

July 1 through July 7, 2021

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★ OAK HARBOR'S
4TH OF JULY
PARADE, FOOD TRUCKS, AND FIREWORKS 2021

OH Rotary & Chamber Parade | Bayshore Drive | 11am
Food Trucks | Windjammer Park | 11am-8pm
Northern Kings Bikes on the Bay | Windjammer Park | 1pm
Fireworks | Windjammer Park | At Dark

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Art school receives gifts p. 8

BACK WITH A BANG:



Pamela Headridge Photo Courtesy of Oak Harbor Chamber
Fireworks will boom over Oak Harbor's skies once again in 2021. Fireworks will launch from Windjammer Park after dark Sunday evening.

FLOATS AND FIREWORKS RETURN TO OAK HARBOR

By Kacie Jo Voeller Whidbey Weekly

Prepare for a weekend full of patriotic spirit and a parade in Oak Harbor. After cancellation last year, Fourth of July festivities will return and the chamber of commerce will hold its firework display starting at dark in Windjammer Park July 4. The Rotary Club of Oak Harbor and Oak Harbor Chamber of Commerce parade will take place earlier in the day starting at 11 a.m. and will follow a route along Bayshore Drive. The Blue Fox Drive-In Theater will also be hosting its now sold-out fireworks show and movie night for the second year.

Vicki Graham, executive director of the Oak Harbor Chamber of Commerce, said there has been a great deal of excitement since the announcement of the return of the parade and fireworks show. There will also be a number of food trucks at Windjammer Park between 11 a.m. and 8 p.m. and the Northern Kings Bikes on the Bay organization is slotted to make an appearance starting at 1 p.m.

"It has been a whirlwind," she said. "Everyone is so excited that we are having the parade and we are going to be able to do the fireworks."

Graham said safety will be a focus at the event, from following appropriate COVID-19 precautions to maintaining a 420-foot fallout zone from the designated firework launching area, which will be manned by security.

"We are going to ask everyone to please, for their safety, adhere to the fallout zone," she said. "Come out, have fun, adhere to all guidelines."

Graham said the fireworks should be visible from a number of locations in Oak Harbor, such as the Safeway parking lot and areas of the Naval Air Station Whidbey Island Seaplane Base, not just from Windjammer Park.

"It does not necessarily mean that everyone has to venture down and all be at the park – you can be on your back porch and walk out and look and be able to see," she said.

Graham said she believes the return of the event will help instill hope for the community and beyond after an unprecedented past year and ongoing ordeal with the effects of COVID-19.

"We want to keep everyone looking forward," she said. "There is a light at the end of the tunnel – of course, with this experience there are going to be fireworks at the end of the tunnel."

Reid Schwartz, a member of the Rotary Club of Oak Harbor and chairman of the Fourth of July parade, said the rotary looks forward to once again helping with the event.

"We are just excited to have it coming back this year and getting people out and into the community," he said. "The weather is supposed to be great. It is going to be nice to get out and celebrate as a community again."

Schwartz said the club has partnered with the chamber of commerce for a number of years to help put on the parade. He said the group also runs a firework booth fundraiser to help support the rotary's community initiatives.

"Most of our programs involve giving back -- (it is) mostly high school scholarships we give back every year," he said. "And then we also have a Backpacks for Kids program, in which we provide food for about 140 or 150 kids in elementary schools to take home on the weekends."

Kelsey Bratt, theater manager for the family-owned Blue Fox Drive-In, said the venue will hold

See FIREWORKS continued on page 8



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ON TRACK

With Jim Freeman



Almost four decades ago, the locals began asking me why I did not cut my trees down so I could get sun on my old uninsulated steel caboose.

Nobody asked me last weekend.

As we sing in Freeland, "In the shade of the old maple tree."

Heat struck

Sometimes heat generates intelligence. It sure works for electricity.

Last weekend, due to the suspended because of rain Mariners/Chicago White Sox baseball, I was able to enjoy two games Sunday.

When one can only hear the game on radio, it only seems logical to have a television program playing as well. With the mute button engaged on the TV remote, one can have the best of both.

Baseball has always been a radio sport for me. All those why sleep games I enjoyed on my transistor radio still live. My transistor is behind me on the bed headboard even as I type. I always know where my radio is. Right next to my Buck Jones comic books.

Golf is best watched on mute. I have heard enough yelling of "Get in the hole!" I never could understand screaming at an inanimate object. May as well work for someone.

A golf ball is just another type of a baseball. One is bigger than another but both roll and are part of games played by people who wear hats.

Coupeville bumper sticker

While stopped at the traffic light by 525 and Wells Fargo, me and my truck were paused behind a vehicle with lots to read.

I love when this happens. I call it reverse texting. I read what someone else has already written but without being in violation.

Imagine a state statute which prohibits the reading of bumper stickers. I would put one on my truck that says, "Caution: Reading this is a fine-able offense."

Glad I was stopped long enough at the light to read this never-before-seen classic. "The mind is like a parachute. It only works when it's open."

February 2, 1962

Back in junior high in central Ohio, we were moved to a new junior high. This necessitated a new school paper with a new name.

Given we were the Cubs, later to be the Bears, I submitted the *Bear Facts* for my choice. Of course, the name was Dad's idea. I was not that clever wearing a madras shirt and white bucks.

We came in a close second to the winner, the *Cub Courier*. A better choice given our mascot.

For some reason, I was co-editor with Judy Williams. I did not ask as I was a ninth grader, trying to build my yet-to-be-created resume.

The other thing that was being developed was my being selected vice-president of the newly formed Young Americans for Freedom. There were only two of us who showed up for the initial meeting. Once the principal found out our duo of freedom fighters was sponsored by the John Birch Society, we were toast.

Dad was called in by the principal who accused Dad of raising a communist son.

Not knowing who John Birch was, or how he found the new junior high, I was released to the YMCA.

In our inaugural issue of the *Cub Courier*, Judy and I agreed our first editorial should be borderline controversial. She agreed, allowing me the opportunity to get my journalistic feet wet. My teeth were anxiously

cut on a provocative theme – *What's Wrong with the Twist?*

Glad Dad was out of town.

Since the statute of limitations has run on this topic, we reprint this editorial for your tolerance:

The time is three o'clock on a Saturday morning. The place is the Peppermint Lounge in New York City. A man of small build, Joey Dee, steps up to the microphone.

"Come on everybody, let's twist!"

Then a few screams are heard and the drummer breaks into a rampage. In comes Joey Dee's high pitched voice, backed by his Starlighters.

Now the place starts jumping. What is it about this dance, the Twist, that everybody likes? Do the girls like it just to take off a little weight? Is it only because it is something new and different?

Whatever it is that makes this dance click, it is certainly working. Even some of the adults are twisting. Not long ago on his bandstand show, Dick Clark said that he and some professors discussed the Twist. There were several personalities at the meeting and some of them twisted. Those who did were Debbie Reynolds, Dagmar, and Tom Poston, to mention a few.

Why is the Twist ridiculed? What's wrong with it?

In the next issue of our paper we want those of you who are interested to write the paper and give your opinions on the new dance craze. We feel this is very important to teenager's activities today. If the adults ban it, how can we do it?

Do you think Chubby Checker's dance, the Twist, is immoral or vulgar?

Please write in if you are interested. I'm sure that I'm not the only one that would like to know, "What's wrong with the Twist?"

Maybe this was not an editorial but just a kid trying to fill up space for a deadline. Sound familiar?

Just ask Jim

This week's question is based on my own confusion.

What is Canada Day? Should we be celebrating?

Canada Day, according to Wikipedia:

Canada Day (French: Fête du Canada) is the national day of Canada. A federal statutory holiday, it celebrates the anniversary of Canadian confederation which occurred on July 1, 1867, with the passing of the Constitution Act, 1867 where the three separate colonies of Canada, Nova Scotia, and New Brunswick were united into a single Dominion within the British Empire called Canada. Originally called Dominion Day (French: Le Jour de la Confédération), the holiday was renamed in 1982 when the Canadian Constitution was patriated by the Canada Act 1982. Canada Day celebrations take place throughout the country, as well as in various locations around the world attended by Canadians living abroad.

I am a Canadian, free to speak without fear, free to worship in my own way, free to stand for what I think right, free to oppose what I believe wrong, or free to choose those who shall govern my country. This heritage of freedom I pledge to uphold for myself and all mankind... ~John Diefenbaker

We have it all. We have great diversity of people, we have a wonderful land, and we have great possibilities. So all those things combined there's nowhere else I'd rather be... ~Bob Rae

Dark humor?

Some people are like Slinkies. They're really good for nothing. But they still put a smile on your face when you push them down a flight of stairs.

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Lorijeane Spear
Nurse
(Whidbey Family Birthplace)

SOME HEROES PROMOTE KNOWLEDGE

"Lorijeane AKA LJ has been an exemplary clinician, promoter of knowledge, and support system for everyone on our team. Her "can do" outlook encourages her patients and co-workers alike. She strives to be current in every aspect of labor and delivery and shares her knowledge with others, which ultimately makes us better care providers to our moms and babies. LJ has been appointed as preceptor for many new employees, from newer RNs to very experienced new hires. She supports, challenges and reviews their strengths and helps them to set goals for improvement."

Lorijeane Spear is a **real healthcare hero**.

Lorijeane, or LJ as her friends call her, promotes excellence, encourages others and focuses on what is best for the moms and babies in our care. She does all this with enthusiasm, humor and that ever present smile. She is a gem and true asset to our Whidbey Family Birthplace, our WhidbeyHealth team and our Community.

Thank you LJ, for being part of our Team!

Ron Telles, CEO
WhidbeyHealth

Gratefully sponsored by Ron Telles.

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Bits & Pieces

Outdoor Burn Ban in Island County Type I Burn Ban in Effect as of 12:00 Noon, June 30, 2021 No Outdoor Burning of Natural Debris – Even with a Permit

PROCLAMATION and PUBLIC NOTICE

WHEREAS, by June 30, 2021, atmospheric conditions of reduced moisture levels, low humidity, and warmer weather have increased the risk of fire within the confines of Island County,

THEREFORE, in concurrence with the Fire Protection Districts of Whidbey and Camano Islands and the Northwest Clean Air Agency, I, Sheriff Rick Felici, serving as the Island County Fire Marshal, do hereby proclaim a BAN on ALL outdoor burning (except for recreational fires) within the entirety of Island County.

Report Violations to 911.

This restriction bans outdoor burning, except for recreational fires. Recreational fires are less than three feet in diameter and two feet high and are for cooking and pleasure only. Recreational fires must be contained within a fire pit that has been cleared of all combustible material within a 10-foot radius, must be monitored at all times, and must have a water source readily available (at a minimum, a charged water hose or a five-gallon bucket of water). The use of barbecue grills using propane or briquettes, or self-contained camp stoves are also allowed.

This Ban will remain in effect until further notice.

Outdoor Burning Information

For Island County, call the Health Department at 360-679-7350.

For Northwest Clean Air Agency, call 360-428-1617.

Sheriff Rick Felici

Navy Wraps Up Third Sound Monitoring Period

The Navy completed its third week of real-time sound monitoring at Naval Air Station (NAS) Whidbey Island as directed by the National Defense Authorization Act (NDAA) for Fiscal Year 2020 (FY20).

Flight activity was monitored at 11 sites in proximity to Ault Field and Outlying Landing Field (OLF) Coupeville for seven consecutive days from Sunday, June 6 through Saturday, June 12. Data also continues to be collected in the Olympic National Park at a twelfth site.

The week of monitoring included a range of typical flight activity, including four days of high activity levels, a moderate-level day, and low-level flight activity on the weekends.

The information will be available to the public once the yearlong monitoring effort is complete and the Navy has submitted the final report.

[Submitted by Mike Welding, Public Affairs Officer, NAS Whidbey Island]

Kayakers, Paddlers, Boaters Beware: the Water is Cold and Dangerous

Summer has arrived in Puget Sound and America's Boating Club of Deception Pass reminds boaters, kayakers and paddlers that Whidbey and Fidalgo waters are cold and 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 lower 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 boating club commander Shawn Haugen, cold water immersion is not the same as hypothermia, and refers to the affect the 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."

The Centers for Disease Control and Prevention (CDC), says cold water immersion creates a specific condition known as immersion hypothermia. It develops much more quickly than standard hypothermia because water conducts heat away from the body 25 times faster than air. Typically people in temperate climates don't consider themselves at risk from hypothermia in the water, but hypothermia can occur in any water temperature below 70°F.

Even experienced swimmers can experience shock within one minute in the frigid water and lose muscle control within 10 minutes. According to safety experts, the stages of cold-water immersion are:

Cold shock. A person has one minute to adjust to the cold shock response – don't panic, get control of breathing, don't gasp.

Swimming failure. A person has about 10 minutes of meaningful movement to get help and get out of the water. A person has about one hour before they become unconscious from hypothermia.

Post-rescue collapse. A person "gives up" and collapses after or right at the time of rescue.

According to Haugen, the summer 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."

Haugen 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."

America's Boating Club of Deception Pass is a 44-year-old nonprofit organization with over 80 members from Whidbey and Fidalgo islands. It is part of the United States Power Squadrons, a nonprofit boating organization dedicated to education and training of safe boating activities.

[Submitted by Jennifer Geller, DPSPS]

Capt. Matthew Arny to Celebrate One Last Hoorah! As Grand Marshal of Oak Harbor's 4th of July Parade

After a long year of canceled events, the Oak Harbor Chamber of Commerce is excited to bring back one of the most anticipated events of the year in 2021. Sunday, Oak Harbor's July 4th Parade and Fireworks will return!

Kicking the day off at 11:00AM, the parade will begin at the intersection of Midway Blvd. and Pioneer Way, traveling down Bayshore Drive to Pioneer. The parade will end near Oak Harbor Ace Hardware and Oak Harbor Motors.

Appropriately marshaling this year's parade is the departing commanding officer of Naval Air Station Whidbey Island, Capt. Matthew Arny. Capt. Arny will be celebrating one last time as base C.O. with his beloved Whidbey Island community before the Change of Command ceremony set for July 9.

After a 33-year career with the Navy, Arny will be retiring after this command.

Since taking command in 2018, Capt. Arny and his family have proven to be tremendous community partners throughout the years, participating in talks with many local organizations, giving updates on base operations pertaining to residents including environmental efforts, technology upgrades, housing, and childcare needs. Capt. Arny's wife, Samar, is also a great community activist work-

ing primarily as a chief advocate for military spouses and families.

"We are so excited to have Capt. Arny as this year's Grand Marshal for Oak Harbor's 4th of July Parade!" said Oak Harbor Chamber Director, Vicki Graham. "Capt. Arny has always been a wonderful advocate and partner to the chamber, we are happy to be able to give him one last celebratory send off as a community before his retirement."

Look for Capt. Matthew Arny riding the parade route on the float with the Whidbey Island Pirates.

Following the parade, the party will move to Windjammer Park. There will be food trucks in the park from 11:00AM to 8:00PM. The Northern Kings Bikes is also set to arrive at the park at 1:00PM. For those who plan to camp out and wait the remainder of the day at the park, the splash park will be open as well as some setups for yard games for families.

The fireworks show is set to go off whenever the skies go dark, the chamber is estimating around 10:15-10:30PM. The community is invited to join - the fireworks will go off from the shore at Windjammer Park. There will be a roped off fallout area where viewers will not be permitted for safety purposes. Up-close viewing areas include the open areas of Windjammer Park and Flintstone Park.

Stay tuned with 4th of July updates and community information on the Oak Harbor Chamber Facebook page. For any questions, call the chamber at 360-675-3755.

[Submitted by Autumn Parks, Oak Harbor Chamber of Commerce]

Tilth Farmers' Market Turns 50

Who among you who were here in the 1970s and remember shopping for produce at a used fireworks stand in Clinton? You would have met Myrna Orr Twomey and her husband, Sean, Rose and Jerry Dobson, and Althea Coffin, to name a few. The booth opened after the July 4th weekend in 1971. The same people showed up June 19, 1982, to establish South Whidbey Tilth as a farming/gardening organization practicing organic growing methods and education. The market founders invited the crowd at the 1982 meeting to adopt the small farmers market, and all agreed.

South Whidbey Tilth is celebrating the 50th anniversary of the Farmers Market July 4 with a 1:00PM celebration. Customers and vendors can enjoy a piece of cake, popcorn and snacks. Vendor Barb Brandys of Sweet Luxury Cookies is making the treat. Customers may pick up a golden punch card and bring the filled card back for a \$5 refund when they've spent \$50 at the market — cards are limited to one per family.

The Tilth market is open every Sunday from 11:00AM to 3:00PM at 2812 Thompson Road, Langley. Look for the scarecrow and flags on Hwy. 525. The Sunday of July 4 features live music by the Ron Fowler Band performing rock 'n' roll. Look for fresh fruits, summer produce, herbal crafts and products, pies, fish and more. From the kitchen, Old School Market Farm will be slinging pizza, plus offering an array of vegan dishes and the OSM Eats famous cookies.

SNAP and FMNP customers are welcome and receive double value for their purchases. SNAP customer cards are matched up to \$40 per visit and FMNP up to \$12 per visit.

Safety precautions are in place to control the spread of COVID-19 and its variants. Wearing a mask is optional for those who have been vaccinated. The grounds have three hand washing sinks, restrooms, plenty of parking and wifi.

Tilth is looking for more produce and produce vendors, contact the manager at market@southwhidbeytilth.org or leave a message at 360-321-0757. Home gardeners with extras can bring them to be sold by a volunteer at the Community Produce booth, comm.produce@

southwhidbeytilth.org. Please email to make arrangements or find the necessary forms on the website: www.southwhidbeytilth.org/htm.

[Submitted by Susan Prescott, South Whidbey Tilth Association]

Explore the Salish Sea Marine and Near Shore Terrestrial Environments by Kayak Skagit Valley College enrolling now for a unique Sea Kayak Exploration class in the Salish Sea and the San Juan Islands

If you love the salt air and exploring the beautiful Salish Sea and the San Juan Islands, you'll want to enroll now in this unique Skagit Valley College summer class: Sea Kayaking Exploration – San Juan Islands. The class dates are July 6-20. Learn more at www.skagit.edu/seakayak.

Sea kayaking is viewed by many as one of the most personal means of exploring the marine and near shore terrestrial environments. The slow pace and the direct contact with the surroundings offered by sea kayaking provide the paddler with views and perspectives unique to this method of travel.

This seven credit Learning Community class (Natural Science 160 and Physical Education 100 and 167) is open to the general public and will be led by SVC instructors Cliff Palmer, Biology and Environmental Conservation, and Ben Fackler-Adams, Interdisciplinary Science.

Investigate the natural history of the San Juan Islands (Terrestrial and Marine Ecology, Geology, Cultural History) by kayaking to different islands. No prior sea-kayaking experience or exceptional athleticism required. Course fee of \$1,000 (includes tuition) and outfitter cost of \$700 include all camping/site costs, meals/snacks, kayak, and safety equipment. Students must supply their own tents and sleeping bags/pads. All camping responsibilities (cooking, clean up, etc.) are shared. Per National Park requirements, all participants must provide evidence of full COVID vaccination.

For more information or to register, email cliff.palmer@skagit.edu or bfackler-adams@skagit.edu.

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

NW Artist Richard Evans' NEPANTLA Exhibition and Fundraiser Opens July 10 at Bayview Cash Store

Art provocateur Richard Evans, 86, returns with a new one-man show in the HUB Gallery, located in the Bayview Cash Store on South Whidbey Island. All sales proceeds will benefit the Goosefoot Community Fund's presentation of student art shows during 2022. This is the first art exhibition in the Hub Gallery since the outbreak of COVID-19 in March 2020.

NEPANTLA: Not a Safe Space but a Magical Place. A Place for Transformation will be on view July 10 through Aug. 22. Featuring primarily mixed media assemblages from found and repurposed objects, Evans' trickster approach to art defies easy categorization or interpretation.

What you can count on in his work is irony, reflections on mortality, and indictments against capitalism and fascism. Evans' love of the cinema and wordplay are also present and have been constants throughout his artistic career. His long history as an actor and director in the Hollywood television and film industry and as a writer and director of his own films play a significant role in his artwork.

The fundraiser will consist of a unique "silent auction" approach. Each piece will have bidding sheets attached with a minimum bid amount listed. Bidders will write down the highest amount they are willing to pay (which could be the minimum bid), provide their contact information, and place it in a lock-box nearby. When the show closes, the winning bidders for each piece will be contacted.

According to the artist, "Of all the art shows organized by Goosefoot, the student work has moved me most profoundly. Their raw talent, and the difficult subjects they've taken on, gives me hope for our artistic future."

The nonprofit organization is grateful to Evans for his generosity.

BITS & PIECES CONTINUED ON PAGE 6





LIONS R~O~A~R

Kindness Matters

Your Whidbey Island Lions Club in Oak Harbor has been keeping busy in 2020 and into 2021. In honor of our community's First Responders, the Lions adopted a program in which to show their appreciation. They felt that it is important to recognize those that put their own health and safety on the line everyday to help others especially through the COVID-19 Pandemic. Over the past year and a half, the Whidbey Island Lions Club has presented "Tokens of Appreciation" to the following: North Whidbey Fire and Rescue, Oak Harbor Fire and Police Departments, Island County Sheriff and Washington State Patrol Island County Departments, and the Island County Emergency Communication Center or ICOM. Over three hundred "Tokens of Appreciation" were given out to community First Responders. The goal is to continue to recognize those that serve others in the community. To find out more of what the Whidbey Island Lions Club does for the community, visit their website at Whidbey Island Lions Club - Lions e-Clubhouse.

Swap Meets

As summer is now upon us and 2020 is now in the rear view mirror, so to speak, it is time to get outside! The Whidbey Island Lions Club is looking forward to a busy season with their series of summer Swap Meets at the Blue Fox Drive In. The Lions look forward to seeing all those familiar faces as well as new ones at the third Annual Swap Meet. Time to mark your calendars as the Swap Meets begin every Saturday on July 10 through August 28 from 9 AM - 2 PM. To find out more about vendor opportunities, email wilclions@gmail.com.

Become a Lion

As many of you know the Lions Club motto of "WE SERVE," rings true all year round and we wish to "Thank" all of you for your continued support to our many community outreach programs. We encourage members of the community to join their local Lions Club. Just imagine a little kindness from oneself can go a long way. If you are interested in becoming a Lion with the Whidbey Island Lions Club, they meet every first and third Tuesday evenings at 6:00 PM for a social and 6:30 PM meeting time at the Knights of Columbus, 3259 Old Goldie Road or you may call 360-679-9468 for more information. Again thank you for your continued support and we hope to see you soon!

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Low Back Pain? Take a Hike!

By: Dawn Miller, Erick Harada

Stay pain free this summer with these 3 exercises for low back pain!

Summer is here, restrictions are lifting. It's time to get outside and move! With all of the beautiful trails Washington has to offer, it's no surprise that Whidbey residents enjoy hiking in their free time. However, many people find themselves limited by low back pain.

The last thing you should do is stay at home because your back is hurting. These exercises focus on mobilizing the muscles and joints around the spine that can effect low back pain. Use them before your hike to warm up, and after to cool down. Your body will thank you!

T-SPINE ROTATION - Hold twist/tilt for 3 seconds, 5 times each side

WHY: The thoracic spine is your upper/mid back and becomes stiff and rounded forward as we spend time sitting, hunched over computers or cellphones. When this happens, the muscles of the low back may end up compensating for the lack of movement in the T-spine.



Interlace your hands behind your head, pull the elbows back.



Rotate to the right until you feel a stretch. between your shoulder blades



Lower your right elbow towards the ground, stretching the left ribcage.

*****Make sure you repeat this exercise on both sides!

STANDING LAT STRETCH - Hold stretch for 3 seconds, repeat 10 times

WHY: Our "lats" are big muscles that run from your low back to upper arm. When they are tight, you can experience low back pain. Surprise - in most people, they are tight!



Grab onto a sturdy, waist to chest-high object that won't move. You can use a bench, car door, or countertop!



Unlock your knees and sit your hips back, lowering your chest until you feel a stretch along your back. For more, try to pull your hips away from your hands.

PIRIFORMIS STRETCH: Hold for 15 seconds, repeat 3 times each side

WHY: Tight, weak hips mean your low back is working overtime to help you move. Do this to reduce strain on your lumbar spine.



Hold onto something sturdy, like a chair or tree. Cross your right ankle over your left knee.



Sit your hips back until you feel a stretch in the outer right hip. Repeat other side!

The Three S's

While some soreness during and after hiking can be expected, keep an eye out for the three "S's": **Pain that is SHARP, SHOOTING, or STABBING should not be ignored.** We offer free injury consultations with a physical therapist who will address your concerns and determine whether you could benefit from seeing a healthcare provider - whether that's us or someone else. To schedule, give one of our clinics a call: Oak Harbor 360-679-8600 or Coupeville: 360-682-2770. Enjoy the summer, Whidbey Island!

MOVE BETTER, LIVE BETTER!

Let us help you get back to doing what you love without pain.



HARADA PHYSICAL THERAPY

Oak Harbor: 360-679-8600 Coupeville: 360-682-2770



Erick Harada, PT, DPT

BITS 'N' PIECES CONTINUED FROM PAGE 4

"Our young people deserve a public place to showcase their talents and put their work up for sale," states Hub Gallery curator and Goosefoot program director Marian Myszkowski. "And we have always enjoyed exhibiting Richard's work in the Bayview Cash Store," she continues. "Watching visitors enjoy and puzzle over his sometimes whimsical and often thought-provoking pieces is very satisfying!"

Evans has had two previous solo exhibitions in the Hub Gallery: Near Earth Objects: A Space Museum in 2014; and No Big Dada: Assemblage and Installations in 2015. He has also participated in numerous group shows in the Gallery. His artwork has also appeared at Museo Gallery, Langley, Wash; Karlson/Gray Gallery, Langley Wash; Rob Schouten Gallery, Greenbank, Wash; and Galerie 1529 in Glendale, Cali.

The Hub Gallery is open and free to the public, Monday through Sunday, 10:00AM to 6:00PM. It is located inside the Bayview Cash Store, 5603 Bayview Road, Langley, Wash. For more information, contact 360-914-1627 or visit www.goosefoot.org.

[Submitted by Marian Myszkowski, Goosefoot]

Registration Open for 25th Annual Whidbey Island Triathlon

Registration is now open for the 25th annual Whidbey Island Triathlon to be held Saturday, July 31. After a challenging year, where the annual event was converted to a virtual triathlon, the race director and triathlon committee are looking forward to welcoming athletes back and hosting an in-person event.

The Whidbey Island Triathlon, staged in the heart of the southern portion of breathtaking Whidbey Island, attracts all ages and abilities and is open to individual participants as well as relay team competition. It is popular in the Northwest as a first-time challenge for novice and rookie triathletes.

The swim-bike-run course starts with a half-mile swim in beautiful, clean, and clear Goss Lake. Leaving the lake on bike, participants begin the 19-mile ride through tree-lined country roads. The bike course is hilly, with views of Saratoga Passage and the North Cascades. Athletes finish with a 3.75 mile run on the lovely groomed forest trails at Community Park and the Sports Complex.

New to triathlons? Those new to triathlons are encouraged to test the waters by gathering a relay team. Many beginners are intimidated by the swim, so the South Whidbey Parks and Aquatics Foundation is providing open water swim clinics this summer. Details <http://swparks.org/event/7634/>.

Why do folks return to the Whidbey Island Triathlon year after year? Folks love the incredibly scenic course; the outstanding volunteers; participants appreciate the fun, small-town feel of the community cheering them on, whether they're first or last; the distances are suitable for beginners while still challenging for experienced triathletes.

The competition includes age group categories, as well as "King Salmon" (men 220+ lbs. and women 165+ lbs.) and relay team divisions. Participants must be 16 years of age or older on race day, or request special permission four weeks in advance from the Race Director to participate.

The triathlon leans heavily on volunteer support to maintain a quality event. Over the course of two days, South Whidbey Parks and Recreation will need to fill over 100 volunteer positions, from trail marshals to clean-up crew. Athletes look to volunteers for encouragement, assistance and support. Volunteers are the HEART of this event, and South Whidbey Parks & Recreation couldn't do it without them. Volunteer sign-up: <https://signup.com/go/HowfKDj>

For questions, contact South Whidbey Parks and Recreation District at 360-221-6788 or programs@whidbey.com.

[Submitted by Carrie Monforte, South Whidbey Parks & Recreation]

Whidbey Working Artists Summer Open Studio Tour

Whidbey Island is known for its natural beauty. Interpreting that beauty and serenity are dozens of working artists. You may have seen the work of these artists at local galleries or on websites, but you have probably longed to see where they work and how they get their inspiration. The Whidbey Working Artists Summer Open Studio Tour, with 49 studios covering Whidbey Island from north to south, east to west, is your chance to meet and talk with the artists in their native habitat – their studios!

The sheer concentration of artists on Whidbey Island has created an ecosystem of artists who inspire each other as well as take inspiration from their surroundings. You can participate in this creative atmosphere by stopping at as many studios as you can fit into your schedule in a whirlwind tour. This tour, August 21 and 22 from 10:00AM to 5:00PM, has all kinds of art – from painting and mixed media, sculpture, jewelry, glass and clay. Let the artists shake you from your doldrums and bring you a literal breath of fresh air.

<https://www.facebook.com/WhidbeyArtists>
<http://www.whidbeyworkingartists.com>

[Submitted by Jill Lipoti]

2021 Meerkerk Gardens Bluegrass Festival

Meerkerk Gardens welcomes back its annual Bluegrass Festival to the Gazebo stage Aug. 21.

Bring your family and friends to Meerkerk Gardens to enjoy the great Bluegrass music.

New this year, the fine folks from DLUX BBQ in Freeland will be bringing their Fire Engine food truck and selling their pulled pork sandwiches, coleslaw, sodas and water. Who doesn't love a BBQ and Bluegrass afternoon?

The Musicians

Cranberry Bog Bluegrass Band: 12:00-1:00PM



Come hear the Cranberry Bog Bluegrass Band for some toe-tappin' fun and the plaintive sound of bluegrass and Americana music plus a few surprises that will knock your socks off in three-part harmony, duets and solos.

Howdy Boys: 1:15-2:15PM



They are the genuine article - the authentic sound of hardcore classic bluegrass from one of Seattle's best known bands.

The Nanas and the Papas: 2:30-3:30PM



This group is a high energy acoustic band made up of bass, banjo, guitar and mandolin with roots in Tennessee, Virginia, and North Carolina — they bring in their own style of bluegrass sound. Everyone sings along.

Cost: \$15 per person — payable at the Gatehouse entry by cash, check or credit card.

Parking is limited so please carpool, ride a bike, a bus, or walk if possible.

For more information, visit www.meerkerk-gardens.org

[Submitted by Cynthia Woerner, Meerkerk Gardens]

BITS & PIECES CONTINUED ON PAGE 12



THANK YOU FOR READING WHIDBEY WEEKLY | REDUCE → REUSE → RECYCLE



FRIDAY, MAY 21

4:53 am, Log Cabin Rd.

Reporting party advising subject is asleep inside reporting party's vehicle. Reporting party not armed with any weapons.

9:08 am, Terra Bella Ln.

Requesting call regarding noise issues from feral cat. Urinating on property.

2:10 pm, Birch St.

Requesting call referencing neighbors intentionally leaving garbage can in front of reporting party's mailbox so post office is not delivering her mail. New neighbors, unknown name. Reporting party states she has asked them to stop doing so.

4:06 pm, Long Dr.

Caller advising neighbor will be having noxious weeds weeded at 5 pm. Says this will spread on to her property.

SATURDAY, MAY 22

12:25 am, 2nd St.

Reporting party in a bus; advising another vehicle, silver Honda or Toyota-type, keeps trying to hit him.

Additional caller advising a bus is running from him, has a gun to shoot him.

11:47 am, Scenic Heights Rd.

Caller states neighbor is cutting hedge line and trespassing on caller's property. No weapons. Occurring now. Has been asked to stop but neighbor is refusing.

5:06 pm, Soundview Dr.

Reporting party states is having issues with neighbor. Hedge is between properties. Neighbor chopped it up and threw it into reporting party's yard. Occurred earlier today.

10:58 pm, Deer Lake Rd.

Reporting party advising male jumped out of vehicle with sword and charged reporting party; associated with a Mercedes, was at Clinton library. Unable to see license plate.

11:09 pm, Bon Air Dr.

Reporting party advising is hearing booming music in area. Reporting party calling back, very upset about music. Trying to make ICOM listen to music. ICOM cannot hear music. Still requesting check.

SUNDAY, MAY 23

3:43 am, 2nd St.

Reporting party advising was hitchhiking, picked up by males who beat him up and took clothes; outside location now. Reporting party requesting mental evaluation.

11:13 am, 2nd St.

Advising male subject with beard, white mask, tan coat, Indian headband, throwing suitcase at vehicle.

1:21 pm, Frost Ave.

Caller advising is hearing someone "Waking up my girlfriend at the storage units." Heard yelling when he was at gas station, drove to this area and says it is yelling either from the storage unit or a nearby business.

7:21 pm, Tulip Ln.

Open line, male subject talking to someone about 9-1-1 call; "Never had that before. Had Amber Alert but not 9-1-1 emergency call. End call." Line disconnected.

MONDAY, MAY 24

3:49 pm, Libbey Rd.

Reporting party advising turkey at location causing issues; unknown who it belongs to.

5:53 pm, North Bluff Rd.

Reporting party advising large container ship in front of house; being very loud, ongoing all night. Requesting call.

9:38 pm, SR 20

Advising female subject walking around in parking lot banging on car and making strange noises. Running around on all fours; close to highway.

TUESDAY, MAY 25

6:16 pm, Main St.

Caller advising male assaulted customers in parking lot. Male standing in parking lot flipping people off and not letting them park. Pushed persons and yelling in persons' faces.

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

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Unexpected gifts ensure Coupeville art school's future

By Kathy Reed Whidbey Weekly

Sometimes the best gifts are the unexpected ones.

Such is the case for the Pacific Northwest Art School in Coupeville. A bequest by one of the school's founders and another by a longtime student and supporter have given the arts education center financial stability well into the future.

"They really wanted to see the school carry on into the future," said Lisa Bernhardt, Pacific Northwest Art School's executive director. "I had no idea and I was just dumbfounded when [I learned of the gifts]. It's a sad thing we had to have two people pass away, but they really wanted to see the school carry on. They thought it was such an asset for our tiny island."

Muriel Pickard was one of the school's founders and Ellen Marott first got involved as a student.

"Muriel was with us from the school's inception," Bernhardt said. "She had always been a benefactor but hadn't been involved directly in about 10 years. She was a pillar of the community. I knew her passion was [Ebey's Landing National Historical Reserve], so when we got a gift from her we were over the moon."

"Then we received Ellen's gift," Bernhardt continued. "She was interested in mixed media, fiber arts and was involved in the school as a student primarily. But she was always keenly interested in how the school was doing."

Bernhardt said to receive these gifts now is perfect timing.

"During the pandemic we just hunkered down," she said. "The staff – we laid ourselves off. We had reserves going into the pandemic, which we used to pay for things like the mortgage, power, etc. These legacy gifts give us some security. It allows us to have a safety net and a cushion so we can make that money last."

The Pacific Northwest Art School became official 35 years ago, when the Coupeville Festival Association gave the organization \$25,000 "seed" money to establish a brick and mortar school, according to Bernhardt. Born of a desire to provide Whidbey Island with art all year long, the school now provides instruction in fiber arts, mixed media, photography and painting. Its faculty consists of renowned instructors from all over the world. The two bequests will enable the school to continue to provide superior quality workshops and more.

"It allows us to bring in high caliber instructors," Bernhardt said. "Teachers are not inexpensive. While we don't anticipate adding staff on, our two staff members are back to full time. If something happens to the building, we can take care of the facility. It's a safety net. It gives us the ability to look 25 to 50 years down the road."

The funds will also allow the nonprofit school to broaden its reach within the community. Bernhardt said in many ways, Pacific Northwest Art School is one of Whidbey Island's unknown gems.

"A lot of people don't know about us," she said. "We are not real visible; we're tucked away in a commercial, quasi-medical office area. Also, 60 to 70 percent of our students are not local. Many locals don't know Coupeville has an art school that's been around 35 years."

"Our mission is to provide access to art instruction to everyone," Bernhardt continued. "The money will allow us to continue to reach



Photo Courtesy of Pacific Northwest Art School
The Pacific Northwest Art School will once again host the Whidbey Plein Air Paint Out in August. Artists from across the country will converge on Coupeville and the surrounding areas to paint outdoors in the location of their choosing.

out, add some new programs we've never been able to offer. We can expand our programs to the community so there is more accessibility to art. We're very keen to be able to continue to offer art to everyone and I'm sure how we can serve the community more will be a big topic of conversation with the board."

The school was able to start offering workshops and classes last month and has a full slate of workshops coming up, although the schedule has been compressed due to the pandemic. The school will also be partnering with local businesses, such as opening a satellite art supply shop at Frida's, A Beautiful Mess in Oak Harbor and sharing some of its office space with Sound Touch Healing Arts.

"We're trying to be creative, trying to have something for everyone," said Bernhardt. "Fingers crossed, we are going to be busy."

In addition to bringing workshops back to the school, the Plein Air Paint Out will be back again in August, running in conjunction with the Whidbey Working Artists Open Studio Tour.

"Participating artists will paint during the week, there will be a Friday night reception and weekend-long exhibition," said Bernhardt. "Artists just love coming to paint here. It's good for visitors and locals to see them out and about and the artists love to talk about what they're doing."

More information on upcoming workshops and the Plein Air Paint Out is available online at pacificnorthwestartschool.org. The school is located at 15 NW Birch Street in Coupeville.

Bernhardt said it feels good to begin to emerge from the pandemic and start getting back to business.

"It's so good being back and open, seeing everyone's faces and seeing creativity," she said. "It's great connecting with artists, seeing them. It was a huge void not to be able to see them. You don't realize how much you need art until it's not there. You need that extra component to satisfy the soul."



Pamela Headridge Photo Courtesy of Oak Harbor Chamber
The Oak Harbor Chamber of Commerce has once again partnered with the Rotary Club of Oak Harbor to bring the beloved Fourth of July parade to Bayshore Drive.

FIREWORKS continued from page 2

its second fireworks show the evening of July 4 following a successful inaugural year. The show will be followed by two films, "Boss Baby: Family Business" and "F9: The Fast Saga."

"This is just the second year we have done it," she said. "We decided to do it last year since there was nothing for anybody to do, so we said, 'Let's give it a try.' It was so successful and we have had so many people tell us it is the best firework show that they have ever been to, so we said, 'Now we can't quit!'"

While the show is sold-out, Bratt recommended keeping an eye on the theater's Facebook page (www.facebook.com/bluefoxdrivein) for any last-minute openings. Reservations are \$10 per car, in addition to the usual per person movie fee paid upon arrival at the venue. The lot will open at 4 p.m. and patrons will have the opportunity to meet firefighters from North Whidbey Fire and Rescue, race go-karts, and more.

"We might open up a couple more spots as we get closer because we are redoing our lot right now as far as the poles and so we might be able to fit a couple more cars in there," she said. "But we do not know yet so we will post on our Facebook if a couple more spots become available."

Bratt said the fireworks will start at dusk after the playing of the national anthem and will last for approximately 15 minutes. Once the fireworks conclude, the movies will begin. Bratt said the theater looks forward to holding the event.

"We had people talking about it all year: 'Are you doing it again?'" she said. "It was so fun! We definitely could not let them down and not do it again."

For those on the island looking to purchase and set off fireworks, regulations for discharge vary based on location. Approved fireworks are allowed in Oak Harbor, but are only permitted for use on private property between the hours of 9 a.m. and 11 p.m. until July 5, with hours extended until 12 a.m. July 4. The town of Coupeville will allow legal fireworks between 9 a.m. and 11 p.m. July 4 only. For unincorporated Island County areas, fireworks may be discharged July 3 and 5 from 9 a.m. to 11 p.m., and 9 a.m. to midnight July 4. Fireworks are currently not allowed within city limits in Langley. For more information and safe firework suggestions, please refer to the following resources: www.oakharbor.org/community/page/city-fireworks-regulations, www.langleywa.org, and www.islandcountywa.gov/Sheriff/Pages/Home.aspx.



Sasquatch Success in Oak Harbor

You never know who will pop up in downtown Oak Harbor!

Saturday, Garry Sasquatch was on hand to welcome and entertain participants in Oak Harbor Main Street Association's first Sasquatch Walk. Despite the heat, 100 people turned out to participate in the first-time event. Participants walked to different locations around the historic downtown area, sampling special treats at each stop along the route.

"We could have sold more tickets because there was a lot of interest, but we had a cap this year of 100 because all the samples of food and drink were donated by the participating restaurant or business," explained Margaret Livermore, interim executive director of OHMSA.

The purpose of Saturday's walk was to help raise money for a new Pop-up Plaza at the northeast corner of Pioneer Way and Dock Street. According to Livermore, the property owners have no plans to build on the vacant lot in the near future, and have given OHMSA permission to use the space, which will have pergolas, new picnic tables and a small stage. Murals on adjacent buildings will add more ambiance to the space.

"The Pop-Up Plaza is designed as a community space where people can gather to visit, take a rest from shopping or eat," Livermore said. "We hope to use the stage for local entertainment. The murals and pergolas are scheduled to be completed by the end of July." Livermore said the new picnic tables are on back order but will arrive as soon as the company can complete them. The cost of the Pop-up Plaza is being covered by sponsors, proceeds from the Sasquatch Walk and a grant.

Organizers say the Sasquatch Walk will be back next year – as will its hairy namesake, Garry – who is likely to appear at other OHMSA events in the future. Find more information at oakharbormainstreet.org.



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F9 The Fast Saga (PG-13)
 Friday thru Tuesday: 7:00pm

Boss Baby: Family Business (PG)
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Let's Dish!

with Kae Harris



THE THEATER OF FOOD!

I have always been fascinated when food and art collide. The visual aspect of food is just as important as taste and olfactory profiles and as the adage goes, "We eat with our eyes first." Preparing a visually appealing plate is not relegated to Michelin star restaurants, and indeed, the combination of art and food has been present in cuisines that have existed for centuries. So, what is it about the sense of sight that plays such a large role in how we approach food? Part of it is down to pure aesthetics and the fact we like to look at pretty things; however, there is an evolutionary component pointing to the fact colors influence our perception of the freshness and quality of ingredients. Raw fruits and vegetables that are brown, for example, give a clear indication the foods are past their prime. Additionally, people love a sense of wonder and there are multiple cuisines that play upon this whimsical element. Let's dive into them and explore the wonderful world of food theater!

Portion size affects how much we can eat and how much we perceive to eat. It is more likely someone will feel satiated by eating several small plates rather than one large one and this is where the beauty of tapas comes in. The word "tapa" means a small portion of food and this style of cuisine actually originated as small slices of bread or meat patrons used to cover their drinks to keep flies from getting into them! Thankfully, this is no longer the use of tapas (well, at least depending on the quality of bar you frequent!), leading to a style of serving food which is not only visually stunning but also allows the diner to experience a wide array of dishes with Spanish flair! The composition of a tapas menu spans from the simple to intricate mini-meals but the one thing they all have in common is the fact there is something for anyone! Dishes can be as rustic as brined olives or as artisanal as the famous jamón ibérico, one of Spain's most famous cured meats. Other dishes one must have at a tapas tasting include:

Patatas bravas: Who doesn't love fried potatoes? These fried chunks of potato served with a spicy tomato sauce are the perfect way to get your meal started while looking for other delicious goodies on the menu!

Pincho moruno: Spicy, marinated roast meat served on skewers...sign me up! Usually made from pork, "Moorish spikes" (the literal translation) can also be made from chicken and beef and will satisfy the most ravenous carnivore!

Aged Manchego cheese: Finally, a vegetarian option! Manchego cheese comes from the La Mancha region of Spain (the home of Don Quixote) and is made from pasteurized sheep's milk. While you can consume it at various stages of maturation, aged Manchego has a sweet, lingering taste which brings the perfect balance to a tapas tasting.

Chorizo al vino: Spanish chorizo is hard sausage cured in a similar way to salami and this dish soaks the spicy sausage in wine to create a mouth-watering experience that definitely needs crusty bread to soak up all the sauce!

Croquetas: These fried snacks are filled with meat, fish or vegetables and are served with a bechamel sauce. We all know anything deep-fried is simply delicious, so why not indulge in two or ten of these delightful treats!

Tortilla de patatas: Think of a crustless quiche with potatoes and sometimes onions rather

than the flat bread we all know. This dish is perfect hot or cold and is a year-round favorite at tapas bars.

Tapas are not only perfect in their portion sizes and flavors, but the diversity of colors from the reds of sauces and peppers, to the perfect gold of a slice of Manchego cheese showcases the diversity of a tapas menu and is something that needs to be on everyone's bucket list!

When talking about food and entertainment, it is difficult not to mention hibachi cooking. Hibachi restaurants have been popular for celebrations such as birthdays for decades for the reason you get dinner and a show all in one! But where did the modern-day hibachi restaurant begin? The first recorded restaurant of this type was "Misono," founded in Japan in 1945. Having chefs preparing food while juggling ingredients and creating such spectacles as flaming volcanoes was truly a shock and revolutionary on the Japanese food scene. The hibachi restaurant came to the United States roughly 20 years later and has been a culinary staple ever since. While dishes at a hibachi restaurant are relatively simple, ranging from fried rice to grilled vegetables, it is the spectacle that goes along with these dishes that elevates the dining experience. Who doesn't want to catch a flying grilled shrimp tossed at them while basking in the accolades of their family and friends? The point is, even the most basic of meals can be turned into something magical with the addition of theater and combining art and cuisine.

Dear readers, as the world moves towards opening up to travel once again, I hope we will have the opportunity to be able to travel this summer and have a well-earned break from the trials of the last year. However, if you find yourself having to stay at home this summer, why not bring some excitement to your home? Organize a tapas night with friends and family to remind everyone food is more than just flavor! I've included a recipe for patatas bravas, and I hope you are able to enjoy this simple meal with those closest to you! Try it out and let me know what you think by writing to letsdish.whidbeyweekly@gmail.com along with your comments, questions, anything else you would love to Dish! on!

Patatas Bravas

- 1/3 cup olive oil
- 1/2 Tbsp. hot smoked paprika
- 1 1/2 Tbsp. sweet smoked paprika
- 1 -2 Tbsp. flour
- 1 cup chicken broth
- Salt to taste
- 2 medium potatoes

Heat the olive oil in a small saucepan over medium heat before adding the two paprikas and stirring till combined. Add 1 tablespoon of flour and stir for about a minute, to toast the flour slightly. Over a medium-low heat, add the broth very gradually, stirring constantly, until the sauce is velvety and smooth. Season with salt to taste.

Peel the potatoes and cube them. Fry them till golden brown before draining and salting. Drizzle the bravas sauce over the fried potatoes and enjoy!

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

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**F9: The Fast Saga
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What's Going On



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

Live Music: Ike and the Old Man

Saturday, July 3, 6:00-9:00PM

Penn Cove Taproom, Freeland

A father and son duo playing an amazing music from the 60's to present. No cover. For more information, visit www.penncovebrewing.com.

4th of July Celebration

Sunday, July 4, 11:00AM-2:00PM

Bible Talk Place, 1705 Main St., Freeland

Enjoy free refreshments while supplies last. Bring your classic car!

Langley Street Dance

Saturday, July 10, 6:00-8:00PM

Callahan's Firehouse, Langley

Featuring Janie Cribbs and the T. Rust Band with Tim Callison serving as special M.C. Everyone welcome to come out and dance your blues away!

Live Music: Midnight Hour

Saturday, July 10, 6:00-9:00PM

Penn Cove Taproom, Freeland

Midnight Hour is a classic Rock/Blues band driven by powerful lead vocals, smoking-hot keys, and a versatile lead guitar, plus a wailin' sax and drivin' drums! No cover. For more information, visit www.penncovebrewing.com.

Upcoming Sno-Isle Library Events

See schedule below

Cost: Free:

Discuss the Classics with Rita Bartell Drum

Thursdays, 12:30 or 7:00PM

Enjoy a pleasant hour of shared wisdom and fellowship as we consider the words and hope of times past and weave a fabric of renewed hope by leaning on the "Classics." Contact ritadrum777@gmail.com for Zoom link.

Classes, Seminars and Workshops

NRA Basics of Pistol Shooting Course

Friday, July 16, 6:00-9:00PM

Saturday, July 17, 9:00AM-5:00PM

NWSA Range, 886 Gun Club Rd., Oak Harbor

Cost: \$50

This course introduces students to the knowledge, skills and attitude necessary for owning and using a pistol safely. The pistol handling and shooting portion is completed at the NWSA range where students will learn about safe gun handling, pistol shooting fundamentals, and pistol shooting activities. The Basics of Pistol Course will also help prepare the student for participation in other NRA courses. This class includes shooting on the NWSA Pistol Range. Students can register online at nrainstructors.org.

For questions or to register call NRA instructor John Hellmann at 360-675-8397 or email NWSA.Training@gmail.com. Additional information can be found at www.northwhidbeysportsmen.org.



INTERNATIONAL MEN'S HEALTH MONTH

YOU'RE NEVER TOO YOUNG OR TOO OLD TO CREATE A HEALTH GAME PLAN

Like a high-performance car, maintaining a healthy, active lifestyle requires ongoing tune-ups and maintenance.

International Men's Health month is a perfect time to:

- Set some health goals
- Upgrade your diet
- Increase your activity level
- Get it checked out

Even if you're feeling healthy, regular checkups and age-appropriate screenings CAN improve your health and reduce premature death and disability. Visit: Whidbeyhealth.org/menshealth to learn more.

Do it for you. Do it for those who count on you.

Contact one of our primary clinics to schedule a wellness exam or physical today!

Cabot Primary Care: 360-675-6648 Existing patients

Freeland Primary Care 360-331-5060 New & existing patients

WhidbeyHealth Medical Center, 101 North Main Street, Coupeville, WA - 98239-3413
<https://whidbeyhealth.org>

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SAVE THE DATE

OAK HARBOR MUSIC FESTIVAL

SEP. 3-5 2021

OakHarborFestival.com

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.

Eternal God, stir Thou our minds and stimulate our hearts with a high sense of patriotism as we approach the Fourth of July. May all that this day symbolizes renew our faith in freedom, our devotion to democracy, and redouble our efforts to keep a government of the people, by the people, and for the people truly alive in our world.

Grant that we may highly resolve on this great day to dedicate ourselves anew to the task of ushering in an era when good will shall live in the hearts of a free people, justice shall be the light to guide their feet, and peace shall be the goal of mankind: to the glory of Thy holy name and the good of our Nation and of all mankind.

Amen.

By Chaplain, Reverend Edward G. Latch
Wednesday, July 3, 1974.

"Blessed is the nation whose God is the Lord."

Psalms 33:12



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BITS 'N' PIECES CONTINUED FROM PAGE 6

Whidbey Playhouse Unveils Reopening Slate

Laughter, songs and celebration will welcome audiences back into Whidbey Playhouse this September as the community theater prepares to perform before live audiences for the first time since February, 2020.

TEA FOR THREE: *Lady Bird, Pat and Betty* will begin the season Sept. 17 for a three week-end run. This behind-the-scenes look at three former first ladies – what Pat Nixon called “the hardest unpaid job in the world!” – provides a whimsical and deeply moving story of what it is like for a woman when her husband becomes the president of the United States – and she is suddenly thrust into the spotlight. In three scenes taking place in the family quarters of the White House just prior to the end of living there as the wife of a president, each of the women - Lady Bird Johnson, Pat Nixon and Betty Ford – confide alone to the audience secrets about their early years, their husbands’ rise to power, their romances with the men, their unique paths as wives in the White House, and their feelings about imminent retirement.

Tickets for *TEA FOR THREE* go on sale the first week of August at \$18 each.

All Together Now!: A Global Event Celebrating Local Theatre will be on stage for one week-end only, Nov. 12-14. This brand new musical revue will feature an array of fantastic songs from many of your favorite musicals. The event will also celebrate the 100th year of the building that is home to Whidbey Playhouse, and will recognize its history from church to performance venue.

Oscar Wilde's comedy of manners, *The Importance of Being Earnest* is next up, on stage Feb. 11-27, 2022. In 1890s England, two friends use the pseudonym, Ernest, for their on-the-down-low activities. A bountiful crowd-pleaser, complete with mistaken identify, mad extravagance and people who know nothing about love hurtling headlong into it. This is one of the funniest plays in existence. With charm, wit and hilarity to spare, these Earnests and their ladyloves are here to remind you how good it feels to laugh out loud.

Opening April 1 and on stage through April 16 is *The Taming*, a whirlwind 90 minutes of hilarious/serious theater. A Miss America Pageant contestant kidnaps a liberal activist blogger and a conservative senator's aide in order to get them to help her re-write the U.S. Constitution (which will be her talent performance in the pageant). Got that? Skewering liberals and conservatives alike, *The Taming* hits political partisanship in the funny bone!

Whidbey Playhouse will wrap up the season with *Charley's Aunt*, on stage June 3-19, 2022. At 130 years old and still going strong, *Charley's Aunt* by Brandon Thomas has lost none of its power to tickle an audience's funny bone. Jack Chesney loves Kitty Verdun and Charley Wykeham loves Amy Spettigue, but they are having difficulty expressing their love. To see the ladies in person, they invite the them to a luncheon party in order to meet Charley's wealthy aunt arriving from Brazil. However, when she cancels her visit at the last minute, the boys are sent into cataclysmic confusion. What do they do now? The problem is solved by drafting their feckless undergrad pal, Fancourt Babberley, to stand in as “Charley's Aunt.” This charming frump is introduced to the ladies, but when the real aunt turns up, classic comic confusion ensues.

Season tickets will not be sold this year; instead single tickets will go on sale at least 45 days prior to the opening of each production.

As Whidbey Playhouse reopens the doors rest assured it will be welcoming patrons back in to an environment that prioritizes safety, wellness, and health, ensuring compliance with current health and safety protocols, while being mindful that flexibility will be required as those guidelines may continue to evolve. Face coverings will be required for all attendees, regardless of vaccination status. COVID policies subject to change.

For more information, call 360-679-2237 or follow Whidbey Playhouse on Facebook.

[Submitted by Whidbey Playhouse]

Local Business News

Artworks Gallery Announces Return of Music in the Courtyard

Artworks Gallery in Langley is thrilled to announce the return of its 1st Saturday concert series, Music in the Courtyard. The concerts coincide with Langley's 1st Saturday art walk receptions. Join Artworks Gallery for extended hours, 5:00 to 7:00PM, Saturday, July 3, and revel in the music of guitarist Quinn Fitzpatrick. Quinn has opened for Kenny Chesney and is considered a “poet of sound” and a “guitar wizard”. His music covers a wide spectrum of emotions and styles, drawing on Celtic, country, folk, pop, rock, blues, hip-hop, R&B, Latin, bossa nova and jazz traditions. The concerts are free and will be held in the courtyard in front of the gallery.

Artworks Gallery summer hours are 11:00AM to 5:00PM, Wednesday through Monday. Closed Tuesday. Located at 221 2nd Street, Langley.

Rob Schouten Gallery Presents: Expressions of Light - New paintings by Teresa Saia

Teresa Saia's Expressions of Light exhibition of pastel and oil paintings present her landscapes bathed in an abundance of vibrant light and color. Working in a loose, sketching style Saia captures the dramatic light as it penetrates the land and reflects off the water at dusk or in the early dawn.

The mood and emotion conveyed in her paintings evoke a deep sense of the mysterious, romantic, peaceful and yet familiar settings. Her paintings explore the beauty she finds in the pacific northwest and her home on Whidbey Island.

Recognized by numerous national awards, Teresa has a strong following in both private and corporate collections. She is also a recognized workshop instructor nationally and in Europe. She enjoys creating a supportive and energetic atmosphere in which students can thrive, establishing their own style and direction.

Teresa Saia will be in the gallery on Saturday, July 3 from 5:00 to 7:00PM during Langley's First Saturday Art Walk.

You can see the entire exhibit and even make your purchase online at www.robschoutengallery.com.

Rob Schouten Gallery is located at 101 Anthes Avenue, Langley. Open daily from 10:00AM to 5:00PM.

Whidbey Art Gallery Returns to Art Walk

Whidbey Art Gallery is happy to be holding its first Art Walk in a very long time - Saturday, July 3 from 5:00 to 7:00PM. July brings a new show, “On the Road Again,” new featured artist, Stuart King, and loads of new art by the Gallery members. Come for a visit during art walk or any time during the month.

Whidbey Art Gallery is now open every day, Monday through Thursday from 11:00AM to 4:00PM and Friday through Sunday from 10:00AM to 5:00PM. Located at 220 Second Street in Langley, call 360-221-7675 or visit www.whidbeyartists.com for more information.

Penn Cove Gallery July Featured Artist: Janis Collins

Penn Cove Gallery is featuring the work of Janis Collins for the month of July. She is currently exploring the Mandela style of art as a new way of relating to the circle symbolizing the perfect harmony of nature in the world. She sees a strong connection between the natural world and the never-ending circle. The possibilities are endless! The images are chosen carefully to make a specific statement about how the elements in each Mandela relate to each other.

Janis works with Prismacolor colored pencils, and sometimes adds pen/ink to the drawings. Visit the gallery and see all her new work as well as new work by other artists.

Penn Cove Gallery is located at 9 Front Street in Coupeville. Open daily from 10:00AM to 5:30PM. www.penncovegallery.com



THANK YOU FOR READING WHIDBEY WEEKLY | REDUCE ➡ REUSE ➡ RECYCLE



OUR Community

An Upbeat Question of the week

By Helen Mosbrooker

Why do we celebrate the Fourth of July?



Eleanor D.,
Second Grade, Oak Harbor

"Because it's America's birthday! In 1776, the Declaration of Independence was signed, giving us FREEDOM."



Jaycen M.,
Second Grade, Oak Harbor

"We celebrate the Fourth of July because it is in remembrance of Independence Day. We watch fireworks with our family and friends and enjoy food also. We wear red, white and blue, because those are the colors of the United States flag."



Grayson P.,
Second Grade, Oak Harbor

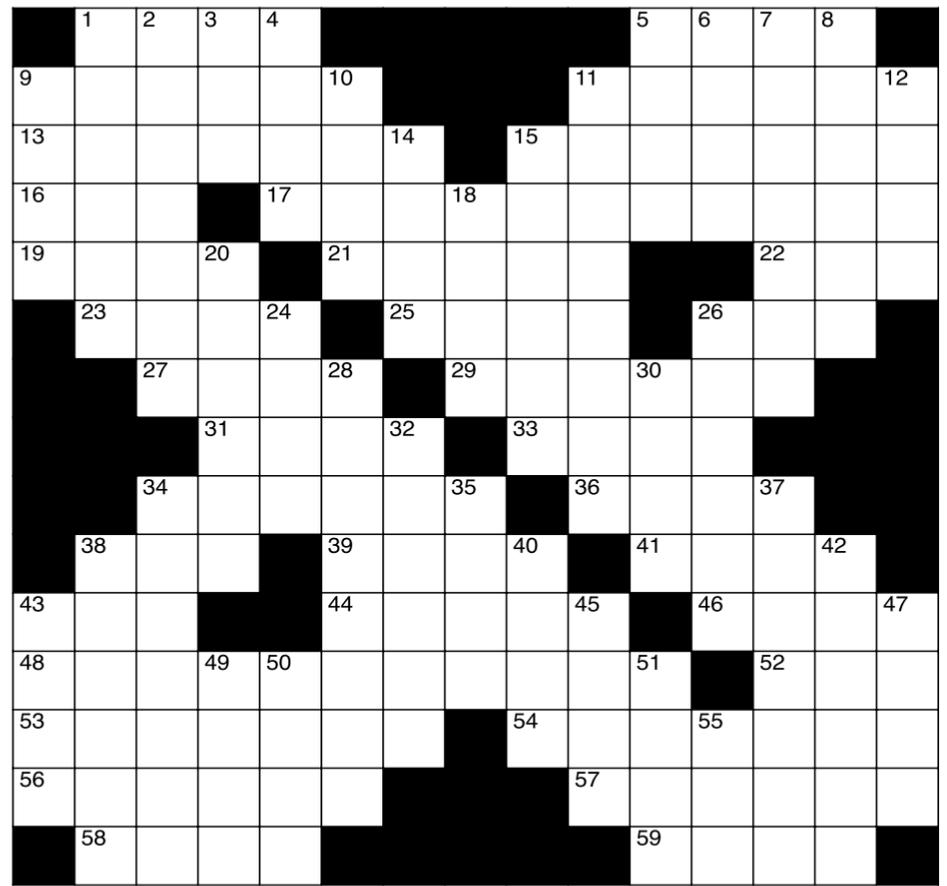
"We didn't want to follow the rules of another country, instead we wanted to make our own rules. It's like a birthday for our country. We wanted to be our own country. That's why we celebrate the Fourth of July, or you can say Independence Day. We like to watch and do red, white, and blue fireworks."



Erin F.,
Second Grade, Oak Harbor

"We celebrate America's freedom. We celebrate the Fourth of July because we were part of England and we didn't like it, so we fought. July fourth is when we signed the papers saying we were free."

Crossword Puzzle



CLUES ACROSS

- 1. Partner to "flows"
- 5. French industrial city
- 9. Diagrams
- 11. Diplomat
- 13. Hires
- 15. Hawaiian island
- 16. Set aflame
- 17. Very happy
- 19. Blue dye
- 21. Small terrier with short legs
- 22. One thousand cubic feet (abbr.)
- 23. Northern pike genus
- 25. Expression of annoyance
- 26. Female deer
- 27. Casella and Kellerman are two
- 29. Actor's lines to audience
- 31. Days (Spanish)
- 33. Close a person's eyes
- 34. Cloaked
- 36. Comedic actor Rogen
- 38. It's all around us
- 39. Neutralizes alkalis
- 41. Native people of New Mexico

- 43. No seats available
- 44. Famed "Air Music" composer
- 46. Fit of irritation
- 48. Psychic phenomena
- 52. Knicks' first-rounder Toppin
- 53. Seed used in cooking
- 54. "WandaVision" actress Hahn
- 56. Samples food
- 57. In a lucid way
- 58. Stair part
- 59. Adieu

- 14. Horse mackerel
- 15. Muddy or boggy ground
- 18. Monetary unit of Italy
- 20. Construction site machine
- 24. 22
- 26. Tracts at the mouths of rivers
- 28. Earnings
- 30. Insect repellent
- 32. Runner-up
- 34. Musician

CLUES DOWN

- 1. Type of moth
- 2. A Christian sacrament
- 3. It lends books to Bostonians (abbr.)
- 4. Turn away
- 5. Impersonal
- 6. Shortly
- 7. Indigenous Alaskans
- 8. Subtle difference of meaning
- 9. Sicilian city
- 10. Put in harmony
- 11. Administrative divisions
- 12. As happily
- 35. Serious or urgent
- 37. Esteemed one
- 38. Where rockers play
- 40. Work furniture
- 42. Greek prophetesses
- 43. Quantitative fact
- 45. Missing soldiers
- 47. Minute
- 49. This (Spanish)
- 50. Maintain possession of
- 51. Assault with a knife
- 55. Holiday text message greeting

Answers on page 15

CAN DO SUDOKU!

On a scale from 1 to 10...6.6

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

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

Answers on page 15

YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST

Thurs, July 1	Fri, July 2	Sat, July 3	Sun, July 4	Mon, July 5	Tues, July 6	Wed, July 7
North Isle H-73°/L-57° Sunny and Pleasant	North Isle H-75°/L-56° Plenty of Sunshine	North Isle H-76°/L-58° Mostly Sunny and Warm	North Isle H-76°/L-57° Partly Sunny and Nice	North Isle H-74°/L-56° Mostly Cloudy	North Isle H-72°/L-54° Mostly Cloudy	North Isle H-70°/L-54° Mostly Cloudy
South Isle H-77°/L-60° Mostly Sunny and Pleasant	South Isle H-78°/L-58° Mostly Sunny High Clouds	South Isle H-78°/L-59° Mostly Sunny and Warmer	South Isle H-82°/L-60° Partly Sunny and Very Warm	South Isle H-80°/L-60° Mostly cloudy	South Isle H-78°/L-59° Cloudy	South Isle H-77°/L-58° Mostly Cloudy



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- ✓ FREE Windshield Washer Fluid & Fill
- ✓ FREE Battery Fluid & Fill

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- ✓ LUBE Chassis
- ✓ INFLATE Tires
- ✓ VACUUM Interior
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At Hilltop Service Center we only repair and replace parts that are needed. We will not oversell or install unnecessary parts. We are highly trained brake technicians, not high pressure sales people.

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

\$89⁹⁵

Radiator Flush & Fill

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Community Bulletin Board

To place an ad, email classifieds@whidbeyweekly.com

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2003 Ford Focus Wagon ZTW. One owner, maintained regularly, have service records. Car cover and tire chains included. \$3,000 OBO. Call 360-720-2147 (1)



1999 Saturn SL2 in very good condition. Original owner, regularly maintained. Includes service records, spikes-spider tire chains and flat tow capability. \$3,500 OBO. Call 360-320-9766. (1)

GARAGE/ESTATE SALES

CALLING ALL VENDORS: Community Yard Sale Event! Saturday, July 17, 9am-3pm, 3616 Saratoga Rd., Langley. Reserve your space at the Baby Island Saratoga Club. 360-730-1047 (1)

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@islandshakespearefest.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.

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

Carpenter's helper and landscape helper, \$15 per hour. South Whidbey area. 360-730-1526 (3)

Full-time Permanent Bookkeeper: Freeland Ace Hardware Store is a locally-owned store serving south Whidbey Island for over 25 years. It is our goal to enthusiastically serve our customers by offering the best brands, providing quality merchandise, offering solutions with fast, friendly, and amazing customer service. We are looking for a candidate for our back office with relevant accounting experience, self-motivation and commitment to join our team. Our Bookkeeper role supports the staff who supports our customer-facing team and should be as enthusiastic about customer care as the rest of our associates. This includes everything from assistance with time-clock, payroll accuracy and timeliness, vendor and benefit support.

We are seeking a candidate with at least 4 years of bookkeeping/accounting experience. The ideal candidate will have experience with inventory driven businesses, multiple accounting software programs, and be experienced with GAAP. There is a need for a strong understand of A/P, receiving and terms available as well as attention to detail and care of our A/R processes. This role prepares reports from regular Cash Flow Reports to draft Income Statements for management and CPA and is responsible for most accounting activities from payroll,

sales, and purchases to tax return preparation, including some payroll-related and excise tax returns.

In addition to accounting responsibilities, our Bookkeeper role supports our robust benefit package, any experience with Human Resources will elevate candidates in our search for the right person. While we have an excellent team of HR support, navigating open enrollments, explaining benefits and connecting employees to the right place is a valued part of the service this role provides.

This is a busy business with many moving parts, being able to juggle and move from project to project without losing traction or missing deadlines is critical for success in this role. Essential Duties & Responsibilities: Manage daily receipts including reporting and deposits; Prepare weekly check runs (A/P) for inventory and services including interaction with vendors to confirm accuracy of billing, terms, various payment methods; Process monthly statements (A/R) for our customers, using critical attention to detail for accuracy; Process Excise and some payroll related tax returns in an accurate and timely manner; Work with HR-related vendors in identifying and preparing benefit packages for staff as they are eligible; Perform bank reconciliations and cash flow reports as needed; Assist with on-boarding and New Hire paperwork processing. Maintain Employee files; Maintain confidential, secure files for HR & Management for both personnel and financial documents.

Wages and benefits are based on qualifications and will be reviewed during the interview. 36+ hours a week qualifies for full time benefits: Medical/Dental/Vision/401k/Discounts/Bonuses/Vacation, after pass-

ing a probationary period.

How to apply: Qualified candidates please stop by with your resume (with references) and a cover letter, and fill out our application at Freeland Ace Hardware, 1609 E. Main St, Freeland, WA 98249 or submit your cover letter and resume to dkeace@whidbey.com (3)

CAREGIVER: All Heart Agency, LLC is hiring full and part time caregivers for adults with disabilities on Whidbey Island (Oak Harbor). Must pass background check and be at least 18 years old with high school diploma/GED or higher education. No experience needed. Paid training and benefits. Please call Monday-Friday, 9am-4pm, 360-320-6072 to schedule time for application and interview at Coupeville office (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

Singer Handy Stitch, never been used, \$10; Leather waist tool belt, \$9; 7-piece Forstner Router Bit Set, \$10; Small kitchen scale, 0-12 oz, \$3; GI folding shovel - great for camping, \$2; 16-foot retractable carpenters tape, \$3; Artistic outdoor hanging candle holder - keeps the bugs away, \$3; 2-rung step stool, \$5; 12v air inflator, \$5. All in Coupeville, Hank 360-678-7591 (1)

ANIMALS/SUPPLIES

Natural Barnyard Topsoil - Good for gardens, flower beds, etc. Unscreened, 10 yard loads, \$225 delivered. South Whidbey. 360-321-1624

Excellent grass hay, no rain, good for horses, \$7 per bale. 20 bale minimum. Good quality round bales available also. 360-321-1624

WANTED

WANTED: We buy running or not! We recycle cars, trucks, motorhomes, travel trailers, motorcycles, boats, tractors, dump trucks and much more. Free estimates on junk removal and junk vehicle removal. TJ's Recycling, 360-678-4363

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

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

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.

How'd you do?

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

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