

September 5 through September 11, 2024

FREE

Whidbey Weekly

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Local old-growth forest joins other nationally recognized forests for beauty and biodiversity



Old-growth trees with oddly shaped branches are sights to behold at Admiralty Inlet Preserve.

By Jon Bach | Whidbey Weekly

There’s a hall of fame for old-growth forests in the U.S., and the newest inductee is Admiralty Inlet Natural Area Preserve in Coupeville.

Located within Ebey’s Landing National Historical Reserve just north of Fort Casey, Admiralty Inlet was chosen as only the 9th such forest in Washington State by the Old-Growth Forest Network (OGFN) – a national network dedicated to registering and protecting old-growth, native forests.

The preserve joins more than 250 forests nationwide already recognized by the OGFN, whose goal is to identify and ensure the preservation and recognition of at least one forest in every forested county in the United States, creating a roadmap of family-friendly hikes that showcase the beauty, complexity, and diversity of our nation’s oldest forests.

The Whidbey Camano Land Trust protected the forest in 2013, as an expansion of its Admiralty Inlet Preserve. Jessica Larson, Stewardship Director for the Land Trust, was excited to see Admiralty Inlet added to the old-growth network.

“It’s a very special and unique old-growth forest,” she said. “Not only does it have Douglas fir trees that are well over 200 years old, it also showcases a rare forest association of Douglas fir-western hemlock/oceanspray-swordfern.”

Nick Sanchez, Network Manager for the OGFN, said the criteria for induction into the forest network were to find the best examples in every county in every U.S. state of forests that are as old as possible and are publicly accessible with trails running through them.

“We give it bonus points if it has an interpretive trail – that is, signs along the trail that say what you’re looking at,” he said. “Our hope is to identify one in every U.S. county, with the goal to get people out to these places and appreciate why old-growth is special.”

The three important elements are if the forest is publicly accessible, is as old as possible, and if it has a means for protection.

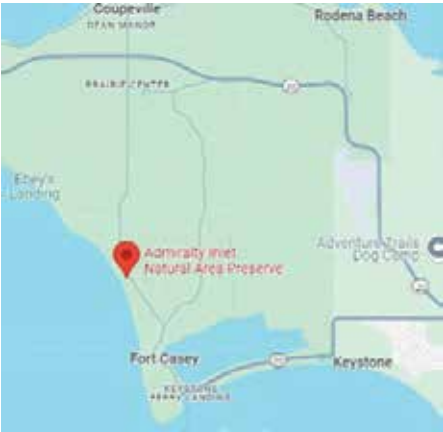
“We want to do what we can to ensure that old-growth forests will continue to be there as long as we can foreseeably know; to have a protecting mechanism in place to keep the forest standing long into the future,” Sanchez said.

The nature of the forest association makes it prime habitat for animals requiring complex forest structure. The site is listed by the Washington Natural Heritage Program as one of only a handful in existence.

“It’s great that the (OGFN) also acknowledges what a special place this is for wildlife,” Larson said. “Having Admiralty Preserve added to the OGFN will enable more people to know about the trail system on the property. We have several educational panels placed along the trails, and it is a wonderful way for the public to go for a walk and learn about forests, prairies, and shorelines.”

Larson added that it wasn’t until recently that the Land Trust created a parking area, making it easier for people to access the site.

“Admiralty Preserve is a beautiful old-growth forest with a diverse plant life and forest structure. Its location on the top of a coastal bluff has created unique trees with fascinating branching structure that provides excellent



habitat for a variety of wildlife,” she said.

Old-growth forest, prairie, birds, and views of the Olympic Mountains, Admiralty Inlet, and the beach below it are just a few features to appreciate at the preserve, which overlooks more than a mile of shoreline on Admiralty Inlet. The preserve helps marine species like salmon that migrate along its shores.

For more information and a full list and map of OGFN forests, go to www.oldgrowthforest.net.

For more about the Admiralty Inlet Natural Area Preserve, scan the QR code below or go to the Whidbey Camano Land Trust-sponsored site at <https://www.wclt.org/projects/admiralty-inlet-natural-area-preserve>.





Tuesday, 08/20/24
14:36:05, SR 20
Reporting party advising an old green VW Bug is circling the area and keeps backfiring.

22:00:07, NW CROSBY AVE
Reporting party thinks she saw a cougar by the mailbox area.

Thursday, 08/22/24
09:41:24, SE BARRINGTON DR
Reporting party calling, crying that a skateboard was with a male and he lost it. RP states he was using it while the RP is on a trip.

12:46:13, W CRESCENT HARBOR RD
Reporting party advises that a home in the area has lots of animals, and the RP states the whole yard is full of pansies, which are toxic to those animals.

13:43:35, N OAK HARBOR ST & NW CROSBY AVE
Reporting party advises that a truck is half on the sidewalk and half on the road. The truck has no steering wheel. Described as a red and grey Ford.

21:56:10, N OAK HARBOR ST
Reporting party states neighbors upstairs are obnoxiously loud, sounding like someone is running around and then dropping to the ground.

Friday, 08/23/24
10:34:18, SE BARRINGTON DR
Reporting party wants to speak to someone about registering firearms in Washington.

14:04:26, SW 24TH AVE
Reporting party requests an officer stop by this afternoon regarding her solar light around her plants.

Saturday, 08/24/24
01:24:25, SR 20
States a bunch of kids running around loose and a female with dementia who states she needs to get back to Summerhill.

12:08:39 P.M., NW FAIRHAVEN DR
Reporting party states her husband has been receiving fraudulent calls regarding missing jury duty.

17:08:22, SE BARRINGTON DR
Female on the side setting a box on fire to warm hands. Flames and smoke are visible from the box.

21:08:12, SE PIONEER WAY & SE DOCK ST
States a live band is playing at an empty lot with a stage on it. The owner of Purple Moon told RP this. States it is dark, and they don't have permission to be there.

23:25:44, NW CROSBY AVE & NW KEY ST
States property at the corner of the location—a house with a very large garage next to it—is playing loud music.

Sunday, 08/25/24
14:16:01, SR 20 & E WHIDBEY AVE
Reporting party advises a vehicle was being towed and the cable broke.

22:16:00, SE IRELAND ST
Ding dong ditch and now a black figure is in front of her door.

23:26:26, SR 20 & SW BARRINGTON DR
Male walking in the southbound lane trying to punch cars.

23:45:14, SW STROOPS DR
Kids playing next door and being loud.

Monday, 08/26/24
00:14:49, SE 8TH AVE
States a trooper was on the scene and accidentally set off the alarm.

17:18:53, NE 7TH AVE
Reporting party advises someone broke into the trash and threw it everywhere.

21:31:10, N OAK HARBOR ST
Reporting party advises that upstairs neighbors are moving and states it is currently quiet time, but they are being loud.

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

PHONE: 360-682-8283

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Whidbey Weekly

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Publisher.....Samantha Goodman

Editors.....Samantha, Jacob, and Jon Bach

Graphic Designer Bridget Beorse

Production Manager Jacob Goodman

Circulation.....Samantha, Jacob, and Volunteers

Contributing Writers

Jon Bach

JoAnn Hellmann

Merrick Parnell

Udie Chima

Helen Mosbrooker

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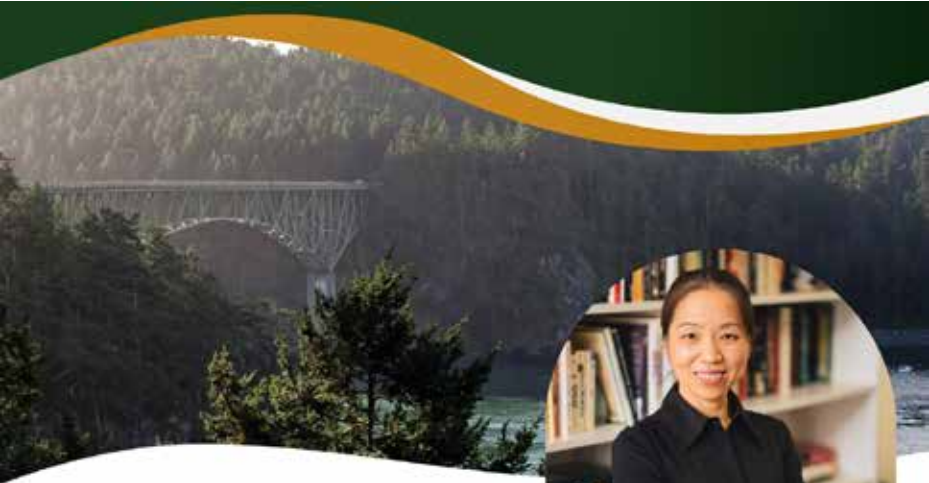
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BITS & PIECES

Community Invited to Hear Dr. Wen Chen: Renowned Biologist and Human Rights Advocate



THE INFILTRATION OF THE CHINESE COMMUNIST PARTY IN THE US

Join us for a presentation on Chinese culture, history, and human rights from Dr. Wen Chen.

Dr. Wen Chen was born in China at the end of the Great Cultural Revolution. Being victims of the horrific atrocity that killed two million intellectuals and destroyed traditional Chinese culture, Wen's parents had mixed feelings about her education. Despite their discouragement, Wen won a national prize at a science competition at 16, which led to her acceptance at a top Chinese university for undergraduate study. In 1994, Wen came to the U.S. for graduate school and received a doctorate in Biology at the California Institute of Technology in 2000. Because of her personal experience of being brainwashed in China, she decided to be a voice for the voiceless and become an advocate for human rights.

Free & Open to the Public.



Guest Speaker:
DR. WEN CHEN

Hosted by: *The Republican Women of North Whidbey*

 **Wednesday
September 11, 2024**

 **7:00 - 8:30 PM**

**Best Western Oak Harbor
Conference Room**
33175 State Rte 20
Oak Harbor, WA 98277

Questions?: Sandi Peterson, President
RepublicanWomenOfNorthWhidbey@gmail.com

The Republican Women of North Whidbey is pleased to invite the community to a special event featuring Dr. Wen Chen, a distinguished biologist and nationally recognized human rights advocate. The event will take place on Wednesday, September 11, 2024 at 6:30pm at the Best Western Oak Harbor.

Born in China during the tumultuous period of the Great Cultural Revolution, Dr. Chen overcame immense challenges to excel in science, ultimately earning her Ph.D. in Biology from the prestigious California Institute of Technology. Her personal experiences growing up under an oppressive regime, coupled with her remarkable scientific career, have fueled her passion for advocating for freedom, democracy, and human rights.

Dr. Chen will share her compelling journey from a young girl in China to a leading voice in the global fight for human rights. Attendees will have the unique opportunity to hear firsthand about her experiences with government censorship and propaganda, as well as her insights on the importance of protecting civil liberties and academic freedom.

This event is free and open to the public. Community members, students, and local leaders are encouraged to attend and engage in what promises to be an inspiring and thought-provoking evening.

Event Details:

Date: Wednesday, September 11, 2024

Time: 7:00 – 8:30 PM

Location: Best Western Oak Harbor, 33175 State Rte 20, Oak Harbor, WA 98277

Admission: Free

For more information, please contact Sandi Peterson at 360-441-1415 or republicanwomenofnorthwhidbey@gmail.com.

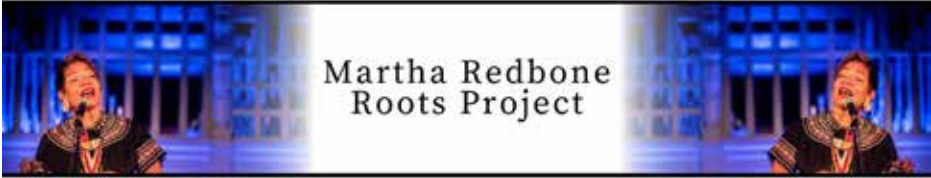
Join us for this powerful event and be inspired by Dr. Wen Chen's story of resilience and advocacy for the voiceless.

About the Republican Women of North Whidbey:
The Republican Women of North Whidbey (RWNW) is the leading organization for Republican women on Whidbey Island. Affiliated with the National Federation of Republican Women, RWNW promotes an informed electorate through political education and enhances the role of women in advancing good governance. By fostering a strong sense of community and collaboration, RWNW plays a vital role in shaping the future of American politics.

[Submitted by: Sandi Peterson, President Republican Women of North Whidbey]



American Blues and Soul Singer Martha Redbone at WICA



A music icon will grace the Whidbey Island Center for the Arts (WICA) mainstage on September 28 at 7:30 p.m. with a performance by vocalist, songwriter, composer, and educator Martha Redbone. Drawing from her childhood in Harlan County, Kentucky, and infused with the eclectic grit of pre-gentrified Brooklyn, the Martha Redbone Roots Project has been called "a brilliant collision of cultures..." by The New Yorker magazine. Redbone has also been featured at The Kennedy Center and on PBS.

Redbone and her ensemble of masterful musicians take their audiences on an American music journey through times past and present, weaving the sounds of her childhood and her ancestral homelands in coal country, Harlan County, KY, celebrating the music of her multi-cultural Southeastern heritage. Music that conjures up stories from the early days of the mountain, embodying the folk, blues, and gospel sounds from the ancestors of the Black migration mixed with the Indigenous foundation of the region. Martha Redbone and her band invite you through sound and story to her HOME.

"We are thrilled to bring the Martha Redbone Roots Project to WICA," says Executive Artistic Director Deana Duncan. "This is an unbelievable chance to see Redbone in a smaller, more intimate performance space. As a community arts center, we focus on creating opportunities like this for our patrons, giving them the chance to witness such amazing talent on our mainstage. This is really an experience that should not be missed."

Tickets are currently on sale for the performance at WICA, which, along with Martha Redbone (vocals, percussion), will feature Aaron Whitby (piano), Charlie Burnham (violin), and Fred Cash, Jr. (bass). Please visit the event website to learn more about this and to purchase tickets for this exciting programming opportunity.

[Submitted by: Billy Tierney, Managing Director]

Reminder: NAS Whidbey Island Open House Scheduled for Sept. 7



Naval Air Station Whidbey Island will be opening its doors to the public for an Open House on September 7, 2024, from 9 a.m. to 3 p.m!

The Open House will include a 5K run around the flightline, with the gate opening at 7 a.m. for registration.

Everyone over the age of 18 is required to have a photo ID for entry.

Foreign nationals are welcome to attend and must have proper identification. They will also be subject to background checks.

The flightline opens at 9 a.m. for static displays of Growlers, P-8s, SAR, and more!

Use the Charles Porter Ave. Gate to enter the base, and you'll be directed to parking.

Due to security measures, the following items are not allowed on the base: alcohol, bags larger than 12"x6"x12", backpacks, weapons (including pocket knives), coolers, cameras with lenses exceeding 200mm zoom, camera tripods, cameras that can't fit in a 12"x6"x12" bag while fully assembled, and pets.

Additionally, drugs or drug paraphernalia, including marijuana products, are prohibited from the base. Permitted items include strollers, diaper bags, small women's purses, wheelchairs, certified service dogs, bottled water, and small cameras.

If you have any questions, reach out to the NAS Whidbey Island Public Affairs Office at naswipao@us.navy.mil or 360-257-2286.

[Submitted by: Sandi Peterson, President Republican Women of North Whidbey]

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Annual Harvest Faire celebrates Whidbey Island agriculture with family events at Greenbank Farm



(photo by Susan Laarman)

By Jon Bach | Whidbey Weekly

Now that Labor Day has passed, it's time to prepare for fall. Greenbank Farm has just the event for that as they host their second annual Harvest Faire on Sunday, September 8, from 10:00 a.m. to 5:00 p.m.

The one-day event is packed with activities and experiences for the whole family.

Event Coordinator Muri Mitschak said last year there were about 3,500 visitors during the event, and there will be even more vendors and activities this year.

"The community loved it," she said. "Everything went off smoothly, from the music to the hayrides. I was amazed to see so many happy families."

The fair will feature sheep, goats, ducks and a goose (that Mitschak says "loves cuddles") from a farm called Happy Hooves and Quacky Feet. There will also be animals from the Ballydidean Farm Sanctuary in Clinton, including the return of Petunia the Pig, who was just a piglet last year.

"We had an amazing time at the 2023 fair, and Petunia made so many friends," said Ballydidean founder Ansel Santosa. "We had three different people buy her slices of pie

when they heard she loved it."

Ballydidean Farm Sanctuary rescues, rehabilitates, and rehomes farmed animals that are unwanted, neglected, and abused. They work with private surrenders as well as the Island County Sheriff and other regional partners.

Hollie Swanson has owned the Greenbank Farm Wine Shop since 2015 and is also thrilled to be a part of the event.

"What matters to me about this farm is that we went through a process where the community came together and prevented it from becoming a housing development," she said. "This event is free and open to the community, and that's what this farm is for—to see people enjoying a public space."

Swanson is hosting the beer garden, focusing on ciders on tap, sparkling meads, and loganberry wine (in bottles with labels that tell the story of how the farm was saved). There will also be loganberry wine slushies.

The prominence of loganberries is because the Harvest Faire used to be the Loganberry Festival, which helped celebrate all of the agriculture on the island.

There are many things growing on the farm—a community pea patch, dahlias, and other flowers, livestock like chickens, Highland cows,



Piglet ambassador Petunia at Harvest Faire 2023...

potbellied pigs, and turkeys.

Represented at the Faire will be local organizations like Lesedi Farms, One Willow Farm, Whidbey Island Dahlias, and Salty Acres.

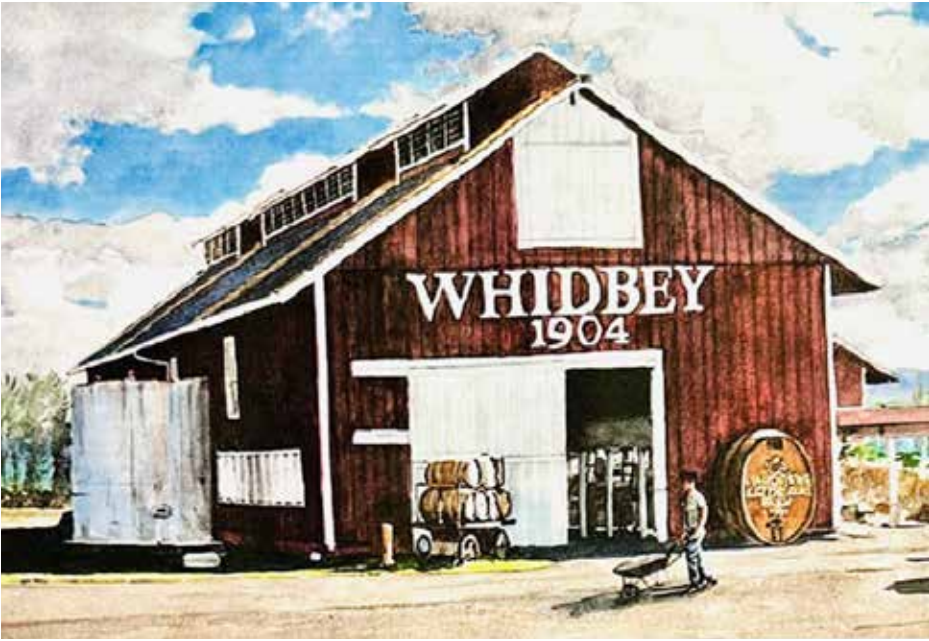
Singer-songwriter Mike Hopkins will be one of the performers, as well as the Sky Blue band. There will be free kids' crafts in the circus tent all day long. Clementine the Amazing Face Painter will also be joining as well.

"I'm so excited to see all of these happy families again," Mitschak said. "To see the joy on all their faces was heartwarming. It's all free again this year, so come and have a great day!"

For more information on the Harvest Faire, scan the QR code with your smartphone camera or go to <https://portoc.org/event/greenbank-farm-harvest-faire-2>.



(photos by Susan Laarman)



Historic Barn A at the Greenbank Farm by Perry Woodfin

Coming out of hiding

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FREE ALL EXPERIENCES LEVELS INSTAGRAM: SOUND DIALECT

By Udie Chima | Sound Dialect

As a young producer, I kept two folders of beats on my computer. One was filled with safe, expected boom bap, bass-heavy songs that I felt would impress my family and close friends. The other contained a collection of more unique sounds that reflected my inner world. These tracks were reserved only for those people who I believed would get it and, therefore, get me—my alternative-minded friends and collaborators. Each time I produced a track and added it to one of these folders, I felt the tension between who I was and who I thought I needed to be.

Whenever someone came over and wanted to hear new beats, we'd head down the basement stairs and into my cramped, L-shaped room. The walls were lined with black and white posters from underground Seattle hip-hop shows, and stray records lay against the walls. I'd fire up my G3 Power Mac and open Reason, the software where my beats lived. As my guest settled in, I would reposition the speakers to form a perfect triangle, with their ears at the center.

If my alternative-minded friends were the audience, I would joyfully hit play, and as the beats filled the room, I'd study their faces, seeking confirmation that the sounds they were hearing moved them.

However, when my family or close friends came to visit, they would only hear the folder reserved for them. These beats were predictable, safe, catering to what I thought they'd like. I'd watch their reactions just as closely, but instead of feeling excitement, I felt weighed down by their expectations. I wasn't creating; I was performing.

As time went on, I realized I was leading a double life as a producer. The tracks that felt most authentic to me—the ones that truly reflected my world and sensibilities—were hidden, shared only with a select few. Music, my refuge, became a burden.

It reached a point where I knew I couldn't keep pretending. The next time my family came over, I decided to break the pattern. I picked one of those weird tracks I'd usually keep to myself. As they settled in, I felt the familiar weight of expectation, my hand hovering over the space bar. The first time I shared these sounds, I was gripped by doubt—what if they didn't get it? What if they rejected this piece of me?

But the more I shared, the more comfortable I became expressing the hidden part of me. Each time I played one of those experimental tracks, the wall between the two folders started to crumble. What began as small cracks eventually collapsed entirely. I was no longer a producer just trying to impress; I was an artist trying to express.

Music wasn't about fitting into someone else's expectations anymore; it was about finding and sharing my truth. As I watched their faces in my bedroom studio, I realized that I wasn't afraid of what they'd think. I was no longer driven solely by their approval, and I could begin the journey of truly setting my music free.

Capturing and expressing one's inner voice is a challenge artists perpetually face. It's not just about creating; it's about tapping into something deeply personal and having the courage to share it with the world. Yet, finding a place that truly nurtures this kind of authentic expression is rare. That's why we created The Lab.

At The Lab, we provide an inspiring, supportive environment where musicians and songwriters of all types can bring their song ideas—at no cost. Here, our experienced producers and engineers work closely with you to build those ideas into fully realized tracks, helping you bring your creative vision to life.

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Oak Harbor High School Wildcats Set to Start New Football Season

By Merrick Parnell

The Oak Harbor High School Wildcats are gearing up to kick off another football season. The Wildcats aim to improve upon their 4-6 record from last season, a year that also saw them miss the playoffs. The team’s players have been working hard throughout the off-season and summer to prepare for this year’s games, which begin in September.

Head Coach Marcus Hughes is entering his sixth season and has been impressed with his players’ commitment.

“We have had the best off-season participation since I have been here, and I am going into my sixth season,” Hughes said. “Our motto this season has been ‘All in.’”

The Wildcats will face several key losses this season, including linebacker and fullback Aiden Finley, linebacker/fullback Michael Johnson Howard, quarterback Parker Anderson, defensive end/wide receiver Daniel Williard, offensive lineman/running back Zac Pyles, and running back Brody Snyder. This spring, Snyder committed to play college football at the Division III level with George Fox in Oregon.

Despite these departures, Hughes is expecting big things from a solid core of returning players, including:

- Running back/Linebacker Carson Lang
- Running back/Defensive back Jayson Champignon
- Quarterback/Defensive back Connor Cash
- Defensive back/Wide receiver Dylan Comly
- Offensive/Defensive linemen Malachai Ebai and Cohen Esvlet
- Fullbacks Joseph Lewis and Jacob Espinoza
- Offensive/Defensive lineman Carlos Hernandez
- Defensive Lineman Hunter Kelly



The Wildcats will begin their season at home on Friday, September 6, against Ingmore High School before traveling the following week to face Ferndale High School. A full schedule can be found at [OHHS Athletics] (<https://www.ohhsathletics.com/sport/football/boys/?tab=schedule>).

For Hughes, every game this season is crucial.

“Every game is big because our goal is to make the playoffs,” Hughes said.

As the school year begins and summer turns

to fall, the Wildcats are excited to compete and represent their community and school in Oak Harbor while striving to be “all in.”

With high expectations and a commitment to excellence, the Wildcats are ready to tackle the challenges of the new season and demonstrate their growth on the field. Fans and supporters can look forward to an exciting year of football as the team aims to make a strong comeback and achieve their playoff goals.

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HOW GRANDPARENTS GOT THEIR SPECIAL DAY



JoAnn Hellmann | long-time resident of Oak Harbor, is a retired Navy Journalist Chief

It seems these days every day is some sort of holiday. According to <https://nationaltoday.com>, there are fifteen holidays on September 8 this year. Well, it says sixteen, though one is a video that explains the holidays, so we'll discount that count. All but a couple I've never heard of and I daresay neither have you, Dear Reader.

Like National Ampersand Day, that explores this curly and quirky little character. Then there's National Iguana Awareness Day (really?). And National Hug Your Hound Day. Truly every dog has its day. I wonder if my hubby knows it's also Star Trek Day? Apparently one of the world's best media franchises that likely will continue to live long and proper.

The one most folks may be familiar with is Grandparents Day, which is observed the first Sunday after Labor Day in the United States, so it is one of the fifteen this year. It's a day celebrated in various countries in various ways on different days; the first in Poland in 1965. Though the dates and celebrations differ around the world, the core message remains the same: to respect and value the bond between grandparents and grandchildren.

Here in the United States, September was chosen to celebrate the holiday to signify the autumn years of life and the official flower of Grandparents Day is the Forget-Me-Not. For many families, grandparents are the reasons behind so many special traditions. So, to honor all the grandparents out there, this is how this special day came to be.

West Virginian Marian Lucille Herndon McQuade, with the behind-the-scenes support of her husband Joseph L. McQuade, initiated the observance at the grassroots level in 1956 and worked for many years to bring it to fruition. The idea to celebrate the elderly members of her community grew from her sad discovery that many nursing home senior citizens often didn't receive visits from their families. So she set out to designate a day to honor and appreciate grandparents. Through the years, others got on the bandwagon, like a young boy who wrote a letter to President Nixon in 1969 asking for a Grandparents Day but was told only a Congressional resolution would authorize him to do so. In 1977, Sen. Jennings Randolph of West Virginia, after a failed attempt four years earlier that spurred Mrs. McQuade to travel around the country to get support from forty-three states, introduced a joint resolution to the Senate for national observance of the day. Congress passed the legislation, and President Jimmy Carter proclaimed National Grandparents Day in 1978. Part of that proclamation reads:

“As we seek to strengthen the enduring values of the family, it is appropriate that we honor our grandparents. Grandparents are our continuing tie to the near-past, to the events and beliefs and experiences that so strongly affect our lives and the world around us. Whether they are our own or surrogate grandparents who fill some of the gaps in our mobile society, our senior generation also provides our society a link to our national heritage and traditions.”

Marian McQuade died at the age of 91 on September 26, 2008, her life celebrated by 15 children, 43 grandchildren and 15 great-grandchildren.

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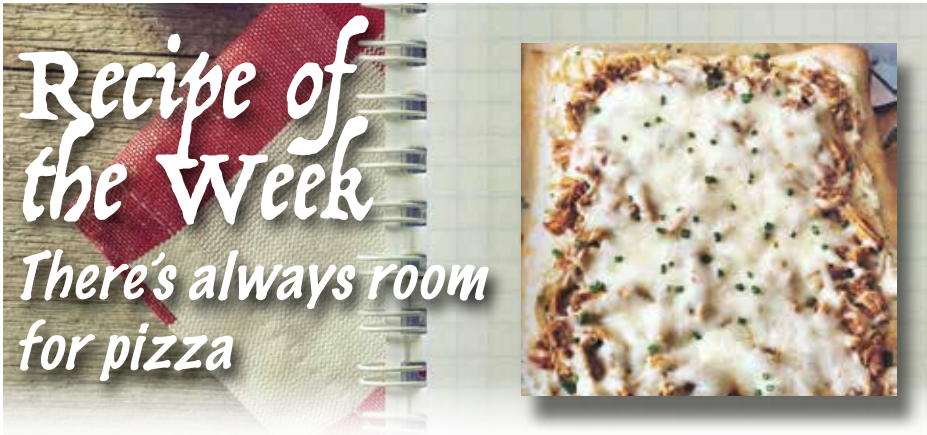
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When it comes to pizza, it is often difficult to stop after just one slice. Although pizza originated in Italy, people from all around the world have made pizza their own by experimenting with different flavor combinations and toppings.

Whether you're in the camp who thinks it isn't pizza if there's more than mozzarella cheese and red sauce on the crust or the one who feels the sky's the limit for pizza adventures, it's hard not to like "Buffalo Chicken Pizza." This recipe pairs the heat and tang of Buffalo wings with the familiarity of pizza's crunch. Try this medley of flavor, courtesy of "30-Minute Meal Prep: 100 Healthy and Delicious Recipes to Eat All Week" (Sourcebooks) by Robin Miller.

Buffalo Chicken Pizza
Ingredients: (Serves 4)

- 1 13.8-ounce container refrigerated pizza dough
- 1 cup ricotta cheese
- 3 tablespoons powdered ranch dip/dressing mix
- 2 cups shredded cooked chicken
- 1/4 cup hot sauce, such as Frank's, or hot sauce of choice
- 1 cup shredded mozzarella cheese
- Chopped fresh chives for serving (optional)
- Bottled ranch dressing for serving (optional)

Instructions:

1. Preheat the oven to 400 F. Line a large baking sheet with parchment paper or aluminum foil.
2. Unroll the pizza dough on the prepared pan, and shape as desired. I chose a 10-by-12-inch rectangle. Bake for 6 minutes.
3. Meanwhile, in a small bowl, combine the ricotta and powdered ranch, and mix well.
4. In another bowl, combine the chicken and hot sauce, and mix to cover the chicken with the sauce.
5. Spread the ricotta mixture all over the pre-baked crust, to within half an inch of the edge.
6. Arrange the chicken over the ricotta, and top with the mozzarella.
7. Bake for 6 to 10 minutes, until the edges of the crust are golden brown and the cheese melts.
8. Top with fresh chives (if using), and serve with ranch dressing on the side (if using).

WEEKLY HOROSCOPES

ARIES – Mar 21/Apr 20

It's easy to lose perspective when it comes to the important friends and family in your life, Aries. Start rethinking where to devote your attention and energy.

TAURUS – Apr 21/May 21

Taurus, if you feel adventure is calling you, you can always take a break and get out there and answer that call. Take a road trip this week or even explore a new neighborhood nearby.

GEMINI – May 22/Jun 21

Gemini, be sure to get off to an early start regarding plans this week. Let others involved know that you'll probably be picking them up bright and early.

CANCER – Jun 22/Jul 22

Cancer, if you are not up for a night out on the town or much socializing the next few days, it's perfectly fine to stay close to home. Everyone needs a break from time to time.

LEO – Jul 23/Aug 23

Leo, when you are in a good mood, it's hard for people around you to keep up with your level of energy. Don't be surprised if some people in your posse tire out before you.

VIRGO – Aug 24/Sept 22

Virgo, you've never been good about asking for help. This week you'll be pleasantly surprised by how quickly a family member jumps in to give you the boost you need.

LIBRA – Sept 23/Oct 23

Typically you are very easy to get along with, Libra. But this week others may describe you as uncompromising and uncooperative. Think about what is prompting this change of tune.

SCORPIO – Oct 24/Nov 22

Scorpio, you aren't about to settle without getting what you want. When road blocks come up this week, you may be frustrated when things don't go your way. Stay the course.

SAGITTARIUS – Nov 23/Dec 21

Try to fill your days with the arts and music this week, Sagittarius. They are what you need right now to put you in a positive mood and turn things around.

CAPRICORN – Dec 22/Jan 20

Things have been busy in your life, Capricorn. That mile-long list doesn't seem to be getting any shorter. You might need to call in some help to get through all of the tasks.

AQUARIUS – Jan 21/Feb 18

Aquarius, someone has been keeping tabs on what you have been doing from afar. You don't know whether to be flattered or concerned about this attention. You'll learn soon enough.

PISCES – Feb 19/Mar 20

Pisces, it is time for loved ones to get together and have a serious conversation about something that involves the whole family. You just don't know if you're ready to deal with it.



Join us at the Habitat for Humanity of Island County's Annual Up Cycle-it Auction! Saturday, September 21st @ 4:30pm Greenbank Farm Live and silent auction, local wine, beer and tasty bites! Scan the QR code or visit islandcountyhabitat.org to purchase tickets and for more info!

GENERAL ADMISSION
\$75

VIP ADMISSION
\$125

VIP PARKING
EARLY
ADMISSION
&
BONUS SWAG
BAG

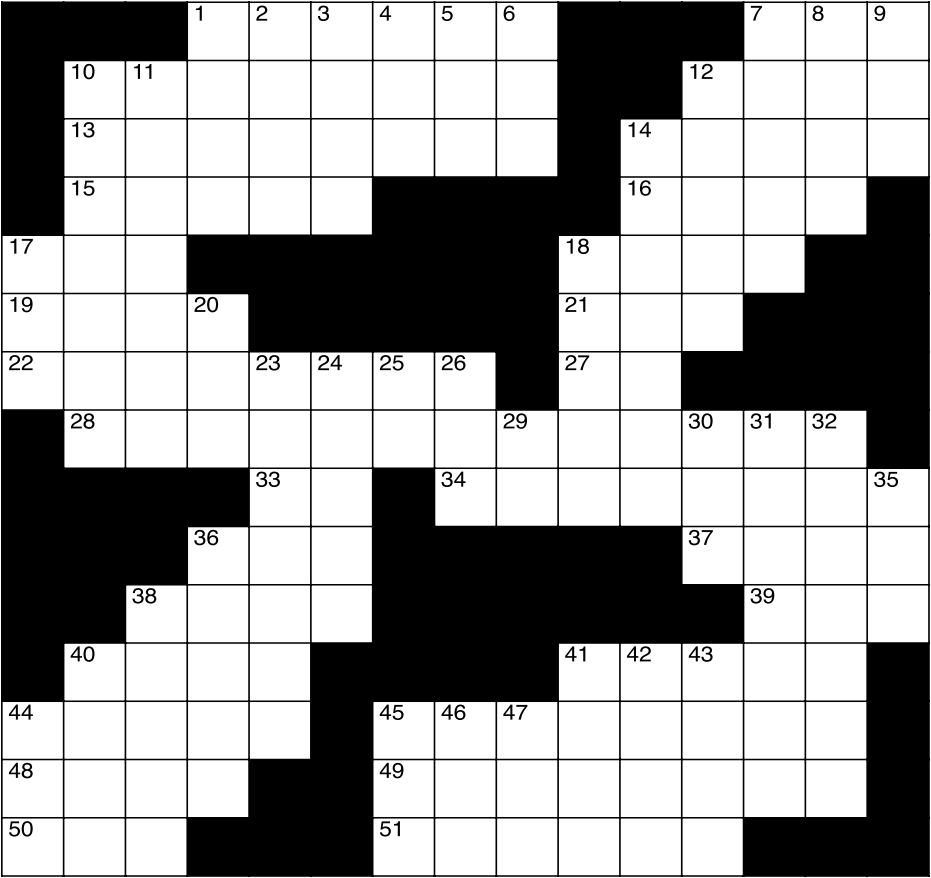


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Peoples
Bank

Crossword Puzzle



CLUES ACROSS

1. Current unit
7. Reciprocal of an ohm
10. God of the sea
12. A way to disfigure
13. Positioned
14. Tall tropical American tree
15. Large deciduous trees
16. ___ and ends
17. Part of a machine
18. Brews
19. One who leads prayers in a mosque
21. Indian state
22. Partisans
27. Top lawyer in the land
28. Former Dodgers MVP
33. Title for women
34. Heated and allowed to slowly cool
36. Copycat
37. Sounds
38. One-time Israeli diplomat Abba
39. Part of (abbr.)
40. Hateful
41. Collide
44. European football heavyweight
45. One who works for you
48. Song
49. Ancient marvels
50. Bridge building degree
51. Delivery boys

CLUES DOWN

1. Continent
2. Submissive
3. There's a lot in a bowling alley
4. Sun up in New York
5. Court decision ___ v. Wade
6. Finish line
7. Young women
8. Hives of activity
9. Hyman Roth's right-hand man Johnny
10. Eastern U.S. river
11. Popular cooking ingredient
12. Greek mythological princess
14. Scent for men
17. Cost, insurance and freight (abbr.)
18. Once more
20. Irate
23. Triangular spaces above a door
24. Norwegian playwright and poet Henrik
25. Atomic #58
26. Patti Hearst's captors
29. Natural logarithm
30. Talk incessantly
31. Went by
32. Strives
35. Fall back
36. Manila hemp
38. Not easily explained
40. Former "Double Dare" host Summers
41. Mollusk
42. Capital of Togo
43. Letter of Semitic scripts
44. Founder of Babism
45. Indicates near
46. Family of regulator genes
47. Indicates before

Answers on page 11

YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST

THURS, SEP 5

North Isle

H-72°/L-53°

South Isle

H-77°/L-58°

FRI, SEP 6

North Isle

H-69°/L-51°

South Isle

H-75°/L-56°

SAT, SEP 7

North Isle

H-71°/L-54°

South Isle

H-74°/L-57°

SUN, SEP 8

North Isle

H-67°/L-54°

South Isle

H-71°/L-55°

MON, SEP 9

North Isle

H-66°/L-58°

South Isle

H-71°/L-55°

TUES, SEP 10

North Isle

H-65°/L-54°

South Isle

H-67°/L-65°

WED, SEP 11

North Isle

H-66°/L-55°

South Isle

H-68°/L-55°



OUR Community

An Upbeat Question of the week

By Helen Mosbrooker

What inspired you to self publish your book?



Mark Lucero

Coupeville

My book is titled "What to Say When You Don't Know What to Say: Loving a Friend Through Grief".

I was inspired to write this book by the hundreds of people I have spoken to who tell me they just don't know what to say when talking to a grieving friend. Most people want to offer support to their friends who have suffered a loss but just don't know what to say.

Very often we choose avoidance and say nothing for fear of saying the wrong thing. We live in a culture that is avoidant and maybe even phobic when it comes to talking about death, or grief, or strong emotions. As a grief counselor, I want to offer guidance and practical suggestions for supporting a friend or family member through a time of grief. Caring for a grieving friend is not a difficult thing to do. In my book I teach about the six needs of every mourner and how we can support those needs. I offer the "Stop, Drop, and R.O.L.L." method for approaching a grieving friend.

I also have a chapter on what not to say. I hope everyone will read this book so we can do a better job of caring for our hurting friends. They need our help to heal.

Jim Siggins

Oak Harbor

I learned to read by being read to. My mother and father read to me soon after I was born.

Even before nursery school I loved books. I still do, but never thought I'd write one.

Years ago I mentioned a story I'd thought about to my wife, Cori. She said: "Why don't you write it down so others can enjoy it too?" So I did. A short, well-illustrated story about a young boy trying his very best to improve himself (perhaps with some special help.)

"Otu's Feather" and a sequel: "Otu and the Blue Sash" have been well received and a third book is in the works. Being creative turns out to be a lot of work...but from the responses I've received, well worth it. I recommend it.



Audrey Mackaman

Coupeville

My middle grade series, Cavall in Camelot, published through HarperCollins, follows the adventures of King Arthur's dog and the "knights of the hound table." I was inspired by the clients from my part-time job as a dog sitter. My day job as an editor has brought me into contact with many aspects of the publishing industry, both the traditional and self-published. There are so many options for authors these days, but what hasn't changed is that publishing will always be a team effort.

Writing is often a very solitary hobby, but the act of getting it out into the world takes author, editors, artists, designers, and marketers all working in tandem. It's hard work, but at the end of the day, nothing compares to that feeling of getting the first proof copy in the mail and holding it in your hands.

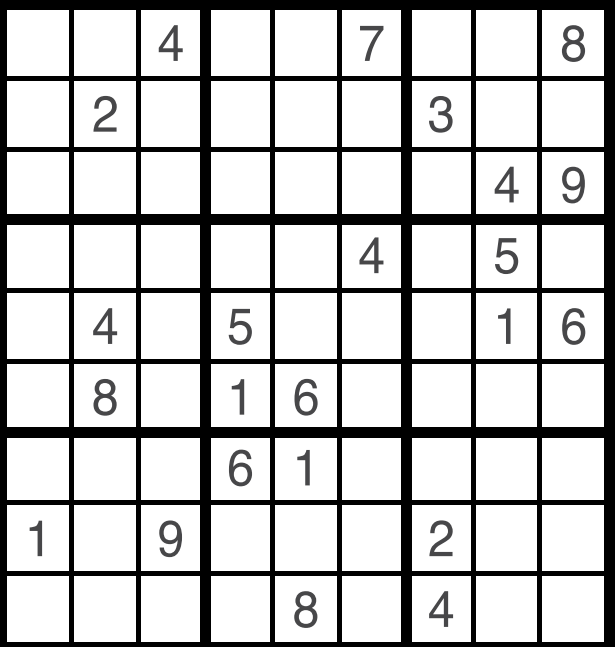
Two weeks ago my question was: what inspires and brings you joy as a volunteer docent for the Admiralty Head Lighthouse?

If you are interested in volunteering at the Admiralty Head Lighthouse, please call Casey Soden at 360-678-7475, or email her at casey.soden@parks.wa.gov.

CAN DO SUDOKU!

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

Answers on page 11



ANNOUNCEMENTS • JOB MARKET • FOR SALE

SEPTEMBER 5 - SEPTEMBER 11, 2024 11

COMMUNITY BULLETIN BOARD

To place an ad, email classifieds@whidbeyweekly.com

ANNOUNCEMENTS

Congratulations on your
70th Anniversary
Trella and Tom Witt
Married In Inglewood, CA
August 15, 1954
Moved to Whidbey Island
in 2021.

GARAGE & ESTATE SALE

Salmagundi Farms Big Red
Heritage Barn Sale
Sale of the 2024 Season and
Our 50th Year in Business.
Sept. 7 - 8, 9 a.m. to 4 p.m.
Many choice vintage and
farm items, furniture, tools,
silver artworks, china glass,
and books. Useful and
Needful items of all types.
Always Buying Estate Items
Vintage and Antique small
items, Tools Household
Goods, Fishing and Sporting
Gear, Jewelry etc. We pay
the same day at pickup. Visit
us at: 19162 SR-20, Coupe-
ville. Call 360-678-5888 Or
Text 360-969-1948

Willkommen
Join us at the Baby Island
Saratoga Club and enjoy an
authentic Bavarian Oktober-
fest Dinner, a Fun-Fundraiser
for South Whidbey Student
Scholarships. Bavarian cui-
sine, choice of beverage, mu-
sic and all for just \$40. Have
a great time while making a
difference in the lives of local
students.
Sat., September 28 3:30-7:00.
3616 Saratoga Rd., Langley
Advanced Ticket Sales Only...
(425) 269-7999 or
babyislandsc@gmail.com

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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

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PAINTING CO.
-Exterior House Painting-
-Local Painter-
-Great Local References-
-40 Years Experience-
Call: James Joseph Budinick
1-800-521-1578

SHRED DOCUMENTS

SOROPTIMIST
INTERNATIONAL of Oak
Harbor's SHRED-IT EVENT,
Saturday, Sept. 14, 9:00a.m.-
12:00p.m. (or until truck is
full), at Whidbey Island Bank,
450 SW Bayshore Drive,
Oak Harbor. Co-sponsored
by Whidbey Island Bank.
Shredding by donation only.
Defend yourself against fraud
and identity theft! Funds
raised go to Soroptimist
programs that help women
and girls live their dreams.

VINTAGE

ELKHORN Trading Co
15 Front Street NW,
Coupeville Vintage and
Antique Items of all types.
Bought and Sold. One
Piece, or a House Full on
the Historic Coupeville
Waterfront.
Call: 360-678-2250

VOLUNTEERING

Seeking Volunteers for Oak
Harbor and Coupeville
Farmers Markets 2025
Follow to North Central
Whidbey Farmers Market's
website or visit Oak Harbor
or Coupeville Farmers
Markets to sign up for
upcoming opportunities.
This is an excellent place to
support your local farmers,
meet new people, and learn
about the health of our
local food ecosystem. Email
[whidbeyfarmersmarket@
gmail.com](mailto:whidbeyfarmersmarket@gmail.com)

I Support the Girls-Whidbey
Island is in need of one or two
volunteer warehouse workers.
Please do not let the term
"warehouse" frighten you...
it is a 12 x 15 outbuilding
on church property in Oak
Harbor. It has light, heat, a
big window for the summer
months and music. To help
fill some time you didn't
know what to do with, and
to experience the extreme
gratification of helping
people in your community,
then please contact Kate
Mistler at [istg.whidbeyisland@
gmail.com](mailto:istg.whidbeyisland@gmail.com).

**Volunteer with the
Sculpture Forest Team**
We are an all-volunteer led
organization with a fun group
of people who casually work
together and have formed
some great friendships as
we bring art and nature to
the entire community. We
are always interested to
meet people who like to do
landscaping, social media,
community outreach, lead
tours, write grants, and more.
Reach out to Contact@
SculptureForest.org to inquire
and explore new possibilities

Your ad here.
FREE
Personal Ads
Help Wanted
Volunteer
Weekly Meetings

RESOURCES

Basic Food Benefits
Community Services Office:
275 Pioneer Way #201, Oak
Harbor 877-501-2233
Food Banks:
-Gifts From the Heart, 203
N Main St., Coupeville 360-
672-5502
Distribution on 2nd and 4th
Wednesdays, 2-5 p.m.
-Good Cheer, 2812 Grimm
Rd., Langley 360-221-4868
Mon-Fri, 10 a.m.-4 p.m.
-North Whidbey Help House,
1091 SE Hathaway St. Oak
Harbor 360-675-0681 Mon-
Fri, 9 a.m.-4 p.m. (5 p.m. on
Tuesdays) Closed 12-1 p.m.
for lunch
Island Church of Whidbey
Soup Kitchen: 503 Cascade
Ave., Langley 360-221-0969
Tues & Thurs 11:30 a.m.-1 p.m.
SPiN Café: 1241 SW Barlow
St., Oak Harbor
Daily, 6:30 a.m.-5:30 p.m.
St. Anthony's Soup Kitchen:
804 3rd St., Langley 360-221-
5303/sthubert@whidbey.com
Tuesday orders for home;
Wednesday kitchen meals 11
a.m.-1 p.m.
HUB After School: 301
Anthes Ave., Langley 360-
221-0969
Food and activities for
middle and high school
youth. Mon, Tues, Thurs,
Friday 2-6 p.m., Wed 1-6 p.m.
Ryans House for Youth: Food,
fun, support, 19777 SR 20,
Coupeville 360-331-4575
Drop-in center for adults
ages 18-24; Daily 6 a.m.-
8:30 p.m., 35 SE Ely St., Oak
Harbor 360-682-5098
Drop-in center for youth ages
12-21; Mon-Fri 11 a.m.-7 p.m.
Women, Infants & Children
(WIC): -Oak Harbor/North
Whidbey: 1791 NE 1st Ave.
Mon-Thurs 360-240-5554
Text: 360-544-2239

SHELTERS/HOUSING

CADA Emergency Shelter –
Confidential crisis shelter for
women and children fleeing
domestic violence/sexual
assault/stalking. This is NOT
a homeless shelter. Office:
360-675-7057 Crisis Line:
360-675-2232 Toll Free: 800-
215-5669
Island County Housing
Support – 105 NW 1st St.,
Coupeville 360-678-8284
For homeless or at risk of
losing housing. Mon-Thurs, 9
a.m.-3 p.m.
Ryan's House for Youth –
19777 SR 20, Coupeville 360-
331-4575
For at-risk adults ages 18-24
Whidbey Homeless Coalition
– Serving Island County 360-
900-3077
The Haven Overnight Shelter:
Night-to-night shelter for up
to 30 individuals. Must follow
check-in rules and must reg-
ister Mon–Fri between 4 and
4:30 p.m. at SPiN Café, 1241
SW Barlow St., Oak Harbor.
House of Hope Emergency
Housing, Langley 360-708-
4533 Temporary shelter for
families and adults at severe
risk of homelessness; to ap-
ply, contact the Housing
Support Center or call the
number above.
Oxford Houses – Recovery
housing oxfordhouse.org
-Men:360-246-4101
- Women & Children: 360-
682-5773

CRISIS LINES

866-789-1511: Recovery help;
warecoveryhelpline.org
800-215-5669: CADA 24/7
confidential domestic
violence crisis support; 360-
675-2232;text LOVEIS to 22522
2-1-1 or 877-211-9274: 24/7
confidential referral to crisis
programs and services
statewide; wa211.org

WEEKLY MEETINGS

MEMORY CAFÉ Every 1st
and 3rd Tues of the Month
12:30 - 2:00 p.m. at the First
United Methodist Church
1050 SE Ireland Street Oak
Harbor, WA. Join our bi-
monthly gathering for people
with memory loss and their
family to enjoy a time of fun,
conversation, music and
laughing (and snacks).This is a
dementia friendly setting. For
information: 360-720-4535
SOUTH WHIDBEY NAR-
ANON FAMILY GROUP
meets every Wednesday at
6pm at the Langley Meth-
odist Church, 301 Anthes in
Langley. We meet in the Fire-
side Room, rear of church.
Karol:360 914 7695.
Have you ever been affected
by someone else's drinking?
Al-Anon may be for you. AL-
ANON: Tuesdays at 5:30-
6:30 Oak Harbor Lutheran
Church Library 1253 NW 2nd
Ave. There is help and hope:
Contact for more info: Dan-
ielle 360-840-7181 or Randy
360-914-8084
Gamblers Anonymous
Meeting. Every Tuesday
at 6:30 p.m. at the Mount
Vernon Senior Center. Mount
Vernon Senior Center, 1401
Cleveland Ave, Mount
Vernon Any questions, call
Washington State Gamblers
Anonymous hotline at 855-
222-5542, or visit [https://
gawashington.org/](https://gawashington.org/)

CRISIS LINES

9-1-1: Call for threats to life,
fire, accident or crime
-Non-emergency lines:
Oak Harbor Police
Department-360-279-4600
-Island Communications
Dispatch (ICOM) - 360-679-
9567
9-8-8: Suicide and crisis lifeline,
free & confidential
- 741-741: 24/7 Crisis Text Line
-800-584-3578:
24/7 Northwest Washington
Crisis Services
- 360-678-7880: Island County
Behavioral Health
866-488-7386 Trevor Project:
24/7 support for LGBTQIA2S+

Submit to our
Community Board

How'd you do?

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

No Cheating!

			N	E	M	E	C	I				E	C	B						
	S	D	I	M	V	R	Y	P				V	I	R	V					
	E	E	Y	O	T	P	M	E				V	C	R	V	B				
	H	S	V	L	C							N	V	E	M					
T	C	P										N	V	B	E					
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O	H	M									E	R	E	P	M	V				

WE ROCKED THIS ROCK!

A THOUSAND THANK YOUs

to the 250+ volunteers and the City of Oak Harbor workforce that made this festival happen, with funding in part from grants awarded by the City of Oak Harbor and Island County LTACs and Island Thrift, plus individual and small business donors!

Rock-Solid Thanks to our Sponsors:

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Spoiled Dog Winery • 7/11 Stores • Cascade Custom Homes

Grocery Outlet • Habitat for Humanity • Heritage Bank

New Leaf • P&L General Contractors • SaviBank

Swinomish Resort & Casino • Sylvan Learning Center

Vindico Printing & Design • Whidbey Golf & Country Club

Whidbey Coffee • Whidbey News Times

Winderemere-S. Whidbey



Also, keeping us safe, a shout-out to the:

Oak Harbor Police Department, Oak Harbor Fire Department, and Robert May & Team at Whidbey Health EMS.

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OakHarborFestival.com