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Shopping Whidbey, outside-the-box

By Kathy Reed Whidbey Weekly

Don't shoot the messenger, but there are exactly 51 days from this paper's publication date until Christmas. Only 24 days until the start of Hannukah and 52 days until Kwanzaa. Supply chain and shipping issues across the country have some people worried about the coming holiday shopping season.

As it happens, there is no shortage of creativity and out-of-the-box thinking when it comes to Whidbey Island entrepreneurs.

Take Beth Herrild, for example. She is the founder of Outside the Box Creation, which offers subscription art education boxes aimed at children ages 5 to 11 (approximately). There is a new box each month which includes a picture book that relates in some way to that month's art project, enough supplies to complete the project (often multiple times) and step-by-step instructions.

These boxes are not just craft projects in which children replicate a particular item, according to Herrild.

"It's art, it's not crafts," she said. "Not that crafts are bad, but what kids get out of doing a craft is very different than what they get out of doing art."

Herrild, who moved to Whidbey Island from an east Seattle suburb three years ago, has a bachelor's degree in fine arts. She said seeing the lack of art education in the schools her three children attended started her on this path.

"I was appalled at the lack of quality visual arts education," she said. "A lot of elementary schools don't have paid art teachers. So, I was an art docent – a.k.a. unpaid art teacher – for 12 years. After my kids aged out of elementary school, I helped train and coordinate the art docents in the district, I volunteered at an intentional art drop-in center in the University district for youth and young adults to do art, I taught art as a volunteer at a juvenile detention center, so I've seen how powerful art is for kids.

"I saw the kids come into my art class, especially the kids that weren't excelling in the core subjects, how art just lit them up and how it could be a vehicle for them to feel good about school and develop self-esteem," Herrild continued. "I continued to watch the funding for arts decrease instead of increase and I saw the subscription box craze starting to happen and I thought, 'I need to do this.' So I quit my job."

Not only are the projects in Outside the Box Creation boxes fun to do, Herrild said kids and parents can learn a lot, together.

"This is not something that you just hand your kid and go into the other room and say 'don't bother me,'" said Herrild. "It's meant to be something that's experienced with the child. I think it's a lovely way to spend time with your child. To connect, create, educate.



Photo Courtesy of Outside the Box Creation
Beth Herrild is the founder of Outside the Box Creation, a monthly art box subscription.



Gray Mountain Photography/Courtesy of Whidbey and Camano Islands Tourism
Experiences make great gifts, such as learning the art of water marbling on silk at Marbley in Coupeville.

"And you don't have to consider yourself an artist as a parent to do art with a child," she continued. "It's better to discover the project together, anyway. If a parent sits down and in the child's eyes is an expert, the child will try emulate that. To say, 'I've never done this before – let's work on it together,' models lifelong learning. It allows kids the freedom to be creative and come up with their own ideas."

The boxes come in two different sizes – the regular box contains enough supplies for one or two children, while the large box has enough supplies for up to four children. Families can subscribe to the boxes but there are gift subscriptions of varying lengths available as well, enabling grandparents or other family members to send the boxes. Digital subscriptions are also available. Paint trays and watercolor cups are compostable and Herrild does her best to source ecologically responsible supplies. More information is available online at outsidetheboxcreation.com.

"My favorite thing in the world is hearing from customers how much their kids enjoy the projects, how much they enjoy spending time together and knowing we are making quality visual arts instruction available," Herrild said.



Sherry Wyatt/Whidbey and Camano Islands Tourism
Consider giving a wine tasting excursion to Whidbey Island as a gift this holiday season.

city," she said. "Outside the Box Creation is a great gift for aunts or uncles or even grandparents to give. Beth [Herrild] has created something experiential and educational and her commitment to the environment is compelling. Subscription gifts like Outside the Box for children or a wine club membership or farm CSA for adults are thoughtful, and offer something to look forward to."

Whidbey and Camano Islands Tourism has created online profiles at whidbeycamanoislands.com for hundreds of businesses on the islands and this year is promoting the shop local campaign with the tagline "Gifts for the people you love, from the islands you love." Wyatt said people have a better understanding of how local purchases impact the local economy.

"With so much uncertainty in the world, it is very tangible and satisfying to know exactly who you are supporting," she said. "[It's] nice to look that maker in the eye or to hold that gift in your hand. Many businesses now offer gift cards which are easily shipped and provide the chance for the recipient to choose their own island favorites."

And Wyatt said it might not be a bad idea to get a jump on holiday shopping before shipping issues cause gift-giving headaches.

"It's best to ask businesses early if they can create and ship a gift box for you," she encouraged. "There are dozens already taking orders. like bayleaf, Ciao, 3 Sisters, Whidbey Natural, Lavender Wind, Mutiny Bay Blues, Cook on Clay, Chocolate



Supporting local business and the entrepreneurial spirit that goes with it is a choice that never goes out of style, according to Sherry Wyatt, public relations and marketing manager/film liaison for Whidbey and Camano Islands Tourism.

"There are so many reasons why supporting island entrepreneurs is a good choice for shoppers, including their authen-

See **SHOPPING** continued on page 10

ON TRACK

With Jim Freeman



Our mom always cautioned us not to discuss religion or politics with others. There goes my mention of this week's election results. Maybe Halloween's place on the calendar is more accurate than I thought.

Saving cash

Being a believer in saving money, there is a new way for me to keep my cash in the bank. Forgetting my password.

Given the time it has been since my last deposit or withdrawal, my password has been relocated to another brain. Do you know what it is?

The bank has made me so nervous about passwords, I never write them down. For years, I used old street addresses. Who is going to guess those? Then I was told not to use the same password for too long. So, I used my favorite numbers. Now that I have reached the age of forgetfulness, money is being saved. If only I could remember the name of the bank I am using.

Sorry, Mom

In 9th grade, our science teacher, Mr. White, required us to have a project. Being quasi-scientific, I thought having a maze for a mouse would be just the ticket. Ever start a science project that went south?

I drew my idea for a wood maze thinking Dad would be able to build it. Wrong, science breath. Dad had a red vise on his work bench, but no tools. So, he had to hire a carpenter to build the ridiculous maze drawn on a piece of typing paper. At least the carpenter made some money.

Once completed, the maze, located in the basement by the bomb shelter filled with Campbell's soup and Joan of Arc kidney beans, was my new toy. Finally, I got used to grabbing the tail of the mouse to relocate it to the end of the maze without food. Thanks to my John Cameron Swayze approved Timex, I was able to measure the seconds needed by the unnamed mouse to get the food at the other end of the maze.

What a scientist I was.

Coming home from school one day, I retreated to the basement for more scientific facts. The mouse was missing.

"Hey Mom, the mouse is gone."

"I know. I flushed him down the toilet."

Like any good wannabe scientist, I added more results to my research. It was much easier than asking Mom to get me another mouse.

I had a similar veracity problem in Latin class when I told our teacher I was unable to get my homework done because our cat had died.

Then Miss Wagner, our teacher, found out we had no cat.

Thank you, Daphne Davis. I now had no homework, no cat, and no future in my Latin studies.

Morton Salt

Ever wonder why Morton is the name of the iodized salt we buy at the store? If there are no calories, why is the girl standing in the rain with her umbrella? Because "When it rains, it pours."

"The company began in Chicago, Ill., in 1848 as a small sales agency, Richmond & Company, started by Alonzo Richmond as agents for Onondaga salt companies to sell their salt to the Midwest. In 1910, the business, which had by that time become both a manufacturer and a merchant of salt, was incorporated as the Morton Salt Company."

Thank you Wikipedia.

"In 1889, it was renamed after the owner, Joy Morton, the son of J. Sterling Morton who founded Arbor Day."

Morton Salt even has a connection to Boeing.

Around 1999, Morton's corporate headquarters was at 100 North Riverside Plaza. This was later the headquarters of Boeing.

Why the girl with the umbrella?

Morton Salt's logo features the "Morton Salt Girl," a young girl walking in the rain with an opened umbrella and scattering salt behind her from a cylindrical container of table salt. When it rains, it pours, originated in a 1914 advertising campaign to illustrate the point that Morton Salt was free flowing even in rainy weather.

In 1958, the company realized their salt was not living up to their slogan. A chemist, Richard A. Patton, fixed that.

The Morton Salt Girl, also known as the Umbrella Girl, has gone through seven different iterations, including the latest update in 2014 for its "hundredth birthday." The centennial in 2014 was celebrated with 100 parties in 100 cities, and Morton Salt Girl Centennial Scholarships were given to benefit certain fine arts and culinary arts students.

Morton Salt Girl day was held at Wrigley Field. Facebook and Instagram held lookalike contests. Also in 2014, the Morton Salt Girl was voted into the Advertising Week Walk of Fame on Madison Avenue in New York City; The ageless Morton girl is the first girl icon to be inducted.

"Morton Salt is the sponsor of the Morton Arboretum, a 1,700-acre botanical garden in Lisle, Ill. It was established by Joy Morton, the company's founder, in 1922, to encourage the display and study of shrubs, trees, and vines. About 300,000 visitors a year hike on miles of trails, and over 3,600 kinds of plants are displayed."

If the above Wikipedia information needs more salt, remember salt is an acquired taste. Wiki has loads of salt scoop.

Has the salt content of Lay's Potato Chips changed? Maybe I just need more salt.

Early leftovers

Thanksgiving, man. Not a good day to be my pants. ~Kevin James

I come from a family where gravy is considered a beverage. ~Erma Bombeck

This Thanksgiving is gonna be special. Mom says I don't have to sit at the card table. ~Jim Samuels

The Thanksgiving holiday brings Americans of all races and religions together to fight over discounted electronics. ~Dave Barry

The Phone Call

A retiree in Florida phones his daughter in New Jersey. "Honey, I have bad news. Your mother and I have decided that 52 years of marriage is enough. We're calling it quits and getting a divorce."

His daughter yells, "Are you crazy? What the heck are you saying?"

The father says, "We've had enough. We're getting tired of the same old routine and looking at each other every day. And I don't want to talk about it, so call your brother in Detroit and let him know." And the line goes dead.

Panicked, the daughter phones her brother and drops the bomb.

"No way, no WAY!" shouts the brother. "This will NOT happen! Stay by the phone, I'll handle this and call you back."

He phones his father and says, "Sis just told me you're getting a divorce. That's CRAZY! No way we're gonna let this happen. We're both flying down there in the morning to sort this out. Don't do anything till we get there, you hear me? Don't do ANYTHING!"

The old man puts the phone back on the cradle and says to his wife, "It's all arranged, Dear. The kids will be here tomorrow for Thanksgiving and they're buying their own tickets."

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Publisher.....	Eric Marshall	Contributing Writers
Editor	Kathy Reed	Kathy Reed
Marketing Representative	Noah Marshall	Jim Freeman
Graphic Design	Teresa Besaw	Kae Harris
Production Manager	TJ Pierzchala	Tracy Loescher
Circulation Manager.....	Noah Marshall	Helen Mosbrooker
		Shannon Bly
		Melanie Hammons

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Bits & Pieces

Joint Response to "No apparent shortage of prey for Southern Resident killer whales" in the Salish Sea

Oct. 12, the University of British Columbia (UBC) issued a press release claiming that a newly published study has "debunked" the idea that there are fewer Chinook salmon available during the summer for the endangered Southern Resident killer whales compared to the abundance of fish available to the Northern Resident killer whales. The press release grossly overstates the findings of the referenced study. The UBC study describes a new methodology for surveying for Chinook salmon in the oceanic environment, but includes too many unknowns and is too small of a data set to come to such a broad-sweeping conclusion. A coalition of partner organizations has responded with an in-depth statement which can be found at <https://orcabehaviorinstitute.org/news/joint-response/>. Numerous previous studies have shown that Chinook salmon are of year-round importance to resident killer whales, making up 83-99 percent of their summer diet, and that prey limitation is the primary factor contributing to the decline of the endangered Southern Resident killer whale population. Additional research shows that Southern Resident survival and fecundity are linked to Chinook salmon abundance, and body condition and survivorship are linked to Salish Sea salmon runs. The UBC study and press release do not consider the region-wide decline of Chinook salmon overall, or the fact that both Southern and Northern Resident killer whales have started abandoning core habitat as a result of prey declines.

Given the constraints of the study, the bold claim made by the title of the press release that there is "No apparent shortage of prey for southern resident killer whales in Canadian waters during summer" is a clear embellishment of the results. While we agree with the authors that to fully support Southern Resident killer whale recovery we need to look at their year-round diet from all regions, dismissing the importance of Salish Sea Chinook salmon to the whales is counterproductive to the years of research showing the importance of these runs to the whales and the ongoing advocacy to promote recovery of these salmon runs.

[Submitted by Orca Behavior Institute, Orca Network, Center for Whale Research, Whale Scout, Salish Sea Ecosystem Advocates, Whale and Dolphin Conservation, Wild Orca, Orca Conservancy, University of Exeter, Salish Sea School, Pacific Northwest Protectors, Salish Sea Orca Squad]

Island County COVID Response Free Rapid Testing Available

Island County COVID Response Team is offering free rapid antigen testing for COVID-19.

To make an appointment, or for more information, call the Island County COVID Response Call Center at 360-678-2301 from 8:00AM to 4:30PM Monday through Friday, or call 360-544-2161 during clinic hours.

Testing is available if you have symptoms such as fever, cough, muscle/body aches, fatigue, sore throat, diarrhea, congestion/runny nose, nausea/vomiting, shortness of breath and/or loss of taste/smell.

Testing is also available to those who have been in direct contact with someone who has tested positive for COVID-19. Close contact

is defined as being within six feet of a person with confirmed novel coronavirus infection for a prolonged period of time, or as having contact with secretions from a person with confirmed novel coronavirus.

To receive a rapid antigen test, no insurance or identification is required, and test subjects will remain in their vehicles throughout the simple process.

Rapid-antigen testing is available the following dates:

10:00AM to 4:30PM Thursday, Nov. 4 for North and Central Whidbey at the North Whidbey Resource Center, 1791 N.E. 1st Ave., Oak Harbor.

10:00AM to 4:30PM Friday, Nov. 5 for North and Central Whidbey at the North Whidbey Resource Center, 1791 N.E. 1st Ave., Oak Harbor.

10:00AM to 4:30PM Saturday, Nov. 6 for South Whidbey at Island County Public Health - South, 5475 Maxwellton Road, Langley.

10:00AM to 4:30PM Tuesday, Nov. 9 for North and Central Whidbey at the North Whidbey Resource Center, 1791 N.E. 1st Ave., Oak Harbor.

Plans are in the works to offer rapid-antigen testing on Camano Island in partnership with the Camano Island Fire and Rescue. Dates and times will be announced at a later date.

If you need help finding a place to get your COVID-19 vaccine, see the state's Vaccine Locator website at <https://vaccinelocator.doh.wa.gov/>. Those who need further help can call the COVID-19 Information Hotline at 1-800-525-0127, then press #. Language assistance is available. If you have questions or concerns about COVID-19 in Island County, visit the Island County Public Health website at www.islandcountywa.gov/Health/Pages/COVID-19.aspx or its Facebook page at www.facebook.com/ICPubHealth. The Island County COVID Response Call Center may be reached 8:00AM to 4:30PM Monday through Friday at 360-678-2301.

[Submitted by Keven R. Graves, Public Information Officer for COVID Outreach]

Larsen to Host Veterans Telephone Town Hall Thursday

Thursday, Rep. Rick Larsen (WA-02) will host a live telephone town hall about issues facing Northwest Washington veterans and their families. Leaders from VA Puget Sound and the Seattle Area VA Office will join Larsen to hear veterans' concerns and help answer questions about benefits available to veterans and their families.

At 5:15PM PDT Thursday, veterans and the general public are welcome to dial into the telephone town hall at 855-962-0954 or listen to a live stream at larsen.house.gov/live.

A senior member of the House Armed Services Committee, Larsen is focused on ensuring women and men who served in the U.S. military have access to the resources and services they need. In 2019, Larsen held six Veterans Forums across the Second District in Marysville, Burlington, Oak Harbor, Bellingham, Lynnwood and Friday Harbor. Larsen encourages any veteran who lives in Washington's Second Congressional District and needs assistance to contact his Everett office at 425-252-3188.

This telephone town hall is open to the public.

[Submitted by Joseph Tutino, Rep. Rick Larsen's Office]

Outcast Productions Presents: Mr and Mrs. Fitch, A Comedy About Two Gossip Columnists

When the social circuit no longer provides juicy morsels, when the pressure to create news in our never-ending news cycle becomes just a bit much, gossip columnists Mr. and Mrs. Fitch realize it's time to toss back the martinis, toss around the bon mots and realize that

great celebrity can just appear out of thin air. This wicked, urbane comedy is a scathing look at who is in, who is out and who may not even exist at all, starring Patricia Duff and Jeff Natter.

Mr. and Mrs. Fitch plays at the Black Box Theater at the Island County Fairgrounds in Langley. Show times are: Fridays, Nov. 5, 12 and 19 at 7:30PM; Saturdays, Nov. 6, 13 and 20 at 7:30PM; Sunday, Nov. 14 at 4:00PM; and Thursday, Nov. 18 at 7:30PM. Tickets are \$16 for students/seniors (62+) and \$20 for adults, all tickets for the Nov. 18 show are \$14. Doors open 30 minutes in advance of performance. Reservations for tickets are available by emailing Outcast Productions at ocp@whidbey.com; payment is made by cash or check at the door.

[Submitted by Carolyn Tamler]

Fermentation Workshop



As the growing season winds down, it's time to start putting food up for the winter. Trap Landry, chef and owner of South End Kitchen, is offering a class on the basics of wild fermentation Saturday at 10:00AM at the Tilth Kitchen, 2812 Thompson Road, Langley. It will begin with a short demonstration on making sauerkraut, followed by an educational discussion about the history and science behind live cultured foods. With more than a dozen years of experience as a professional fermentationist, Landry has designed this class for beginners and those with more experience alike. Bring your questions and pen and paper. The cost to cover materials is \$5 for Tilth members, \$15 for nonmembers, please register by emailing education@southwhidbeytilth.org or leave a message at 360-321-0757.

[Submitted by Susan Prescott, South Whidbey Tilth]

Troop 4319 Information Night

All girls between the ages of 11 and 17 are invited to Scouts BSA Girls Troop 4319's Information Night Tuesday, Nov. 9 from 6:00 to 8:00PM at the American Legion, 690 SE Barrington Dr., Oak Harbor. Come see what Scouting is about in Scouts BSA. There will be activities, games and information about the Troop. There is no commitment to join. Parents are asked to attend and learn more, as well. Please email TJ at commissionertj@gmail.com with any questions. Scouts BSA is a program of Boy Scouts of America for youth ages 11-17.

Any girls or boys in kindergarten through 5th grade or boys 11-17 interested in joining Scouts can contact TJ and she will give you the information you need to connect with a pack or troop in the area.

[Submitted by TJ Pierzchala]

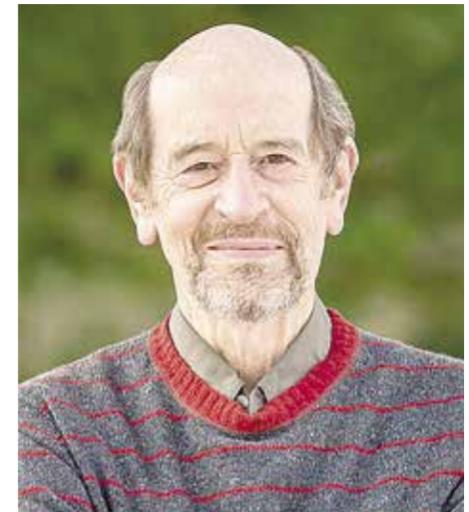
Bird Flight: Photographs, Stories and Science



Final Approach — a collage of multiple images of a male Resplendent Quetzal (*Pharomachrus mocinno*) during his final approach to the nest. Photo taken by Peter Cavanagh in San Gerardo de Dota, Costa Rica.

As any birder knows who has tried to photograph a bird in flight, it is not an easy task.

Whidbey Audubon Society's Nov. 11 meeting features photographer Peter Cavanagh, who presents some of the flight photographs that appear in his recent book, *100 Flying Birds: Photographing the Mechanics of Flight*. He will recount stories behind the shots, the locations and anecdotes about the birds and their behavior. He will also focus on illuminating the mechanics of bird flight. The meeting and program are free and open to the public Thursday, Nov. 11 via Zoom. The room will open at 7:00PM followed by a brief meeting at 7:15PM. The program begins at 7:30PM. Members will be sent a link via email. Nonmembers can register on Whidbey Audubon Society website, www.whidbeyaudubonsociety.org, see the events page. Registration will close at noon the day of the program.



Cavanagh is a resident of Lopez Island, Wash. who travels around the world to photograph birds in flight. He was raised and educated in the United Kingdom and had a long career in academia (Penn State, the Cleveland Clinic, University of Washington) studying the mechanics of human movement on earth and during spaceflight. His interest in bird flight photography and flight mechanics developed naturally from his professional background and insights into aerodynamics gained during completion of an instrument rating as a private pilot. His images have been included three times in the Audubon magazine's "Top 100 Bird Photographs of the Year" by the Audubon Society. His book, *100 Flying Birds: Photographing the Mechanics of Flight*, is due to be released by publisher Firefly Books this fall 2021. Learn more about Peter Cavanagh on his website, www.petercavanagh.us and follow him on Instagram: @petercavanaghbirds.

[Submitted by Susan Prescott, Whidbey Audubon Publicity Chair]

WCF Announces New Holiday Sculpture: Penguin Pair

Whidbey Community Foundation is excited to announce its 5th annual partnership with renowned sculptor Georgia Gerber and her husband, Randy Hudson, on the Holiday Sculpture Fund. This year's pewter sculpture is the Penguin Pair. Also available for purchase are the 2020 Three French Hens, the 2019 Dashing Turtle, the 2018 Sheepish Rabbit, and the 2017 Settling Owl. Georgia and Randy will work with Whidbey Community Foundation on donating the proceeds from sculpture sales to Whidbey nonprofits.

"What started out over 20 years ago as Christmas gifts for family and friends expanded into an annual fundraising effort in support of local social service organizations on Whidbey Island," stated Georgia and Randy. "The project has helped make a difference in the lives of many people — particularly children since our main focus has been providing for organizations that assist families during the holiday season."

Sculptures can be purchased online by visiting Whidbey Community Foundation's website: <https://www.whidbeyfoundation.org/2021-holiday-sculpture/>. Sculptures are available for pick-up at Rob Schouten's Gallery on the corner of Anthes Ave and 1st Street in Langley.

[Submitted by Jessie Gunn, Program Director, WCF]



Island County Taking Applications for Community Service Grants

Island County is accepting applications for Community Service Grants under the federal American Rescue Plan Act, or ARPA.

An initial allocation totaling total \$2 million in Community Service Grants will be awarded by the Island County Board of Commissioners to local organizations, including senior and veteran services, childcare and development services, support for youth, and support for the physical or developmentally disabled.

"It's super exciting to offer this opportunity to help the community to expand much-needed services," said Liz Chaffin, Island County ARPA Program coordinator.

Grant money may be used by an organization or business to expand its reach, modernize services, or adapt to needs in response to the COVID-19 pandemic.

Applications are due by the end of day Nov. 15, according to Chaffin, who added there is no cost to apply. Only one application per entity will be accepted.

For those who may be inexperienced at applying for grants, the application is two pages and the process simplified. "Most of it should be very easy," Chaffin said.

For more information about the grants, or to return an application, email Liz Chaffin at LC.Chaffin@islandcountywa.gov or mail to Island County ARPA Program, PO Box 5000, Coupeville, WA 98239. Chaffin's contact phone is 360-679-7397. Applications can be found on the Island County website at www.islandcountywa.gov/arpa/Pages/Home.aspx.

[Submitted by Island County Budget Office]

WCF Awards 30 Nonprofits Over \$100,000 in its Annual Grant Cycle

Whidbey Community Foundation (WCF) is excited to announce it has granted awards to 30 nonprofits from its 4th Annual Grant Cycle.

Grants this year were focused on three categories: Childhood Wellness, Environment, and Racial Equity.

"This year, WCF focused on three grant programs. Through the Childhood Wellness grant program, we are continuing our investment in the health and well-being of our youth, particularly during this time of COVID recovery. Through the Environmental grant program, we are aiming to advance specific conservation and sustainability projects on Whidbey (and our surrounding waters). And through the Racial Equity grant program, we want to support nonprofits and others in our community who commit to anti-racism work, and hope these grants are a starting point for dialogue, learning, collaborative action, and healing," stated Executive Director Nancy Conard.

WCF awarded 30 grantees totaling over \$112,000 this year spanning all parts of Whidbey Island.

"WCF continues to work collaboratively with the donors and community-based organizations on Whidbey Island in a shared vision of a healthy, vibrant, and unified Whidbey Island community. We continue to respond to the effects of the ongoing pandemic, as well as other opportunities to advance the good work of our local nonprofits and community initiatives," said Conard.

The full list of awardees can be found on WCF's website at https://www.whidbeyfoundation.org/wcf-awards-30-nonprofits-in-4th-annual-grant-cycle/

Since grants were first awarded in 2017, Whidbey Community Foundation has provided 176 grants totaling over \$772,000.

[Submitted by Jessie Gunn, Program Director, WCF]

Proposed Trails Flagged - Comments Requested

District staff have flagged the proposed trail on the western side of the Trustland Trails Property and is in the process of having the access

easement mapped and flagging an access trail to the Maxwellton Trails Park property. Next steps include consultation with Island County on any permits that may be required and feedback from the public on the flagged trails. All trails are planned to follow the path of least impact through the forestland.

The SWPRD Board of Commissioners would like to hear from you regarding these planned trails.

To submit comments on the flagged trails, send an email to dirtswwprd@whidbey.com or send written comments to the following address:

SWPRD
Attn: Executive Director
5475 Maxwellton Road
Langley, WA. 98260

Any comments must be received on or before Monday, Nov. 15 for consideration at the District Board meeting Nov. 17.

[Submitted by South Whidbey Parks & Recreation District]

Whidbey SAR Conducts Two MEDEVACs From Lopez Island

A Search and Rescue (SAR) team from Naval Air Station (NAS) Whidbey Island conducted two medical evacuations (MEDEVAC) with three patients from Lopez Island October 28, 2021 when civilian helicopter MEDEVAC assets were unable to perform the missions because of weather.

At approximately 11:30AM a SAR crew launched from Naval Air Station Whidbey Island to pick up a 57-year-old male patient suffering from a possible heart attack on Lopez Island. The patient was picked up at the Lopez Island Airport and transported to St. Joseph's Medical Center in Bellingham, Wash.

As the SAR crew began to return to base they received another message for a MEDEVAC from Lopez Island. When they returned to Lopez they found a low layer of cloud over

the airport, so the SAR crew elected to land directly at the UW Medicine Primary Care Clinic Lopez Island helipad. This required the local authorities to stop traffic near the clinic to keep drivers safe from the helicopter's downwash.

Once on deck the SAR crew received two patients, a 75-year-old male with a possible heart attack and a 76-year-old male who had suffered multiple traumas from falling down a flight of stairs. They also took on a Lopez Island Fire Department paramedic who continued treatment of the trauma patient.

Both patients were transported to St. Joseph's Medical Center and the paramedic was then taken back to Lopez Island.

Naval Air Station Whidbey Island SAR has conducted 44 missions this calendar year, which includes 10 MEDEVACs, 30 rescues, and four searches.

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

[Submitted by Thomas Mills, NAS Whidbey Island]

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MONDAY, AUGUST 30

1:29 pm, Oak Harbor Rd.

Requesting call regarding ongoing issue with neighbor making social media post regarding reporting party's son. Upset over one time son rang doorbell and ran.

TUESDAY, AUGUST 31

5:16 am, SR 525

Reporting party advising subject on fog line wearing all black; reporting party advising subject was posturing that he was going to throw a rock at reporting party's vehicle.

12:35 pm, Goss Lake Rd.

Caller states is having problem with invisible people on their phones for last 10 months. Needs law enforcement to respond silently and remove their phones.

7:23 pm, SR 20

Advising vehicle hit reporting party on his bicycle 45 minutes ago; vehicle took off without contacting him; states hit reporting party at 50 mph. Reporting party went home to report. Vehicle was last seen turning onto Arnold from the highway; white pickup truck, older model.

10:33 pm, Sparrow Dr.

Reporting party states she is receiving phone calls from female she doesn't

know on a private number, saying "Help, help, they're gonna get me," and then disconnects; more than 30 calls received.

WEDNESDAY, SEPT. 1

11:40 am, North Bluff Rd.

Having a dispute with neighbor regarding placing fence on reporting party's property line. Threw items onto property.

1:21 pm, Maxwellton Rd.

Requesting call regarding ongoing issue with male subject sending threats to reporting party. Has also called reporting party's work and provided false information about reporting party. Does not know male personally.

4:08 pm, Mobius Loop

Reporting party advising wanting to report fraud; advising Island County is incompetent and should pay him back every nickel he's given to Island County.

4:40 pm, NE Lindsay St.

Reporting party advising email is hacked, everything is hacked. Cannot make brochure for Airbnb, losing thousands of dollars

THURSDAY, SEPT. 2

9:16 am, Fossil Ln.

Requesting call referencing neighbor's chickens at location constantly being out

and going on other people's property; wants to know if anything can be done.

10:23 am, Links Way

Requesting call regarding juvenile subject who is incessantly texting reporting party on his cell. Reporting party is friend/acquaintance of juvenile's parents.

4:05 pm, NE Lindsay St.

Requesting assistance; issue occurring with neighbor harassing reporting party; comes into yard in middle of the night, female laughs and runs away.

6:55 pm, Waterloo Rd.

Reporting party states subjects are at the end of Waterloo Road; states one female subject keeps coming to reporting party's place and looking into residence, watching kids. Subject just walked away. Blonde hair, bikini top, black shorts.

FRIDAY, SEPT. 3

12:19 pm, Brooks Hill Rd.

Caller has video of confrontation that occurred yesterday where reporting party had to spray subjects with garden hose to get them off his property.

4:49 pm, Delphi Dr.

Reporting party advising subject was just trespassing at location; advising said awful things and then drove off. Subject just left in red GMC Suburban.

SATURDAY, SEPT. 4

3:59 am, Big Harvs Ln.

Reporting party advising friend is at his front door saying he is being attacked by snakes; is high on meth; is known to stab people when high.

8:20 pm, Eagle Ridge Dr.

Address confirmed twice, reporting party states someone just drove up in golf cart and threw a firecracker at her window then her window broke. Just occurred.

10:58 pm, Bells Beach Rd.

Reporting party found bat in rental home;

is under the impression if you are in the same space as a bat, you need to have it tested to determine if humans need to be tested for rabies. Called the Island County Department of Health, but is closed.

SUNDAY, SEPT. 5

8:28 am, Powell Rd.

Advising female is inside reporting party's vehicle, half naked. Reporting party not armed.

12:54 pm, Fort Ebey Rd.

Reporting party advising subject was burying someone in the sand. Advising they could only see legs and torso of person being buried.

6:18 pm, Goss Lake Rd.

Caller stating people who have been there, 11,000 of them, invisible people. The people out there have her blocked on all numbers. She has Langley helicopter out flying around that are supposed to be helping her.

MONDAY, SEPT. 6

11:23 am, SR 20

Caller advising ongoing issue with harassment; reporting party bought location a year ago, is being harassed by previous owners and their family members. Previous owner's daughters just drove by in a dark Subaru.

5:49 pm, Angela Ln.

Caller states neighbor crossed property line; states lit off firework earlier, upsetting neighbor. Wife kicked reporting party in the leg four times.

8:14 pm, Ridgeway Dr.

Reporting party advising someone dumped garbage and carpets in reporting party's driveway. States received a message from subject that she was going to do this. Reporting party got home and all the stuff was dumped there.

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

Orca Network's 20th Birthday Celebration: A COMMUNITY ART PROJECT

Be part of a community art project by adding your gray whale or orca to the Langley Whale Center's 2021 Christmas window display. You will be supplied with a printable template to color, paint, collage or decorate in whatever medium you like. Our goal is to get whales arriving from our local "waters," the country, and perhaps the world!

By participating in this art project, you are showing your love and support for the Langley Whale Center and the whales of the Salish Sea.

All ages are encouraged to participate. Wouldn't it be fun to create your own family pod of whales?

Here are all the details:

Email katie@orcaneetwork.org to request a template.

Download and print your template.

Color, paint, collage and decorate however you like.

Cut out your whale.

Put your name, age (optional) and where you are from somewhere on your whale.

Make as many as you want.

Spread the word by sharing with your family, friends and co-workers.

Have fun!

How to submit your art to the Whale Center:

Local Delivery: please drop your whales by the Whale Center in Langley - 105 Anthes Avenue

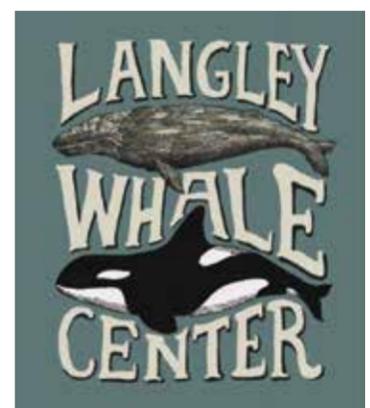
U.S. Mail: Orca Network, 485 Labella Vista Way, Freeland, WA 98249

Note: please be sure to put enough postage on your envelope if you have multiple whales and/or heavily embellished ones.

Email: Scan and email to: katie@orcaneetwork.org and the Whale Center will print it out.

Deadline for entries is November 15th

Your whale will not be returned.



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.

Christmas Bazaar

Friday, November 5, 10:00AM-3:00PM
Saturday, November 6, 9:00AM-2:00PM
St. Augustine Catholic Church, Oak Harbor
Masks required. Credit cards accepted. The church is located at 185 N. Oak Harbor St.

Mr. and Mrs. Fitch

Fridays, November 5, 12 & 19, 7:30PM
Saturdays, November 6, 13 & 20, 7:30PM
Sunday, November 14, 4:00PM
Thursday, November 18, 7:30PM
Black Box Theater, Langley

When the social circuit no longer provides juicy morsels, when the pressure to create news in our never-ending news cycle becomes just a bit much, gossip columnists Mr. and Mrs. Fitch realize it's time to toss back the martini, toss around the bon mots and realize that great celebrity can just appear out of thin air. This wicked, urbane comedy is a scathing look at who is in, who is out and who may not even exist at all, starring Patricia Duff and Jeff Natter. Tickets are \$16 for students/seniors (62+) and \$20 for adults. All tickets for the Thursday show are \$14. Reservations for tickets are available by emailing Outcast Productions at ocp@whidbey.com; payment is made by cash or check at the door.

Holiday Bazaar

Saturday, November 6, 9:00AM-1:00PM
First Reformed Church, Oak Harbor
Featuring handcrafted items, antiques and collectibles. The church is located at 250 SW 3rd Ave. For more information, call 360-675-4837.

End of an Era Retirement Party

Saturday, November 6, 2:00PM
Coupeville Town Park
Join your friends and neighbors for refreshments, music and the opportunity to thank the farmers of Sherman's Pioneer Farm for their many years of contributions to the Coupeville community. Everyone welcome!

Veterans Day Program

Thursday, November 11, 11:00AM
Oak Harbor High School Stadium
Please dress according to weather. Guest speaker Captain Douglas J. Waite, Chaplain Corps, USN (Retired). Former NAS Whidbey Command Chaplain Waite was in Washington DC and involved in the aftermath of the events of 9/11 at the Pentagon and New York City.

All Together Now-A Global Event Celebrating Local Theatre

Friday, November 12, 7:30PM
Saturday, November 13, 2:30 & 7:30PM
Sunday, November 14, 2:30PM
Whidbey Playhouse, Oak Harbor
Whidbey Playhouse will join together with theatres around the world the weekend of November 12 to perform an exclusive musical revue featuring songs from a variety of

beloved shows. Live on stage and live streaming. Whidbey Playhouse is located at 730 SE Midway Blvd. Call 360-679-2237 for more information.

Meetings & Organizations

Grief/Share: Surviving the Holidays

Saturday, November 13, 10:00AM-12:00PM
Island Church of Whidbey, Langley
When you are grieving a loved one's death, the holiday season can be especially painful. You are not alone. Join us as we share what to expect this season and learn how to deal with the many emotions brought on by the holidays. To find out more or to sign up go to: www.islandchurchofwhidbey.org or call the Island Church office at 360-221-6980. The church is located at 503 Cascade Ave.

Whidbey Island Genealogical Searchers (WIGS)

Tuesday, November 16, 1:00PM
Zoom Meeting
Paula Seeger presents: "The Immigrant Experience Through Castle Garden and Ellis Island". A pictorial view of life on a ship sailing to America, processing through the facility with inspectors, health and mental examinations, and daily life while waiting for possible approval to enter the country. Non WIGS members send an email to whidbeygensearchers@gmail.com no later than Nov. 14 to receive your Zoom invitation. All are invited to join.

Classes, Seminars and Workshops

NRA Basics of Pistol Shooting Course

Friday, November 19, 6:00-9:00PM
Saturday, November 20, 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.

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Pam's Prayer Corner

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

The song writer says "because of who you are, we give you Glory, because of who you are, we give you Praise."

Heavenly Father,

The world is dark at times. I am so glad you are the light and you challenge us to walk "by Faith and not by Sight." You open doors when man closes them, you tear down walls when man builds them, you bring calm in the mist of a storm. How great and loving you are to us. Even when we seem to be unlovable, your Grace stands strong. We give you Honor, oh Lord, for you are the most High God.

Roosevelt Rumble
USN Ret. Mins.

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

Proverbs 3:5,6



Jean Marliss Hurt



Jean Marliss Hurt was born to Stewart and Vera Hurt Sept. 4, 1935, in Wenatchee, Wash., and passed away on Oct. 3, 2121, at Providence Hospital in Everett, Wash.

Jean obtained a master's degree and taught music for many years. Jean was well educated and highly intelligent and loved long conversations on almost any subject.

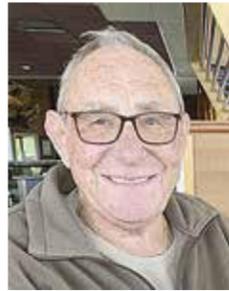
She was an avid gardener and loved saving forest lands and even donated some of her woodland property to the parks.

One of her favorite activities when she was out and about was to grab a lunch and go to the beach to enjoy the setting while she ate. It didn't matter what time of year or what the weather was like, she loved doing this and we often did it together.

Jean was a remarkably interesting person who was a pleasure to know, and she will be deeply missed.

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

James (Jim) Wilson



James (Jim) Wilson, a longtime Clinton resident, passed away peacefully Oct. 12, 2021.

Jim was born in Larkhall, Scotland. In 1962 he left his desk job as an engineer, joined the Merchant Marines, and sailed the Mediterranean Sea. He later transferred to the cruise line Cunard, and that was where, in 1964, he met his wife of 54 years, Katherine (Kate). Jim and Kate were married in Wisconsin in 1967 and settled in Seattle, Wash., where Jim was employed by Boeing. He loved his job and enjoyed traveling the world.

In 1976, Jim and Kate bought a five-acre farm in Clinton on Whidbey Island, where they raised their boys among cows, chickens, dogs, cats and even pigs. Those were wonderful years.

Throughout his life, Jim was active in a variety of sports. He loved fishing, golfing, waterskiing, skiing, and soccer. In the 80s, when the boys were old enough to play in the newly formed South Whidbey Soccer League, Jim decided to coach. There wasn't a sport center back then, so Jim and other dads built the soccer goals and the weekly Saturday games were played on the elementary school playground. When Jim retired from Boeing after 28 years, he and Kate enjoyed many years of travel together.

Jim is survived by his wife, Katherine, of Clinton; son, Shaun (Tanya Trapalis) Wilson, of Clinton; son, Kevin (Maggie) Wilson, of Meridian, Idaho; brother, Samuel Wilson, of Larkhall, Scotland; brother-in-law, James Keating, of Neenah, Wis.; sister-in-law, Mary Russell, of Santa Fe, N.M.; grandchildren, Maisie, Sam, and Catie Wilson, of Meridian, Idaho; and 15 nieces and nephews.

Jim will be greatly missed, but we will remember him for his wonderful smile, his gentle soul, and his deep love for his family. God bless you, Jim.

The family requests any donation be made to WhidbeyHealth Hospice Care.

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

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Veterans, first responders to be honored next week

By **Melanie Hammons** Whidbey Weekly

There are days, said President Roosevelt, which “will live in infamy.” Such was Dec. 7, 1941; Sept. 11, 2001 could be included, too.

But some days will always live on in honor. Holidays such as Veterans Day, and Patriot Day, on Sept. 11, turn horrific loss inside out by remembering the best, that is, the heroes, from those days and many others as well.

This Veterans Day, Thursday, Nov. 11, Oak Harbor’s Navy League seeks to do just that, said Navy League Chaplain, Capt. David Lura. The Veterans Day event will jointly honor both our country’s veterans and our first responders, so many of whom bravely confronted the aftermath of the Sept. 11 terrorist attacks.

“To my knowledge, this is the first time we’ve held a joint ceremony to honor both our veterans and our first responders,” said Lura, also the program lead for the observance. He describes it as an event that “almost didn’t happen this year.”

“Because of the pandemic, last year’s Veterans Day event was pre-recorded and streamed on a variety of platforms,” he said. “In the past, it’s always been held indoors at Oak Harbor High School. Since this year also marks the 20th anniversary of 9/11, we decided to observe both not only jointly, but as a live ceremony in the open air. The outdoor setting at Oak Harbor High School’s Wildcat Memorial Stadium allows us to do it safely, yet in a facility that still provides cover from the weather,” Lura said.

The Veterans Day event features contributions from participants of all ages. An important part of Navy League’s outreach centers on supporting youth and youth programs, said Lura, and to that end, the color guard detail and bell ringer come from OHHS NJROTC ranks. “Plus, the Sea Cadets will be serving as ushers and greeters; they’ll also supply a trio of instrumentalists to play the national anthem,” he said.

A most solemn moment in a Veterans Day ceremony is the bell ringing eleven times at 11 o’clock on the 11th day of the 11th month. Lura calls it “a holy moment for many.”

“It’s a time to remember and honor those living and dead of each war and conflict in which veterans have served since the signing of the armistice that ended World War II on that date (1918) and time,” he said.

Equally solemn this year promises to be the brief bell ringing by local fire department personnel in observance of the 20th anniversary of 9/11, Lura said. “We’ll likewise be commemorating how first responders (who



Photo Courtesy of David Lura
Former Navy Chaplain David Lura, right, who is coordinating the Oak Harbor Navy League’s Veterans Day program, served in the U.S. Navy with fellow chaplain, Capt. Douglas Waite. Waite, who was featured in a PBS documentary series on Sept. 11, and will be the guest speaker at the program next week, which will honor veterans and first responders.

included many military personnel), rushed to those crash sites to do what needed to be done.”

The fact that so many first responders do have military backgrounds is significant, according to Lura. It underscores his belief that “veterans of all sorts are also ‘first responders.’”

“We see this often when a plane crashes in a neighborhood, or a multi-car crash happens on a freeway. Common citizens get pressed into service and are often thankful for the first aid or CPR classes that they learned in scouts or at their respective places of employment,” he said.

If it’s true that “veterans of all sorts are also first responders,” then the guest speaker selection could not be more appropriate and meaningful. As a long-serving Navy Chaplain himself, Capt. Douglas J. Waite, Chaplain Corps, USN (Retired), has experienced both the military world and simultaneously walked the path of a first responder in the worst of possible circumstances.

Waite, serving as a chaplain since 1983, has seen tours aboard aircraft carriers and hospitals, and in conflicts such as Operation Desert Storm. His career spans years ministering to Marines, Coast Guard, and Navy personnel. It was while serving at the Washington, D.C. Coast Guard headquarters that the 9/11 terrorist attacks happened. Waite found himself ministering not only to those suffering in the wake of the attack on the Pentagon but also at the World Trade Center site in New York.

In a series about 9/11 that PBS television aired in 2018, one segment featured Captain Waite’s service. The series is titled “We’ll Meet Again;” Waite’s particular episode is captioned “Heroes of 9/11.”

This year, 2021, it so happens Thanksgiving Day falls exactly two weeks after Veterans

Day. That holiday marks another opportunity to give and show thanks to all these heroes. And there are even more opportunities out there, too, from supporting Veterans Services Organizations (VSOs) to programs such as Wounded Warriors and Tunnels to Towers (featured in the program handout).

Locally, even right here on Whidbey Island, there are chances for anyone to help out, says Clyde Shavers, a Whidbey Veterans Resource Center (WVRC) board member. Shavers, a Naval Academy graduate, explains how he came to be involved with WVRC.

“Whidbey Island has one of the most densely concentrated population groups of veterans in the state. As a veteran myself, I desired to be a part of this great network. There are so many needs,” he said.

The work WVRC carries out includes helping sponsor a free van-link transportation service to off-island Veterans Administration hospitals and clinics. It also hosts support groups and provides VA benefits assistance and referrals. Sometimes, the assistance extends to veterans’ family members by connecting them to other supporting organizations.

“So far this year, the WVRC has served over 200 veterans, hosted over 150 support groups, and received nearly 400 visits at the South Whidbey Community Center,” Shavers said.

As a nonprofit 501(c)3 advocacy group, WVRC depends upon donations and fundraising for support. One such fundraiser, “Honor Those Who Served,” is set for Sunday, Nov. 14 at Langley’s Whidbey Island Center for the Arts. The event features “wine tasting, good eats, a silent auction and the fusion guitar stylings of Andre Feriante.”

“We’re receiving a great deal of ongoing support from the community as far as the silent auction goes,” said Shavers. He said the items donated so far include artwork, rounds of golf and more.

The WVRC has called South Whidbey home since 2009. For more information about the WVRC and the “Honor Those Who Served” event, including ticket purchases, call 360-331-8081 or see the website www.whidbeyvrc.org.

The Oak Harbor Area Council of the Navy League is a group of civilians who meet monthly in support of the women and men of the sea services. For more information about Navy League, please refer to its website oakharbornavyleague.org or call 360-720-8398



Central Whidbey Lions to mark Veterans Day

By **Kathy Reed** Whidbey Weekly

Veterans of all branches of the military will be honored in a ceremony at 11 a.m. Thursday, Nov. 11 at veterans plaza by the Island County Courthouse in Coupeville.

The annual observance is put on by the Central Whidbey Lions Club and will feature flags from all branches of the military, including the Merchant Marines, which will be presented as Coupeville Mayor Molly Hughes reads about each service’s history. The Prisoner of War/Missing in Action flag will also be displayed.

“It will start with the U.S. Army, which was the first [military service branch established],” said Central Whidbey Lions Club President Judy Lewis.

“Mayor Hughes will read the history of the service as each person presents its flag. After that, the Shifty Sailors will sing the anthem/service song for each flag. It’s really neat.”

While the pandemic forced the Central Whidbey Lions to cancel last year’s ceremony, Lewis said the organization found another way to commemorate Veterans Day last year, and the group will retain this observance as well.

“Last year we couldn’t have the gathering because we couldn’t have the public come and stand around in a group,” she explained. “So we thought it would be nice to get some small flags and have people come, write the name of a veteran or whoever they wanted to honor on a tag and then put the flag in the landscaping around the plaza. I think we had 68 last year; it turned out really nice, so we decided to do that again.”

The Veterans Day service will begin at 11 a.m., but Lewis said she and other Central Whidbey Lions will be there beginning at 10 a.m. for people to get their flags and place them in the plaza’s landscaping.

Lewis said it’s fitting for the Lions Club to honor veterans on this special day.

“It’s tradition and we do have a lot of veterans,” she said. “I think there are six different Lions Clubs on the island and if you were to poll their members, I’m sure there would be numerous veterans in all the clubs, so it seems fitting we do this. Almost everyone has someone in the family who has served in the military. This is just a way of honoring them, not just those who are gone, but those who are still here.”

The presentation will be made even more special this year because of a surprise gift.

“We have new flags provided by the Disabled American Veterans,” Lewis said. “They surprised us. Some of our flags were looking a little sad – they were getting faded. All of a sudden, they just replaced them and put them up. Three of our presenters are also members of the DAV, so that was a nice thing the DAV did.”

The flags are flown at the Veterans Plaza by the courthouse from Memorial Day through Labor Day. They are put up again just for Veterans Day.

“We also place American flags on Main Street [in Coupeville] for every recognized holiday,” Lewis said. “If you see flags flying on Main Street, we put them up.”

SHOPPING continued from page 2

Flower Farm and Camano Island Honey. It’s good to get out and explore the number of talented artists, photographers, authors and other island artisans and purchase something from a shop carrying their wares. Other ideas are food and beverages – like gift cards to restaurants or breweries, distilleries, coffee roasters or other craft beverage makers. Also, a membership to a local nonprofit organization or museum is extremely thoughtful.”

Another out-of-the-box idea exclusive to Whidbey Island is the Whidbey Island Grown Food Cooperative. WIGC’s online food hub now includes holiday gift items from local makers and producers like candles, candies, honey, herbs, botanicals and bath and body products. Select the “Attributes” button from the pull-down menu on the left side of the food hub storefront screen at whidbeyislandgrown.com. Locally made gifts can be ordered on the gift hub and picked up with food hub orders on Fridays.

“We are headed into what is traditionally always the slowest season for visitors,” said Wyatt. “For Whidbey Island at least, the negative publicity surrounding the reduced ferry service is not helping to encourage travelers. The only bright side is visitors are committing to multi-day stays to better justify their longer journey.

“I think there is a hunger to immerse ourselves into the small town holiday charm like you find in a Hallmark movie,” she continued. “Island communities really deliver on that promise. Holiday decorations are expected to go up earlier and be even more ‘over the top’ than ever before.”

As shopping time ticks down his holiday season, consider thinking outside the box and sharing a piece of Whidbey with someone you love.



Photo Courtesy of Outside the Box Creation
A Whidbey Island entrepreneur has created a monthly art box subscription business which helps kids ages 5-11 learn all about art. Outside the Box Creation is a way to help teach creative problem-solving skills and more, while having fun.



Let's Dish!

with Kae Harris



THE FUNDAMENTALS OF FONDUE!

November is easily one of my favorite months of the year: the leaves take on their beautiful golden rust hue, the weather becomes cooler and wetter and food just seems to taste better when you come in from the cold! My go-to standards are soups, stews and broths, but it seems only appropriate that the month of November is "National Fun with Fondue Month!" Even the name is so playful and light it makes me want to invest in this method of cooking some may find archaic and old-fashioned, but stick around, dear reader, and I will show you how fondue is perfectly poised to make a culinary comeback!

So, first things first: what exactly is fondue? "Fondue" primarily refers to a dish made up of melted cheeses combined with wine, cognac or brandy and served in a ceramic pot that is kept warm from a flame below (to keep the cheese perfectly melted); bread chunks are then dipped into this communal pot using long forks and that is as simple as it gets! Fondue originated in Switzerland and is derived from the French word *fondre*, which means "to melt." This dish was developed as a way of ensuring hardened cheese and stale bread did not go to waste during the winter months and it is for this reason the primary cheeses used are Emmental and Gruyère. That being said, there are a variety of regional fondue recipes that exist throughout Switzerland and neighboring France and Italy which make use of a variety of local cheeses such as Comté and Fontina. Whatever cheese you decide to use, you can't go wrong with warm, melted cheese on crusty bread!

The world of fondue has grown to include methods and mediums other than just cheese. There is fondue bourguignonne which uses hot oil to cook chunks of meat instead of bread in the same communal style, and fondue au chocolat (chocolate fondue) that recreates this classic as a dessert. The ingredients that can be dipped into cheese, oil or chocolate fondues are limited only by your imagination and this is what makes fondue so versatile – it is made to be customized to your palate and to those of your guests! The only word of caution is cheese fondue does not cook the foods dipped into them but merely coats them, which means if you choose to dip meat into this gooey mess, make sure it is cooked beforehand.

The world of fondue is not unique to the Alps and there exist similar cooking methods in other parts of the world. The most notable of these is hot pot which is found in several Asian cuisines, Japanese shabu-shabu and queso fundido from Mexico. The most well-known form of hot pot exists in Chinese cuisine, where there is evidence this dish predates fondue by around 2,000 years! The principle of hot pot is similar to that of fondue in that a communal pot is used and filled with a flavored broth (with a spice level of your choosing) which is used to cook vegetables, meat, eggs, noodles and other ingredients of your choice. Similarly, shabu-shabu uses very thinly sliced meat that is dipped quickly into the broth to cook it

before being eaten immediately; the noise made as the meat kisses the surface of the hot broth is what gives this dish its name. Queso fundido uses Monterey or Oaxaca cheese and substitutes tortillas for bread as a vehicle for the melted, gooey cheese. The fact fondue-style recipes exist in a variety of cultures throughout the world is a clear indication it is a fantastic way of cooking and is craved by millions!

I know fondue has suffered a bad rep due to the fondue explosion of the 1970s, in which every home had to have a "fondue set;" that was not a true representation of this delicious dish and led to them being used once before being hidden away to gather dust. Fondue has a rich heritage and is the perfect dish for the colder months we are heading into; not only is it delicious but it's a great way of enjoying a meal with family friends and I can't think of anything more wonderful than that this holiday season! I have included a foolproof recipe for a traditional fondue; not only is it quick and easy, but it is guaranteed to have your guests asking for more. Give it a try and let me know about your thoughts on this recipe or anything else by writing to me at letsdish.whidbeyweekly@gmail.com as we Dish! this festive season together!



Cheese Fondue

- 1 garlic clove, halved
- 1 pound Gruyère cheese, grated
- 1/2 pound Emmental cheese or other Swiss cheese, grated
- 1 cup dry white wine
- 1 tablespoon plus 1 teaspoon cornstarch
- 1 teaspoon fresh lemon juice
- 1 1/2 tablespoons Kirsch (or other brandy or cognac)
- Freshly ground pepper
- Freshly grated nutmeg

Rub the inside of a medium, enameled cast-iron casserole with the garlic clove before discarding.

Combine the cornstarch and Kirsch to form a slurry before adding to the white wine and lemon juice in the pot over moderate heat. Add a handful of cheese to the mixture and stir until the cheese melts; continue this until all the cheese has been added (it should take about 5 minutes). Add a generous pinch of pepper and nutmeg and stir for about 10 minutes, until the mixture is creamy and smooth. DO NOT OVERCOOK the fondue, as it will become very stringy! Serve immediately with crusty bread or anything you want really and enjoy!

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



BOOK ONLINE

Movie Showtimes
Week 11/5/21 thru 11/8/21

ETERNALS (PG-13)
SCREEN 1 – 3:30pm & 6:35pm
SCREEN 2 – 3:45pm & 6:45pm

DUNE (PG-13)
4:00pm & 7:00pm

TUESDAY'S MOVIES AND SHOW TIMES WERE UNAVAILABLE AT PRESS TIME.

CLOSED WEDNESDAY & THURSDAY

1321 SW Barlow St • Oak Harbor
Movie Hotline 360-279-2226
Book A Party or Special Showing 360-279-0526
www.oakharborcinemas.com

Check out our new & improved website!

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www.whidbeyweekly.com

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Oak Harbor
360-682-2341

Adopt A Toy Soldier

Help Decorate Historic Downtown Oak Harbor With Toy Soldiers For The Holidays And You Could Win A \$100 Gift Certificate!

\$40 DONATION \$10 FROM EVERY TOY SOLDIER WILL GO TO TOYS FOR TOTS

Turn in your decorated Toy Soldier by November 19 to the Oak Harbor Main Street Office located inside Harborside Village at 820 SE Pioneer Way #105. Toy Soldiers will be displayed starting November 26.

Vote for your favorite Toy Soldier online at www.oakharbormainstreet.org between November 26 and December 17. Winner announced December 18.

To adopt a toy soldier or more information, email director@oakharbormainstreet.com

OAK HARBOR MAIN STREET

This Weekend!

FRIDAY, NOV. 5 THRU SATURDAY, NOV. 7

ETERNALS (PG-13)
SHANG-CHI AND THE LEGEND OF THE TEN RINGS (PG-13)

BOX OFFICE OPENS AT 4PM, FIRST MOVIE BEGINS AT DUSK (APPROX 6:50PM)
11 & OVER \$6.50*; KIDS 5-10 \$1.00*; 4 & UNDER FREE *CASH PRICES
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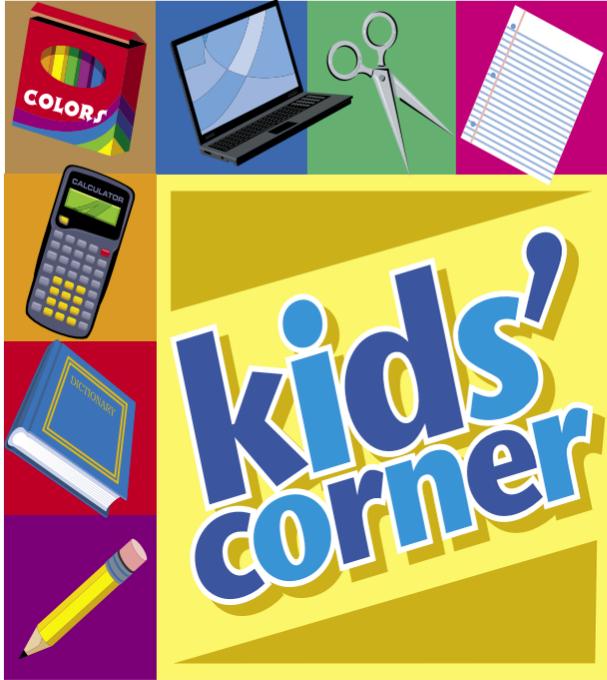
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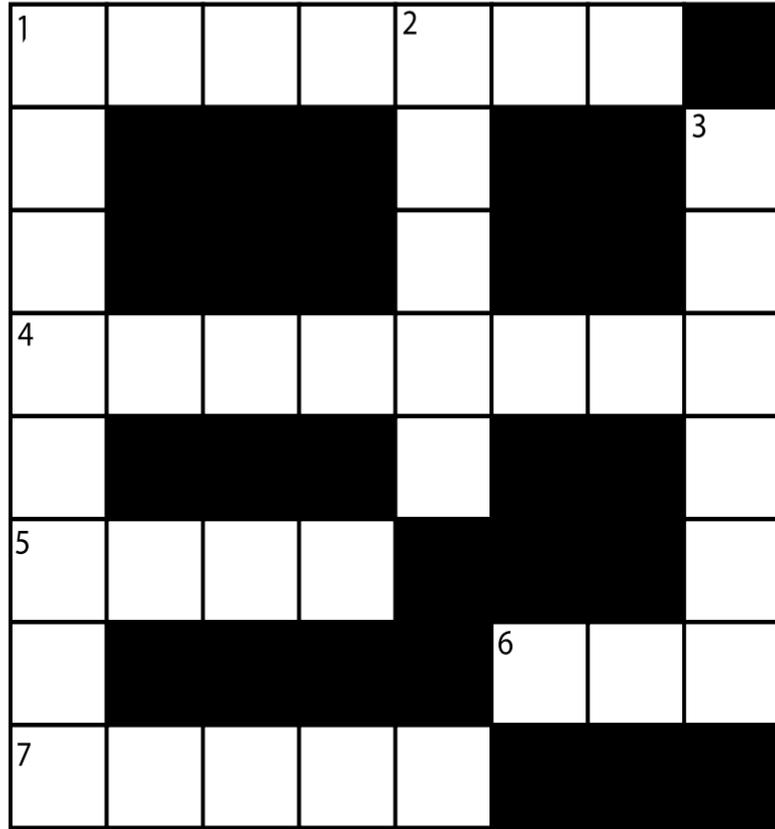
BEFORE AFTER

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Crossword Puzzle



THIS DAY IN...



HISTORY

- 1558: QUEEN ELIZABETH I ASCENDS TO THE THRONE AFTER THE DEATH OF HER HALF-SISTER, QUEEN MARY.
- 1869: THE SUEZ CANAL OPENS IN EGYPT.
- 2003: ARNOLD SCHWARZENEGGER IS SWORN IN AS GOVERNOR OF CALIFORNIA.

PEOPLE FACT!



JEWISH INDIVIDUALS CELEBRATE THIS HOLIDAY EACH NOVEMBER OR DECEMBER. THE HOLIDAY COMMEMORATES A GREAT MIRACLE.

ANSWER: CHANUKAH

ACROSS

- Wax and wicks
- Where news is written and edited
- Part of a boat upon which the hull is built
- Singular
- Feeling content

DOWN

- Jewish holiday
- Nickname for "Lawrence"
- Place of worship

Answers:
Across: 1. Chanukah 4. Newsroom 5. Keel 6. One
Down: 1. Candles 2. Larry 3. Temple 7. Happy



LATKE

a potato pancake in Jewish cuisine

How they SAY that in...

- ENGLISH:** Miracle
- SPANISH:** Milagro
- ITALIAN:** Miracolo
- FRENCH:** Miracle
- GERMAN:** Wunder



CHANUKAH IS AN EIGHT-DAY CELEBRATION THAT HONORS THE MIRACLE OF ONE NIGHT'S WORTH OF OIL LIGHTING THE MENORAH FOR A TOTAL OF EIGHT DAYS.



Can you guess what the bigger picture is?

ANSWER: MENORAH





OUR Community

An Upbeat Question of the week

By Helen Mosbrooker

A two part question:
 As a manager of a food bank during the pandemic, for what are you most grateful? And with Thanksgiving coming up, what is your biggest need?



Molly Hughes

Coupeville, Gifts from the Heart

During this pandemic, I am grateful for the never ending support of our community, who covered us up in money and food without us even asking, grateful for all those who stepped up to help with bagging and distribution before vaccines were available (thanks Navy and Lions), grateful to the regular volunteers who hung in there with us, grateful for the support from churches, businesses and service groups, grateful for the beautiful produce, dairy and protein from the state throughout this mess, grateful to Food Lifeline and NW Harvest for their

support, grateful to our clients who were flexible as things kept changing, grateful to Island County for the pop-up vaccine clinic for our clients...did I say grateful to our generous, kind, caring community for their support?!?! Okay, that's one sentence.

I'm a little worried about the winter food shortages being predicted so I would say it would be a good idea to get more food on the shelves for the holidays and beyond: heavy soups and stews, canned meat, pasta sauce, shelf stable milk, jam, cold cereal, boxed side dishes. If you want to eat it, our food bank clients would like it too. If you see a good sale, pick up one for you and one for us! Thank you!

Karen Korbelik

Langley, Good Cheer Food Bank

All of us at Good Cheer can heartily agree we are most grateful for the beautiful way our community comes together during a crisis. The pandemic has been a challenge in ways well beyond the immediate need for food.

With Thanksgiving approaching, our enthusiasm for our upcoming community Connection Center is growing. We are building an addition to the Bayview Good Cheer that will allow shoppers access to other local resources right from our food bank. We need our community more than ever to donate what they can to make this dream come true.



Jean Wieman

Oak Harbor, Help House

I am most grateful for several things:

- We were able to stay open and continue to provide food to those in need
- None of us got sick during the pandemic
- I am thankful for the overwhelming support we received from our most generous community.

Our biggest needs for Thanksgiving are any food item served for the holiday meal (stuffing, canned cranberries, chicken broth, canned pumpkin pie filling, canned sweet potatoes/yams). Also any of the extras like pickles, olives, etc.

Crossword Puzzle

1	2	3		4	5	6	7	8		9	10	11	12	13
14				15						16				
17				18						19				
20			21					22						
23						24	25						26	27
		28				29				30				
31	32					33		34	35	36			37	
38				39	40							41		
42				43						44	45			
46		47	48				49			50				
51					52	53	54			55			56	57
		58							59					
60	61						62	63					64	
65						66							67	
68						69							70	

CLUES ACROSS

- Pituitary hormone (abbr.)
- Ceramic jars
- Monetary units
- Alias
- "Superman" actor
- Britonic tribe
- Shorten
- LA Dodgers manager
- Hoarded
- Theatrically portray
- Noah's grandson
- Dependent
- Peyton's little brother
- Cools the house
- Principle part of
- Type of wrap
- Peels
- Commercial
- Make an attempt
- Arrange in steps
- U. Utah athlete
- Old English
- Trade
- Nostrils
- Ticket seller __Hub
- Of I
- Institute legal proceedings against
- Takes apart

CLUES DOWN

- Batflower genus
- Predatory seabirds
- Fish farm
- Arrangements
- Go in advance of others
- Bulgarian monetary unit
- "__ Maria"
- W. African ethnoreligious group
- Wild Asian oxen genus
- Vinegary
- To this
- Explosive
- Female sibling
- Orlando museum (abbr.)

- Type of hoop
- About Holy Father
- Academic environment
- Extremely angry
- Surrenders
- Swiss mountain pass
- Sharp mountain ridge
- Erases
- Spielberg's alien
- Absurd
- Dorm worker
- Used to make pesticides
- The sister of your father or mother
- A way to let know
- Can't produce much vegetation
- Small streams
- Folk singer DiFranco
- Weights
- Start over
- Black Sea resort city
- Wimbledon champ
- Corporate executive (abbr.)
- Unskilled actor who overacts
- Bravo! Bravo! Bravo!
- Of or relating to ears

Answers on page 15

CAN DO SUDOKU!

On a scale from 1 to 10...4.2

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

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

Answers on page 15

YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST

Thurs, Nov. 4	Fri, Nov. 5	Sat, Nov. 6	Sun, Nov. 7	Mon, Nov. 8	Tues, Nov. 9	Wed, Nov. 10
North Isle H-56°/L-47° Cloudy	North Isle H-55°/L-46° Cloudy with Rain Possible	North Isle H-54°/L-47° Cloudy with Rain Possible	North Isle H-55°/L-44° Cloudy with Rain Possible	North Isle H-55°/L-45° Cloudy with Rain Possible	North Isle H-53°/L-44° Mostly Cloudy Showers Possible	North Isle H-54°/L-44° Cloudy
South Isle H-55°/L-45° Cloudy	South Isle H-53°/L-44° Cloudy with Rain Possible	South Isle H-54°/L-47° Cloudy with Rain Possible	South Isle H-53°/L-43° Cloudy with Rain Possible	South Isle H-53°/L-41° Cloudy with Rain Possible	South Isle H-51°/L-44° Mostly Cloudy Showers Possible	South Isle H-51°/L-44° Cloudy



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Full Synthetic

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- ✓ FREE Transmission & Fill
- ✓ FREE Power Steering & Fill
- ✓ FREE Brake Fluid & Fill
- ✓ FREE Differential & Fill
- ✓ FREE Transfer Case & Fill
- ✓ FREE Windshield Washer Fluid & Fill
- ✓ FREE Battery Fluid & Fill

- ✓ NEW Oil & Oil Filter
- ✓ LUBE Chassis
- ✓ INFLATE Tires
- ✓ VACUUM Interior
- ✓ WASH Front & Rear Windows

- ✓ Wiper Blade
- ✓ Air Filter
- ✓ Belts & Hoses
- ✓ Headlights & Signal Lights

\$1*
Per gallon
of Unleaded
Limited Time Only
* Ask for details

Flat Rate Auto Repair only \$89⁹⁵ per hour

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- 12 month/12,000 mile warranty

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- 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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8 cyl

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

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- Machine Drums
- Rebuild Wheel Cylinders
- Adjust Parking Brake
- Bleed & Adjust System
- Road Test Vehicle
- 3 Year or 26,000 mile Warranty

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- Road Test Vehicle
- 3 Year or 26,000 mile Warranty

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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 10am-4pm, Wednesday 12pm-7pm, and Thursday 10am-4pm. 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@serval-cfs.com

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

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

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

VOLUNTEER OPPORTUNITIES

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 Islands. 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



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Whidbey Weekly
 1131 SE Ely Street Oak Harbor

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.

WORK WANTED

Looking for a housesitter? Reliable, dependable, adult female, who recently got a job on the Island, would like to house sit for your home while I search for a permanent place for myself. Please call 206-605-0947 (3)

JOB MARKET

CAREGIVER: All Heart Agency, LLC is hiring full and part time

caregivers for adults with disabilities on Whidbey Island (Oak Harbor and Coupeville). 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. COVID and Flu vaccinations required. Please call 360-969-3553 (2)

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

Dry firewood in rounds, approximately two cords. You haul, \$200. 360-331-8418 (1)

ANIMALS/SUPPLIES

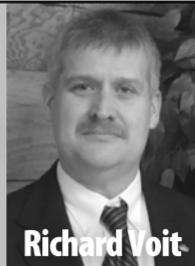
Excellent grass hay, no rain, good for horses, \$7 per bale. 20 bale minimum. Good quality round bales available also. 360-321-1624

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

How'd you do?

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

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you need assistance, please stop by.

WANTED

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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.

No Cheating!

U	F	A							D	E	N							
N	I	N							O	K	R	A	S					
I	N	N	S						C	L	A	D	E					
S	A	U	L					M	I	A		S	I	R				
O	L	L	A	S				C	P	S		F	E	R	E			
N	E	I	G	H	B	O	R	H	O	O	D	S						
						L	A	O		T	A	I						
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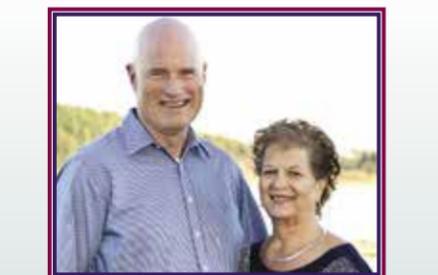
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Stay healthy and THRIVE this Winter at THRIVE Community Fitness!



Winter is on its way. The chill is in the air, but this doesn't mean you have to relinquish your active immune system and fitness levels to the season's chilly grip. Want to keep your body moving and your immune system working at its peak? Want to feel healthier, more energetic, and better about yourself? November is the month to "Join Now with ZERO Enrollment" and with amenities such as Personal Training and Group Fitness, your winter can be positive and healthy!

You're in luck, because Thrive Community Fitness, located right on your doorstep, allows you to find that moderate level of exercise that boosts immunity to certain illnesses. Taking a daily 20- to 30-minute

walk or visiting the gym every other day will encourage your body to fight illness regularly. Here are some theories about how exercise increases your immunity, according to medlineplus.gov:

- Physical activity may help flush bacteria out of the lungs and airways. This may reduce your chance of getting a cold, flu, or other illness.
- Exercise causes change in antibodies and white blood cells (WBC). WBCs are the body's immune system cells that fight disease. These antibodies, or WBCs, circulate more rapidly, so they could detect illnesses earlier than they might have before. However, no one knows whether these changes help prevent infections.
- The brief rise in body temperature during and right after exercise may prevent bacteria from growing. This temperature rise may help the body fight infection better. (This is similar to what happens when you have a fever.)
- Exercise slows down the release of stress hormones. Some stress increases the chance of illness. Lower stress hormones may protect against illness.

Studies have shown people who follow a moderately energetic lifestyle benefit most from starting (and sticking to) an exercise program. So go ahead, take that aerobics class or go for that walk. You will feel better and healthier for it.

In fact, November is a great time to talk with a personal trainer to go over how to reach your goals. Sessions range from a 30-minute or one hour time slot to a customizable group session as needed. Look no further than Thrive Community Fitness and our BEST OF WHIDBEY trainers to help you achieve your goals or stay accountable to your schedule.

Take advantage of one of the many classes offered at Thrive Community Fitness. Covering several areas, these classes encompass: Strength – BodyPUMP weightlifting classes and AMPD Strength; Cardio – BodyCOMBAT martial arts, cycle and four different varieties of dance; and Flexibility – BodyFLOW, Yoga and Barre. Each of these classes targets and focuses on a specific type of fitness. Whether it's something to get the blood pumping or relieving stress through flexibility work, Thrive has something to suit everyone, and we mean everyone. Catering to individuals in every stage of life, Thrive Fit with JoAnn concentrates on a mature audience as well as those looking for fitness that aids in injury prevention; truly an invaluable service dispensed by a second-to-none team. Thrive's class schedule is not only fun, it can take your challenge to the next level. Thrive Community Fitness brings you Eat The Frog Fitness, a small group training program based on your own unique fitness assessment, tailored to you, which incorporates cardio, strength, flexibility and core aspects of working out with sessions designed to "up your game" from the novice to the expert.

Thrive Community Fitness is more than just a gym, it's a place the community comes together to bond, get fit and healthy, and reach goals. You'll love being part of the Thrive family and its dedicated, passionate staff knows what it means to go above and beyond for all who walk through its doors. For more information about the amazing deals and promos, fantastic membership packages, passes, classes and more, call Thrive at 360-675-2600, visit the website, www.thrivecf.com, or stop in and check it out for yourself at 32650 Hwy 20 Bldg. D, Oak Harbor and keep Thriving here!

<https://medlineplus.gov/ency/article/007165.htm> reference

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