

October 3 through October 9, 2024

Whidbey Weekly

FREE

Your Source For "What's Happening" On Whidbey Island
NEWS • ISLAND 911 • CALENDAR • PUZZLES

Locally Owned • Locally Operated

COLUMNISTS • CLASSIFIEDS

ILLUSIONS UNBOUND SEASON CLOSER

SATURDAY, OCTOBER 5TH
HILLCREST ELEMENTARY SCHOOL
1500 NW 2ND AVE, OAK HARBOR



REGISTRATION STARTS AT 8
SHOW HOURS 10-3 AWARDS AT 3
NO EARLY EXIT
\$20 TO ENTER
OVER 50 TROPHIES TO BE AWARDED
FIRST 100 CARS RECEIVE DASH PLAQUES



INSTAGRAM
@illusions.unbound

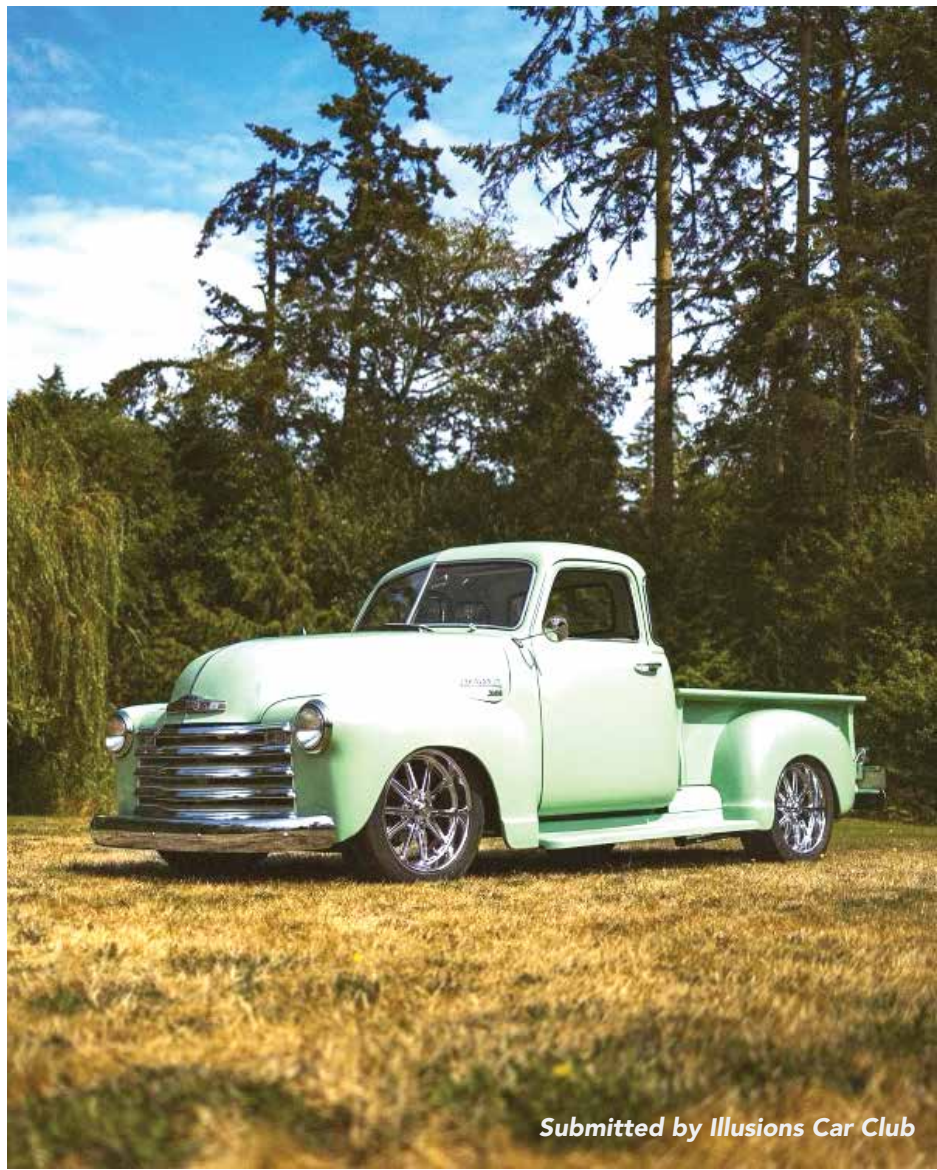
ALL AGES WELCOME
FREE FOR SPECTATORS
ILLUSIONS.CENTER

FACEBOOK
Illusions Car Club





Illusions Car Club Year-End Closer: A Celebration of Automotive Passion



Submitted by Illusions Car Club

By Merrick Parnell | Nor Pac Sports Network

Car enthusiasts on Whidbey Island can prepare for a day of community as the Oak Harbor-based Illusions Car Club proudly hosts their first-ever Unbound Year-End Closer car show for the club established in July.

“As with most of the Pacific Northwest, weather becomes very unpredictable, so we decided to make this the last big show on the island for 2024. The name ‘Unbound’ comes from our philosophy of new and old together, showing car community and unity,” said Gracin Bryan.

With over 50 trophies to be awarded and up to 200 entries, this event promises to be a highlight of the automotive show calendar. It is perfect for hard-core car enthusiasts and casual car lovers alike.

“Even those not involved in building cars or the Motor sports industry can still appreciate the artwork featured. The vehicles have so much skill and artistry involved, and anyone can appreciate the amount of work involved,” said Troy Haugen, a member of Illusions Car Club—Island County.

Registration begins at 8:00 a.m. this Saturday, October 5th, at Hillcrest Elementary School.

The show will be from 10:00 a.m. to 3:00 p.m., followed by an award ceremony at 3:00 p.m. Organizers would like to remind entries that there are no early exits, as participants will participate in a car parade through the

venue after the show!

The event will also feature music, food, and other vendors in a family-friendly atmosphere.

According to organizers, the show will feature everything from classic cars and hot rods to exotic models and JDM [Japanese Domestic Market] favorites. This collection should appeal to any fan.

Club Vice President Gracin Bryan is also excited that the club will benefit a local organization.

“As most don’t know, we [the club] are a 501c non-profit, and money raised from these events goes to our community. The previous event we held on August 3rd, profits went to buying infant-toddler car seats for the Island County Women, Infants, and Children office to give to people who could not afford them. This event we will be donating to the Oak Harbor Wrestling Club to hopefully contribute to buying new equipment and gear,” Bryan said.

Whether people are showcasing their vehicles or coming to admire others, the organizers of the Illusions-Unbound Car Club are looking forward to seeing everyone there. For more information on the event and the Illusions-Unbound club, check out their website at www.illusions.center or the Facebook page at Illusions Car Club, INC.



Submitted by Illusions Car Club



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FACEBOOK
Illusions Car Club





MONDAY, 09/09/24
13:12:32, SE REGATTA DRIVE
A full suitcase was left on the property.

14:16:23, QUIET LANE
Reporting party advising son is "trying to take everything I own." No physical altercation. Reporting party now states the son is not present.

14:54:16, SE BAYSHORE DRIVE
Reporting party advising there are a couple of people inside the bathroom, stating they can see multiple people's feet.

20:03:58, SR 20
A cat without a tail was reported.

TUESDAY, 09/10/24
09:19:00, SW ERIE STREET
Reporting party states their phone was stolen at Walmart and clothes were taken from other locations. Reporting party started slurring and, when asked what was stolen from which location, replied, "I don't know," then began listing random places.

15:10:45, NW LONGVIEW DRIVE
Reporting party advising they were asked by "the Island County Sheriff's Office" to give \$5,000 because they missed a jury summons.

WEDNESDAY, 09/11/24
08:43:56, SE MIDWAY BOULEVARD
A bronze-colored Volvo is parked on SE Jerome. The male driver appears to be writing things down.

09:16:43, SR 20
Male subject has been in the bathroom for the past 45 minutes and can be heard using the hand dryer repeatedly but is not coming out.

13:18:41, SR 20 & NE 16TH AVENUE
A deer was reported on the side of the road by a third party.

17:26:54, N OAK HARBOR STREET
Someone was seen going through a dumpster.

18:50:37, SR 20
Two backpacks were left inside a cafe, and cigarette butts were left outside.

20:23:02, NW ATALANTA WAY
Reporting party rambling and difficult to understand. They are worried about their vehicle being stolen and mentioned they had already spoken to Officer 23 and are now requesting an update.

23:05:13, NW ATALANTA WAY
Caller once again called about their vehicle being stolen, rambling about "going through these lengths to get out of here" and stating they need to be at Natural Way Chiropractic.

THURSDAY, 09/12/24
14:23:45, SW ERIE CIRCLE
Male with a dog not on a leash. The dog is not being aggressive.

FRIDAY, 09/13/24
06:14:07, SE JEROME STREET
Caller hung up while the dispatcher was asking more questions about why they were suspicious, stating, "I guess that's your call."

08:55:23, NE 6TH AVENUE & NE REGATTA DRIVE
Male, unknown race, 20-40 years old, wearing a purple sweater, was on foot yelling at passing people in the roadway, heading westbound on NE 6th Avenue.

10:25:36, SW 8TH AVENUE
Subject stuffed a suitcase in the bushes at the location last night. It seemed as though they were hiding it.

11:31:58, NW ELWHA STREET
White truck in the parking lot started flipping off and yelling at the reporting party's daughter to "get out of his way."

15:55:23, NW 5TH AVENUE
A foul smell can be detected from the location. A container of maggots is visible at the corner of the side of the house.

SATURDAY, 09/14/24
23:05:44, NW HYAK DRIVE
Reporting party says Comcast has been messing with his TV. Someone came and fixed it, but now someone is messing with his TV again. He has reported this to Comcast.

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

DIA DE FIESTA
HISPANIC HERITAGE FESTIVAL
October 5, 2024 * 11AM-5PM
DOWNTOWN OAK HARBOR
FOOD * VENDORS * MARIACHI
MUSIC * DANCING * ENTERTAINMENT

10am-12pm DJ Alvarez • 12-1pm Shannon Patiño
1-2:30pm DJ Alvarez & Latin Dance Lessons with Master Mix Entertainment
2:30-3:30pm Piñatas sponsored by Natalia Talo State Farm Insurance
3:30-5pm Mariachi Colima sponsored by El Cazador

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Oak Harbor Main Street, Chamber, El Cazador, Natalia Talo, Agent State Farm, Island Transit, PSE, Puget Sound Energy, Whidbey Weekly

FREE HARVEST Festival
Saturday, October 5th
11AM-2PM
THE CENTER IN OAK HARBOR
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CRAFTS | GAMES | DISC GOLF
FOOD FOR PURCHASE
FUN FOR EVERYONE!

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CITY OF Oak Harbor Parks & Recreation

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BITS & PIECES

Soroptimist Live Your Dream

Women who serve as the primary wage earners for their families and seek financial assistance to continue their education or receive training can now apply for the Soroptimist Live Your Dream: Education and Training Awards for Women.

Applications are available online at: <https://soroptimistsouthwhidbey.org/>, emailing hello@soroptimistsouthwhidbey.org or calling 360-331-4127.

The application deadline is November 15, 2024

The Soroptimist International of South Whidbey club will provide a \$2,000 cash award to its award recipient, who will then advance to the Soroptimist Northwest Region level, where recipients could receive up to an additional \$5,000. The program culminates with three finalist \$10,000 awards. Two (2) awards are available.

Recipients can use the Live Your Dream Award to offset costs associated with their efforts to attain higher education or additional skills and training. This includes tuition, books, childcare, carfare, or any other education-related expense.

The Live Your Dream Award provides over \$2.8 million in cash awards to head-of-household women in need each year. Since the program's inception in 1972, more than \$40 million has helped tens of thousands of women achieve their dreams of a better life for themselves and their families. A study conducted by The Fels Institute of Government, a research and consulting organization based at the University of Pennsylvania, confirmed the efficacy and impact of this program. It improves the recipients' quality of life; builds their confidence; strengthens their self-determination and makes them want to, in turn, help others. Helping women in this way has the demonstrated effect of leading to stronger communities, nations, and the world.

Founded in 1987, the Soroptimist of South Whidbey club is part of Soroptimist International of the Americas, a global volunteer organization that provides women and girls with access to the education and training they need to achieve economic empowerment. Soroptimist, a 501(c)(3) organization that relies on charitable donations to support its programs, also powers LiveYourDream.org—an online community offering offline volunteer opportunities in support of women and girls. For more information about how Soroptimist improves the lives of women and girls, visit www.soroptimist.org.

[Submitted by Nancy Rowan | Soroptimists of South Whidbey]

The Encantadas – Two Weeks in the Galapagos Islands

The Galapagos archipelago is an amazing place, unrivaled in the ocean world for diversity and endemic species. Whidbey Audubon Society hosts David Parent who presents the wildlife of the Galapagos featuring species of the land, the air and underwater. There will be insights given into the formation of the islands and why there is such a rich assemblage of species, some found nowhere else on earth. The event is free and open to the public on Thursday, October 10 in the Coupeville Recreation Hall at 901 NW Alexander Street. Doors open at 7 p.m. for socializing and refreshments. There will be a brief meeting for announcements prior to the 7:30 program. Parent is a semi-retired veterinarian with a special interest in wildlife. He has practiced veterinary medicine for over forty years but his interest in the natural world goes back to his toddler days. In addition to owning a vet practice on Whidbey Island, he has participated in wildlife research in Olympic National Park, Alaska and Madagascar. In his spare time he loves to go birding, backpacking, traveling to remote places, skiing and spending time with his wife, children and grandchildren.



Whidbey Audubon Society is dedicated to the understanding, appreciation, and protection of birds and other wildlife species and their habitat on Whidbey Island and surrounding waters, whidbeyaudubonsociety.org

[Submitted by Susan Prescott | Whidbey Audubon Publicity]

Photos: David Parent | DVM (top) and Frigatebird

HED: Skagit Valley College to launch new associate and bachelor of applied science degrees in Advanced Manufacturing and Design

Skagit Valley College prepares to launch a new four-year pathway in Advanced Manufacturing and Design that includes the college's fifth bachelor's degree and the recently revised associate degree program this fall.



These degrees will provide students with the skills and experience needed to advance careers in manufacturing across a broad range of industries in both technical and managerial roles.

The curriculum is based on solving real-world workplace challenges related to production systems, automation, materials testing, safety, operations and project management, supply chain, quality control, technical communications, and sustainability.

SVC received approval from the Northwest Commission on Colleges and Universities (NWCCU), the college's regional accrediting body, to offer the applied science baccalaureate program starting this fall. The NWCCU approval follows the 2022 approval received from the Washington State Board for Community and Technical Colleges (SBCTC).

The 90-credit bachelor's program is structured to provide participants with a balance between in-person and independent online courses, including an in-person lab weekly. It is designed to help attendees balance studies with their work and personal life, while also addressing real-world workplace challenges such as production systems, automation, materials testing, safety, and beyond.

"Expanding our bachelor's offerings by adding an Advanced Design and Manufacturing program aligns with employer demand as well as regional and state economic labor market trends," said Michael Reese, SVC Executive Dean for Instruction for Workforce Education. "Skagit Valley College is proud to be a partner in preparing students for careers in high-demand, high-wage fields with strong lifetime earning ability."

The bachelor's program is overseen by Dr. Timothy Ewing, previously responsible for teaching and leading a similar program at Bellingham Technical College. Ewing has dedicated his career to developing bachelor-level engineering technology degree programs, managing STEM-related educational programs, curriculum development, instruction, and applied research.

Ewing earned his master's degree in 2010 in Biological Systems Engineering from Washington State University, followed by a Doctor of Philosophy in Chemical Engineering in 2014, also from WSU. His background includes instructional and research roles at institutions such as Washington State University, Highline College, Bellingham Technical College, and currently Skagit Valley College.

"Our four-year pathway offers new opportunities for two groups of future students: those interested in a four-year educational journey encompassing a first-year certificate, and those aiming for a two-year associate degree with marketable skills in areas like composites, CNC machining, and industrial automation," said Ewing. "Additionally, the pathway leads to a two-year applied bachelor's degree, providing exposure to management topics such as operations, supply chain, finance, and statistical quality control, expanding into diverse manufacturing areas."

The associate degree program in Advanced Manufacturing and Design is overseen by Matthew Weaver, who obtained his bachelor's degree from the University of Washington in 2002 and has since dedicated his career to manufacturing.

Post-college, Weaver joined Fiberglass Supply where he implemented an enterprise resource system, developed products for the education market, founded a composite mold manufacturing department, and consulted for diverse clients, from small businesses to Boeing tier one suppliers designing molding systems and developing composite part manufacturing systems.

"As markets have become more competitive and pressures from inflation have become more acute, the need for well-trained workers with a solid understanding of business operations and how their role impacts the company are more important than ever," said Weaver. "We integrate continuous improvement and lean manufacturing skills with practical technical training for modern manufacturing roles."

- Upcoming online program briefings will be held on the following dates:
- Thursday, Oct. 3, from 5-6 p.m.
- Tuesday, Oct. 22, from 12-1 p.m.
- Wednesday, Nov. 6, from 5-6 p.m.
- Tuesday, Nov. 19, from 5-6 p.m.

To register for these sessions and to learn more about the program, visit skagit.edu/bachelor-applied-science-advanced-manufacturing-design or contact outreach@skagit.edu.

[Submitted by Nancy Rowan | Soroptimists of South Whidbey]



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Checks can be mailed to:
Whidbey Weekly
PO BOX 1398, Oak Harbor, WA 98277

Thank you for supporting these *always free* community newspapers.



What's Going On!

**COMMUNITY RESILIENCE AND
EMERGENCY PREPAREDNESS
SERIES - TSUNAMI RISKS - ALEX
DOLCIMASCOLO, WA DNR**

Wednesday, 10/02 | 5:30 – 7:00 p.m.,
Clinton Community Hall,
6411 S Central Ave, Clinton

Alex Dolcimascolo, a tsunami geologist from the WA Department of Natural Resources, discusses tsunami hazards and best practices for preparedness and community resilience. He also provides tsunami modeling for Washington State, animations, evacuation maps, and educational outreach.

**UNDERSTANDING ALZHEIMER'S AND
DEMENTIA**

Thursday, 10/03 | 3:00 – 4:00 p.m.,
Oak Harbor Library,
1000 SE Regatta Dr, Oak Harbor

Alzheimer's is a disease of the brain that causes memory and thinking problems. Learn about the stages of Alzheimer's, risk factors, and treatments, as well as the difference between Alzheimer's and dementia. Presented by Jerri Wood, Community Outreach Manager for Washington State, ALZ.ORG.

RANGER HOUR: OWLS ARE A "HOOT"

Friday, 10/04 | 4:00 – 5:00 p.m.,
Deception Pass, Oak Harbor

Join the staff at Deception Pass State Park to learn about wildlife, native plants, and more! Learn about nocturnal predators and their survival skills. All ages welcome. Adult caretakers must be present. The program lasts 60 minutes.

**DIA DE FIESTA HISPANIC
HERITAGE FESTIVAL**

Saturday, 10/05 | 11:00 a.m. – 5:00 p.m.,
Downtown Oak Harbor

Enjoy a fun-filled day with a DJ, food, vendors, piñatas for kids, Latin dance lessons, and performances, including Shannon Patiño and Mariachi Colima. Celebrate Hispanic culture with your community!

PUMPKIN PATCH & TROLLEY RIDES

Saturday, 10/05 |
10:00 a.m. – 5:00 p.m.,
Scenic Isle Farm, 46 S. Ebey Rd, Coupeville

Join the 5th and 6th generation Shermans for a day of pumpkin picking, trolley rides, cider, and more at this family-friendly event. The pumpkin stand is open every day in October with additional weekend activities.

**OCTOBERFEST AT MEERKERK
GARDENS**

Saturday, 10/05 | 12:00 – 4:00 p.m.,
Meerkerk Gardens,
3531 Meerkerk Lane, Greenbank

Celebrate Oktoberfest with music, traditional German food, and beer. Local bands will perform, and the garden will be alive with fall colors. Tickets are \$15 for adults, kids under 13 are free.

LANGLEY: FIRST SATURDAY ART WALK

Saturday, 10/05 | 5:00 – 7:00 p.m.,
Historic Downtown Langley

Stroll the streets and visit galleries open late for a special evening of art. Featured artists include Mason Andrews, Timothy Haslet, and Craig Kosak.

DAVID DAVINCI THRILLUSIONIST

Saturday, 10/05 | 7:00 – 9:00 p.m.,
Oak Harbor High School,
1 Wildcat Way, Oak Harbor

Experience a mind-blowing evening of illusions and magic with David Davinci. This thrilling show will captivate audiences of all ages!

WELCOME TO MEDICARE!

Tuesday, 10/08 | 1:00 – 3:00 p.m.,
Freeland Library, 5495 Harbor Ave,
Freeland

Learn the basics of Medicare and how to apply. Topics include costs, coverage, and additional insurance options, plus financial assistance for low-income individuals. Presented by SHIBA volunteers.

**SOUTH WHIDBEY FALL VACCINATION
CLINIC**

Tuesday, 10/08 | 3:00 – 7:00 p.m.,
South Whidbey High School Commons,
5675 Maxwellton Road, Langley

Get cost-free flu and COVID vaccines regardless of insurance status. Registration preferred but walk-ins are welcome.

**RESOURCE AND TRANSITION FAIR
WITH ISLAND COUNTY PARENT TO
PARENT**

Tuesday, 10/08 | 5:00 – 7:15 p.m.,
Coupeville High School,
501 S. Main St, Coupeville

This event offers information and resources for individuals with disabilities and their families, with presentations and over 20 resource booths.

COUPEVILLE HARVEST FAIR

Saturday, 10/12 | 10:00 a.m. – 4:00 p.m.,
Coupeville Community Green

Celebrate the Coupeville Farmers Market's final day with fun activities like a haybale maze, pumpkin patch, penny carnival, and antique tractors.

**CELEBRATE LATIN AMERICAN
HERITAGE WITH MIXTECO FOLKLÓRICO**

Saturday, 10/12 | 2:00 – 3:00 p.m.,
Oak Harbor Library,
1000 SE Regatta Dr, Oak Harbor

Enjoy a performance by the Mount Vernon School District Mariachi & Folklórico students, celebrating Mexican traditions of dance and music. All ages welcome.

SPOOKY HEADS AND MAGIC POTIONS

Wednesday, 10/16 | 3:00 – 4:00 p.m.,
Langley Library, 723 Camano Ave, Langley

Create spooky apple heads and decorate potion bottles. No registration required, but supplies are limited. Supported by the Friends of the Langley Library.

**COMMUNITY RESILIENCE AND
EMERGENCY PREPAREDNESS - GET
INVOLVED: EXPLORING VOLUNTEER
OPPORTUNITIES**

Wednesday, 10/16 | 5:30 – 7:00 p.m.,
Clinton Community Hall,
6411 S Central Ave, Clinton

Join Island County's Department of Emergency Management for a close-out to this series. Learn about volunteer emergency response programs like CERT and Map Your Neighborhood.

**OKTOBERFEST CELEBRATION AT THE
GREENBANK FARM**

Saturday, 10/19 | 11:00 a.m. – 4:00 p.m.,
Greenbank Farm, Greenbank |

Enjoy local beers, traditional food, and games in support of Whidbey's Saratoga Orchestra. Tickets are \$20 presale or \$25 at the door, with free admission for those under 18.



Meerkerk Gardens

OCTOBERFEST

Fall Concert + Plant Sale

October 5, 12 p.m.- 4 p.m.

Band Lineup Change!

Janie Cribbs and the T.RUST BAND
@ Noon
Bringing ORIGINAL ROOTS ~ ROCKIN' BLUES ~ AND
SULTRY SOUL to the Gardens!

Pickled Herring Band
@2:00 p.m.
Sage Hayes is playing in the Beer Garden
\$15 Adult Admission. Kids Under 13 Free
German Food will be available for purchase!

www.meerkerkgardens.org/events

OAK HARBOR MAIN STREET PRESENTS

NO TRICKS SAFE TREATS

October 31 • 5-7PM • Downtown Oak Harbor

TRICK OR TREATING AT HISTORIC DOWNTOWN MERCHANTS

Special Guests:
Oak Harbor Fire Department
Oak Harbor Police Department
Oak Harbor Chamber
City Of Oak Harbor Parks & Rec.
Island Transit

POSH PUPPIES PET COSTUME CONTEST
AT PIONEER & DOCK STREET:
HALLOWEEN MUSIC WITH DJ JAY LOVE
SHIMMY ON THE RAK DANCE AT 6PM

Special Guests:
Magnificent Crab Queens
Oak Harbor Lions Club
Whidbey Island Pirates
Whidbey Ren Faire
& More!

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OAK HARBOR MAIN STREET Walmart PW VIDEO Whidbey Weekly City of Oak Harbor

Whidbey Island Football Round-Up

By: Merrick Parnell

Coupeville High School, 9/28 Results

Coupeville, 55 at Cedar Park Christian, 49, Wolfpack Wins!

The Coupeville Wolves topped Cedar Park Christian (CPC) on the road thanks to an explosive fourth quarter where the Wolves pushed out 27 points combined, with a defensive effort that held CPC to just seven points. The win moves Coupeville to 3-1 on the season!

Up Next

Friday Harbor High School at Coupeville High School, 6 pm, October 4.
Coupeville will host Friday Harbor High School on Friday, October 4.
Friday Harbor is 2-2 on the year after beating South Whidbey.

Oak Harbor High School, 9/27 Results

Sedro-Woolley, 35 - Oak Harbor, 17

Our Oak Harbor High School Wildcats traveled to take on the Sedro-Woolley Cubs, who handed the Wildcats their first loss of the season. This loss brought the Wildcats to 3-1 overall and 2-1 in conference.

"We didn't play very well in the first half. We also had some huge coverage breakdowns in the first half that led to touchdowns," said Marcus Hughes, Oak Harbor Head Coach. Coach Hughes was more pleased with the team's effort in the second half. "The second half, we played much better and outscored them 14 to 7. We cut the lead from 28 points to 14. He continued to say, "Our kids played hard."

Up Next

The Wildcats will visit Marysville Getchell next week to avenge their loss to Sedro-Woolley. Coach Hughes says "We will be ready for next week vs Marysville Getchell."

South Whidbey High School 9/27 Results

Friday Harbor, 35 at South Whidbey, 14

South Whidbey High School (SW) lost to Friday Harbor (FH) at home, 35 to 14, last Friday. With the loss, SW dropped to 1-2 after losing its second straight game. "In the recent game we got outplayed and outcoached. We didn't do a whole lot well," said SW Head Coach, Luke Hodson.

SW will have a tough task in their next game against Meridian High School (Meridian) in Bellingham. Meridian is 3-1 on the season and is coming off a 54-7 throttling of Forks High School. Their lone loss was a one-point affair, a 35-34 loss against Kamiakin High School.

Looking ahead at Meridian, Hodson said:

"Meridian is a much tougher opponent than anyone we've played thus far. We hope to be competitive as we try to look like a football team," said Hodson.

Up Next

South Whidbey High School at Meridian High School (Bellingham), October 4, 7 pm.

TUNE IN FOR THE LIVE FEED



Broadcasting SOUND SPORTS
High School NET
and College
Sports 550™
YOU'RE IN THE GAME!

Stream opens at 5:30 pm before all games.
Pre-Game report at 6:40 p.m.

Friday, October 4
Oak Harbor @ Marysville-Getchell
Kickoff at 7:00 p.m.

Friday, October 11
Mount Vernon @ Oak Harbor
Kickoff at 7:00 p.m.

Friday, October 18
Snohomish @ Oak Harbor
Kickoff at 7:00 p.m.

Friday, October 25
North Kitsap @ Oak Harbor
Kickoff at 7:00 p.m.

www.soundsportsnet.com

Life Tributes



Ernest James "Jim" Matthews

July 22, 1934 - September 24, 2024

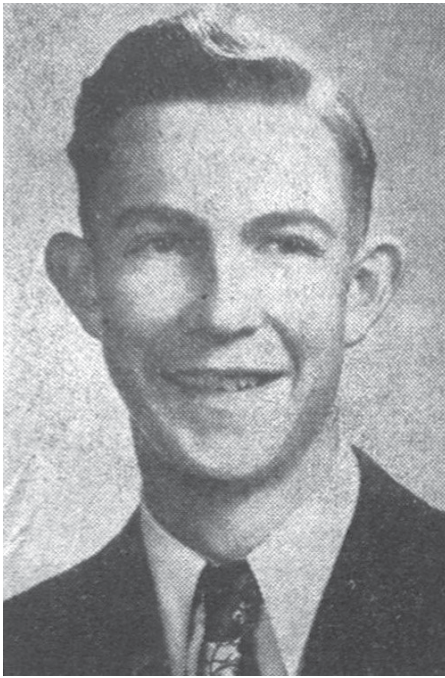
Jim's Story

Our gracious Savior welcomed Ernest James "Jim" Matthews into his heavenly home the evening of September 24, 2024 while his loving family sang his favorite hymn, "The Old Rugged Cross." His last 16 days were spent at Skagit Valley Hospital in Mt. Vernon, Washington, where he received the kindest and most compassionate care.

Jim was born July 22, 1934, in Hamilton, Montana to Ernest and Ada Matthews. Growing up on a farm in Corvallis, MT was a good fit for Jim as he enjoyed showing live-stock through 4H for seven years. He also had an affinity for baseball, playing pool and shooting marbles. One of the greatest memories of his youth was racing his horse, Flash, in the County Fair and his saddest memory was the day before he went in the Navy when he sold his horse to a neighbor. He said he bawled all the way home.

He graduated from Hamilton High School and promptly entered the NAVY at the young age of 17. While in the Navy he learned the useful trade of barbering. Upon discharging from the Navy, he worked at the Oak Harbor Post Office for an impressive \$1.91 per hour. Together with two others, he put his barbering skills to use and became part owner of Bill's Barber Shop. While barbering, he and one of the partners learned that the community was in dire need of an ambulance driver. They were willing to go through an accelerated first aid course to become qualified to meet this need. In a newspaper article, Jim stated, "We have a regular job to support us and if we don't make any money on the ambulance we can still afford to live." Eventually, with a growing family, Jim was compelled to gain a new skill set, so he dedicated himself to 4 years of study and obtained an electrical license. As a Journeyman Electrician he worked until the age of 59 in various locations including Anacortes, Wenatchee and Adak, AK.

For 70 years, Jim was a member of the Oak Harbor Christian Reformed Church and served as a deacon. His faith and love of the Lord grew ever stronger throughout his life. In his later years, especially during family get-togethers, his gratitude for his Savior and his love of family often brought him to tears during prayer.



Throughout his entire life, Jim cherished music. In fact, he was the first boy to join the school choir in his 5th grade year. As an adult, his clear tenor voice blessed many audiences at weddings, church services, and various gatherings. He fostered the love of music in his own family. On their 60th Wedding Anniversary, Jim sang, "Love is Here to Stay" to his blushing bride.

Perhaps on par with his love of music was his love of fishing. He simply could not get enough of the thrill of bringing in a fish whether it was a trout on the shore of Lake Conconully or a King Salmon in the waters by Port Townsend or Lummi Island. Another joy was motorhoming across the states to attend every family reunion, annual camping/fishing trips with friends and spending some winter months chasing the sunshine in Southern California.

Things we'll remember about Jim/Dad/Gramps: his flannel shirts, hankies, pipe and sweet-smelling tobacco; his skillful, helping

hands and servant heart; his easy smile and genuine interest in everyone; his steady faith and encouragement; his detailed stories; his wise and careful advice and his ingenuity. He was always up for learning new skills. He once decided he'd like to learn to weave so he made a loom and began creating personalized tapestries for many of his loved ones. Learning the art of knitting from his wife, he made countless gifts of slippers, hats, afghans and wash clothes which are priceless to all who received them. Together with Connie, he was a bargain-shopper at weekly garage sales rising early and staying up late to watch whatever evening show caught their fancy.

Jim is survived by his loving bride of 70 years, Connie, as well as his sons, Chad and Curt Matthews, daughters Shannon (Randy) Ross and Shelley (Brian) Farmer, grandchildren Brittany (Chad) Van Soest, Wesley (Sarah Ortega) Dickinson, Kristen (Colin) Blyther, Nathan (Savannah) Ross, Catherine Matthews, Brianne (Francisco) Toledo, Isaac Matthews, Daniel Ross, Levi (Kalie) Dickinson, Renee (Gabe) Trethewey and great-grandchildren Tanner and Luca Dickinson, Boaz and Ellie Trethewey, Lucianna Toledo and Baby Girl Blyther.

Celebration of Life service for Jim will be Saturday, October 5, 2024 at 2:30pm at Oak Harbor Christian Reformed Church, 1411 Wieldraayer Rd, Oak Harbor, WA 98277.

Memorial donations may be made to the Oak Harbor Christian School.



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

Aging is a Good Thing!

by JoAnn Hellmann

Have you seen that TV ad showing various people – newborns, toddlers, teens, young marrieds, retirees – each of them shown with the words “future old person.”? It ends with an attention-grabbing message: “Aging is life.”

The thought-provoking ad was created for Bellevue, Washington-based Aegis Living, which provides assisted living and memory care services in Washington, California, and Nevada. As an older person myself, I wholeheartedly agree with its website statement: “There’s not much in life that we all have in common. Getting older is one of them. We start aging the moment we’re born. And if we’re lucky, we get to keep doing that for many years. Aging is a gift.”

The message of its ad is meant to be “category disrupting.” I applaud this transformational approach to how many view aging as America continues to struggle with ageism on many levels, right on up to presidential politics. Don’t think so? Just browse a greeting card aisle to see countless quips about being a “geezer” or “over the hill.” And everywhere you look, you see “anti-aging” products. Ageist content is so prevalent in our society that too many people may not recognize it as problematic.

American culture often emphasizes individualism, innovation, and dynamism, traits commonly associated with youth. Media portrayals frequently celebrate young people as energetic, open-minded, and adaptable, while older individuals may be stereotyped as less flexible or resistant to change. This contributes to such results as a 2020 AARP survey that found “78 percent of older workers saw or experienced age discrimination in the workplace.”

Yet in other parts of the world, like Italy and Japan, older people are respected and celebrated. Wisdom comes with age, just as skill comes with practice. Respecting older people means appreciating their experiences and what they have learned from them. We need more of that thinking here.

Research has shown that ageism has serious implications for the health of older people, associating it with poorer physical and mental health, reduced quality of life, and earlier death. The World Health Organization (WHO) defines ageism as a combination of stereotypes (how we think), prejudice (how we feel), and discrimination (how we act) directed toward people on the basis of their age.

The National Institute on Aging’s website states you can help increase awareness of ageism and its impact by choosing terminology that promotes a respectful, positive attitude toward older people and aging while still being descriptive and accurate. For example, don’t use words that may have negative connotations, such as “the aged,” “elderly,” “senior,” “senior citizen,” and “boomer” that are generally negatively associated with frailty and illness. Avoid the term “elders” except when referencing American Indian/Alaska Natives, for whom this term may be preferred and culturally appropriate. Or use the term “geriatrics,” which refers to the branch of medicine that deals with the medical care and treatment of older people, to describe these individuals or groups of people.


Many of the things people associate with getting older—aches and pains and memory lapses—are hard to accept and have become stereotypical of what it means to get older. However, as people are living longer and often healthier lives, we can recognize that in many areas they improve as they age. Greater sense of acceptance of self and of others; desire for connection and the means to create it; life experiences that help us make smart decisions; wisdom and empathy—all are available to us as we grow older. And don’t forget gratitude. Being grateful for our families and our physical, mental and financial health can increase as we grow older and allow us to simply be glad to be alive.

We must remain diligent and work very hard to ensure that our oldest members of society are always treated with the dignity and respect that they deserve.

Oh and by the way, if you want to group me by my birth date, then you can refer to me as a Scorpio.

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

Happy Days at our Silk Road Bazaar!



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1:45pm, 4:20pm & 7:15pm
The Wild Robot (PG)
2:00pm, 4:30pm & 7:30pm

COMING SOON:
10/11 "Speak No Evil"
10/18 "Smile 2"
10/25 "Venom: The Last Dance"

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WHIDBEY KID'S CORNER

BY: VANESSA CISCO

Does milk really make your bones stronger?

We often hear drinking milk makes our bones stronger, but is that really true? Well, the answer is yes and no. Although calcium and vitamin D, which are found in milk, help strengthen our bones, scientifically, it is not quite true.



An average adult has 206 bones that form the main skeletal system (in our bodies). Bones protect our organs, work with our muscles, store hormones, and even make blood.

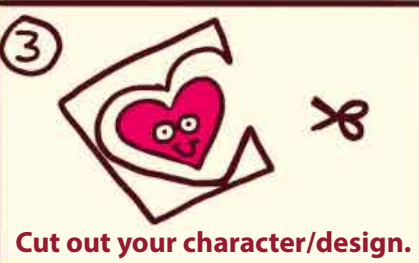
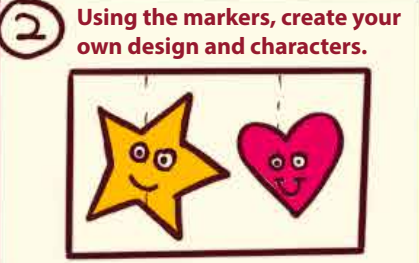
- Our bones have three layers:
- 1. The periosteum, a thin membrane known as the outer layer.
 - 2. The compact bone, the white, hard, smooth part that you may know.
 - 3. The trabecular bone, which is the spongy layer.

Did you know even after we stop growing, we are constantly removing old bone and replacing it with new? Another cool fact about bone is that it stores calcium. When there is not enough calcium in the body, the body draws calcium from the bone. This is when vitamin D is important, as it helps our body absorb (take in) calcium. Milk isn't our only source of calcium. We can get calcium by eating yogurt and cheese and also from spinach, kale, broccoli, and cabbage. Or proteins like tofu, nuts, eggs, and fish. Overall, to make your bones stronger, it is important to eat a well balanced diet!



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Franji C.
Oak Harbor, WA



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Thanks to their portability and diverse flavor profiles, cookies remain a favorite treat to enjoy at home or bring to parties at others' homes. Cookies also frequently are go-to offerings at bake sales and school functions.

Although cookies are relatively easy to make, people sometimes find the end products does not turn out as expected. No-bake cookies, including this recipe for "Peanut Butter No-Bake Cookies" courtesy of "Live Well, Bake Cookies" (Rock Point) by Danielle Rye, are a perfect workaround for those who have previously had mixed results when baking cookies.

Peanut Butter No-Bake Cookies
Ingredients:
(Makes 32 to 34 cookies)

- 1/2 cup (1 stick) unsalted butter, cut into tablespoon-size pieces
- 1 3/4 cups granulated sugar
- 1/2 cup whole milk
- 3/4 cup creamy peanut butter
- 1 teaspoon pure vanilla extract
- 3 1/4 cups quick-cooking oats

Instructions:

1. Line two large baking sheets with parchment paper or silicone baking mats and set aside.
2. Place the unsalted butter, granulated sugar and milk in a saucepan and heat over medium heat, making sure to stir often until the butter is melted and the ingredients are well combined. Bring the mixture to a rolling boil and allow to boil for 1 minute without stirring.
3. Remove from the heat, and stir in the peanut butter and vanilla extract until fully combined. Stir in the quick oats and mix until all the oats are coated with the mixture.
4. Using a 1 1/2-tablespoon cookie scoop, drop scoops of the mixture onto the prepared baking sheets, and gently press them down to flatten them slightly. Allow to cool for 45 minutes to 1 hour, or until the cookies have firmed up. The cookies will continue to firm up the longer they cool.
5. Store the cookies in an airtight container at room temperature for up to 1 week.



Astrology for October 3-9 2024

Coming off of the New Moon Solar Eclipse of last week, we may be reflecting on what went down and what to do about it. Luckily, on October 4, Venus the planet of pleasure, relationships and finances in the sign of Scorpio forms a stabilizing trine to Saturn, the planet of maturity and discipline in the sign of Pisces. This is a supportive energy when it comes to any of the feelings we may want to express (or may have already expressed under the new Moon) in our one-on-one relationships. Mars, the planet of action in the sign of Cancer, recently also formed this easy aspect to Saturn on September 30, and is still close enough to offer a positive and motivating influence. Later in the week, Venus/ Mars will create this easy aspect with each other as they move away from their trines with Saturn. In other words, if there are words you wanted to say to someone that didn't land just right under the new Moon, this week is a great time to execute with depth, directness and clarity. If you have been wanting to get to the bottom of how you truly feel on a matter within yourself, this is also a great time to reflect. It is likely a clear conclusion can be found. If it is normally difficult to access the creative, feminine and feeling realms of life, this week is really holding our hand to encourage us to engage with that side of ourselves. On October 5, Mercury the planet of communication in the sign of Libra will form a challenging square with Mars in Cancer and this is a moment where a discussion must be had based on our findings in recent events, especially in regard to relationships. Mercury in Libra is not always game to stir the pot, but somebody's gotta say it, and that very well might be you. Mars in Cancer is holding down an emotional, passive aggressive energy, and could take whatever is mentioned personally. Will you play the part of Mercury or Mars here? How will you face a conflict or confrontation you didn't plan for? Luckily, Venus is applying a trine to Mars, but from the sign of Scorpio, so this softens the impact, but we are not off the hook in regards to addressing the matter at hand.

On October 9, Jupiter the planet of expansion and higher learning in the sign of Gemini forms a supportive sextile to Chiron the planetoid of wounds, medicine and healing in the sign of Aries. This is another blessing in regards to tough conversations rolling throughout the week, and really throughout the month of October, as this aspect is active from Oct 1-19. We are invited to investigate our struggles and pain with simple curiosity. There is a key here to be found that unlocks a piece of our current expansion, the new level ups in our lives starting to take shape. Jupiter in Gemini offers social engagement for us to talk about current issues steeped in past wounds both personally and collectively. If you are offered a truly safe space to speak, write, or engage with others on some level about past pain, it is a beautiful opportunity to heal something, to move stuck energy, make necessary shifts, and above all - in perfect Gemini form - to learn something - with Chiron in Aries - about ourselves. Chiron in Aries has us on a journey to learn more deeply about our individual lives. What are the driving forces that truly motivate us? This time is rewarding those willing to try on new ways with potent healing potential. Try it.

On October 9, Jupiter in Gemini will turn retrograde until February 2025. During this time, our quests for higher learning and expansion turn inward. Sent off with such a supportive aspect on the same day from Chiron, we are sure to find metaphorical amulets for our own personal healing journeys should we stay curious and eager to explore.

Noa is an astrologer and artist based in Austin, Texas with a love for nature, live music and the occult. She has been practicing astrology for 10 years and is dedicated to making astrological concepts more widely accessible and useful for navigating everyday life.

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Photo by Dennis Browne

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WEEKLY HOROSCOPES

ARIES – Mar 21/Apr 20
Even though you told yourself you'll just suck it up and get through the week, you're having a change of heart, Aries. Some modifications are necessary to navigate the waters.

TAURUS – Apr 21/May 21
Taurus, all bets are off this week, especially if you've been smoothing over your emotions to get along with someone close by. All true feelings are bound to come to the surface.

GEMINI – May 22/Jun 21
This week you may not be feeling like yourself, Gemini. Low energy have you feeling out of sorts. Spend some time with a close friend to get things back on track.

CANCER – Jun 22/Jul 22
Cancer, your friends always have your back, but this week there is a disruption in your crew. Someone isn't playing nice, but a few words from you will smooth things over quickly.

LEO – Jul 23/Aug 23
You are anxious to get started on an exciting project, Leo. Others on your team may need a dose of inspiration. It could be up to you to motivate the troops.

VIRGO – Aug 24/Sept 22
Virgo, you made a commitment to keep things toned down. Enjoy the slower pace and take note of how the lack of hustle and bustle suits you.

LIBRA – Sept 23/Oct 23
Normally you're satisfied to let someone else take the lead and make all of the decisions, Libra. This week you might need to be the one taking a leadership role.

SCORPIO – Oct 24/Nov 22
A surprising bit of information may be brought to your attention, Scorpio. You might be up for a promotion or an exciting change could be coming in your personal life.

SAGITTARIUS – Nov 23/Dec 21
Don't stop now when you are so close to the finish line, Sagittarius. It may be a busy week ahead, but you will reap the rewards of your labors. Remain patient.

CAPRICORN – Dec 22/Jan 20
Take inventory of your romantic relationship, Capricorn. You might need to put in a little extra effort if things haven't been as smooth as you would like. Don't give up on this.

AQUARIUS – Jan 21/Feb 18
Aquarius, you are working at keeping everyone on the same page. Continue to emphasize the importance of teamwork. Others notice and appreciate your efforts.

PISCES – Feb 19/Mar 20
It is not possible to make it all the way through your to-do list this week, so plan on some carryover to the next, Pisces. Space out your work so you don't get too overwhelmed.



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			

CLUES ACROSS

1. Separate with an instrument
5. State clearly
11. One-time MLB speedster Gordon
14. Broad in scope
15. Lacking social polish
16. Amount of time
17. Frame
19. Automobile
20. Caps
21. High school dances
22. Utilize
23. Checked
25. One-sided
27. Having an extreme greed for wealth
31. Potted plants
34. We all have one
35. Lake north of the Kalahari
38. Unidentified flying object
39. Aging persons
41. Small amount
42. Mother of Perseus
44. Ornamental waist box
45. Officials
46. Uncertain
49. A cotton fabric with a satiny finish

51. Extensive, treeless plains
55. Your consciousness of your own identity
56. Consumer advocate Ralph
60. Notable Spanish sports club
61. Body part
62. One’s responsiveness
64. Woman (French)
65. Ready and willing to be taught
66. Muslim ruler title
67. Unhappy
68. Gradually disappeared
69. Able to think clearly

CLUES DOWN

1. Brushed
2. Water sprite
3. Ones to look up to
4. Monetary units
5. We all have one
6. Marine invertebrate
7. One who institutes a legal proceeding
8. Outer
9. Parallelograms
10. Uncomfortable feelings
11. Cross to form an X
12. Remove
13. Some pages are dog-__
18. Capital of Ukraine

24. A citizen of Denmark
26. Eighth month (abbr.)
28. Hindu queens
29. Acids structurally related to amino acids
30. Rider of Rohan in Tolkien
31. Wet dirt
32. Russian city
33. Observed
36. Irrate
37. Travelers need them
39. Musical composition
40. Auction
43. Form of “to be”
45. Women
47. Inspire with love
48. Think Japanese ankle sock
49. Appears
50. Old World lizard
52. The lead dancer: __ ballerina
53. Protein involved in motion
54. Rosalind Franklin biographer
57. Popular 1920s style art __
58. __ Blyton, children’s author
59. Abnormal breathing
63. A place to rest

Answers on page 11

Thurs, Oct 3

North Isle

H-60°/L-49°

South Isle

H-63°/L-51°

Fri, Oct 4

North Isle

H-58°/L-49°

South Isle

H-61°/L-51°

Sat, Oct 5

North Isle

H-60°/L-49°

South Isle

H-63°/L-50°

Sun, Oct 6

North Isle

H-60°/L-50°

South Isle

H-66°/L-50°

Mon, Oct 7

North Isle

H-61°/L-51°

South Isle

H-67°/L-54°

Tues, Oct 8

North Isle

H-61°/L-50°

South Isle

H-65°/L-53°

Wed, Oct 9

North Isle

H-59°/L-48°

South Isle

H-62°/L-50°

OUR Community
An Upbeat Question of the week

By Helen Mosbrooker

For what are you most grateful?

Ann Smock

Oak Harbor

My list is long.

I did, however, find a common denominator for all my blessings.

If it wasn’t for living in this free country, it’s likely I would have few or none of the things which allow me to live a healthy life filled with people and things I love. For the most part and within reason, I am able to live where I choose. I was able to choose where I got my education and what I studied. I have three children (whom I adore) and was not forced to stop at one. At birth, their chances of reaching adulthood was relatively good. I can attend the church of my choice. I have had the privilege and opportunity to work hard all my adult life, and I have been able to work in several very different environments with extraordinary people. I am especially grateful that there is not daily bombing in my neighborhood, state or country, and for my good fortune to have never lived through what so many have suffered.

To all those individuals, past and present, who have contributed to my freedom, I am the most grateful to you.

Angela Muniz

Greenbank

When I think of being grateful there are many layers that can be peeled back. From the gratitude I have for my friends and family, the thankfulness I have for my health to the prosperity I have worked hard for. But to answer your question today I want to express how grateful I am to live within this community that exists on Whidbey Island. A community that comes together in times of need and times of joy, that is accepting and forgiving and exists in one of the most beautiful places on the planet. Whether you have grown up here or moved here six months ago, it does not take long to realize what a special island we really do live on.

Mary Rovang

Clinton

I would say I am most grateful for the amount of support and love my friends and family showed me in my recent “another trip around the world”. My Birthday. I had to work and take care of daily tasks like any other day and so many people surprised me with taking time out their very busy lives despite being ill or having children to tend to and also working themselves to show up at my house and

deliver fresh flowers and caught it on my ring camera wishing me a happy birthday, Thanks Nina . Fresh baked bread and wine. Thanks Christine. I had friends come to my work walking in the door singing Happy Birthday to me with gifts. Almost cried. Thanks Sharon and Lori. My coworkers personally wishing me Happy Birthday. Adam and Nicole Gordon showing up with birthday wishes in the pouring rain. Joe and Bridgett sharing their 25th anniversary dinner with me. Grateful for my husband and family and our beautiful life on the Island he has shared with me and all the special people who live here that make it that way.

Cheryl Grehan

Oak Harbor

In a world that often feels harsh and unforgiving, there’s one gift that stands out above the rest (besides my family who are all more than I deserve) that I am most grateful: grace. It’s like a warm blanket on a chilly day, a soothing balm for a wounded soul. Grace is the understanding that we’re all human, flawed and imperfect, yet capable of so much more.

When someone offers grace, they’re not just extending kindness; they’re offering a lifeline. They’re saying, “I see you, I hear you, and I believe in you.” It’s a gift that lifts us up, wipes away our tears, and reminds us that we’re not alone in our struggles.

Whether it’s a friend forgiving a mistake, a mentor offering guidance, or a stranger lending a helping hand, grace has the power to transform lives. It’s a gift we can all give and receive, and it’s a reminder that even in the darkest of times, there’s always hope.

CAN DO SUDOKU!

Answers on page 11

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

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