

January 14 through January 20, 2021

FREE

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His Dream Lives On

Through his pioneering efforts in the civil rights movement, Dr. Martin Luther King, Jr. inspired millions with his dream of racial equality.

As we celebrate Dr. King's birthday, we reflect on how far we've come, and how much work remains to be done.

Let's stand together in honoring his memory and his legacy through a collective commitment to equality, justice and opportunity for all.

In honor of

MARTIN LUTHER KING, JR. DAY

January 18, 2021



New “Roadmap to Recovery” plan could have some bumps

By **Kathy Reed** Whidbey Weekly

Forget Washington’s “Safe Start” plan to reopen the economy in the wake of COVID – Gov. Jay Inslee has announced a new, regional approach, dubbed “Healthy Washington – A Roadmap to Recovery.”

The plan, which took effect this week, separates the state’s 39 counties into eight regions, as opposed to the county-by-county approach used in the now defunct Safe Start plan. Island County is in the “North” region, along with San Juan, Skagit and Whatcom counties. As of this week, all regions in the state are in Phase 1.

“Our primary concern throughout the COVID-19 pandemic has been the health and safety of all Washington residents,” Inslee said Monday as he signed the Healthy Start proclamation. “This plan continues those efforts, and puts us on a path towards recovery.”

“Our intent is to ensure that regions, the communities within them, and our state as whole have a balanced path toward recovery from the pandemic that relies on multiple key metrics that look at disease trajectory and health system capacity” said Deputy Secretary for COVID Response Lacy Fehrenbach. “This plan offers the start of a clear way forward as we continue to slow the spread of COVID-19, while we get more people vaccinated over the next few months.”

The Healthy Washington plan currently offers only two phases. All regions will be evaluated by the State Department of Health every Friday and regions would begin the appropriate restrictions for whatever phase they are in the following Monday. To move from Phase 1 to Phase 2 of the plan, regions must meet four metrics: A minimum 10 percent decrease of COVID-19 cases per 100-thousand people over the previous two-week period; a decrease in new COVID-19 hospitalizations; 90 percent or less of total ICU occupancy; and a test positivity rate of less than 10 percent. To remain in Phase 2, regions must meet three of the four metrics. Regions in Phase 2 that fail to meet those metrics on any given Friday will be moved back to Phase 1, which means restrictions could potentially change back and forth each week.

Island County Commissioner Janet St. Clair said she has mixed feelings about the new reopening plan.

“I am appreciative the stated purpose is to move us forward and reduce restrictions,” she said in an email to *Whidbey Weekly*. “I also have advocated for a regional approach in data analysis and healthcare readiness as Islanders and the virus cross jurisdictional boundaries on a regular basis, especially in my district when they seek healthcare.”



Washington Gov. Jay Inslee has implemented a new roadmap to reopening the state. The plan shifts from a county-by-county to a regional approach of analyzing data and moving regions from one phase to another. Island County falls in the “North” region.

“Healthy Washington” Regions:

- Puget Sound:** King, Pierce, Snohomish
- East:** Adams, Asotin, Ferry, Garfield, Lincoln, Pend Oreille, Spokane, Stevens, Whitman
- North:** Island, San Juan, Skagit, Whatcom
- North Central:** Chelan, Douglas, Grant, Okanogan
- Northwest:** Clallam, Jefferson, Kitsap, Mason
- South Central:** Benton, Columbia, Franklin, Kittitas, Walla Walla, Yakima
- Southwest:** Clark, Cowlitz, Klickitat, Skamania, Wahkiakum
- West:** Grays Harbor, Lewis, Pacific, Thurston

“Economically, I have concerns about what this means for Island County, as we were one of the few counties in Phase 3,” St. Clair continued. “We are also a county government that has invested significantly to support our small business community and I hope we can continue to sustain those businesses. I have shared those concerns with the Governor’s office and requested additional support for small business.”

The new approach means that just one county within a region can affect the entire group, potentially forcing other counties to remain in Phase 1 even if all other counties are meeting all four metrics. Local businesses say that can make it difficult to operate.

“This new plan makes it much more difficult and challenging for us, especially in Oak Harbor, where we were forced to close completely because we don’t have a big enough outdoor patio area to install tents and heaters like we did in Coupeville,” said Mitch Aparicio, one of the owners of Penn Cove Brewing.

“It’s also unfortunate that we are being lumped in with Skagit and Whatcom counties,” he continued. “Having to wait each week on pins and needles for an announcement for what

zones are approved to reopen, then the next week having to quickly close again if the numbers spike, causes more uncertainty for us because it makes it almost impossible to forecast labor and purchase food goods and product to resell, not to mention how this will affect unemployment benefits and ongoing eligibility for our staff.”

The plan sparked a similar reaction from Whidbey Island Center for the Arts’ Executive Director. The organization had co-authored the Safe Start plan’s guidelines for performing arts venues.

“Quite frankly, this newest plan of putting regions together - as Island County is tied to [San Juan], Skagit and Whatcom - is really mind-boggling,” said Verna Everitt. “Together, the [four] counties have to meet a set of criteria in order for all of us to move into Phase 2, which allows WICA to operate at 25 percent capacity. That is great news for us, but the caveat is, if collectively we do not continue to meet the criteria, which will be analyzed in weekly intervals, then we would have to close again. In other words, we could open for one week and then close until the numbers are at acceptable levels.”

“We can’t operate like that,” she continued. “We book our shows or produce shows in advance. It would not be fair for artists or staff to prepare for work, expecting to perform that work, just to have it canceled.”

Everitt said WICA has come up with a plan and stands ready to open under Phase 2 with National Theatre Live and Broadway HD.

“We have a library of recorded stage productions that are breathtakingly stunning and we’ve worked for over a year to secure the rights to be an official exhibitor,” she said. “It’s far easier under Inslee’s new plan to show films because there are no contracts involved, no rehearsals, no heartbreak if the show is canceled. But, this is truly no way to operate an arts organization or any business for that matter.”

The eight regions in the new Healthy Washington plan are based on Emergency Medical Services regions used to evaluate healthcare services. Additional phases could be added in the future.

“Our goal is to reopen our economy safely, and to do it as quickly as possible,” said the state’s new Secretary of Health, Umaid Shah. “The governor’s new plan will allow all of us to understand what measures are being used for the path forward, including when it makes sense to ease restrictions across the state.”

Find more information on the Healthy Washington plan at governor.wa.gov.

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ON TRACK

with Jim Freeman



Some stories need to be shared.

Some need to be forgotten.

This one had to be experienced, but through the magic of sharing, this story can now be told. You've been there.

The names have not been changed to protect the innocent. In fact, no names will be used.

Back story

Back when I was a struggling college kid trying to buy beer while underage, I made two bucks an hour loading furniture in furniture trucks. It was 1968 Liberty, Missouri, site of the first daytime bank robbery by the James boys and the stoning of Joseph Smith.

My boss let me babysit his three daughters on a Saturday night as long as I had my girlfriend with me. She knew a can of Campbell's Tomato Soup only required one can of water or milk. I always used one of each.

For babysitting, we got to watch what we wanted on TV and drink more beer than I would want my babysitter to enjoy.

Fast forward half a century. T just called before going to her job as a front-line caregiver at a facility in Kansas City, Missouri.

The story

Uncle Ace, I have your column for next week. I may never be allowed in Walmart again. I had just gotten off a 12 hour shift. My feet hurt. My back hurt. I needed two 30 pound bags of cat food. I buy 180 pounds a month, and only Walmart has the 30 pound bags. I feed the feral cats in the neighborhood.

Since I had just gotten off work, I got there early as they don't open until seven.

Only one lane was open. Nine of us were in line.

Uncle Ace, I asked an employee wearing the blue and yellow vest if we could get another checker. She said they did not have any.

I walked over to customer service. Three ladies in vests were sitting and talking.

In answer to my question about customer service, the head vest said there was no other checker so to use the self-serve checkout.

Uncle Ace, I lost it.

So I started yelling.

Do I ask you to use self-service to start your own IV?

You can unload my shopping cart.

FYI - I am not re-stocking the cat food, and there are perishables below the cat food so don't let my cart sit around.

Uncle Ace, the people in line applauded when I walked out.

You never know what you are going to learn from the adults you used to babysit.

Free flick

It is not too late to enjoy a short film showcasing the beauty of Whidbey Island.

Type <http://vimeo.com/492609784/718dd1bce2> into your search bar. You will be linked to a 30 minute short film called "The Hour After Westerly" or you'll have to join something for free. It was worth it.

Based on a Robert M. Coates short story published in a 1947 issue of *The New Yorker*, this *Twilight Zone*-type effort will keep you guessing. Peter Jacobson, a star of *House* and Shannyn Sossaman, a star of *A Knight's Tale* will be recognizable.

The free Vimeo streaming ends Sunday, Jan. 17.

If you miss it, blame me. I just found out.

Calendar fun

This time of year I enjoy putting up the discarded calendars I retrieve at the post office. I enjoy knowing what day it is even if I have nothing to do.

The calendars are from many different organizations like Boy's Town. I always think of Spencer Tracy and Mickey Rooney, but only in black and white.

I love the puppies and horses. Very cute calendars. I love the scenic view calendars. I love 'em all.

I learn from calendars. Check out this batch of info from the Union Cemetery calendar back in Columbus, Ohio. Learning never ends.

1. The silver dollar, the gold dollar and the decimal system were Andrew Hamilton's ideas, proposed Jan. 21, 1791. Was this info in the 900 page book I never read?
 2. *Chattanooga Choo Choo*, my favorite train song along with Jethro Tull's *Locomotive Breath*, was the first gold record Feb. 10, 1942. Tex Beneke's singing and Glenn Miller's Orchestra were gold indeed.
 3. March 25, 1995, *Billboard* magazine awarded Canadian-born Joni Mitchell its Century Award for 1995. Singer songwriter Mitchell was deemed to be "an artist to acknowledge the uncommon excellence of a still unfolding body of work." Whatever happened to awards for common excellence?
 4. Booker T. Washington was the first African-American to be pictured on a U.S. postage stamp. The 10 cent stamp bearing Washington's likeness was issued April 7, 1940.
 5. May 20, 1932, Amelia Earhart, the first woman to cross the Atlantic in an airplane in 1928, took off from Newfoundland, bound for Ireland, becoming the first woman to fly over that body of water.
 6. June, 1938, brought a change in many lives as Superman first appeared in comic book form. Was he ever called for jury duty?
 7. July 12, 1982, E.T., that extra terrestrial cute kid, broke all box office records by exceeding \$100 million in ticket sales in the first 31 days of its opening. Finally, I was part of a record.
 8. Martin Luther King, Jr. delivered his "I Have a Dream" speech the 28th day of August, 1963. Over a quarter of a million people were present to witness this landmark event at the Lincoln Memorial.
 9. Thanks to automaker Henry Ford, the five day work week was announced as the new standard Sept. 25, 1926. Someone forgot to tell all the football coaches.
 10. The U.S. Navy launched the Constitution Oct. 21, 1797. The crew was numbered at 450, with 44 guns to "chastise the Barbary Pirates." It worked. Now the Barberrys just make plants.
 11. November 1, 1913, quarterback Knute Rockne threw the first forward pass to Notre Dame teammate Gus Dorais to help beat Army in an upset, 35-13.
 12. January 26, 1954, Walt Disney broke ground in Anaheim, Calif., to begin Disneyland.
- Think Walt had any idea how big the parking lot would be?
- To read past columns of *On Track* in the *Whidbey Weekly*, see our Digital Library at www.whidbeyweekly.com.

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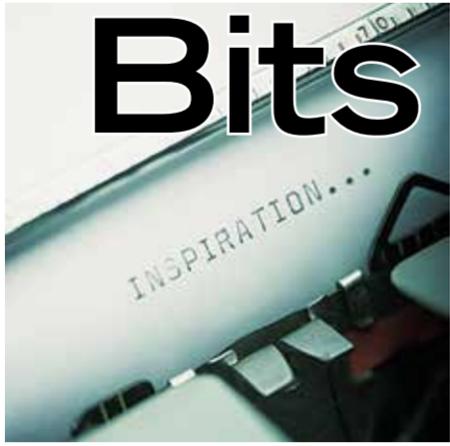
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Thank you for reading! Please recycle the Whidbey Weekly when you are finished with it.





Bits & Pieces

Letters to the Editor

Editor,

The Coupeville Lions Club would like to take this opportunity to thank our community members who have so graciously donated money for our annual Scholarship Fund drive. This past year has been extremely challenging for both students and their parents due to the pandemic. However, we are reaching out to those who have supported the students in the past and ask for your help in providing well deserved scholarships to those graduating seniors who plan to attend a college/university or technical school. These students represent our future and there is not a better time than now to support them. Donations can be made through the Coupeville Lions Club website, www.coupevillelions.org or by mail at P.O. Box 473, Coupeville, WA 98239. Please note all donations go directly into the Scholarship Fund for distribution.

Rick Walti
President, Coupeville Lions Club

Editor,

Time to Chill

I drove past the Trump rally in Oak Harbor yesterday about 1:30PM, right after I had watched Trump supporters in D.C. invade and desecrate Congress. I was so angry I wanted to flip all of them off as I drove past, but I was afraid they would attack my car, so I simply gave a thumbs down as I drove past. Provoking a fight and inciting hatred would have been a lousy choice. My attitude towards the Oak Harbor protesters is they have drunk deeply from the Trump kool-aid for years, and they would rather believe whatever Trump says than think for themselves.

I used to believe if young children were taught critical reasoning skills, we could improve American society. This approach might help, but it would likely take a long time. I used to believe civil discussions from opposing points of view could result in progress. I used to believe respect for other points of view was essential if we wanted positive changes. These beliefs have now become wishful thinking.

I still affirm that protest, expressing your opinions, and taking a position is an American right, privilege, and a core American value. I still hold that all Americans have the right to

believe and follow whatever religious or spiritual path makes sense to them, as long as the Golden Rule is part of their belief system. I still believe strong forms of democracy are bulwarks against absolute power held by a tyrant or dictator.

But we need to examine closely our definition for politics. One definition I like is: Politics is the peaceable resolution of conflict among legitimate competing interests (Mark Shields). He also said the two hallmarks of American politics are optimism and pragmatism. How many of us are feeling optimistic about the future?

I encourage everyone in Island County to not take the hate bait, to not accept what a leader says until you have checked it out for yourself, but instead, find a way forward that involves listening with an open mind and putting yourself in the other person's shoes.

Yesterday we all witnessed what blind group allegiance produces.

Mike Diamanti
Coupeville, Wash.

Editor,

Red and Blue States

The basic difference between conservatives and liberals is conservatives believe in personal responsibility and liberals believe in government responsibility. This means that government is now responsible for a person's responsibilities. Margaret Thatcher summed it up in her statement, "The problem with socialism is that you eventually run out of other people's money."

As we look across our nation with conservative Republican counties in red and the liberal Democratic counties in blue, it is roughly 90 percent red and 10 percent blue. To satisfy the ideology of both sides, let's make both areas into states with no requirement that they be connected. So, take a state like California, there would be the state of "Big City California" and the state of "Urban or Rural California." This is repeated for all the states. A basic requirement would be that each state will be responsible for their own finances.

Would this not be the ideal solution satisfying both ideologies? The blue liberal areas would have everything they want, everything "free." Free education, even college, free healthcare, and on and on. Would this work?

No! They would run out of other people's money immediately! With their enormous tax burden, the business and their jobs would exit the "Big City" states in droves, leaving few jobs and no income for all the "Big City" state residents and transforming "Big City" states into impoverished ones. To stop the "Big City" state exodus of their businesses and jobs, they would pass measures to stop it. For the "Big City" states to financially survive, they must be heavily subsidized by the "Urban or Rural" states making these residents just "economic

slaves providing funding for the "Big City" states.

Example after example is written in our history books, but liberals refuse to understand this history.

The democratic platform reads more like a Soviet communist document than an American political party one.

Joseph C. Coomer
Oak Harbor, Wash.

Editor,

Boycott the NFL

The Seahawks' loss to the Rams last night is all over the news. Yet, I knew this would happen and almost bet against the Seahawks. The sports news is asking, "How can a team with the most wins and fewest losses, and, who won their division, not be in the playoffs?!" True. It was a teaser and goes with the old adage of the loser who poses the "double or nothing" ploy, knowing just one win will erase his history of losses. I agree, though I am a good loser; for every good loser knows when to stop and not to play again, as I had.

It is the fault of the NFL, allowing too many televised games, which the final two are programmed to promote the most battle between past competitors, i.e. televised "paid-for-play" profit-producing air time. This COVID-19 added the advantage to create additional playoffs. Two wild card playoff situations within the same division with identical teams in the playoffs? Nonsense! NFL has grown into an oxymoron of American values and remains a disorganized representative of American Football, which backs the owners, not the fans, promoting wealth through television time and over-inflated clothing and other NFL embellished products; sadly, it is more concerned about profit and not the game. Where are the additional pensions for brain injuries? Why fight the court claims of their dying players? Not enough money is available after bailing out the owners of losing teams. No wonder the rich seek to own a NFL franchise team, for they are guaranteed a profit, win or lose, when teamed-up with the league of owners, not its players.

The Seahawks' most recent loss from competing for all the marbles is just a small crack in the system of corruption illuminating the corrupt system of the game.

Jimmy Barden
Langley, Wash.

Navy Remains Committed to Environmental Stewardship; Conducts Critical Training in Pacific Northwest

By Capt. Matt Arny
Commanding Officer
NAS Whidbey Island

Numerous area media outlets, including *The Seattle Times*, published stories, which cited

studies that have raised questions about whether Navy jet noise affects Southern Resident Killer Whales (SRKW) and the soundscape of the Olympic Peninsula. We disagree with some scientific methodologies and conclusions researchers made in these studies.

One study states noise from Growlers disturbs SRKW contributing to their harm from collective pressures. Researchers recorded the sound of takeoffs at the airfield in the water directly adjacent to the runway, with our collaboration.

We do not believe these studies demonstrate that very short durations of localized noise (take-off from a runway) will have significant effects on the SRKW where data shows they seldom visit. Likewise, we disagree with extrapolating this data across the Puget Sound, as our aircraft do not fly a take-off profile in other areas where the SRKW habitually lives and feeds.

Researchers also recorded aircraft noise from within the Olympic Peninsula Military Operations Area (MOA), which overlays the western 25 miles of the peninsula and which the FAA designated for military training flights in 1977. The data they presented did not substantiate claims that Navy-related aircraft noise is destroying the Park's soundscape or is harming the Park's wildlife.

I have visited these areas from Hurricane Ridge to the Hoh Rain Forest with my family and have heard sounds from Growlers myself. The U.S. Navy has flown over the Olympic Peninsula and throughout the Pacific Northwest for decades since the 1920s and from NAS Whidbey Island since the 1940s.

This is a critical training area for our military due to the unencumbered airspace. Comparatively, our flights over the Olympic Peninsula are relatively low in number. During a normal day of air traffic departing or arriving from multiple airports on the Olympic Peninsula and surrounding Puget Sound, about seven percent of that traffic involves military aircraft. We average 10 flights to the Olympic MOAs per day over the workweek and rarely fly on weekends. All of our flights in the MOA operate above 6,000 ft., 95 percent are above 10,000 ft. and 75 percent are above 20,000 ft. We strive to keep this area as undisturbed as possible and make every effort to minimize effects in places we train strictly adhering to environmental regulations.

What many people do not realize is that being good stewards of the environment is critically important to conducting our national security mission at sea, in the air and on land. Your Navy continues to be a leading contributor to scientific research and projects to improve marine habitats and to further our collective understanding of marine species here in the region. For example, we recently funded almost \$3 million in SRKW research and more than \$1 million for studies of their prey fish.

We remain engaged in partnerships and conversation while defending our nation and protecting the beautiful environment that makes this region so special for all of us.

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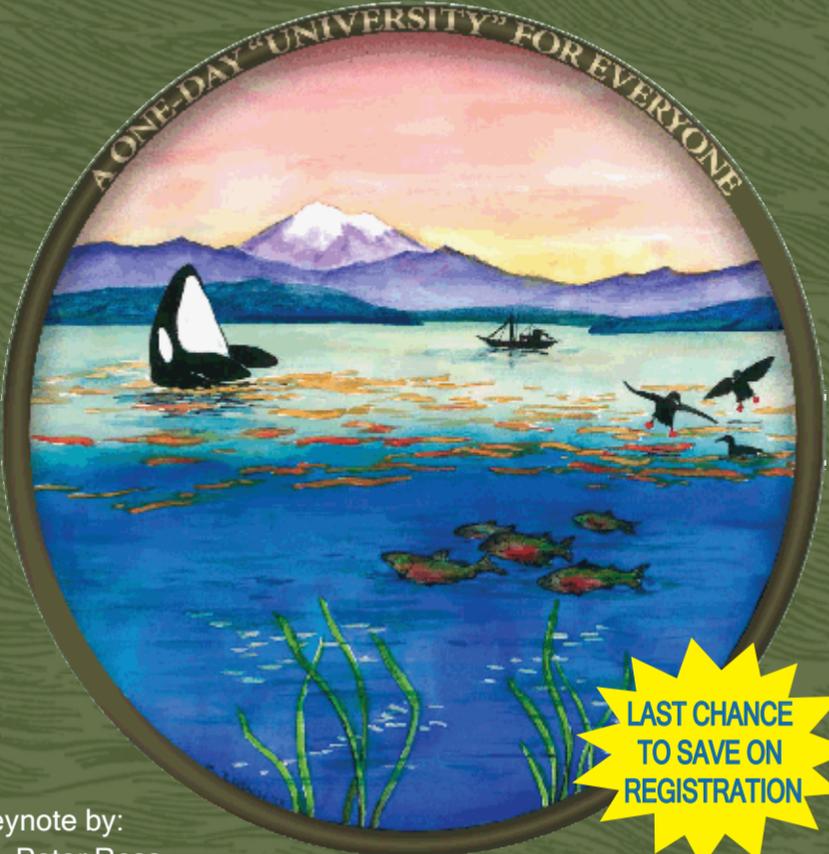


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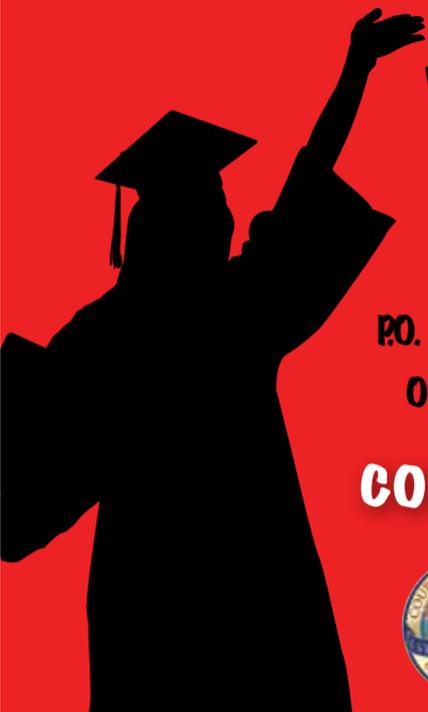


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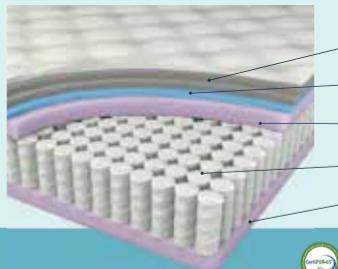
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Mudslides threaten Clinton homes

By Alec Brown Whidbey Weekly

Some homes in Clinton may be threatened by mudslides and saturated ground issues in the coming weeks.

Director for the Island County Department of Emergency Management, Eric Brooks, is looking into the issue and has recommendations for anyone living in the area and beyond.

"As the majority of Island County is made up of glacial till, we expect there to be some kind of landslide activity from year to year," Brooks said. "This is particularly true when we have periods of increased precipitation. Our first priority for the slides in Clinton is to ensure that the residents are safe and have a place to stay. We work with our partners such as South Whidbey Fire and EMS and the Red Cross to ensure these needs are met."

Brooks and DEM staff work together to protect and educate the public for disasters.

"Through our mitigation and preparedness efforts we develop, maintain and improve our capabilities as well as coordinate and integrate all activities necessary for responding to, and recovering from, natural disasters, acts of violence/terrorism, or other man-made disasters," said Brooks.

The next two weeks' weather is looking dicey. Almost every day is set to have showers, and the temperatures probably won't go above 50. When it comes to ground saturation around Clinton, Brooks has several recommendations for ways to stay safe.

"First and foremost, stay away from any hazardous areas," Brooks advised. "While you might be tempted to clear mud and debris from an area, this may exacerbate the hazard. Wait until the area is dry and deemed safe. This may entail having a geotechnical engineer evaluate the hillside. A good resource for homeowners is the Homeowners Guide to Landslides [at] islandcountywa.gov.

"Monitor and stay aware of weather conditions, especially during the winter months," he continued. "You can do this

through standard media, NOAA weather radios or the Alert-Sense Emergency Notification System, to name a few."

Additionally, there is an Island County Emergency Preparedness app available for download to access a library of preparedness tools.

"The Island County Emergency Preparedness app has many tools that can help individuals and families prepare for emergencies and disasters," Brooks said. "Some of these include: Create a personalized emergency plan on your phone or tablet for your family; set up an easy emergency alert status that can be sent to your out-of-area contacts; check for alerts, such as special weather statements, warnings and advisories, under the alerts tab."

Brooks suggests locating where the services are in one's area. Services such as grocery stores, hospitals and pet shelters are listed through the app. There are several training and information guides in the app as well, such as how to help people prepare for earthquakes, winter storms, preparedness for those with functional needs and preparedness for children and pets. Maps are included on the app to identify shelters, closures, and other important information.

"Another nice feature in the app that most people don't know about is the 'tools' tab, which is located in the menu," he said. "You can access this window by clicking the three lines located in the top left corner of the app. The tools section can turn on your phone's flashlight function, use your flashlight as an SOS beacon and play an SOS alarm sound from your device."

Beyond the issues facing Clinton, Brooks had a number of tips for preparing for other disasters.

"Don't wait until after a disaster to figure out what you need," he cautioned. "Check your insurance policy to ensure you have adequate coverage for potential hazards. Many people think they are covered for a particular event only to find out they are not, after the fact. Be ready for any hazard. Think about the things you use often and how you would



Photo Courtesy of Washington State Geology
It's the time of year when rain, saturated earth, mudslides and erosion can threaten the safety of homes built near the edges of cliffs, hillsides and overlooks.

manage if you were without power, water, heat, or unable to travel. Build your emergency kit accordingly.

"For power outages, we recommend that Puget Sound Energy customers sign up for text message alerts," Brooks continued. "In the event your power goes out, PSE can notify you that power is out at your address and give an estimation when power will be restored. You can also access a power outage map through the PSE phone app, or through your phone's web browser. For our Camano Island residents, SnoPUD does not currently have a text alert system in place for power outages, but their power outage map is accessible on mobile devices."

And last but not least, he had a few tidbits for enduring windstorms, which are common to the area.

"Listen to the weather forecast," Brooks stated. "Windstorms are often forecasted hours or days in advance. Secure any items outside your home. Have your emergency kit and plan up to date in case the power goes out. Make sure your car is filled up with gas in case the stations do not have back-up power."

For more information, visit the Island County DEM Facebook page at facebook.com/IslandEmergencyManagement, its Twitter page at twitter.com/IC_DEM, or the website at islandcountywa.gov/DEM.

Island County Public Health scrambles to fill key positions

By Kathy Reed Whidbey Weekly

The Island County Board of Health has approved a temporary health officer. Dr. Scott Lindquist – on loan from the State Department of Health – will fill the role vacated at the end of the year by Dr. Joel McCullough.

Lindquist will serve as the county's health officer for two weeks only, but according to the county's Health Services Director, there should be no decrease in necessary services.

"Dr. Lindquist is willing to dedicate whatever level of service this board needs," Keith Higman told board members at a special session last week. "He is willing to travel to Coupeville, attend the board of health meeting and will be available by phone for clinical questions. I don't think we'll be diminished in any health officer services."

Higman told board members he expects to be able to hire a permanent health officer soon, perhaps by partnering with other nearby health jurisdictions. That is likely to be discussed at the next regular Board of Health meeting Jan. 19.

The state's DOH has also taken over contact tracing responsibilities for Island County Public Health so new personnel can be trained on the state's software.

Meanwhile, the public health department is also looking to replace other positions, after three of its public health nurses resigned. A couple of those leaving, as well as Dr. McCullough, cited concerns over communication within the public health department as well as having to deal with a heavy workload.

Whidbey Weekly reached out to Higman but did not get a response before press time. Island County Commissioner Janet St. Clair was the only one to respond to questions related to the status of the health department, and said she remains confident the department is doing its best during unprecedented times.

"In fall, when concerns about nursing staff were shared with the Board, we approved two new nursing positions and began the hiring," St. Clair said. "Unfortunately, I believe the frustration and the stress were such that it was not soon enough. We have

also immediately posted and have begun interviewing staff. We also have discussed welcoming back those willing to resume regular public health nursing responsibilities and not COVID work."

St. Clair said they are working to improve communication and support to public health staff. She said overall, the county has done well over the past year, quickly mobilizing an emergency management team, setting up weekly calls with schools, healthcare providers and first responders, creating a messaging campaign to encourage the community to follow public health guidelines, and more.

"We were an early county to do a mass testing event across both islands to establish the latency rate of the disease in our community and because of that and other work, able to move into Phase 3 and were the only Phase

3 county in our region," she said. "Our numbers stayed low through summer and early fall.

"In November, we saw a surge that was more intense than I anticipated and it had consequences," St. Clair continued. "We needed to be more proactive in our support to all staff, including human services, public health and all frontline workers."

St. Clair said while the intensity and the duration of the COVID crisis was unexpected, commissioners and public health staff are constantly learning.

"We stay forward-focused as we move optimistically into the vaccination stage," she said. "I would note here that we were also one of the first counties to deliver vaccinations to the public through the partnership

with WhidbeyHealth and we are reaching out to our healthcare partners that serve North Whidbey and Camano to offer support to regional partners."

For information on Island County's response to the pandemic as well as the latest case numbers, visit islandcountywa.gov.

"We will continue to learn what we can do better," St. Clair said. "We will continue to partner with our community for success. This pandemic is bigger than any one entity and I believe our past success and future success will be due to the partnerships with the public, our community organizations and Island County Public Health, Human Services and Emergency Management. We are all in this together."

State DOH updates COVID vaccine rollout

By Kathy Reed Whidbey Weekly

Washington State Department of Health has issued an updated list of its COVID-19 vaccine rollout and it will launch a new online tool Jan. 18 to help people find out when they will be able to get the vaccine.

Vaccinations are still underway for those in the first two tiers of Phase 1 - A1 and A2. Most health care workers in Island County have had access to their vaccination and inoculations were set to begin for the 1B group this week. However, that plan has been put on hold, as neighboring Skagit County has not yet reached its saturation threshold for the first two tiers. Island County, WhidbeyHealth and IslandDrug have reallocated part of their supply to Skagit County to assist in its immunization efforts. When officials are satisfied enough people from groups A1 and A2 have been vaccinated, those in the 1B tier can begin receiving their shots.

"We are working diligently to ensure collaboration with neighboring counties in our region in an effort to vaccinate all willing in the healthcare populations," read a press release from Island County Public Health Tuesday morning. "All counties in the region must vaccinate all willing healthcare populations before moving onto the next wave. Our region has yet to meet the requirement to vaccinate all willing healthcare workers. Because it is a government owned vaccine, we are directed to assist our neighbors to healthcare saturation before proceeding."

Currently only WhidbeyHealth and Island Drug in Oak Harbor are



approved to give the vaccine in Island County. According to the press release, they will continue to vaccinate health care workers.

"If you made a next wave appointment with Island Drug your place in line will be preserved," the release stated. "They will push existing appointments two-weeks backwards for now, hoping we can resume at this time."

Questions should be directed to Island County Public Health's COVID-19 Call Center at 360-678-2301 from 8 a.m. to 4:30 p.m. Monday through Friday or via email to pubhealth@islandcountywa.gov.

Those interested in knowing when they'll be able to get the vaccine or in which tier they are in, can go to FindYourPhaseWA.org beginning Jan. 18.



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





Life Tributes

CAPTAIN ROBERT E. WOLFE



Capt. Robert E. Wolfe, U.S. Navy, retired, passed away Jan. 2, 2021, from complications of coronary heart disease. He was born Aug. 6, 1933, at a home on a farm near Emmett, Idaho. His deceased parents were Delmar E. and Dorothea B. Wolfe.

He graduated from Payette High School in Idaho, Fresno State University in California, Naval Postgraduate School in Monterey, Calif., and Armed Forces Staff College in Norfolk, Va.

Robert enlisted in the Naval Reserve while still in high school during the Korean War. After college, he was commissioned and earned his Navy

Wings of Gold in Corpus Christi, Texas. He served in four different squadrons, including deployments to Japan, Okinawa, Philippines, and Vietnam. He commanded Training Squadron Two and Recruiting District Indianapolis. His last tour of duty was on the joint staff (JCS) at the Pentagon, serving in the Current Operations Directorate.

He and his wife returned to Whidbey Island and built their retirement home in 1980. He served on the Board of Directors for Armed Services YMC and Whidbey Island Hospital Foundation. He was a member of the Military Officers Association of America, Veterans of Foreign Wars, Gallery Men's Golf Association, and First United Methodist Church.

June 7, 1952, he married Patricia Jenkins, a high school sweetheart, in Fruitland, Idaho. Together, they raised three children: Brenda Kaye, Bonnie Jo, and Jeffery Scott, all of whom are living, educated, and married with families, including eight grandchildren and eight great-grandchildren.

He is survived by one sibling, Mary Lou Gruber, of Lewiston, Idaho.

Capt. Wolfe will be laid to rest in Rosedale Memorial Gardens, Payette, Idaho, next to his parents with Military Honors.

In memory of our Loved One: aviator... baseball... Bob... brother... camper... charitable... community service... conscientious... Dad... diligent church financial leader... distinguished... Dungeness crabbing... fiscally wise... fisherman... fix-it man extraordinaire... fort builder... friend... frugal... gardener... generous... golfer... Grandpa... Great-Grandpa... guiding light... hard worker... heartfelt speaker... hero... high standards/expectations... homemade ice cream... honorable... husband... interested... line dancer... listener... Mariner spring training... mentor... money manager... Navy Captain... organized... Papa Bob... Patriot... patriotic... problem solver... provider... quality person... religious... RV... sagacious... son... snow birder... strength of character... strong... teacher... truthful... well-spoken... wise... writer for the occasion... LOVED.

WILLIAM "BILL" RICHARD BULPIN



William "Bill" Richard Bulpin passed away Dec. 24, 2020, in Tucson, Ariz. Bill was born June 6, 1936 in San Diego, Calif., to William and Mary Bulpin. He graduated in 1954 from Roosevelt High School in Seattle, Wash. In 1955, Bill enlisted in the U.S. Army. While stationed in Stuttgart, Germany he played the Glockenspiel in the Army Band. He toured Europe both as a musician and later as the Drum Major for the band. Musically inclined from an early age, Bill also played the piano and violin.

Upon returning from the military in 1957, he enrolled at the University of Washington, where he met his first wife, Vicki. He graduated from the University of Washington in June 1961, then began a 53-year career as a licensed pharmacist.

Bill and Vicki had two sons, Rick and John. Rick followed in his father's footsteps, becoming a pharmacist as well.

In 1986, Bill bought Island Drug in Oak Harbor, Wash. He added a number of innovative services, including a drive-up window, prescription delivery, nursing home consulting, compounding and home-made fudge. His was the first pharmacy on Whidbey Island to accept Champus Military Insurance, which was greatly appreciated by the families of the military personnel stationed at Naval Air Station Whidbey Island.

In 2010, Bill married long-time love Linda Lockwood on the beach in Honolulu, Hawaii, where they loved to vacation. In 2012, Bill and Linda retired and moved to Henderson, Nev., where they enjoyed warm weather and Bill often beat the odds betting on sports at a local casino.

In 2019, Bill and Linda moved to Tucson to be close to Linda's son, Kevin and wife Terri, who had moved there in 2018.

Bill is survived by his wife, Linda, of Tucson; son Rick and wife Kris of Bothell, Wash.; brother Nick and wife Sandy of Seattle; his stepson, Kevin Tinker and wife Terri, of Tucson; and many friends and extended family who will miss him dearly. He was preceded in death by his parents, and his son, John.

We would like to invite Bill's friends and family to attend a virtual Celebration of Remembrance Sunday, Jan. 17 at 1 p.m. PST. Information to attend the service via Zoom is available at RememberingBillBulpin.com.

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



Island 911

Seriously, we do not make this stuff up!

SATURDAY, DEC. 12

11:52 am, SR 20

Caller states two males inside white Ford truck with camo boat pulled over next to bus stop in northbound lane; states male driver got out of vehicle and shot a duck. Caller feels this is illegal and dangerous.

1:38 pm, Williams Rd.

Reporting party advising her big sister isn't waking up "She's dead." Now states "She's sleeping. Oh, she's awake."

4:11 pm, E Sleeper Rd.

Black bull running in roadway between SR20 and Appian Way.

5:22 pm, W Sleeper Rd.

Reporting party states his cow has been missing and heard she has been spotted numerous times; states he is going to shoot her if he sees her. Wants law enforcement to know this. Reporting party does not want her back.

SUNDAY, DEC. 13

11:17 am, Moonstone Pl.

Requesting call; states neighbors had cowboys in area yesterday trying to wrangle loose cow; unknown where it is now. Reporting party advising is concerned for safety of others if they try to shoot it.

3:45 pm, Dike Rd.

Caller states chicken is loose in area. Walking towards Frostad on Dike Rd.

MONDAY, DEC. 14

2:11 pm, Main St.

Reporting party advising has asthma and having trouble breathing while wearing mask. States was "attacked" in store by people upset about it; clarifying it was not physical but verbal confrontation only.

4:54 pm, Meerkerk Ln.

Caller advising was walking her dog in area and saw male masturbating while sitting at picnic table at 3:30 p.m. today.

5:08 pm, W Frostad Rd.

Caller states neighbor just called them advising his cow is at neighbor's house. No one has been attacked.

5:55 pm, Maxwellton Rd.

Advising goats were in middle of roadway near the school; for now they are currently off to the side but caller is worried they will go back into road.

TUESDAY, DEC. 15

2:37 pm, Seacrest Ln.

Ongoing issue of older, faded green pickup with aluminum camper "casing" the neighborhood. A few days ago, driver was seen walking down driveway with a gun; today, five minutes ago, was driving slowly through neighborhood. No plate. Vehicle no longer seen.

3:06 pm, Mobius Loop

Requesting call; wants to know how to get firearm back to sailor that was picked up from sleeping on bench last night. No other information available.

6:17 pm, W Sleeper Rd.

Reporting party advising he found his cow; advising law enforcement no longer needs to be on the lookout.

8:52 pm, Becker Rd.

Reporting party states landlord pulled gun on her just now.

9:10 pm, SW Fort Nugent Ave.

Reporting party advising he was just held at gun point in his vehicle; started at SW Mulberry Pl., then male jumped out of vehicle in area of park. Male was speaking gibberish and not making sense.

WEDNESDAY, DEC. 16

11:19 am, S Main St.

Black Chevy truck with canopy, dark beard, mustache and cap, driving towards SR 20, taking all the masks off the snowmen and throwing them on the ground. Another caller advising of the same.

12:53 pm, Virginia Ave.

Advising mother kicked him out of the house because he woke up in a bad mood; mother told him to leave and never come back. Reporting party asked to get his shoes because he's barefoot, she responded with "F*** you."

3:07 pm, NE 6th St.

Advising someone dropped off safe in front of her house during the night. Requesting someone look at it.

9:34 pm, Olympic Dr

States subject just drove by house at a high rate of speed; states confronted male about it and male told him to "F*** off" and then tried to run him over.

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

CAN DO SUDOKU!

On a scale from 1 to 10...5.1

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

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

Answers on page 11





Let's Dish!

with Kae Harris



EVEN THE ORDINARY CAN BE SUPER!

In with the new and out with the old! The year 2021 has arrived and I truly hope we have left the negatives of 2020 behind us. With the New Year comes not only new hope but new resolutions, whether it be finally getting around to cleaning out the garage or to making those changes to get your health back on the right track! I know the lockdown of the last few months has taken a toll on all of us, and I can think of no better way of starting off the new year than by reinvigorating ourselves through a fresh diet to give us the energy needed to spring forward into the next decade.

This brings me to the subject of "superfoods." Undoubtedly, we have heard this term at some point, but what is a superfood? In general, a superfood is a marketing term used to describe any food deemed to be nutrient dense and has the ability to confer exceptional health benefits. As with any diet plan, it is important to consult a dietician or your physician to determine which foods are appropriate for you before embarking on a new dietary regime. When talking about superfoods, it is easy to think of exotic grains and berries sourced from the Amazon rainforest that have the ability to turn back the hands of time, but the reality is there are quite a few accessible, everyday food items that have the ability to improve one's overall health due to the essential nutrients they contain.

A balanced diet is made up of lean proteins, unrefined carbohydrates, healthy fats, fiber, vitamins,

minerals and water. While dietary requirements vary based on sex, age, level of physical activity and genetics, there are certain foods that can be of benefit to everyone. Lean proteins are low in saturated fats and subsequently, have fewer calories per serving. The go-to lean protein source for most people tends to be white meat chicken, which I think is so 2020! An easily accessible superfood for protein is salmon. While salmon is considered to be a "fatty fish," the fats it contains are the good kind: omega-3 fatty acids to be exact. Additionally, salmon contains vitamin B12, selenium and choline, which are nutrients linked to improving neurological health and it also has the ability to improve cardiovascular health by balancing blood pressure (thanks to the potassium it contains) and serum cholesterol through polyunsaturated fatty acids. Clearly all these benefits make a strong case for including salmon as a regular part of your diet, but wait, like a bad infomercial, there's more! The anti-inflammatory properties of salmon protect cells from DNA damage and is proven to reduce the risk of depression and possible anxiety.

Traditional carbohydrates in a western diet are wheat, rice, potatoes and corn. While unrefined variants of these carbohydrate sources are proven to have large health benefits, they all lack the "X-factor" of a superfood. Enter quinoa. This ancient grain of the Incan empire is a pseudo-cereal and is referred to as the "mother of all grains." The growing popularity of quinoa over the years means it is no longer a specialty item and is readily

available in most grocery stores, making it extremely accessible to be included in a day-to-day diet. But what makes quinoa a superfood? Apart from being a rich source of unrefined carbohydrates (1 cup contains 39 grams of carbohydrates), quinoa is rich in proteins, fiber and essential minerals and vitamins such as manganese, iron, zinc, vitamins B1, B2 and B6. Since quinoa is gluten-free, it serves as the perfect source of carbohydrates for people who have a gluten allergy or gluten intolerance. All these health benefits, coupled with the fact quinoa can be prepared in a similar way to most grains, makes this superfood a super choice for a revitalized and revamped diet plan!

Fats and health are not thought of as being synonymous, largely because when talking about the negative effects of fats and diet, the fats being referred to are saturated fats. Unsaturated fats, however, are essential for effective cellular function and repairing and maintaining muscle and nerve health. I've mentioned how salmon is a rich source of good fats like omega-3 fatty acids, but there is another food item that does this job even better. I'm referring to the humble avocado. This once exotic fruit is no longer relegated to just making guacamole and its versatility makes it an ideal ingredient in many recipes as well as an effective substitute for certain less-healthy ingredients. Rich in unsaturated fats, vitamins C and E, fiber (both soluble and insoluble) and a number of essential minerals, avocados are a perfect addition to salads, soups, juices and smoothies; its texture makes it an ideal substitute for butter on toast and avocado oil is a healthy alternative to other vegetable oils when used for cooking. Add in the fact they taste absolutely delicious, it's clear avocados are a superfood that should be welcomed into any diet!

The importance of fiber and the role it plays in a healthy diet is often forgotten. While fiber ensures bowel health and removing toxins from the body, soluble fibers contribute greatly to cardiovascular health by lowering blood cholesterol and sugar. Oats are one of the best sources of soluble fiber, notably beta-glucan, and have been acknowledged through numerous studies to reduce cholesterol and promote cardiovascular health. The unassuming oat is not the only readily available ingredient that is a fiber superfood. The cruciferous vegetable broccoli has been a staple at the dinner table, and for good reason. Rich in fiber, antioxidants to fight cancer, vitamin C and even calcium, broccoli is a cheap source of

nutrient rich eats! Unfortunately, lack of culinary imagination has meant broccoli has been relegated to the unappealing side dish in its steamed or boiled form, but this versatile vegetable can be used in soups, stir-fries as well as raw in a tasty salad or part of a roasted vegetable medley. Break outside of the box and do not hesitate to incorporate this fantastic source of vitamins into your diet in creative ways!

I hope this article, dear reader, has given you the inspiration to include readily available superfoods into your diet. I would like to take this opportunity in wishing all of you a Happy New Year filled with good food, even better experiences and joyful moments shared with those close to you. I am including a recipe that incorporates several of the superfoods mentioned in this column; try it out and let me know your thoughts! Write to me with any questions or comments at letsdish.whidbeyweekly@gmail.com; I'm excited for us to continue to Dish! this year and cannot wait to see what 2021 has in store for us!

Salmon and Broccoli Stir Fry

- 2 salmon fillets
- 1 tablespoon sesame oil
- 1 red onion, peeled and finely sliced
- 2 cups broccoli florets
- 1 red pepper, de-seeded and finely sliced
- 2 tablespoons low salt soy sauce
- 1 tablespoon runny honey

Preheat the oven to 375°F.

Place a large sheet of aluminum foil shiny side down on a baking sheet and brush with olive oil. Season the salmon and place on the foil, folding the foil to tent the fillets. Bake for 15 minutes or until cooked through.

Heat the sesame oil in a frying pan or wok. Add the onions, broccoli and red pepper and stir fry for three or four minutes. Add the soy sauce and honey to the stir fry.

Break up the salmon into bite-size pieces and add to the vegetables.

Enjoy as is or serve over a bed of brown rice or quinoa.

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



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CHICKEN LITTLE & THE ASTROLOGER

By Wesley Hallock

ARIES (March 21-April 19)



In 1900 President Theodore Roosevelt shaped his administration thus: "Speak softly, and carry a big stick." Congresswoman Lauren Boebert in 2020 said, "I prefer to speak loudly and carry a Glock." The desirability of backing one's words with clout seems to be growing, even as attempts to limit free speech are growing. The pen is mightier than the Glock, it is true. But only if one is free to wield it.

TAURUS (April 20-May 20)



How Not To Lift A Heavy Weight. One, split your attention. Phone, text and TV are a popular 3-way split. Two, master the fake grimace. Look convincing without even trying. Three, do things as you think of them. Which means, forget that old nonsense about putting your cart before the horse. And there you have it. How to fail the heavy lifts in money, romance or business. Works like a charm. Every time.

GEMINI (May 21-June 21)



Is it possible to know too much? Depends on what you know. Knowing too much about the wrong peoples' business is a real no-no. Ask Jimmy Hoffa (if you can find him.) Also bad is to know too much that is not true. That has led many into the blind alley of delusion. (The Madam President issue of Time magazine?) Oddly, there is a time when it's impossible to know too much: when learning the dangers of knowing too much!

CANCER (June 22-July 22)



The rallying cry in the financial crash of 2008 was, "Never let a crisis go to waste!" President Obama said it. Rahm Emanuel said it as mayor of Chicago. Today, both men are saying it again. They, and our current crop of economists, see us in a time of 'great opportunity.' Uh-oh. That means it's crisis time, again. But a crisis for whom? MUCH has changed since 2008. Are your eyes wide open, now? Maybe that's the crisis?

LEO (July 23-Aug. 22)



A stock feature of magic shows is pulling a rabbit out of a hat. We all know it's coming. We follow the magician's every move, trying to learn the trick. Still, the nose-twitching rabbit, when it appears, never fails to amuse and amaze. Now, it's your turn to amaze. A tip: Smile beguilingly, and don't give away your tricks as you pull rabbits out of your work hat, your matrimonial hat. Making it look easy is part of the magic

VIRGO (Aug. 23-Sept. 22)



Lots can be learned about leadership and pecking order, just by watching the flock at day's end. Who rules the roost? The biggest bird in the flock? Or the scrappiest? Maybe it's the pluckiest? Trickerly, it is said, will win over all. But can trickery long endure? Wondering who's wily, who's willful, who plays naughty

or nice? All your questions will be answered. The chickens are coming home to roost.

LIBRA (Sept. 23-Oct. 22)



Fun is a tricky thing. In the midst of gala times, one can't get enough of it. Let the good times roll, with never a thought of tomorrow! But sober tomorrow inevitably comes. Only then, with merriment's blind intoxication worn off, does it dawn that somewhere, the line to excess was crossed, and with serious consequences. Doubters, look around you. There is, indeed, such a thing as too much fun.

SCORPIO (Oct. 23-Nov. 21)



Our Declaration of Independence announces to all that "the pursuit of Happiness" is among we American's "inalienable Rights." It also places few limits on what those pursuits might be. Happiness is many things to many people. What makes a person happy is for each individual to decide. Which is your greatest happiness? Money? Power? Or the sanctity of your right to pursue happiness?

SAGITTARIUS (Nov. 22-Dec. 21)



Neighborhood Watch began as a uniting force to guard against crime and vandalism. Neighbors watching out for neighbors. Unity is the key. What happens when neighbors are asked to spy on each other? The neighborhood is split and all sense of unity lost. Who would promote such a thing? What conditions? Better to pit neighbor against neighbor, or correct the condition? Important questions for all who value unity.

CAPRICORN (Dec. 22-Jan. 19)



Stephen Covey's, The 7 Habits of Highly Successful People, had a sequel book, The 8th Habit. It seems that in our Information Age, success is based not only on what one knows, but also on one's ability to COMMUNICATE what one knows. Hence, Covey's 8th habit, the essence of which is, "Find your voice and encourage others to find theirs." And, we would add, "Be suspicious of any who would limit your voice."

AQUARIUS (Jan. 20-Feb 18)



Facets maximize the brilliance of a diamond. To show the stone at its best requires 50 to 58 facets. Some fancy cuts go as high as 144 facets, with claims of extra brilliance. Human brilliance has its parallels. Brilliant people tend to have many facets. Worried over how many facets you can claim? Don't be. Character is often sacrificed in the quest for brilliance. Some of the warmest and most charming diamond cuts are also the simplest.

PISCES (Feb. 19-March 20)



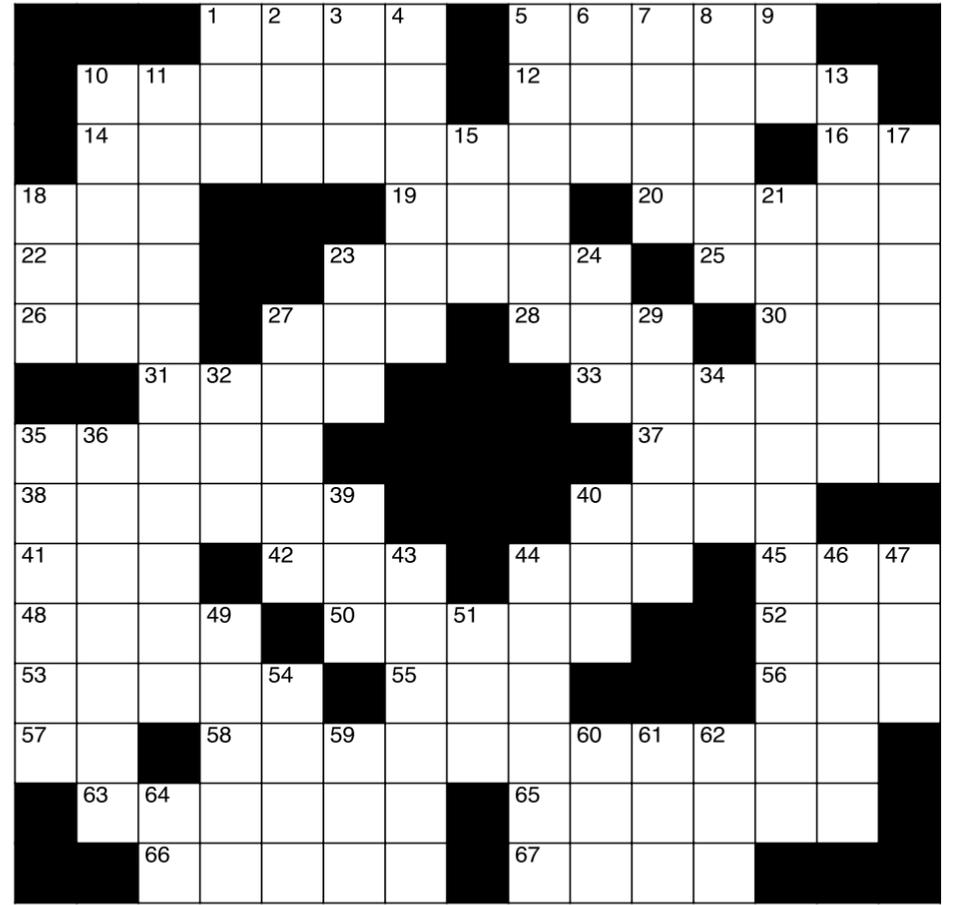
Escapes come in many forms. A hot bubble bath with the phone off and the kids asleep is a good escape. Running through the woods at night with the bloodhounds on your trail, not so good. Some escapes are temporary. Ten days in Bali, for example, all expenses paid (you lucky dog!). A permanent escape is called liberation. Liberations call for champagne. Think the doomed flight you didn't take. Give thanks for your liberations. They don't come every 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



CLUES ACROSS

- 1. Ancient kingdom near Dead Sea
- 5. 2014 Winter Olympics host
- 10. Soft fabric
- 12. Covered in flowers
- 14. Works at a college or university
- 16. Keeps us cool
- 18. Corpuscle count (abbr.)
- 19. Similar
- 20. Birthplace of Muhammad
- 22. They ___
- 23. Preamble to a book
- 25. Southern China people
- 26. Hair product
- 27. The woman
- 28. Partner to cheese
- 30. One point north of due east
- 31. Round Dutch cheese
- 33. Be in awe of
- 35. Christmas song
- 37. Emits coherent radiation
- 38. Something that is comparable to another
- 40. Monetary unit
- 41. The cutting part of a drill
- 42. Resinlike substance secreted by certain insects
- 44. Touch lightly

- 45. Toyota SUV
- 48. ___ and Andy, TV show
- 50. Made less dangerous
- 52. Assets under management (abbr.)
- 53. Nostrils
- 55. Moved quickly
- 56. Thai isthmus
- 57. TV personality Roker
- 58. Honors anew
- 63. Rags
- 65. One who obtains pleasure from inflicting pain or others
- 66. Marketplaces
- 67. Dark brown or black

- 17. Hosts film festival
- 18. Tattered piece of clothing
- 21. Rich desserts
- 23. Unique motor (abbr.)
- 24. Disfigure
- 27. Chemical substance
- 29. Slang for famous person
- 32. Department of Labor
- 34. The A-team rode around in one
- 35. Beach cabin
- 36. Living things
- 39. Gun (slang)
- 40. Disconsolate
- 43. Stroke gently
- 44. Actress Richards
- 46. "Cletus Hogg" actor
- 47. Returned material authorization (abbr.)
- 49. Brazilian mountain range
- 51. Upset
- 54. One with supernatural insight
- 59. Insecticide
- 60. Taxi
- 61. "Much ___ about nothing"
- 62. Cannister
- 64. Popular clothing retailer

CLUES DOWN

- 1. Nowhere to be found (abbr.)
- 2. Not new
- 3. Brew
- 4. Stain with mud
- 5. Chief or leader
- 6. Luke Skywalker's mentor ___-Wan
- 7. Type of sauce
- 8. Sharpens
- 9. Priestess loved by Zeus
- 10. Jean Henri ___, French entomologist
- 11. Regulates supply of fuel
- 13. Disturbing and horrifying
- 15. Equal (prefix)

Answers on page 11

YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST

Thurs, Jan. 14	Fri, Jan. 15	Sat, Jan. 16	Sun, Jan. 17	Mon, Jan. 18	Tues, Jan. 19	Wed, Jan. 20
North Isle H-50°/L-41° Cloudy	North Isle H-50°/L-41° Mostly Cloudy	North Isle H-48°/L-40° Rain Possible	North Isle H-47°/L-38° Rain Possible	North Isle H-46°/L-41° Showers Possible	North Isle H-47°/L-36° Rain Possible	North Isle H-44°/L-35° Rain Possible
South Isle H-48°/L-41° Cloudy	South Isle H-49°/L-41° AM Showers	South Isle H-47°/L-40° Rain Possible	South Isle H-47°/L-37° Rain Possible	South Isle H-46°/L-38° Showers Possible	South Isle H-49°/L-35° Rain Possible	South Isle H-44°/L-34° Rain Possible



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- ✓VACUUM Interior
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- ✓Air Filter
- ✓Belts & Hoses
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- Tire Rotation
- Inspect Belts & Hoses
- Inspect Exhaust System
- Check Charging System
- Test Ignition Cables
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- Inspect Suspension
- Check all Fluids
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- Check Charging System
- Inspect Ignition Cables
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- Road Test Vehicle
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Community Bulletin Board

To place an ad, email classifieds@whidbeyweekly.com

ANNOUNCEMENTS

Pregnant? Need baby clothes? We have them and the price is right—FREE. Pregnancy Care Clinic, open Tuesday-Friday, 10am to 4pm and Saturday, 10am to 2 pm. Stop by at 670 SE Midway Blvd. in Oak Harbor.

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@servalt-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

Island Shakespeare Festival is seeking new members to join our Board of Directors. We're looking for people who are passionate about high-quality live classical theater and can devote time and energy to support the work of Island Shakespeare Festival's important cultural, social, and fiscal position on Whidbey Island. Our current needs include individuals with backgrounds in the following areas: human resources, donor relations, finance, as well as other skills related to overseeing a performing arts organization. Board members are asked to provide input and feedback to the Board and staff of ISF, attend one full board meeting per month, serve actively on board committees, and attend activities and events sponsored by ISF. Women

and persons of color strongly encouraged to apply. For more information, please contact jeff.natter@islandshake-spearefest.org.

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

If you are looking for a meaningful volunteer opportunity, look no further! When you volunteer at one of the Habitat for Humanity of Island County stores, you are helping local families attain decent, affordable housing. Income from the stores is vital to giving families a path to homeownership. We need people who can commit to help out in our Oak Harbor or Freeland store at least two-hours per week. Schedules are flexible. Our friendly volunteers provide customer service, help with receiving donated household items and furniture, and maintain the store. We also need drivers and driver helpers who will professionally represent Habitat as they pick up donated items using our trucks. Please call either store for more information. Oak Harbor: 360-675-8733, Freeland: 360-331-6272.

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: 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

JOB MARKET

My wife is having surgery and I need some house cleaning help. Call Hank, 360-678-7591 Coupeville (1)

Island Transit is Hiring! If you are looking for a solid career with great pay and benefits including two retirement plans, we are hiring. Visit www.islandtransit.org/employment to apply. Island Transit is a drug and alcohol free workplace and an equal employment opportunity employer.

MISCELLANEOUS

Three adjacent burial plots in Hawaii, Hawaiian Memorial Park, on the windward side of Oahu. Asking \$4,000 each plot, willing to consider reason-

able offers. Call Stone at 360-774-0168 (0)

ANIMALS/SUPPLIES

Excellent grass hay, no rain, good for horses, \$7 per bale. 20 bale minimum. Good quality round bales available also. 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

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.

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Always buying antiques, collectibles, sporting goods, tools, garden equipment, furniture, vehicles, tractors and boats. Cash paid at loading out. 45 years experience. 360-678-5888 or text 360-969-1948.

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?

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

No Cheating!

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

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.

Heavenly Father,

We come to you as a willing vessel, desiring a new beginning, new direction and the "Peace that surpasses all understanding." Let us remember, as we learned as little kids, you have the whole world in your hands. You are our comforter and we give you the Praise and Glory. Amen

"For God so loved the world that he gave his only begotten son."

John 3:16



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1st Row L-R: Megan Ruesch, Mindy Grove; 2nd Row L-R: Lauren Grove, Stevie Glover; 3rd Row: Dawn Wilson - owner; Inset: Lalani Cozy

Branch Business Services: Going above and beyond for customers

Ask anyone in the office at Branch Business Services in Coupeville and they will tell you customer service and helping people are the driving forces behind everything they do.

Founded in 2001 by Dawn Wilson, Branch Business Services exists to make people's lives easier. This professional business office provides services including accounting, full charge bookkeeping, payroll, payroll and state taxes, telephone, secretarial, resume, scanning, faxing, laminating, notary, UPS services and more. They'll even help you figure out your phone!

All of this has earned them a reputation as the town's "go-to" gals and information center.

"I think we strive to help people as much as possible," said Stevie Glover, a member of the Branch Business Services team since 2019. "I think they love our hospitality. We go above and beyond with what we do."

"I think our business sets itself apart from the rest because our best interests are in our clients and customers," said team member Megan Ruesch. "We strive to offer only the best."

That helpful attitude flows from the top down and helps set Branch Business Services apart.

"It is very important people are treated with kindness," Wilson said. "Sometimes we just do not know what is going on in others' lives. They may just need that one person's kindness to turn something around or shed a new light on an otherwise dreary day. Making an extra effort makes a difference and says to your customers and clients that they are important to you."

"I think Branch Business Services sets itself apart from other businesses by how determined our employees are to complete our projects at the highest standard, while maintaining a friendly and professional attitude," confirmed Lauren Grove, a BBS team member since last August. "I would recommend people use Branch because of our professionalism and ability to get things done in a timely manner."

Wilson said she knows it is the team she has built that has helped make Branch Business Services so successful.

"We all work together to make the day's tasks successful by backing each other when needed, plus they put up with me during the first four months of the year," she laughed. "My team is eager to learn, dedicated and hardworking."

"We have an amazing team that will always try to go above and beyond for our clients, no matter how big or small the task," said longtime team member Mindy Grove. "Each of us is dedicated to helping anyone that comes through our door, and with the variety of services we offer, we can usually get your job done."

"We go above and beyond for you!" Wilson said. "We will do our best to take whatever you need off your shoulders to lighten your load and provide you with peace of mind."

Branch Business Services is located at 404 South Main Street in Coupeville. Contact them by phone at 360-678-7543 or find them online at branchbusinessservices.com.

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