

November 14, 2025 - November 20, 2025

FREE

Whidbey Weekly

Your Source For "What's Happening" On Whidbey Island

Locally Owned • Locally Operated

NEWS • BITS • WHATS GOING ON • PUZZLES

COLUMNISTS • CLASSIFIEDS

The Whidbey Playhouse Community Theatre presents

Blithe Spirit

Written by Noël Coward

Directed by Dave Frazer

Assistant Director Kim Dolan

Produced by
Jaime Montoya

Fridays - 7:30 p.m.
Oct. 31, Nov. 7, 14, 21

Saturdays - 7:30 p.m.
Nov. 1, 8, 15, 22

Sundays - 2:30 p.m.
Nov. 2, 9, 16, 23

"Blithe Spirit" is presented by arrangement with
Concord Theatricals on behalf of Samuel French, Inc.
www.concordtheatricals.com



Tickets and Box Office: 360-679-2237
730 SE Midway Blvd., Oak Harbor
www.whidbeyplayhouse.com

HELP US KEEP THE WHEELS TURNING FOR WHIDBEY!



At Whidbey Weekly, we believe in recycling — and that includes our delivery van. If the frame is sound, we believe a vehicle deserves to be reconditioned and kept on the road for as long as possible.

It's time for a new engine on our *faithful* 2003 Oldsmobile Silhouette. The cost of parts and labor is **estimated at \$8,600 out the door.**

This purchase is essential to keeping our local news in print across Whidbey. Thousands of readers pick up their free copies every week from locations across the island — and this van makes that possible.

We're asking for financial support from all who are able to contribute:

Send checks or money orders to:
Whidbey Weekly
P.O. Box 1398, Oak Harbor, WA

Or donate through our ongoing GoFundMe by scanning the QR code. Thank you for your ongoing support and readership.

We are honored to serve you.



A Word with our Publisher

I believe that life in our universe has a timeline. I believe that the balance is metaphysical. I believe the internet is an anomaly because my intelligence cannot confirm whether the imagery in front of my eyes has been planted there as a means of manipulation, or true happenstance.

Regardless: In my youth I recall seeing videos and internet threads in which people (or potentially scientists) were experimenting with crystals and plants, yelling obscenities or affections, and documenting the material evolve over time based on what it was being "fed."

If I haven't paraphrased Erykah Badu here yet, I believe now is the time:

"I'd like to dedicate this to all of the Creator's righteous children:

*I have some food in my bag for you.
Not that edible food... no...
I have some food for thought.
Since knowledge is infinite,
It has infinitely fell on me.*

See, I pick my friends like I pick my fruit. My granny told me that when I was only a youth.

And if you don't want to be down with me? Then you don't want to pick from my apple tree... and if you don't want to be down with me?

Then you just don't want to be down."

I could reiterate the whole song, but if you need to hear it, then you'll find it.

Oh my, I'm feeling fine.
I am feeling supported.

Are you?

For those of you that are tuned out to the new-age internet and the sum of you who refuse to get a TV, I'm smitten by you as if you're getting your news from more divine spaces — communing with the gossiping mushrooms perhaps?

My mom sent me this Facebook video about how Filipinos love through acts of service, and I admired that. This pathology is genetically ingrained in me and was further indoctrinated with Catholic school. Last Sunday and again this Sunday I'm reminded of it as my oldest son enters Boy Scouts and is taking the game seriously. Ask his teacher.

My servitude nods my head to the people.

This paper is one of those spaces in which a very alluring aspect of friendship is invited: partnership in business. We need it to survive and thrive.

Divine friendships are the hardest. You can't put a dollar amount to the exchange. But in business exchanges we're required to document the delta fairly so that no one gets taken advantage of. If one does, there's paperwork and the court system, and we as Americans are encouraged to use it.

This newspaper is in the business of communicating among the community and gathering the perspectives of those who care. Communicating about finding the balance in which all parties are honored and respected.

Over the last year, there have been times I've been outnumbered by testosterone in my home. I could not see the cosmic changing that was happening inside of me so that I may rise in the game of balance to maintain a good familial flow. I've metamorphosed aspects of my individualism so that they benefit the whole Goodman lot. I have become Queen Mom, keeper of the castle, who runs a newspaper in between the (now 3-month-old) baby's sleep.

I'd be open to feed the whole block if I had the resources in the kitchen. My grandparents in the Philippines were the cornerstone of their little Palo, Leyte community: people would come and eat at their table; lore states that half the town was employed by them in some way, shape, or form... or is it that they were employed by the town?

Before inviting everyone to my dinner table, I need to make sure I've eaten and that my little family is fed. I'm looking forward to more aspects in which they can be nurtured. Isaac needs more play and he wants art — to get messy with some paint and utter glee. I support his inner artist. I can see him participating reverently at Whidbey Children's Theater in the future too.

Somewhere around here we'll all get into sports. Taekwondo at home has been fun, but it's time to take it into the wild. I feel the same about my chi gong, but more so I think that skill needs mastering so that I may share in educating others. One of the biggest lessons is the breath.

How are you breathing? Those with the fortune of spending too much time around me can see me analyzing their breaths and figuring the depth of their inhales and exhales. In chi gong they believe you can cycle the energy and your breath into your feet. I can hear in a quick phone call whether or not someone is grounded and sound. Once you know how to listen, you can too.

I had someone accuse me of being a "Trumpster" recently and I've gotta say it was quite bold. As the publisher, you have to know who you're working with. Regardless of how much I try, my essence will flow through these pages like wine to a tablecloth. I know what I support, and it is the people. I am not deaf to think that the president will ever be a king, no matter how hard they try. In my eyes, in America the collective people will always be king — that they will always rise and speak when necessary, and that when needed they'll contact their legislative parties directly, avoiding the mishegoss altogether and be heard.

Sure, certain things — even current political events — shake me up a little bit and give me something to ponder as to what the future may hold. I've spent some time gossiping with the mushrooms too, so something unshakable inside of me believes that I truly will receive that which I put out into the world. If I ever wound up living in a hole, I would make it a temporary home and be in an avid quest to work my way out. Relatively speaking, this progression is something I've already been working through in leaving a Fortune 50 company and undertaking this business.

As the daughter of an immigrant and a Veteran, I also believe that my parents have worked too damn hard to see me or my children fail.

Take from that as you will, but I bow to the mighty American Eagle, fertile soil, and healthy seas first. I believe the constitution supports me and my business. Any qualms that I had in regards to the makers of the constitution have been ratified after watching the documentary "Liberty and Slavery."

I close this with an ode to the soil — that it stays firmly beneath our feet yet soft enough to plant fine vegetables and fruit.

We recently lost a very dear farmer on the island, and more than I can say in words will she be missed. I hope that myself and my peers find the space to fill in her footsteps.

As I typed this, a frog croaks loudly. The frog's croak can symbolize change, growth, and fateful rains.

A note to those who know they should be filling in our aging-farmer gaps: join the next "Bring Your Food to Market" event hosted by Goosefoot, Saturday the 15th at 1-3 p.m. in the Front Room of Bayview Cash Store.

Love and light, sure, but this is America and I pray for happiness and abundance for all.

Samantha Goodman
Publisher

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NOVEMBER 1 - DECEMBER 19, 2025

Earn a GREEN TICKET for every \$20 purchase* at participating merchants between November 1 and December 19, 2025 and be entered to win \$1500 CASH, \$500 CASH, 2-\$250 CASH OR 5-\$100 CASH PRIZES ON SATURDAY, DECEMBER 20!

*1 ticket per \$20 purchase with a maximum of 50 tickets per individual transaction. Drawing will be held at Harborside Village at 2pm on Saturday, December 20. Must be 18 years older to participate. Do not need to be present to win. Receive one ticket at Oak Harbor Main Street Office, no purchase necessary.

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BITS & PIECES

Island Musicians Come Together to Fight Hunger Whidbey Rising will support food security across Whidbey Island

Dozens of musicians and performers from across Whidbey Island are coming together for a benefit concert to feed our island community.

Whidbey Rising
Saturday, November 22, 2025, 2:00 p.m.
Coupeville High School Performing Arts Center

Organized by musician Barbara Dunn and sponsored by a diverse array of community groups, the event will feature more than a dozen singers and musical groups, sharing their talents to raise money to combat food insecurity in light of cuts to SNAP and unpaid federal workers.

"As we follow the news, many of us are looking for a way to help our neighbors," said Dunn. "Together we hope to entertain and inspire the community while raising money to ensure everyone on the island can put food on the table."

Money raised will go to the Whidbey Food Resilience Fund, administered by the Whidbey Community Foundation. It will be shared across the island through rapid, equitable grants to food banks, meal programs, and other community-based organizations, ensuring that Whidbey residents have reliable access to nutritious food during the holiday season and beyond.

Groups organizing the event include Indivisible Whidbey, SOS Whidbey, and the League of Women Voters Whidbey Island.

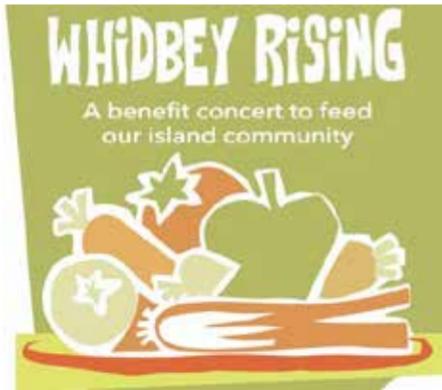
"Coming off the massive No Kings Rally, there's an eagerness to take action," said Joy Lyon from the League of Women Voters. "The music at the rally inspired the community concert as a way to support our neighbors when SNAP cuts became a reality. It's going to be fun and energizing as we all come together for a great cause."

The concert features a record-breaking number of Whidbey musical voices, including Barbara Dunn, Open Circle Singers, Rural Characters, Beck Diamond, Alejandro Frederickson, Julie Pigott, Kevin Fristad, Beverly Graham, Ed Fisher, Judy Lunn, Lisa Toomey, Dia Walker, Tom Walker, and other guests!

Entry to the concert is first come, first served, with doors opening at 1:30 p.m. Tickets are "pay what you will," with concert-goers encouraged to give generously to support food security on Whidbey Island.

Those who can't attend the concert can still contribute to the island-wide Food Resilience Fund at the Whidbey Community Foundation.

More information: <https://www.indivisiblewhidbey.org/whidbeyrising>
Music lead: Barbara Dunn – music@barbaradunn.com
Event organizer: Joy Lyon – (907) 321-5887



Leavitt Group Northwest Partners with Local Food Banks to Help Local Families

Leavitt Group Northwest is partnering with North Whidbey Help House and Gifts from the Heart Food Bank to help fill local pantries and brighten the holidays for families in the community.



The food drive is underway and runs through November 21. Community members are invited to drop off nonperishable food items at either of the following locations:

- Leavitt Group Northwest – Oak Harbor
32785 State Route 20, Suite 5
Oak Harbor, WA 98277
- North Whidbey Help House
1091 SE Hathaway St.
Oak Harbor, WA 98277
- Gifts from the Heart Food Bank
108 SW Terry Rd.
Coupeville, WA 98239

When donating directly to the food banks, participants are encouraged to mention Leavitt Group Northwest so their contribution is included in the agency's community total.

Derek Cowart, agency co-owner at Leavitt Group Northwest, shared, "Leavitt Group Northwest is honored to support the vital work of local food banks across the Pacific Northwest. We recognize the importance of community connection and are committed to helping ensure that no one faces hunger alone. By extending this opportunity to our business and individual clients, we hope to inspire collective action and strengthen the communities we serve. Together, we can make a lasting impact—one meal, one neighbor, one act of kindness at a time."

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Penn Cove Water Festival Association announces the date for next year's festival, which will be May 9, 2026.

The Penn Cove Water Festival celebrates the cultural heritage of Native American canoe races that have been held in Coupeville since 1930. After being interrupted by World War II, the races were revived by Island County Beach Watchers in 1992, currently the Penn Cove Water Festival Association maintains the tradition.

Its mission is to bring families together to enjoy Native American canoe racing, entertainment, crafts, and culture while learning about and protecting our environment.

Planning meetings for the 2026 season are held on the third Sunday of each month at the Coupeville Library.

The next meeting is November 16, 2025, from 3:00 to 5:00 pm.

We invite anyone interested to attend a meeting to learn more about the festival and how you might participate as an event volunteer or Board member.

See the Job Descriptions on our website for ideas on how you can help.

penncovewaterfestival.org

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730 SE Midway Blvd., Oak Harbor
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THANK YOU FOR YOUR SUPPORT | TURN ME INTO A HAT



What's Going On!

MAKE IT BEAUTIFUL: A JOURNEY INTO THE HEART OF LOSS THROUGH THE ARTS

Friday, Nov. 14, 7:30 to 9:30 p.m.
Whidbey Island Center for the Arts, 565 Camano Ave., Langley

Make It Beautiful marks the 10th anniversary of Healing Circles Langley with a powerful, multi-arts celebration of healing and community. The evening features music, poetry, theatre, dance, and film exploring themes of grief, loss, and resilience.

Local artists Aimie Vallat, Eric Mulholland, Judith Adams, Nathaniel Talbot, Meander Dance Collective, and Peggy Taylor lead audiences through a creative journey that celebrates how art helps us find meaning in life's hardest moments.

A Pay-What-You-Wish preview performance will be held Thursday, Nov. 13, at 7 p.m. Proceeds benefit Healing Circles Langley, Island Senior Resources, and WICA's Walking Each Other Home program.

Tickets: \$30 standard, \$45 WICA Star, \$60 Angel (includes a free ticket for a community member).

Tickets available at wicaonline.org.

EMERGENCY PREPAREDNESS: DOGS, CATS, PETS AND US

Friday, Nov. 14, 2-3 p.m.
Freeland Library, 5495 Harbor Ave, Freeland

Learn how to include your pets in your emergency plan before disaster strikes. Local emergency preparedness and fire safety expert Jan Skewes will discuss local resources and how to prepare for emergencies affecting both people and pets.

HOW DO I...MEAL PREP?

Friday, Nov. 14, 4-5 p.m.
Oak Harbor Library, 1000 SE Regatta Dr, Oak Harbor

Learn how to stock your fridge with healthy, affordable meals. Alex and Charlotte Bear of Whidbey Nutrition will share budget-friendly shopping tips, simple recipes, and practical strategies to make meal prep easy and sustainable.

COSMOLOGY: THE UNIVERSE, FROM THE BEGINNING OF TIME TO THE END

Saturday, Nov. 15, 10-11:30 a.m.
Freeland Library, 5495 Harbor Ave, Freeland

Learn how the universe began, how atoms, stars and galaxies formed, and what the far future may hold. Presented by Dr. Dan Tomandl, emeritus professor of physics and astronomy at Northwest University. A Q&A session will follow the program.

BIRDING FIELD TRIP

Saturday, Nov. 15, 1:00-4:00 p.m.
Fort Casey State Park, 1280 Engle Rd, Coupeville

Join the Whidbey Audubon Society for a birding field trip through Fort Casey's woodlands and along Crockett Lake. Spot shorebirds, raptors, and possibly a Short-eared Owl while exploring Whidbey's rich habitats.

Participants must have a Discover Pass. Snow or icy conditions cancel. Space is limited to 15; advance registration required.

SOUTH WHIDBEY TILTH HOLIDAY MARKET

Sunday, Nov. 16, 11:00 a.m.-3:00 p.m.
South Whidbey Tilt Market, 2812 Thompson Rd., Langley

Celebrate the season with gifts, food, music, and local cheer at the Tilt Holiday Market. Enjoy handmade creations, farm goods, and community spirit in a festive open-air setting.

MARINE MAMMALS OF THE SALISH SEA

Monday, Nov. 17, 2-3 p.m.
Langley Library, 104 Second Street, Langley

Learn what to do if you encounter a stranded seal, sea lion, whale or other marine mammal. Garry Heinrich, response coordinator for the Central Puget Sound Marine Mammal Stranding Network, will share insights on local species and marine safety.

CONNECTING THROUGH CRAFTS

Wednesday, Nov. 19, 10-11:30 a.m.
Freeland Library, 5495 Harbor Ave, Freeland

Gather to learn a new craft, connect with others, and share creativity. This month's project features paper quilled greeting cards. Supplies, coffee, and tea will be provided. Supported by the Friends of the Freeland Library.

CLAYPALS

Wednesday, Nov. 19, 2:45-4 p.m.
Coupeville Library, 788 NW Alexander St, Coupeville

Squish, stretch, and sculpt your own real or imaginary character using air-dry clay. All supplies provided. For kids ages 5 and older; limited to the first 20 participants. Led by retired teacher and librarian Tracy Miller.

WHIDBEY WONDERS: K9 SEARCH AND RESCUE

Thursday, Nov. 20, 4-5 p.m.
Oak Harbor Library, 1000 SE Regatta Dr, Oak Harbor

Learn how K9 search and rescue teams locate missing individuals using dogs' extraordinary sense of smell and agility. Hear the story of Stella and her handler, Alli Paul, and discover the training, certifications, and rescue missions that take place across Island County and beyond.

"LITTLE GUYS" HANDS-ON ART HISTORY

Saturday, Nov. 22, 2:00-4:00 p.m.
Coupeville Library, 788 NW Alexander St.

Make a small clay "little guy" sculpture while exploring why people have created tiny figures across cultures and time. Led by local artist Katie Basch, inspired by the work of Shing Yin Khor. Registration required. Call Zo Hill. Telephone: (360) 678-4911

GAME NIGHT

Saturday, Nov. 22, 6:00-9:00 p.m.
Langley Library, 104 Second St.

Join the Langley Library for an evening of board games and fun! Try out a variety of games or bring your own—staff will be on hand to help newcomers learn the rules. All ages and skill levels are welcome.

FRIENDS OF THE COUPEVILLE LIBRARY GINGERBREAD KIT PICK-UP

Sunday, Nov. 23, 1:00-3:00 p.m.
Coupeville Library, 788 NW Alexander St.

Pick up your gingerbread kit for the Friends of the Coupeville Library's Annual Gingerbread Challenge. Kits are first-come, first-served. Completed creations may be dropped off at the library Nov. 24-Dec. 20 for display and judging. Winners will be announced Dec. 21 during the Red Ticket Drawing at the Island County Historical Museum. All entries must be picked up by Dec. 27.

BABY PLAY DATE

Monday, Nov. 24, 9:30-10:30 a.m.
Coupeville Library, 788 NW Alexander St.

Caregivers and children ages birth to 2 years are invited to play, explore, and connect through stories, songs, and rhymes. Enjoy free play with educational toys before and after a brief storytime.

MEDICARE OPEN ENROLLMENT: WHAT'S NEW FOR 2026?

Monday, Nov. 24, 2:00-3:30 p.m.
Oak Harbor Library, 1000 SE Regatta Dr.

Learn about upcoming changes to Medicare coverage, costs, and benefits for 2026. A SHIBA volunteer from Island Senior Resources will provide free, unbiased guidance to help you choose the best plan for your needs and answer questions about eligibility and assistance options.

READ WITH CHILDREN'S AUTHORS

Tuesday, Nov. 25, 10:00-11:00 a.m.
Freeland Library, 5495 Harbor Ave.

Join local authors Deb Lund, Jenny Goff, and Susanne Öhrvik for a special Read with the Author event. Each author will share one of their picture books, followed by a Q&A session. Part of the library's Local Author series.

COUNTRY CHRISTMAS AT THE FAIRGROUNDS

Friday, Nov. 28, 9 a.m. to 6 p.m. (Opening Day)
Saturday-Sunday, Nov. 29-30, 9 a.m. to 4 p.m.
Friday-Sunday, Dec. 5-7, 9 a.m. to 4 p.m.
Whidbey Island Fairgrounds, Langley

The Whidbey Island Fair's annual Country Christmas returns, filled with festive fun, local crafts, and holiday spirit. Shop unique handmade gifts, enjoy cookies, coffee, and hot chocolate, and let the kids create at the craft table. Don't miss Santa's special visits and prizes for the first 50 shoppers on opening day, Black Friday, Nov. 28.

Free admission and fun for the whole family.

WHIDBEY ART MARKET: HOLIDAY SHOWCASE AND SALE

Friday-Saturday, Nov. 28-29, 10:00 a.m.-4:00 p.m.
Freeland Hall, 1515 Shoreview Dr., Freeland

Celebrate the season at the Whidbey Art Market Holiday Showcase and Sale. Discover a beautiful array of locally made creations, from jewelry and ceramics to woodwork, textiles, basketry, and more — with gifts for every budget.

The festivities continue with a Holiday Artisan Market on Dec. 14, 11:00 a.m.-6:00 p.m. at Dancing Fish Vineyards.

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Get help with Medicare Open Enrollment!



Learn about 2026 Medicare plan choices for Whidbey Island!

Call 360-321-1600 to reserve your spot at any of these presentations:

Date	Time	Location
Wed., Nov 19	10 a.m.	Langley Library
Wed., Nov 19	10:30 a.m.	St Stephen's Episcopal Church, Oak Harbor
Mon., Nov 24	2 p.m.	Oak Harbor Library
Thurs., Dec 4	1 p.m.	The Center in Oak Harbor

Medicare OEP
Oct. 15 - Dec. 7

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Dec. 7 is the deadline!

For 1:1 help in person or by phone in Coupeville, Langley, and Oak Harbor. Call Island Senior Resources to make an appointment at 360-321-1600.



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On Adulting

BY CHARLES LAFOND

ISLAND FUNDRAISER, POTTER, AUTHOR,
AND ESSAYIST



MATRYOSHKA DOLLS (FOUR)

On We Four

For a brief time in my 20s, I lived in the 15th-century Joseph-Volokolamsk Monastery, northwest of Moscow. The four remaining monks were octogenarians and moved like deer in a forest, freezing at the slightest hint of a threat after eight decades of communism.

I often snuck out at night to swim in the nearby lake until members of the local mafia tried to abduct me at gunpoint (long story!). Russian friends hid me in a secret root cellar beneath the wooden floorboards in one of the seven massive medieval towers. We told stories all night, drinking vodka with black bread by candlelight, laughing and weeping. It was my 25th birthday. One friend gave me a set of Matryoshka nesting dolls. Perhaps you have seen these wooden dolls, set one inside the next, painted in beautiful colors.

The wooden nesting dolls are a Russian favorite for birthday gifts because the name "Matryoshka" comes from matryona, which symbolizes motherhood and fertility.

My four wooden dolls remind me of the four people within each of us—psychologically, I mean. And like the dolls, each is smaller in stature than the last.

Inside me, and inside you, there are always four of us, which can sometimes feel rather crowded and messy. We each hold our inner adult, our inner adolescent, our inner toddler, and our inner infant—wherever we go.

When I am at my very best, my inner adult is online. He is in charge, emotionally intelligent, and reasoned—there to keep the other three safe from harm, from harming each other, and from harming themselves. He keeps order.

Sometimes, however, when I am feeling bored, frantic, confined, and mischievous, my inner adult goes offline, and my inner adolescent takes control. He wants to act out, eat pizza all night, watch movies, and key the cars of people who get on his nerves. He needs my inner adult to regain control, either by sheer force of will... or by coaxing.

When I am desperate to wander and explore, my inner toddler takes control. He wants to get away from supervision, but when he (as toddlers do) turns a corner, he peeks back to see if someone in charge is watching after him, for fear of danger.

And sometimes, when I am exhausted or upset by trauma triggers, my inner infant shows up. He screams bloody murder, pounds on the chests of caregivers, and scratches with those tiny, razor-sharp baby fingernails—entirely inconsolable and acting more like a cranky emperor than a child.

We humans contain an inner community of four, like the Matryoshka dolls. We all have our adulting days, our adolescent days, our toddler days, and even our infant days. But the goal is to allow all four to be present and feel loved, while keeping the inner adult in charge, soothingly whispering to each of the others:

"...I know. I know, sweetheart. I know how much you want to key a car, or wander, or scream in terror and rage. But I am here for you. I'm in charge. I'm holding you. I will never leave you. I can protect you. All will be well."

And once they calm down, our inner adult can get back to being in charge—peaceful and well.

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The Bells of Whidbey Present Carols By Candlelight



“A Night of Wonder”: A Benefit Concert for Community Food Banks
The Bells of Whidbey return for their seventh benefit concert.

Proceeds from the program will go to two community food banks, North Whidbey Help House, Oak Harbor and Gifts From the Heart, Coupeville.

The Bells of Whidbey is an ensemble of eleven English Handbell ringers and director, Cheryl Waide. The group of ringers

come together from central and north Whidbey to rehearse weekly. They donate their time and resources to present two benefit concerts each year while sharing the art of English Handbell ringing with the community.

This year’s holiday program, “A Night of Wonder,” features contemplative and reflective selections for the seasons of Advent and Christmas in a candlelight setting. In addition to four octaves of Handbells and Handchimes, guests musicians Brian Haight, violin, Beth Haight, piano and Jennifer Palmer, soloist will be featured. Harry Anderson is the narrator. The Ringers are Charlie Calvert, John Waide, Eric Hopkins, Sara Russell, Kathleen DeVos, Florence Livingston, Roland Livingston, Lisa Bain, Jennifer Palmer, Joan Wilferth and Cheryl Coleman

The program is Saturday, December 6, 4:00-5:00 pm at St. Stephen’s Episcopal Church, 555 SE Regatta Drive in Oak Harbor. Admission is by monetary donation. For additional information call 541-272-7478.

SNAP UPDATE: A message to our community.



Interruption of SNAP benefits affects more than the seniors and disabled adults who have received Nutrition support from ISR for more than 50 years. We believe that nutrition is central to good health and that good food should be available to everyone.

In response to the suspension of SNAP benefits, we are welcoming current SNAP enrollees of any age or ability along with members of their immediate households to our community meals. If you and your household are affected by these changes, we want to feed you.

Meals are available at our community meal sites which will be open on their regularly scheduled days and times on both Camano and Whidbey Islands. Locations and times can be found on our website: <https://seniorresources.org/nutrition-overview/>. Home-delivered Meals on Wheels services are unaffected by this change.

ISR’s hard-working nutrition staff and exceptional volunteers are preparing to address the needs of thousands more guests than usual. We are depending on additional financial support to expand our services during this county-wide emergency. We are grateful for the immediate and enthusiastic responses from partners and grant organizations who share our commitment to supporting vulnerable families.

This is an unprecedented moment. Anyone can help by making a donation now, online at <https://seniorresources.org/donate/>. As always, we will continue to request contributions at our meal sites from everyone who is able to help. No donation is too small.

We will update the community periodically via our social media channels, our website, and our eNews. Please follow us and sign up for our eNews online at <https://senior-resources.org>.

With our deepest gratitude,

Nic Wildeman, Executive Director

Construction to Clinton - Mukilteo Ferry

WSF has firmed up the construction schedule that will impact service on the Mukilteo/Clinton route early next year. Workers will be onsite at the Mukilteo ferry terminal starting January 6, 2026 to drive piles deeper into the sea floor to repair and re-position the left/west wingwall, damaged during a hard ferry landing in 2022.

This requires us to suspend ferry service for four hours midday for nine days between January 6 and Feb. 13 and to conduct some work overnight. Here are the schedule changes that will be in place on those nine days:

Jan. 6, 8, 9, 13, 16 and Feb. 3, 4, 6, 9:

Last morning sailing from Clinton will be at 8:30 a.m.

Last morning sailing from Mukilteo will be at 9 a.m.

Afternoon service resumes with the 1 p.m. sailing from Clinton and the 1:30 p.m. from Mukilteo.

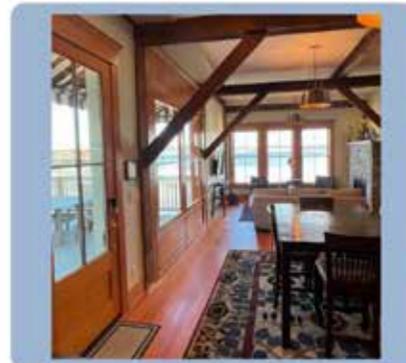
Ferry schedule overnight on January 19-23, 26-30 and February 16-20:

The last sailing of the day from Clinton will be the 11:30 p.m.

The last sailing from Mukilteo will be 12:15 a.m. (usually at 12:05 a.m.)

Weather and fog could affect this schedule. We must have good visibility while driving piles so marine mammal monitors can have a clear view to watch for protected species that may enter the area. This would cause us to halt work. If dates change due to weather, marine mammals or other unexpected reasons, we will share alternate dates through WSF rider alerts and on X and Bluesky.

We understand these closures are not convenient and urge you to encourage constituents to plan ahead. For travel during this time, the best options are to take SR 20 and drive around via the Deception Pass Bridge or travel by ferry before or after the closure times.



12 Front St NW
Coupeville (enter door on leftside deck)

December 3rd, 2025
6PM start, Doors open 5:30PM
RSVP for more info text Cindi @
206-931-7524 Snacks & Drinks provided

Whidbey Island Real Estate Investor Meetup presents: Investing in Airbnb & Short-Term Rentals

Join us for an inside look at how Barbara and Von Summers transformed a historic Whidbey Island property into one of the area’s most sought-after vacation destinations. Barbara will walk us through every step of the journey—from renovation and design to operations, challenges, and ultimately, the exit strategy.

Come connect, learn, and get inspired by a real-world success story rooted right here on Whidbey Island.



Christmas Bazaar

presented by Emblem Club
Elk’s Lodge

155 NE Ernst St • Oak Harbor

Friday, November 21, 2-6pm

Saturday, November 22, 10am-2pm

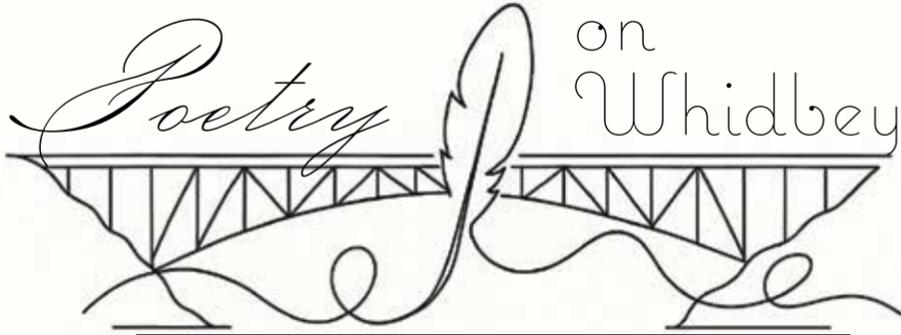
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Join us for holiday season gift giving

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Ode to Whidbey Island

By Dave Konkler, US Army (ret.)

O Whidbey,
green heart beating in the Salish mist,
you cradle the weary between cedar and tide,
a quiet refuge where the soul
remembers how to breathe.



Your forests speak in many voices—
the murmur of moss,
the patient hymn of rain,
the deep laughter of roots.
I walk your trails with veterans and seekers,
each step a small surrender,
each breath a returning home.



Here, pain loosens its grip.
Boots sink into soil that forgives,
hands brush fern and find forgiveness too.
You teach us that healing
does not come from escape,
but from listening—
to wind, to water, to one another.

O island of salt and solace,
you gather us in your arms of green and gray,
and whisper what I have come to know:
that belonging is not a place we reach,
but a rhythm we remember—
one heartbeat, one step,
one forest at a time.

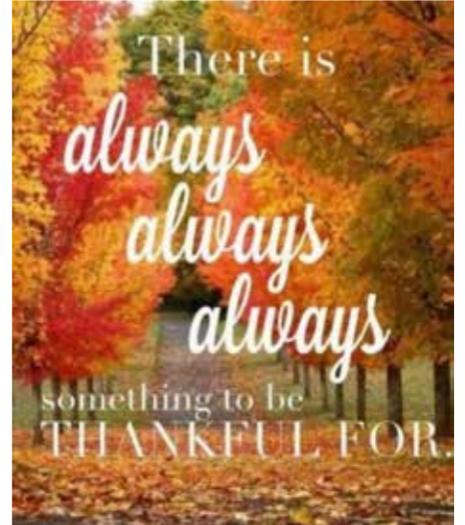
Accentuate the Positive

by JoAnn Hellmann

As we approach Thanksgiving, which falls toward the end of National Gratitude Month, we have an opportunity to reflect on and appreciate the good things in life. But actually, you can find something to be thankful for any day of any month if you try.

Some older folks, like myself, likely know the song Ac-Cent-Tchu-Ate the Positive. It's from the 1945 movie Here Come the Waves (I was one, by the way) and was nominated for an Academy Award. Sung in the style of a sermon, it explains that accentuating the positive is key to happiness. It starts out:

You've got to ac-cent-tchu-ate the positive
E-lim-i-nate the negative
Latch on to the affirmative
Don't mess with Mr. In-Between
You've got to spread joy up to the maximum
Bring gloom down to the minimum
Have faith, or pandemonium
Liable to walk upon the scene



We really could use more positive and less negative in our culture and society these days. Why waste time tearing each other down rather than building each other up? Dividing ourselves into groups based on politics, race, religion, and philosophy—and spending more time building fences to separate us than building bridges to connect us. Life's too short!

I get it. We're wired to look for the bad, called negativity bias, which helped our ancestors quickly identify and avoid threats to stay alive. While crucial for survival, this evolutionary trait can contribute to modern-day anxiety and stress, as our brains continue to prioritize negative information to this day. That's why we feel the sting of a rebuke more powerfully than we feel the joy of praise.

Life isn't always a happy song, but you can choose to be the conductor of your own resilience, finding moments of joy and peace even in the challenging stanzas of life. Draw attention to the positive—whether that's in a situation, a person, or yourself. Maybe you can't eliminate the negative, but you can choose not to focus on it or complain about it. Reframe challenges by looking for the opportunity or learning experience within a difficult situation. In these ways, you cultivate a more optimistic outlook and foster inner strength.

Of course, one cannot be relentlessly positive all the time, and it's okay not to feel okay. But be kind: treat yourself with the same compassion you would offer a friend. Connect with others for support when needed. And instead of worrying about things outside your power, direct your energy toward your responses and actions. For me, accomplishing small, manageable tasks builds momentum and a sense of achievement. Love crossing chores off my to-do list!

We can thank Johnny Mercer, one of Hollywood's premier lyricists, for his uplifting song, as well as Moon River, Days of Wine and Roses, and so many others. Accentuating the positive is about discovering the gifts inside the moments that may not seem so great at the time. We've all been there. Even Mr. Mercer, who had a day job and sang at night at the start of his career. He never lost sight of the fact that life's rhythm changes, but the music of your life continues—and you have the power to shape the tune.

WEEKLY HOROSCOPE

ARIES (Mar 21 – Apr 20)

Momentum builds again! The fiery energy of Mars keeps you driven, but mid-week, patience wins over pushing. Step back and plan carefully—your efforts will soon pay off in visible ways.

TAURUS (Apr 21 – May 21)

Venus brings harmony and affection. Relationships feel grounded and supportive, especially if you've been navigating tension. A weekend surprise may spark deeper emotional connection.

GEMINI (May 22 – Jun 21)

It's a busy, detail-oriented week. Mercury favors organization and problem-solving, but avoid spreading yourself thin. Friday's alignment helps turn an idea into a practical success.

CANCER (Jun 22 – Jul 22)

Joy returns through creativity, family, or leisure. The Moon's gentle touch reminds you to nurture yourself as much as others. Mid-week favors romantic or artistic pursuits.

LEO (Jul 23 – Aug 23)

Home takes center stage again. Renovate, redecorate, or simply make space for calm. Sunday's energies lift your spirits and may reconnect you with someone dear from the past.

VIRGO (Aug 24 – Sept 22)

Conversations flow with renewed purpose. Mercury and Jupiter amplify your voice—great for presentations or heartfelt talks. A message you send now carries long-term importance.

LIBRA (Sept 23 – Oct 23)

Finances and priorities realign. Venus supports steady growth but warns against impulse spending. Stay balanced between comfort and ambition; a smart decision brings relief.

SCORPIO (Oct 24 – Nov 22)

This is your season of rebirth. The Sun in your sign highlights confidence and self-mastery. Take charge of plans—your intuition is sharp, and transformation comes naturally now.

SAGITTARIUS (Nov 23 – Dec 21)

Rest and reflection prepare you for new beginnings. Dreams hold insight, and solitude refreshes your fire. By the weekend, optimism returns stronger than ever.

CAPRICORN (Dec 22 – Jan 20)

Networking proves fruitful. A group project, colleague, or friend may open an unexpected door. Saturn rewards consistency—stay professional, and progress follows.

AQUARIUS (Jan 21 – Feb 18)

Your career takes priority. Recognition or a key meeting could elevate your path. Keep your tone diplomatic—leadership grounded in empathy earns lasting respect.

PISCES (Feb 19 – Mar 20)

A wave of inspiration carries you forward. Explore new studies, travel ideas, or spiritual pursuits. Venus and Neptune make imagination your greatest ally—follow where it leads.

This Thanksgiving
make sure
drinking & driving
isn't on the
menu



Coming off a 33-year high, deaths on Washington's roads dropped nearly 10% last year, according to state data released Wednesday.

The state saw 731 people die in vehicle crashes in 2024, according to the Washington Traffic Safety Commission's preliminary data. That's down from 743 in 2022 and 809 in 2023, the most since 1990. But it's still well above levels in the 500 range recorded annually from 2015 through 2020.

"This is obviously a welcome change to see our annual fatality numbers decline after experiencing large increases over the previous four years," Shelly Baldwin, the commission's director, said in a press release. Baldwin added, "We still have a lot of work to do to further reduce these historically high fatality numbers."

<https://washingtonstandard.com/2025/05/28/washington-traffic-deaths-down-after-record-year/>

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Astrology for November 14-20 2025

Chaos and Shocking Developments, New Moon in Scorpio 28°

On **November 17**, the Sun in Scorpio creates a grand trine with Jupiter retrograde in Cancer and Saturn retrograde in Pisces at 25°. Mark your calendars! Cue Earth, Wind, and Fire! In all of the chaos of this messy month, today is a shining star, no matter who you are! A grand water trine with the expansion and benevolence of Jupiter, vitality of the Sun, and the stability of Saturn. YES! Water trines offer beautiful experiences around emotional connection, ease and depth of feeling, accurate and effective use of intuitive hits and psychic channels, outpouring creativity, and a general balm of natural flow. This is a great day to do something you love, with people you love, for a cause you love, for any reason you love. Connect with those you care about, create a memory that will last. In more mundane matters, if you need to get something done that isn't so spectacular or inspiring, this day of overall ease in operations can see it handled in spades. Mercury is still retrograde of course, so moving slowly and double checking details is key. Even with a few miscommunications or snafus, things feel synchronistic today. Reminders of the magic of existence. Green lights from the stars.

On **November 19**, Mercury retrograde in Scorpio will oppose Uranus retrograde in Taurus at 29°. Sliding down the rainbow ends abruptly with this transit of unexpected occurrences at the anaretic degree. Explosive and/or surprising communications that seem to rehash well gone-over topics. Challenges in one-on-one dynamics that come to a head. More disregulation and delays in the travel industry. More details behind hidden truths become exposed. Opinions change suddenly. Information out of left-field. Things will breakdown. People will breakup. But! It is possible to navigate sudden changes in attitude or preference. If we don't act impulsively - and this will be very difficult due to the level of intensity of this moment - there can just as well be breakthroughs instead of breakdowns. This is also the day before the new Moon, notoriously the lowest energy point in the Moon cycle. A whole lot of busyness, chaos, overwhelm and commotion for a day where we likely do not have a lot of energy on reserve.

November 20 brings the new Moon in Scorpio at 28°. This new Moon is exactly conjunct Mercury retrograde in Scorpio at 28°. This new Moon also features the perfection of Uranus retrograde in Taurus sextile Neptune retrograde in Pisces at 29°. New Moons are generally for planting new seeds of intention, about what we would like to see flourish or grow in the weeks ahead. With Mercury retrograde's presence here, we may be sorting through previously planted intentions this time around, checking in on their viability knowing what we know now. Has anything changed? Has anything grown? The conversation between Neptune and Uranus is thoughtfully guiding us to tie up any loose ends. We are absolutely still under the influence of Mercury retrograde opposing Uranus retrograde in Taurus, so the shakeup energies will continue to stir the pot. Although this is likely uncomfortable, it is in fact helpful toward our discretionary aims. What should we continue to fertilize and what to compost? Do your best to find slowness at this time. Listen to the quiet beneath the chaos to find what is actually true for yourself. Let things unfurl and unfold. The energies are disruptive and the dust has not yet settled.



**November 14th – November 20th
Ace of Cups Reversed**

While this is a love letter spoken poetically through the tarot, occasionally the inbound astrological transits are too strong not to weave their way into the card's missives. Noa has the skinny on the astrology details, but here's what this week's card wants you to bear in mind.

Practically speaking, please slow down, be patient, use extra caution, and leave early when traveling this week, especially November 18th through November 20th. Thursday night, we're graced with a powerful New Moon in Scorpio, which

amplifies intense water energy as numerous planetary bodies are in water signs, several of whom are retrograde this week, including Mercury. Mercury (associated with travel, transportation, communication, and more) Retrograded has the potential to look like dropping your new smartphone in a puddle of water, busting your water pump, or any number of delays. However, with the heightened energies and astrological alignments, there is an increased potential for water related motor vehicle accidents.

This week's card nudges the reminder to brush up on water emergency safety tips from local authorities, including steps to take in the event of hydroplaning or submerged vehicle incidents. Did you know the headrests in most modern vehicles are detachable and the support rods can be used to break a window should a need arise?

With the weighted memos proffered, the card also shares some lighter notes encouraging you to safely visit the water's edge or nearby beaches. Make a few moments to skip some stones or shells across the surface, or just observe the ridiculously early sunset, and allow the elemental energies to bring you back into emotional balance. Some painful truths were spoken recently, but they needed to spill forth. Do try not to bottle yourself back up. Your emotions are valid and you deserve to feel the spectrum of them in healthy flow.

Please remember that while these forecasts are channeled with a focus on truth, your own discernment is your best compass. Trust what resonates, and let the rest pass like clouds across your sky. ~Xo, Tiffany

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THE RUNNING MAN (R)
FRIDAY-SUNDAY & WEDNESDAY
1:30, 4:10, 7:30 PM
THURSDAY
1:45, 4:25, 7:05 PM
NOW YOU SEE: NOW YOU DONT (PG-13)
FRIDAY-SUNDAY & WEDNESDAY
1:45, 4:25, 7:15 PM
THURSDAY
2:00, 4:45, 7:15 PM
PREDATOR: BADLANDS (PG-13):
FRIDAY-SUNDAY & WEDNESDAY
2:00PM 4:40PM & 7:30PM
WICKED + WICKED:
FOR GOOD DOUBLE FEATURE (PG)
THURSDAY : 1:30 PM
WICKED: FOR GOOD (PG)
THURSDAY: 7:30 PM

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Publisher.....**Samantha Goodman** Contributing Writers
Editor **Jacob Goodman** **Jim Sovanski**
 JoAnn Hellmann
 Merrick Parnell

CONTRIBUTE TO WHIDBEY WEEKLY

PRESS RELEASES..... editor@whidbeyweekly.com
ADS & WHAT'S GOING ON..... advertise@whidbeyweekly.com
OBITUARIES..... obituaries@whidbeyweekly.com
OUR COMMUNITY..... hmsbrooker@icloud.com
CLASSIFIEDS..... classifieds@whidbeyweekly.com
PUBLISHER..... samantha@whidbeyweekly.com
CIRCULATION..... jacob@whidbeyweekly.com

Contributing Columnists
Helen Mosbrooker
Charles LaFond
Tracy Loescher
Noa
Tiffany FitzPatrick
Island County Historical Society Museum
Whidbey Veterans Resource Center

Samantha Goodman
Jacob Goodman

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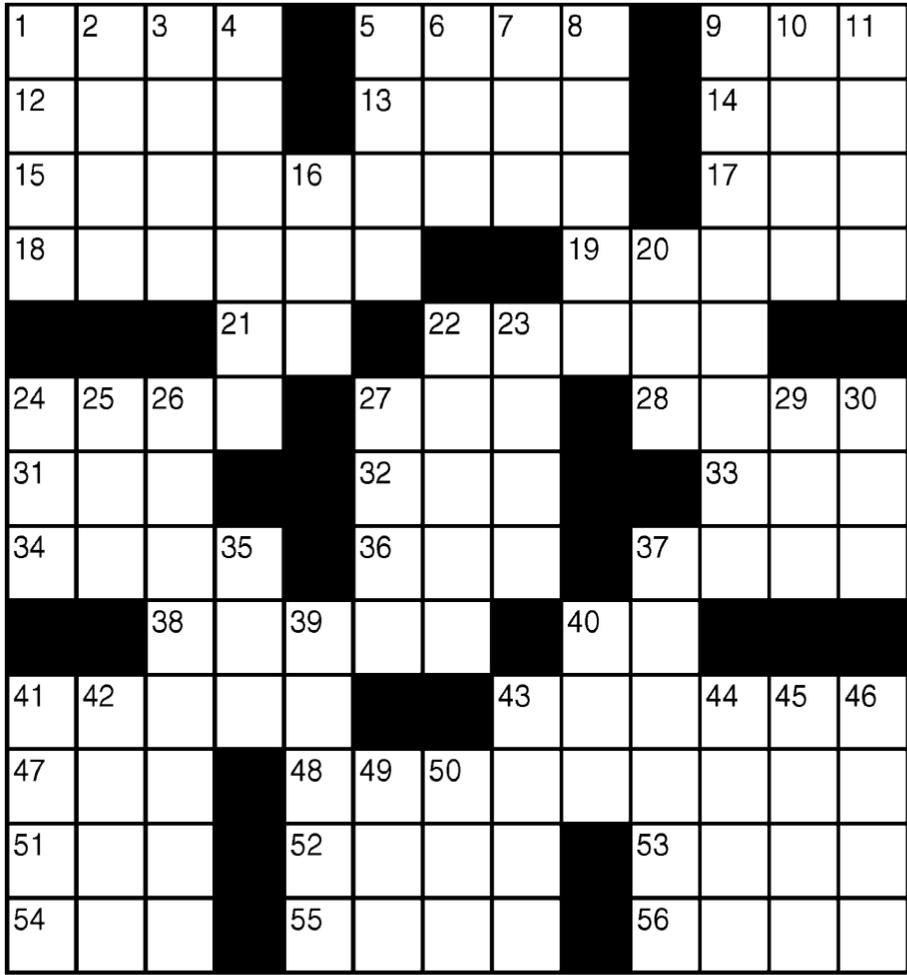
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Now Showing!
Friday, November 14 - Sunday, November 15

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CLUES ACROSS

- 1 Ella's style
- 5 Haydn nickname
- 9 Oklahoma city
- 12 "Hell -- no fury ..."
- 13 Pitcher
- 14 Goose egg
- 15 Long-snouted mammals
- 17 "Mazel --!"
- 18 Actress Ryder
- 19 Puccini work
- 21 ICU worker
- 22 Tablecloth material
- 24 Broadway production
- 27 Silent
- 28 Pesky insect
- 31 Poetic dusk
- 32 Khan title
- 33 "Hail, Caesar!"
- 34 Evening, in an ad
- 36 Rep.'s rival
- 37 Blue shade
- 38 "It's nobody -- business"
- 40 Yes, to Juan
- 41 Least desirable
- 43 Iraqi currency
- 47 "Entourage" character
- 48 South Pole region
- 51 Corp. boss
- 52 Leeway
- 53 Bandleader Puente
- 54 Lith., once
- 55 Art Deco master
- 56 Leftovers recipe

CLUES DOWN

- 1 "Candida" playwright
- 2 Kid's plea
- 3 Envelope abbr.
- 4 Supposition
- 5 Anti-fur org.
- 6 Shock partner
- 7 For each
- 8 Incendiary crime
- 9 Feelers
- 10 Couturier Christian
- 11 Thomas -- Edison
- 16 Raggedy doll
- 20 Identify
- 22 Olympic sleds
- 23 Mosque leader
- 24 Stock holder
- 25 Maui souvenir
- 26 Toward the front
- 27 Constructed
- 29 Director DuVernay
- 30 Aviv preceeder
- 35 Golf's Ernie
- 37 Colors lightly
- 39 Intent look
- 40 -- Lancelot
- 41 Some WWII vets
- 42 Unrefined metals
- 43 Title for Judi Dench
- 44 Bickering
- 45 Bar mitzvah, e.g.
- 46 Garbage barge
- 49 Neither here -- there
- 50 Preschooler

Answer on page 11



OUR Community

An Upbeat Question of the week

By Helen Mosbrooker

As a veteran, what has been your most memorable experience while in the service of our country?



Michael Bobeck,
Oak Harbor

My most memorable experience while in the service of my country is difficult to pinpoint to just one or two. I retired after almost 38 years, both on active duty and as a full-time National Guardsman. Today, 10 years since retirement, the most memorable experience for me is camaraderie and lifelong friendships that developed with soldiers I worked for, worked with, and with those who worked for me. The

ability to stay in contact with so many of them through social media, chatting or texting on iPhone, and email has allowed us to remain friends, help each other, and continue to serve in our communities, almost like we never retired. My first platoon sergeant, whom I worked for as a brand-new enlisted private infantryman, came to my promotion to Brigadier General 33 years later and remains one of my closest friends.



Noah Sanders,
Oak Harbor

Although I may not be a veteran (active duty), I've still served with many friends and individuals that I eventually began to call family.

One of the more memorable moments that I have experienced, so far in my Navy career, was when it had snowed in Pensacola, this past winter. Snow, in Florida? Yes, it was a very strange sight indeed. And there was snow. Lots of snow (in Florida terms). Enough snow to shut down the area for an entire week. This landfall made history for the city. And for many of my friends, a lot of them haven't been in a snowy environment before. So, with the Holiday season in approach, everyone was in such a jolly mood. With all the snowballs, creative snowmen, and more related activities that spread across the town, a lighter side revealed that we were still normal people, even with our disciplined schedule and routine. It's a time a vividly remember quite well.



Joseph Reyes,
Oak Harbor

Reflecting on my Navy journey, it's hard to choose one defining moment—each milestone, from boot camp graduation to my first deployment, shaped who I am. Yet, my time volunteering with the Pacific Northwest Naval Air Museum stands out most. It's been deeply rewarding, connecting me with inspiring people and unique experiences that few at NAS Whidbey Island share. One highlight was towing the replica U.S.S.

Nimitz to air shows and parades—an experience that deepened my pride and connection to naval history.

The most unforgettable moment, though, was flying in one of the last airworthy PBY-5A Catalinas—a true once-in-a-lifetime experience. I feel incredibly fortunate to be part of this team, where every opportunity brings new adventures and lasting memories.

Joyful Saying of the Week *The joy of your spirit is the indication of your strength.*
-Ralph Waldo Emerson

Play Better Golf with JACK NICKLAUS



JOES LOOKING AT PUTTS FROM BOTH SIDES OF THE HOLE PROVIDE A CLEARER IMPRESSION OF THE LINED WHEN THE BREAKS ARE SLIGHT IT CAN ACTUALLY CONFUSE THE ISSUE.

FIRST IMPRESSIONS ARE GENERALLY THE BEST. BEYOND THAT, REMEMBER THAT MOST PUTTS BREAK IN THE DIRECTION OF OVERALL SLOPES - WHICH IS WHY YOU SHOULD SIZE UP THE LIE OF THE LAND AS YOU WALK ONTO THE GREENS.

YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST

Fri, Nov 14 North Isle H-53°/L-46°	Sat, Nov 15 North Isle H-54°/L-48°	Sun, Nov 16 North Isle H-52°/L-43°	Mon, Nov 17 North Isle H-49°/L-40°	Tues, Nov 18 North Isle H-47°/L-40°	Wed, Nov 19 North Isle H-46°/L-41°	Thurs, Nov 20 North Isle H-48°/L-40°
South Isle H-53°/L-48°	South Isle H-53°/L-41°	South Isle H-52°/L-44°	South Isle H-48°/L-41°	South Isle H-48°/L-41°	South Isle H-45°/L-41°	South Isle H-48°/L-41°

Weekly SUDOKU

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

DIFFICULTY THIS WEEK: ◆◆◆ Moderate ◆◆◆ Challenging
◆◆◆ HOO BOY!
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6	5	1	3	2	4	7	8	6
8	2	9	6	8	3	4	5	9
9	4	7	5	8	6	1	9	3
8	5	9	2	4	1	6	3	7
4	6	3	9	7	5	8	1	8
2	4	6	5	8	9	1	3	7
4	1	2	9	7	6	5	8	3
8	7	3	4	6	9	2	5	1
5	9	6	1	3	8	4	7	2

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Family Resource Center
 723 Camano Ave, Langley. 360-221-6808 ext 4321
 School supplies, coats, warm clothing, resource connections. Mon-Wed 9 a.m. - 5 p.m. Thurs 9 a.m. - 12 noon, or by appt. readinessstolearn.org

Mother Mentors
 360-321-1484
info@whidbeymothermentors.org
 Carregiving mentoring and play support, mothermentors.org

I Support the Girls
 360-678-2090
isupportthegirls.org/affiliates/whidbey-island
 Essential health and hygiene items for women and girls.

Island Senior Resources
 360-321-1600
 14594 SR 525, Langley
 Multiple 50+ programs and services. Mon-Fri, 8:30 a.m. - 4:00 p.m. senior-resources.org

Pamoja Place pamojaplace.org
 721 Camano Ave, Langley
 Safe space for BIPOC people and allies to connect, collaborate, and celebrate.

Veterans Resource Center
 360-331-2496
 723 Camano Ave, Langley
 Events, Support, and Benefits help
 Monday 10 a.m. - 3:30 p.m.
 Tues - Thurs 1:00 - 4:30 p.m.
 Saturday by Appointment. whidbeyvrc.org

Veterans Services
 360-632-2496
 105 NW 1st, Coupeville
 Monday - Friday, 8:00 a.m. - 4:30 p.m.

MINISTRY

A Self-Sustaining Ministry (SSM) named Restorative Life Ministry is being established in Island County. For inquiries, please contact restorativelife@proton.me

NEW BUSINESS HOURS

Coffee At Dawn New Hours
 Hi All, beginning Friday November 14th our new hours will be: Friday thru Monday 7:30am to 3pm. The kitchen will be open until 2:30 but the coffee bar with pastries will serve until 3:00pm.
 5331 S Crawford Rd, Langley

RESOURCES

Basic Food Benefits Community Services Office: 275 Pioneer Way #201, Oak Harbor 877-501-2233
 Food Banks:
Gifts From the Heart:
 108 SW Terry Road
 Monetary donations, they should be sent to:
 PO Box 155, Coupeville 98239
 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 Tues)
 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. Hubert's Catholic Church
 Wednesday Soup Kitchen
 All are Welcome!
 11 a.m.-12:30 p.m.
 804 3rd St., Langley
 360-221-5303
 Ask about our Thursday Dinner
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

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+

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
 is a night-to-night shelter for up to 30 individuals. Must follow check in rules and must register daily between 4:00 and 4:30pm Mon. thru Fri. and 3:45 pm to 4:00 pm on Saturdays and Sundays at the SPiN Café, 1241 SW Barlow St., Oak Harbor.

House of Hope Emergency Housing, Langley, 360-708-4533. Transitional housing for families and adults at severe risk of homelessness; to apply, 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

MONTHLY MEETING

Monthly Meeting for Mental Health Hosted by NAMI for All Adult Individuals who have a family or friend suffering from depression, anxiety, bi-polar disorder, or other mental health conditions. Trinity Lutheran Church in Freeland, Lower Building Closest to the Highway 18341 WA-525, Freeland 3rd Wednesday of the Month 1:00 - 2:30 p.m.
 Email for more information: karens@nami-sno-isle.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 Methodist Church, 301 Anthes in Langley. We meet in the Fireside Room, rear of church. Karol:360 914 7695.

Have a problem with drinking? It doesn't cost anything to attend **A.A. meetings**. Local Meetings are in Coupeville, Freeland, Langley, Clinton, and Oak Harbor. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about their drinking problem. A.A.'s primary purpose is to help alcoholics to achieve sobriety. We're here to help. For local meetings search aa.org or call 888-360-1564

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: Rebecca 425-773-6937

Bothered by someone's drinking? **AlAnon** can help! Langley Family AlAnon Group, Wednesdays 9:30 AM to 10:30 AM, Langley Methodist Church, 301 Anthes Ave, Langley. Fireside room Information: (206) 898-2771.

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/>

OVEREATERS ANONYMOUS Tuesdays 7 PM to 8 PM Langley United Methodist Church 301 Anthes Ave. Room 224 Langley, Washington 98260 For local meeting information and support call: Kevin 206-395-9622

Adult Children of Alcoholic and Dysfunctional Families meeting, Tuesdays 2-3 pm, Langley Methodist Church - 301 Anthes Ave, Langley - Fireside room. Contact: acawhidbey@gmail.com

CLASSIFIED INFORMATION

US Postal Mail

**Whidbey Weekly
 Classified Department
 PO Box 1398
 Oak Harbor, WA 98277**

E-Mail classifieds@whidbeyweekly.com
 Telephone 360-682-8283

PLEASE CALL WHEN YOUR ITEMS HAVE SOLD.

Please try to limit your classified to 30 words or less, (amounts and phone numbers are counted as words) we will help edit if necessary. We charge \$12/week for Vehicles, Boats, Motorcycles, RVs, Real Estate Rental/Sales, Business Classifieds and any items selling \$1,000 and above. We do charge \$25 to include a photo. The FREE classified space is not for business use. No classified is accepted without phone number. We reserve the right to not publish classifieds that are in bad taste or of questionable content. All free classifieds will be published twice consecutively. If you would like your ad to be published more often, you must resubmit it. **Deadline for all submissions is one week prior to issue date.**

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