, can't live without them." Without steering us into weedy sexism, name the subject. Hmmm. With "men" and "women" excluded as acceptable

answers, what's left? All your pet vices, maybe? The things you ban from your life over and over, every January 1st? Think. Who reflects those unsavory qualities of yours back at you? Exactly. Is that why you can't live with him or her?

SCORPIO (Oct. 23-Nov. 21)



Are burials always sad and solemn? No. A joyous example is Return Day in Georgetown, Delaware, which follows every Election Day and features a Burying the Hatchet Parade

and festival to end campaign rancor. And almost immediately, new campaigns begin. That's how we Americans roll. Everyone in some way is carrying a war ax. Are you afraid of giving yours a happy burial? Don't be. It's how we roll.

SAGITTARIUS (Nov. 22-Dec. 21)



Standing tall. Your supporters will admire you for it. Your detractors will secretly envy you, even while openly opposing you. Yes, there are many points in favor of standing up for what you believe, what you know to be good and right. The biggest? You don't have to be tall to stand tall. Some of history's "tallest" could easily disappear in a crowd. It's what you stand for that makes you tall.

CAPRICORN (Dec. 22-Jan. 19)



Being sure of yourself has its advantages. It means you don't go through life suffering the doubts that plague others. Don't be dismayed that the less sure won't always tell you what they're thinking. Their treacheries get tiresome, true. But self-certainty lets one take deceptions, double-talk, and lack of sincerity in stride. Are we saying that poise and aplomb will always carry the day? To be sure!

AQUARIUS (Jan. 20-Feb 18)



Would you pussyfoot with your GPS? Hide behind a mask face, poker face or an abrupt about-face? Tell it only what you think it wants to hear? Sure, if you want a joy ride that goes nowhere. The same two honest answers that GPS demands are equally essential to human relations: Where are you at? Where do you want to go? In life, as in high-tech, phony is out. Facts are in. Honestly!

PISCES (Feb. 19-March 20)



When does a fish notice the water? On its first brief leap into the air? There's a richness and complexity to life, a way of living life properly, that is akin to a fish going from water to air. That leap, once experienced, opens on a higher path. The noticer is noticed, and a game of cosmic-level table tennis begins. You hit the ball, the Universe hits it back. The goal? To learn, grow, and make the world a better place. Your serve.

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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.

CHICKEN LITTLE & THE ASTROLOGER

By Wesley Hallock

ARIES (March 21-April 19)



Vim, vigor and vitality! A splendid alliteration (three consecutive V's) and a marvelous tautology (stacking emphasis by layering in words of similar meaning.) Alas,

weakened by overuse, the magic of vim, vigor and vitality as a phrase of genius grows dim. To better capture the spirit of your week, we're auditioning for the fresh and original. Beans, bounce and bustle? Verve, vivacity and verdure? Punch, pep . . .

TAURUS (April 20-May 20)



The key to your week? Your small but loyal community of supporters. Have you noticed them? Maybe you've been too busy. They have your back, nevertheless. Some are family. Some are old friends, closer than family. Though they go unheard from in the course of a humdrum week, let lightning strike, let humiliation rear its ugly head, and your backers are there. So breathe easy. They've got you covered.

GEMINI (May 21-June 21)



Moments of merry-making act like fertile seeds on the fallow field of sibling rivalry. Will the seeds grow? Or do they fall on barren ground? Nurturing the barren start proves much harder than preparing the soil in advance. It's not hard, you know. Warmth enhances growth, and what is warmer than a sincere smile? More quenching than laughter to spirits thirsty for love? You can start with a phone call.

CANCER (June 22-July 22)



"To err is human; to forgive, divine." More than three centuries after he wrote them, Alexander Pope's words still ring true. Just as true are the words of John F. Kennedy: "Forgive your enemies, but never forget their names." Great advice from both men. For a spirited synthesis, we like the words of Dr. Sherri Tenpenny, who says, "Fool me once, shame on you. Fool me twice, ain't gonna happen."

LEO (July 23-Aug. 22)



How important is tradition? How important is the cup to your morning tea? There are workarounds to cupless tea. We don't recommend them. (Ever slurped from a hot teapot? Poured boiling water into your cupped hands?) Donald Kingsbury summed the matter most eloquently when he said, "Tradition is a set of solutions for which we have forgotten the problems. Throw away the tradition, and you get the problem back."

VIRGO (Aug. 23-Sept. 22)



Today's lesson in investing comes from Warren Buffet, who said, "Someone is sitting in the shade today because someone long ago planted a tree." The instant gratification crowd might disagree as they plop themselves down beneath an umbrella. But who

Crossword Puzzle

1	2	3	4		5	6	7	8	9	10				
11					12						13	14	15	
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49				50					51	52				
53			54					55						
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60					61	62					63			
				64							65			

CLUES ACROSS

- 1. Corrode
- 5. Jean Paul ___, author
- 11. Hebrew unit of dry measure
- 12. A type of scientist
- 16. Greek goddess of discord
- 17. For Red Sox MVP
- 18. It checks your speed
- 19. Made dirty
- 24. The First State
- 25. Lodgings
- 26. Spiritual leader
- 27. Bradley Int'l Airport code
- 28. Native American people
- 29. Sharp pain
- 30. Touch
- 31. Slowly disappears
- 33. Indigenous Russian people
- 34. Narrative poem
- 38. Some are bad
- 39. Small quill feathers
- 40. Tattles
- 43. Popular Easter entree
- 44. Beneficiary
- 45. Clothed
- 49. Payroll firm
- 50. Lower Normandy's largest city
- 51. Binary compound of halogen

- 53. The Fighting Irish
- 54. Skilled, paid worker
- 56. Eyelashes
- 58. The 12th letter of the Greek alphabet
- 59. Large, stocky lizard
- 60. Made poisonous
- 63. Former US Secretary of State
- 64. Sticky substances
- 65. A type of gin

CLUES DOWN

- 1. To return an echo
- 2. Displace
- 3. Japanese religion
- 4. Predilections
- 5. Partial
- 6. Poisonous plant
- 7. Road open
- 8. Atomic #81
- 9. Accomplished American composer
- 10. Oh, God!
- 13. Potato state
- 14. Most melancholic
- 15. Supportive framework
- 20. Hollywood's Pacino
- 21. A title for women
- 22. Popular Grammys alternative
- 23. Check
- 27. Bolivian river
- 29. South Dakota
- 30. Wonderful
- 31. Supervises flying
- 32. Commercial
- 33. More (Spanish)
- 34. Even distribution of weight
- 35. "Arabian Nights" hero
- 36. Compact mass of a substance
- 37. Bachelor of Laws
- 38. Halfback
- 40. Some of it is ground
- 41. They play in the trenches
- 42. Atomic #18
- 44. Chinese Prefecture
- 45. Fabrics
- 46. Being in a direct line of descent from an ancestor
- 47. In slow tempo
- 48. Flood
- 50. Long-necked bird
- 51. Secondary school
- 52. Artificial intelligence
- 54. Structure by the water
- 55. Lather
- 57. What happens there stays there
- 61. A bone
- 62. The Great Lakes State

Answers on page 15

YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST

Thurs, August 20	Fri, August 20	Sat, August 22	Sun, August 23	Mon, August 24	Tues, August 25	Wed, August 26
North Isle H-71°/L-52° Mostly Cloudy Chance Shower	North Isle H-72°/L-55° Mostly Sunny	North Isle H-71°/L-54° Mostly Cloudy Chance Shower	North Isle H-69°/L-54° Mostly Sunny	North Isle H-68°/L-53° Mostly Cloudy Chance Showers	North Isle H-67°/L-52° Mostly Cloudy Chance Showers	North Isle H-68°/L-51° Cloudy Chance Showers
South Isle H-70°/L-57° Mostly Cloudy	South Isle H-78°/L-58° Partly Sunny	South Isle H-76°/L-57° Mostly Cloudy Chance Showers	South Isle H-75°/L-56° Mostly Sunny	South Isle H-74°/L-56° Partly Sunny PM Rain	South Isle H-74°/L-55° Mostly Cloudy Chance Showers	South Isle H-72°/L-54° Cloudy Chance Showers



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Community Bulletin Board

To place an ad, email classifieds@whidbeyweekly.com

AUTO/PARTS FOR SALE

77 Chevy 454 engine. Good runner, \$750; 67 Jeep, V6, 225, odd-fire. Good runner, \$750. 360-321-4035 (0)

GARAGE/ESTATE SALES

Three cousins' yard sale, something for everyone: Friday, Aug. 21 and Saturday, Aug. 22 at 8am. Look for signs to 2774 Laurel Lane, Oak Harbor. Rain or shine. Harley Davidson chrome exhaust pipes and other small parts, like new in boxes, Harley Davidson helmets, goggles, vests, chaps, jackets and gloves, full size steel pickup construction rack, lots of Christmas items, large collection of new, still-in-boxes porcelain dolls, lots of household items, a few tools, home construction books, fantasy paperbacks, roll of barbed wire, lots more.

Huge Garage Sale/Yard Sale! Friday, Aug. 28 & Saturday, Aug. 29, 8-4pm, 1963 Zylstra Rd., Oak Harbor. No early birds! Furniture, clothing, musical equip. (amps, mixers, guitars, mics, etc.), books, tools, toys and lots more!

ANNOUNCEMENTS

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@servalvt-cfs.com

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

Big Brother Big Sisters of Island County (BBBSIC) is actively seeking new member(s) for its Board of Directors. Join

How'd you do?

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

the board's exciting array of professionals! BBBSIC is seeking individuals who are committed to defending the potential of youth in our community through their time, skill sets, and influence in the community. To complement the existing board, candidates with expertise in accounting, law, nonprofit management, networking, or fundraising are of particular interest. Committed to diversifying its board to better represent our community, BBBSIC encourages BIPOC and LGBTQIA community members to inquire. Please contact admin@bbbsislandcounty.org for more information.

The Island County Medical Reserve Corps (ICMRC) is a local network of volunteers organized to improve the health and safety of communities on Whidbey and Camano Island. Volunteers include medical and public health professionals as well as other community members with no prior healthcare background. ICMRC utilizes volunteers to strengthen community health, enhance emergency response capabilities, and boost community resiliency. They prepare for and respond to natural and manmade disasters such as winter storms, flooding, earthquakes, as well as public health emergencies such as disease outbreaks. If you are interested in volunteering please go to the Island County MRC website for more information or contact s.ziemer@islandcountywa.gov. 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 Pacific Northwest Naval Air Museum. Go to www.pnwnam.org and click on "Volunteer" or just stop by and introduce yourself. Imagine Oak Harbor's first Food Forest, Saturdays 11am-3pm, at 526 Bayshore Drive. Each week, we have volunteer opportunities available to help care for our community garden, share organic gardening tips, and learn Permaculture principles. All ages and skill levels welcome. Schedule can change due to adverse weather conditions. If you have any questions, please contact us at: imaginepermacultureworld@gmail.com

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

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

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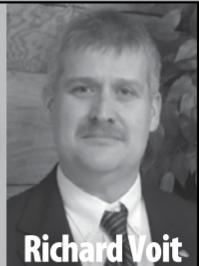
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Pam's Prayer Corner

In honor of my late mother-in-law, Pamela Kaye Young, this column is a place where believers can share their prayer requests for others to help lift them up in faith. The prayers can be for you, a family member, or anything weighing on your soul. Email info@whidbeyweekly.com or call 360-682-2341 to share your prayer requests.

Our Father, Our Lord, Our Keeper, we give you the honor, praise and glory. As we walk through trouble times, unknown situations, and the trying of our faith, we must remember to put our trust in You, "to walk by faith and not by sight," to hold fast to your grace and mercy, understanding that you are always near, you are our comfort in the mist of a storm, you bring Joy in days of sorrow. Lord we cry out for you to put your loving arms around us, so that we feel your presence. How Great They Are! Amen.

~Mins. Roosevelt Rumble, USN/RET.

"For we live by
faith, not by sight."

2 Corinthians 5:7





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