

January 23, 2026 - January 29, 2026

Whidbey Weekly

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“We’re Not Going to Budge”

Compiled by Samantha Goodman | *Whidbey Weekly*

Inside CADA’s decision to maintain service standards amid changing funding requirements

CADA’s leadership describes a deliberate response to changes in grant language and eligibility requirements. After new conditions were introduced—affecting how organizations could describe services, define populations served, and structure programs—CADA convened internal discussions with staff and board members. The conclusion was clear: The organization would continue to describe its services accurately. It would continue serving individuals across a wide range of circumstances. It would not redesign programs solely to meet shifting terminology requirements. Instead, CADA chose to reduce reliance on government funding where possible and expand efforts to secure private and foundation-based support.

“That was a conscious decision,” leadership said. “We’re not going to change how we describe our work or who we serve.”

This decision has influenced fundraising strategies, staffing levels, and operational planning.

Why the Victims of Crime Act matters here

A significant portion of CADA’s historical funding has come through the Victims of Crime Act (VOCA), a federal funding mechanism supported by settlement dollars from certain federal prosecutions. These funds support services such as:

- Medical examinations following traumatic incidents
- Follow-up medical care related to those incidents
- Emergency housing and shelter
- Coordination with legal systems

CADA was established during the early implementation of VOCA, and for decades the two systems functioned in parallel. VOCA funding levels fluctuate based on the size of the federal Crime Victims Fund rather than annual appropriations. As the available pool has declined, so has the amount distributed to states and local agencies. Temporary stabilization funds introduced during the COVID period have since expired. What remains is a reduced funding stream that is distributed competitively through state agencies, increasing pressure on local service providers. Some states have adopted stabilization measures to offset reductions. Washington State has not implemented a comparable approach, citing competing fiscal obligations and broader system pressures. For organizations like CADA, this has resulted in a widening gap between service demand and available resources.

What support services actually involve

Support services are sometimes misunderstood as abstract or administrative. In practice, they are highly practical and time-intensive. Staff describe their role as helping individuals navigate complex situations when decision-making capacity is overwhelmed.

This work includes:

- Assisting with replacement of identification documents
- Coordinating address confidentiality measures
- Working with schools to support

- continuity for children
- Securing basic necessities such as phones, clothing, hygiene items, and food
- Explaining legal timelines and options without directing outcomes
- Developing safety plans when law enforcement involvement is not requested

These activities support stabilization and safety. When such services are excluded from funding eligibility, the need does not disappear—the work simply becomes unfunded.

Interaction with law enforcement

CADA does not require or initiate law enforcement involvement as a condition of service.

Staff explain that engagement with police occurs at the request of the individual seeking support or when officers reach out directly to request coordination, shelter availability, or safety planning assistance.

This approach allows individuals to access information and support while maintaining agency over next steps. Timeframes for reporting vary based on age and circumstances, and individuals may seek assistance long after an incident occurred.

CADA’s role is to provide information, explain options, and support decision-making—not to direct outcomes.

Who accesses services

CADA does not collect unnecessary personal data. Information such as immigration status is not tracked, and identity-related disclosures are optional.

Available service data indicates that individuals seeking support represent a wide range of circumstances:

- Approximately 20 percent are men
- Around 13 percent identify outside traditional gender categories
- Roughly 12 percent are seniors
- Many situations involve caregiving dynamics, housing-related coercion, family or intergenerational conflict, or harm between non-intimate parties, in addition to intimate partner situations

These patterns underscore the need for service systems capable of responding to diverse household and relationship structures.

The math of sustainability

CADA currently operates on approximately \$600,000–\$700,000 annually. Leadership estimates that returning to pre-pandemic staffing and service levels would require approximately \$1 million per year. Expanding emergency housing capacity or broadening service options would require \$1.5–\$2 million, supported by stable, long-term funding.

Without predictable funding, even donated facilities or expanded space cannot be used reliably. Opening services without assurance of continuity risks sudden closure, which creates additional instability for individuals seeking help.

Operational adjustments

To reduce overhead, CADA relocated its primary office to Coupeville, reducing rent and increasing proximity to the courthouse and hospital. The facility is designed to be discreet and secure, with controlled access.

Limited services continue on the North

End, with phone and video options available to preserve confidentiality in a small community. Emergency shelter locations remain undisclosed.

What is needed now

CADA’s leadership emphasizes that community support remains important, but it cannot resolve systemic funding gaps on its own.

Immediate needs include:

- Trained volunteers to assist with crisis line coverage and client support
- Support with volunteer coordination and scheduling
- Additional staff capacity, with current openings for a Part-Time Advocate and a Full-Time Advocate
- Community understanding when service availability is limited

Longer-term considerations include evaluating how crisis response services fit within broader public safety and community infrastructure funding models.

Closing context

Maintaining consistent access to crisis support services requires coordination across community organizations, public systems, and funding sources.

As demand continues, the question becomes how Island County ensures continuity, capacity, and shared responsibility—so that individuals seeking help encounter not just a referral, but a system able to respond.

What they need now

CADA’s leadership is blunt: donations help, but donations will not solve this.

Immediate needs include:

- Trained volunteers willing to assist with crisis line coverage and direct client support
- A volunteer coordinator, or individuals interested in helping organize and manage volunteer efforts
- Additional staff capacity, with current openings for a Part-Time Advocate and a Full-Time Advocate
- Community understanding when wait times increase or shelter space is limited

Longer term, they are asking for something more structural:

Recognition that domestic violence response functions as core public safety infrastructure, alongside law enforcement, fire, and emergency medical services—and should be funded accordingly.

“If we’re running a 24/7 helpline that everyone refers to,” staff asked, “why shouldn’t agencies like ours receive a portion of public safety funding?”

The risk of silence

CADA’s refusal to change its language is not ideological. It is practical.

Removing words does not remove harm.

Defunding advocacy does not remove need.

What it does is push survivors into longer waits, fewer options, and quieter suffering.

As one advocate put it: “People don’t understand the cuts until they’re the one calling and hearing there’s no shelter.”

By then, the system has already failed them.

If you or someone you know needs support

Situations involving harm, control, or unsafe behavior can be difficult to recognize—especially when they do not involve visible injury or immediate danger. These situations can include patterns of

coercion, intimidation, isolation, unwanted contact, or threats within households, caregiving relationships, housing arrangements, or personal relationships.

If something feels concerning, it is appropriate to reach out for information or guidance. Support services are available, and seeking help does not require making a report or taking immediate action.

Community members are encouraged to pay attention, check in, and speak up when something seems off. Letting someone know they are seen, believed, and supported can make a meaningful difference. No one is expected to handle these situations alone.

Local support and crisis assistance

CADA provides confidential support services for Island County residents, including a 24-hour help line, safety planning, and crisis response.

- CADA Help Line: (360) 675-7168
- Toll Free: (800) 215-5669

Calls are answered by trained advocates who can help callers talk through concerns, explore options, and identify next steps. Support is available whether the situation is recent, ongoing, or happened in the past.

If someone is in immediate danger, call 911.

Ways the community can help

For those looking to support this work, CADA accepts community contributions and practical donations to help meet immediate needs for clients and operations.

General donations:

cadacanhelpp.org/donate

CADA Client Wish List:

wishlist.com/l/wqNwOJ

CADA Office Wish List:

wishlist.com/l/YJlkw

Contributions of any size help support food, hygiene supplies, basic necessities, and day-to-day operations.

Additional references:

Domestic Violence & Relationship Abuse

National Domestic Violence Hotline:

1-800-799-SAFE (7233) or online chat via thehotline.org — 24/7, confidential support for domestic abuse, intimate partner violence, and relationship harm.

Sexual Assault & Abuse Support

National Sexual Assault Hotline (RAINN): 1-800-656-HOPE (4673) or online chat at rainn.org — 24/7 support, information, and crisis counseling.

Mental Health & Emotional Crisis

988 Suicide & Crisis Lifeline: Call or text 988 for immediate support during emotional distress, suicidal thoughts, or mental health crisis.

Youth & Family Support

National Runaway Safeline: 1-800-786-2929 (1-800-RUNAWAY) — support for runaway, at-risk youth, and families.

Additional Support Lines to Consider

If someone needs broader help beyond these, there are specialized and state-level services that can assist. Readers can consult:

The Office for Victims of Crime Help in Your State directory at ovc.ojp.gov for local victim services.

BITS & PIECES

WHIDBEY'S WAYS OF WHALES WORKSHOP SHARES CETACEAN AND SALMON SUCCESS STORIES

What do harbor porpoises in Puget Sound have in common with an old golf course? They are both examples of conservation success stories that will be highlighted at this year's annual Ways of Whales Workshop, presented by Orca Network on Saturday, January 24. The workshop, which runs from 10:00am-5:00pm, at Coupeville High School's Performing Arts Center on Whidbey Island with an option for virtual attendance, will feature presentations showcasing species recovery and salmon habitat restoration projects, in addition to information about local whale sighting trends. One workshop session will be devoted to the remarkable comeback of humpback whales in the Salish Sea since the late 1990s, and the challenges the population faces today.

"Whales, their prey and their habitats are facing a lot of challenges in today's world," said Cindy Hansen, Orca Network's Education and Advocacy Coordinator, "but we hope that the topics shared will lead to some hope and optimism."

Salmon habitat conservation, essential to Southern Resident Orca recovery, is another topic that will be addressed at the workshop. A panel focusing on salmon habitat protection and restoration will include a series of short presentations by George Pess speaking about the removal of the Elwha River dams, Stephanie Raymond speaking about Duwamish River estuary restoration projects, and Whitney Neugebauer from Whale Scout talking about the Former Wayne Golf Course.

The Ways of Whales workshop brings together researchers, advocates, educators and whale lovers every year for continuing education and networking. In addition to fascinating presentations by experts in their field, the day offers a popular silent auction, an opportunity to socialize with fellow whale enthusiasts, and the chance to visit the Learning Lobby and learn about the great work being done by Orca Network's Pod Partners.

Find more information and register at <https://givebutter.com/c/e8NM4k/> Registration is \$50 for general admission, \$40 seniors and students. Clock hours are available for teachers. Please contact Orca Network with any questions at cindy@orcانetwork.org or 360 223-5666. To learn more about Orca Network's programs, visit www.orcanetwork.org.

Mayor Wright Declares Friday, January 23, "Blue and Green Day" for the Seattle Seahawks

Mayor Wright is declaring Friday, January 23, as Blue and Green day, encouraging the community to show their support for the Seattle Seahawks ahead of their upcoming game this Sunday.

City employees, families, students, businesses, and everyone in Oak Harbor are invited to participate by wearing Seahawks blue and green. "Like many of you, I'm a huge Seahawks fan, and sometimes it's nice to have a little fun on a Friday while showing our support for the Hawks," said Mayor Wright. "This is a great opportunity for our community to come together and rally behind our Seattle team."

Mayor Wright encourages everyone to participate, snap photos, and help spread the Seahawks spirit by sharing their photos on the City of Oak Harbor's Facebook page or emailing info@oakharbor.org.

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Life Tributes

Duane Darron Newman July 17, 1960 - January 9, 2025

Duane Darron Newman was born on July 17, 1960, to Frank Vernon Newman Sr. and Clarice Marlene Newman at Scott & White Memorial hospital in Temple, TX. Duane was baptized at an early age at Kell Branch Methodist church by Rev. Rucker, he was an active member of the youth choir as well as the Boy scouts of America and National Association for the Advancement of Colored People. He started working at a young age through Manpower, up until he graduated from Belton High School in 1979, after graduation he attend college at TSTI majoring in business management.

Duane married Cheryl Cotton in Austin, TX, under this union two children were born, Ashley Newman & Davon Newman.

He was preceded in death by his father Frank Vernon Newman, sister Shery Lynn Newman, brother's Reginald Darron Newman Sr., Tyrone Vincent Newman, a nephew Jacque Lavon Greene and a niece Terri Lee Newman.

He is survived by his two children, Ashley & Davon, his mother Clarice Moore Grantt Fort Worth Tx; brother Frank Vernon Newman Jr. San Antonio Tx, sister's Rhonda Newman Fort Worth Tx, Laquisha Newman Suarez Troy Tx, Jarvis Lewis Troy Tx, Kimberly Lewis Waco Tx, a niece Shayla Greene Hurst Tx, a nephew William Greene Arlington Tx; and a host of relatives and friends.

Duane was an active member at Oak Harbor SDA church and most recently baptized 11/16/2019. Duane cherished his family and friends; he was active and helpful with the community. He had a passion for cooking and worked at various facilities. His most recent employment was at New Leaf in Oak Harbor, WA , he was considered a valued employee.

Duane Newman was a kind soul, who loved to laugh and enjoy life. He will forever be missed.

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



Bring Out The Best

A New Year, A New Look
by Jo Hellmann

Time flies. And when you're older, it flies faster I've discovered. Hard to believe that next month will make two years that I've been writing a monthly article for Whidbey Weekly.

The editor has been kind enough to allow me to write about whatever suits my fancy, which has included topics ranging from attitudes to holidays to trivia. I've noticed in looking over my nearly two dozen articles that for the most part they've tended to accentuate the positive, a topic I wrote about last November. With so many negatives bombarding our lives these days it's easy to lose track of the good. So I try to use every opportunity I can to highlight what I call the "glass-half-full" philosophy of life.

With it being the start of a New Year, it seems the best time (you'll see what I did there in a moment) to bring that idea here each month. With a New Look to boot. And a catchy title to tie it all together, the latter thanks to my last name. For those unfamiliar with East Coast products, Best Foods mayonnaise is called Hellmann's there, and the jingle is "Bring out the Hellmann's and bring out the best." So in being a Hellmann (unfortunately no relation), why not use this format to do just that? To focus on the best in people, places and things.

A timely example of this: My daughter flew to Palm Springs earlier this month to see the singer Morrissey the following night. She arrived to find the concert was cancelled while she was enroute. What did she do? She went to the International Film Festival, relaxed at a spa, finished a book, did some fine dining, relaxed at a spa again and generally made the most of her two days there. Even though she missed seeing the sold-out showing of the movie Frankenstein that included the presence of director and acclaimed filmmaker Guillermo del Toro. Plus having her return flight rescheduled twice, getting home at nearly 4 a.m. She summed up all that with "It hasn't been a bad weekend." A well-deserved break for that busy corporate maven and mom. Perhaps I passed along some positivity DNA. <smile>

Anyway, besides adding a theme, you'll notice my first name has subtracted three letters, as I'd like my Readers to know me as many folks do. Funny story about my name: My parents apparently didn't decide on it beforehand. Maybe they were waiting to see if I'd be a boy or girl. When I arrived my mother almost picked Michelle as she liked her nurse's name. Then she thought, nah, she'd give me her name, Josephine. Not very creative, ma. But her mother wanted me named after her, Anna. They decided to combine both names and voilà! — JoAnna. The funny thing is, growing up I was called JoAnn all the time, so I thought that was my actual name. Even my school records recorded me as that. Don't know what was going on there. It wasn't until I was almost 16 and discovered my actual name. At that point I just kept it at JoAnn. But deep down inside I'm really JoAnna. Has more flare. So Dear Reader, should you have an idea for me to expand upon or would like to provide any feedback, feel free to email me at joanna2026@yahoo.com

Until we meet again: Here's to new adventures, growth, and a year where every challenge becomes an opportunity and every day shines with positivity.



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What's Going On!

STORMING THE SOUND

Friday, Jan. 23, 8:00 a.m.–4:30 p.m.
Skagit Valley College, 2405 East College Way, Mount Vernon

Environmental educators from across the North Sound region are invited to gather for a day of learning, collaboration and inspiration hosted by Sound Water Stewards. The event features keynote speaker Chris Morgan and focuses on understanding challenges facing regional ecosystems and communities, while sharing ideas and goals for a healthier future.

IN THE BLEAK MIDWINTER: CHAMBER MUSIC CONCERT

Friday, January 23, 7:00 p.m.
Unitarian Universalist Congregation of Whidbey Island
20103 SR 525, Freeland

A reflective evening of chamber music and spoken word offering stillness and renewal after the holiday season. Featuring seasonal works by Debussy, Poulenc, Vaughan Williams, Holst, Bruckner, Schubert, and others, performed by Whidbey Island musicians in an intimate setting.

Suggested donation: \$25
All are welcome.

WAYS OF WHALES WORKSHOP

Saturday, January 24, 10 a.m.–5 p.m.
Coupeville High School Performing Arts Center
501 S. Main Street, Coupeville

Join Orca Network for its annual Ways of Whales Workshop, a full-day gathering focused on whales, marine ecosystems, and conservation in the Salish Sea. The program features presentations from regional experts on orcas, humpback whales, harbor porpoises, salmon recovery, and whale sighting networks, along with a panel discussion on salmon success stories.

Lunch is available on site, and the popular silent auction returns with online and in-person participation options.

Cost: \$50; \$40 for students and seniors.

FRUIT TREE WORKSHOPS

Pacific Rim Institute
180 Parker Road, Coupeville
Saturday, January 24, 10 a.m.–2:30 p.m.

A hands-on workshop series for home gardeners and orchardists, led by local grower Dan Vorhis of Muscle and Arm Farm. Learn practical, seasonally appropriate techniques for selecting, planting, pruning, and caring for fruit trees in the Pacific Northwest.

Jan. 24: Fruit Tree Selection and Care (10 a.m.–12:30 p.m.)

An introductory session covering cultivars, rootstocks, plant needs, pests, diseases, and fertilization.

Cost: \$25 advance, \$30 at the door.

Additional classes in the series run Feb. 28, March 14, April 25, and May 23, focusing on pruning, grafting, soil science, and maritime figs.

BIRD WALKS AT DECEPTION PASS

Saturday, January 24, 10 a.m. - noon
Cornet Bay, Deception Pass State Park
160 Cornet Bay Road, Oak Harbor

Explore common and uncommon bird species with a guided walk from Cornet Bay to Hoypus Point at Deception Pass State Park. Open to birders of all experience levels, this walk offers opportunities to practice identification, learn about local habitats, and share knowledge with fellow enthusiasts. Bring binoculars if you have them; a limited number will be available to borrow.

No registration required. A Discover Pass or day-use permit is required per vehicle.

WARM YOUR SOUL WITH A WINTER STROLL

Historic Downtown Oak Harbor
Southeast Pioneer Way
Saturday, Jan. 24 | 2–5 p.m.

Bundle up and enjoy a cozy afternoon strolling through participating downtown Oak Harbor merchants while sipping cider, cocoa, tea, and other warm treats. This annual January event is a relaxed, family-friendly way to explore local shops and rediscover downtown favorites.

WINTER LOCAL ARTIST SERIES: WICA

Starts Saturday, Jan. 24, 7–9 p.m.
Whidbey Island Center for the Arts, Langley

Celebrate Whidbey Island talent with four evenings of live music in WICA's Winter Local Artist Series, featuring classic bossa, swing, ballads and more in an intimate setting. Tickets are pay-what-you-wish; standard price is \$22, including service charge.

Keith Bowers-Gary Wittlich Quartet – Saturday, Jan. 24, 7 p.m.
Porch Brothers – Sunday, Jan. 25, 7 p.m.
Sheila Weidendorf – Friday, Jan. 30, 7 p.m.
Nathaniel Talbot & Keegan Harshman – Saturday, Jan. 31, 7 p.m.

WELCOME TO MEDICARE!

Tuesday, Jan. 27, 1–3 p.m.
Freeland Library, 5495 Harbor Ave.,
Free seminar by SHIBA volunteers covers Medicare basics, Parts A and B costs and coverage, Medigap vs. Advantage plans, prescription drug options and financial assistance for low-income individuals. Registration required; call SHIBA at 360-321-1600 to reserve a spot.

Come join the Whidbey Island Maritime Heritage Foundation

We're looking for people interested in *Maritime Heritage and Historical Preservation*, folks to be Docents on our boat, as well as Sailing Crew for the upcoming 2026 season.

Free Information Presentation at the Coupeville Library
Saturday, February 21st at 6:00pm.

For more information:
<https://www.whidbeyislandmaritimeheritagefoundation.org/>

And our ticketing website at:
<https://www.schoonersuva.org>



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"Orca Eco-cultures and What They Tell Us"

elin kelsey – Closing Keynote Speaker

international speaker on science-based hope, author, educator
"How to be Hopeful: Empowering Practices to Overcome Despair and Act for Climate Justice"

8:00 am – 4:00 pm | Cost \$70 | Registration Required

Saturday, February 7, 2026

Coupeville High School on Whidbey Island

Includes Elective Classes:

Elective Class Topics - Our Marine Environment

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Invasive Green Crab · Salmon Conservation · River Otters ·
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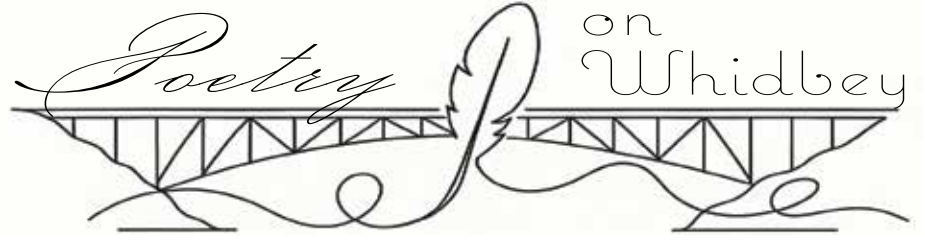
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[https:// www.soundwatersuniversity.org](https://www.soundwatersuniversity.org)



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Tractor in the pasture
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4-wheeler ready
And the dog on guard

Lovin' the Island life
Not going back
To the boring city life
With what it lacks

Island life, here I am
I find comfort with my feet in the sand
Stuck on the Rock
I've made my stand
Island life, here I am

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The Great Whidbey Seed Swap



Sunday, January 25th

11am to 3pm

at YMCA Camp Casey
1276 Engle Road

Bring seeds to share, clothes to repair,
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Parking is available across Engle Rd
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On Delight, Tears, Memories, and Food

BY CHARLES LAFOND ISLAND FUNDRAISER, POTTER, AUTHOR,
AND ESSAYIST

One is caught off guard when, on tasting a meal in a Whidbey Island restaurant, one bursts into tears.

Indeed, I am not given to weeping in public. Don't get me wrong, I weep all the time. Remember that Folgers Coffee commercial when the mother comes down in the morning, smelling coffee on Christmas, to find her son had surprised them by coming home early and making coffee? That always made my eyes wet. I weep when people on TV win "America's Got Talent." I weep at the nightly news when I see idiots, war, and starvation. I weep when I see my dog staring at me with unutterable love. But I was raised in a household that did not allow public displays of emotion. Ever. Never, ever. Seriously...never.

My father was a diplomat and so never showed his emotions, and my mother was British and did not have many.

And yet the other day I was in the new pop-up restaurant "Merriwether Crêperie (in Japonica Diner, near the Flower House Café, in Bayview Corner, where Whidbey Doughnuts used to be) and I burst into tears over Buckwheat Crêpes.

I love Japonica Diner – our South Island Sushi Restaurant - and it's so hard to find affordable breakfasts on Whidbey, so I stopped in to see Joan (the owner) and try their Buckwheat Crêpes. On my way to the pottery studio for the first time in 6 months, after a series of surgeries, I was already feeling grateful to life and a bit fragile. But when I bit into the crepes Joan made for me, stuffed with fluffy whipped butter, my eyes filled with tears, and because of how I was raised, I looked for a way to run, fleeing the building as if it had just been engulfed in flames.

Buckwheat is not a wheat, but rather a berry. It has a musky, dark flavor and can hold all manner of gorgeous foods, such as caramelized bananas, brandied chicken, curried vegetables, and orange marmalade. I often serve them topped with caramelized onion jam with spiced walnuts as a first course, when serving food to people who are vegetarian, gluten-free, and vegan...all at once, poor things.

Why did I weep, one may ask, somewhat needing better boundaries?

The buttery Buckwheat Crêpes reminded me of my childhood in Montreal and Paris, when most breakfasts and not a few lunches were made from them. They were happy memories in an unhappy, if privileged and glamorous, childhood. With that one bite,

my mind soared through memory after memory, as if my mind had googled "Charles' happy memories." The places, the people I was with, the sounds and smells of thousands of meals with crêpes flooded into my mind all at once, and I was moved to tears.

I am told by science (she whom I believe with a passion) that our memories are linked directly to taste and smell.

May I suggest that if you have not yet dined at Merriweather Crêperie, you are not making good life choices? Run, don't walk, to this fine po-up restaurant for the most lovely, cheerful, and inexpensive breakfast on the island.

Joan says it's a pop-up and may go away, to which I said I would picket Japonica all evening, every evening, until she reopened the Crêperie.

She laughed at my threat... clearly not knowing me well enough to see that I was not even slightly kidding.



Charles with Joan Sampson, owner of Japonica and Merriweather Crêperie

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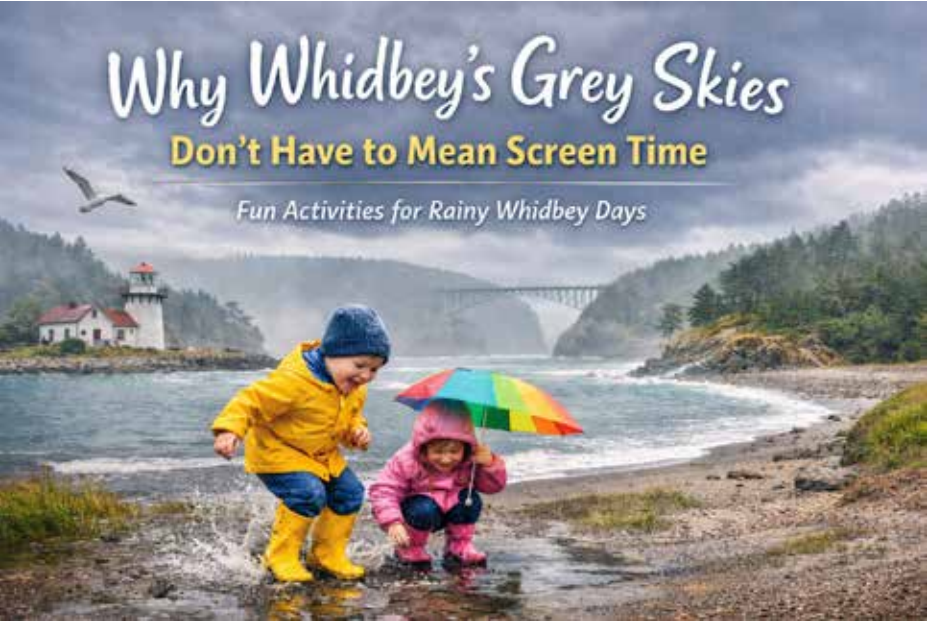
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Why Whidbey's Grey Skies Don't Have to Mean Screen Time

Practical ideas for keeping little ones active and engaged during the long, wet months



Submitted by Nidhi Gupta

If you’ve lived through a Whidbey Island winter, you know the drill. The sky turns grey sometime in October and stays that way until June. The drizzle becomes background noise. And somewhere around week three of solid clouds, you find yourself handing your toddler a tablet just to get through dinner prep without completely unraveling.

No judgment here. I’ve done it too.

After years of working with families on this island, I’ve picked up a few ways to get through the grey months without turning screens into a daily crutch. None of this is about being a perfect parent. It’s about having options when you’re staring down another rainy Tuesday and your two-year-old is climbing the walls.

Rainy doesn’t mean stuck inside

Here’s the mindset shift that changed things for me. Rain on Whidbey isn’t the same as rain in other places. It’s usually light. It comes and goes. And kids, honestly, don’t care about getting a little wet. We’re the ones who mind.

A good rain jacket, some rubber boots, and twenty minutes outside can reset a toddler’s mood faster than any app. Puddle stomping is free. So is collecting rocks, poking sticks into mud, or just walking around the block pointing at things.

Windjammer Park doesn’t close when it’s cloudy. Neither does Deception Pass. The trails at Fort Ebey are actually prettier when it’s misty. And if you’ve never taken a little kid to the beach on a grey day, you’re missing out. They have the whole place to themselves.

The secret is dressing for it and lowering your expectations. You’re not going for a two-hour hike. You’re going outside for fifteen minutes so everyone can breathe.

The library is your best friend

I tell every parent I meet: if you haven’t been to storytime at the Oak Harbor Library, put it on your calendar. It’s free, it gets you out of the house, and your kid gets to be around other kids.

The Sno-Isle Libraries run storytimes for babies, toddlers, and preschoolers throughout the week. There’s singing, movement, books, and usually a simple craft or playtime after. It’s low-pressure and nobody expects your child to sit perfectly still.

Beyond storytime, the library is just a great place to kill an hour. Let your kid wander the children’s section, pull books off shelves, sit on the little chairs. It’s a change of scenery that costs nothing and gets you both out of the house.

Indoor spots worth knowing about

When you really do need to be inside, there are a few places that help.

Imagination Cove in Oak Harbor is a children’s play space with hands-on activities, a soft play area, and room for

kids to run around. It’s designed for little ones and it’s a good option when you need somewhere to go that isn’t your living room.

Oak Bowl has bowling and an arcade. It’s not fancy, but for a preschooler, rolling a ball down a lane with bumpers up is a big adventure.

The PBY Naval Air Museum is surprisingly fun for young kids. They can climb into a gun turret, try flight simulators, and see real planes up close. It’s educational, sure, but mostly it’s just cool.

And sometimes, the best indoor activity is the simplest one. A bin of dried pasta and some cups. A pile of blankets turned into a fort. Music and dancing in the kitchen. Playdough at the table while you make coffee.

Building a rhythm that works

What I’ve found is that the grey months go better when you have some kind of rhythm. Not a rigid schedule. Just a loose pattern your kid can count on. Maybe Monday is library day. Maybe Thursday afternoon is baking together. Maybe rainy mornings always start with music and movement before anything else.

Kids do well with predictability, especially when the weather feels endless and same. And parents do better when they’re not waking up every morning wondering how they’ll fill the hours.

Screens aren’t the enemy. There’s nothing wrong with a show here and there. But when it becomes the default every time the sky is grey, it starts to feel like a trap. And on Whidbey, that’s a lot of days.

The gift of a slower pace

Here’s the thing I try to remember when I’m feeling cooped up. This island is actually a pretty wonderful place to raise little kids. The pace is slower. The nature is everywhere. The community is close.

Yes, the winters are long. But there’s something to be said for kids who learn early that rain isn’t something to avoid. That a grey sky doesn’t mean a bad day. That you can make your own fun without a screen in your hand.

That’s a Whidbey kid. And that’s worth a few puddle-soaked socks.

=====

Nidhi Gupta is the Owner and Director of Nurture with Care Kids Academy, with over 10 years of experience working with children. The academy serves families at two Oak Harbor locations. Learn more at nurturewithcarekidsacademy.com.

WHAT’S IN YOUR TRASH?

By Auston Reisman | Parent, Farmer, Builder, Artist, Environmental Steward

Currently, Washington is re-examining and updating its organics management policy, shifting focus to eliminating food scraps from the waste stream. As we transition from a waste paradigm to a resource-recovery-based system, it provides an opportunity for homeowners and businesses to ask a valuable question. What type of waste can be diverted to lighten our load on landfills and the environment? Every pound of food scrap deposited in the trash creates approximately 3.8 pounds of greenhouse gases. By simply removing food scraps from the garbage and composting them, you may be able to reduce your garbage volume by as much as 50%.

A waste audit is an effective way to determine what is going into the trash. These audits use a systematic process to identify and analyze the types, quantities, and sources of waste generated from an establishment. This provides an understanding of waste generation patterns and identifies opportunities to integrate more environmentally friendly consumables, source reduction, organics diversion, and recycling, thereby creating improved waste management practices.

Restaurants generate a tremendous amount of food scraps that may be salvaged, segregated, and composted. It’s very exciting to collaborate with forward-thinking, progressive business owners who want to make positive changes. Recently, I had the pleasure of participating in a waste audit of Prima Bistro and Saltwater, both owned by Jenn Jurriaans, which was facilitated by Whidbey Compost Collective, Re-purpose, and the WSU extension program. We enjoyed delicious, hot chocolate, laughs, and fantastic storytelling throughout this process. While sorting latex gloves from oyster shells, many ideas for positive



change surfaced, along with a live analysis of how and why each item was deposited in the trash. Two dumpsters later, we had compiled valuable information to prepare a comprehensive evaluation of how these businesses may reduce waste generation while remaining leaders in the industry.

It was fascinating to compare notes from a recent residential waste audit conducted in my own kitchen. We simply pre-separated all items that would go in the trash for one week. Although the scale was much smaller than the commercial audit, the results were similar, confirming that approximately half of the volume was organic matter that could be composted.

Composting may seem like extra work at first, but as we examine this process more closely, it becomes simple. Although backyard composting at the source is ideal, most people don’t have either the time or space to do it. Luckily, there are options to support and utilize services offered by local nonprofit organizations. These groups can both recycle items that commercial facilities will not take and turn your food scraps into nutrient-rich soil amendments that farmers in our community can use to grow high-quality food. In this closed-loop system, your food value is dramatically increased rather than decreased in the landfill.

WEEKLY HOROSCOPES

ARIES (Mar 21 – Apr 20)

Your determination returns in full force. Mars helps you take charge of goals that stalled earlier this month. Just keep your temper in check—firm persistence works better than rushing ahead.

TAURUS (Apr 21 – May 21)

This is a week of quiet strength. Venus encourages self-trust and emotional clarity. Career progress may come through subtle, behind-the-scenes efforts—keep steady and grounded.

GEMINI (May 22 – Jun 21)

Fresh ideas and collaboration light up your week. Conversations bring opportunity, especially midweek. Say yes to teamwork or networking—you’ll learn something valuable.

CANCER (Jun 22 – Jul 22)

Professional goals gain traction. Authority figures notice your reliability, but don’t neglect rest. Balance ambition with emotional care—your sensitivity is your secret strength.

LEO (Jul 23 – Aug 23)

Adventure calls, Leo! A spark of curiosity inspires travel or study. Your optimism attracts positive attention—share your enthusiasm and it’ll ripple through your world.

VIRGO (Aug 24 – Sept 22)

It’s time to release what no longer serves you. Focus on financial and emotional balance. A deep talk with a trusted friend clears your mind and opens the path for renewal.

LIBRA (Sept 23 – Oct 23)

Relationships grow stronger through honest communication. You’re learning to express your needs clearly and kindly. Midweek brings harmony—and maybe a romantic surprise.

SCORPIO (Oct 24 – Nov 22)

Your focus sharpens. Daily routines, work projects, and organization bring success. By the weekend, you’ll feel accomplished—and ready for a well-earned break.

SAGITTARIUS (Nov 23 – Dec 21)

Joy returns! Creativity and love flow naturally as Venus lights up your chart. Express yourself without hesitation—your playful energy uplifts everyone around you.

CAPRICORN (Dec 22 – Jan 20)

Home and family take priority. You’re building a stronger emotional foundation before tackling new ambitions. A weekend moment of peace reminds you what truly matters.

AQUARIUS (Jan 21 – Feb 18)

Your mind is sharp and inspired. Conversations spark innovation—share your thoughts freely. As your season begins, confidence grows and new ideas take shape beautifully.

PISCES (Feb 19 – Mar 20)

Finances and self-worth align. Venus reminds you to trust your instincts about value—both material and emotional. A small success midweek boosts your faith in your path.

Readings by Noa

Astrology for January 23-29 2026

Neptune Enters Aries until 2039, Sun/Mars Conjunction Pluto in Aquarius

This is a massive week filled with conflict, challenges, and major changes. Stay as present and integral as possible in your personal affairs and public dealings.

On **January 23**, Mars enters Aquarius until March 2. Mars, the planet of action takes on a flavor of social justice and order, humanitarian causes, and community. From another angle, this propels AI, robotics, and intelligence technologies forward. Mars adds fuel, drive and ambition to whatever sign it enters, so do check to see where Aquarius falls in your personal birth chart. (readingsbynoa.com to book a session) January 23 begins a very intense and likely challenging week on both individual and collective levels. This is a future-forward Mars and we will very likely see aggressive developments from this angle on the world stage. Mars in Aquarius adds momentum to the ongoing intellectual and informational wars. It challenges tradition and convention. The way we used to engage in warfare has transformed. Displays of this evolution and the pushback, the rebellion in response to these changes, are very alive this week. Choose your battles wisely. Self-reflection, although difficult to activate at this time is a superpower. What are we rebelling against? Are current actions really the most effective form to those aims? Detachment and objectivity is useful, but not if it removes our humanity.

Today, **January 23**, this emphasis is exaggerated, as the Sun conjuncts Pluto in Aquarius at 3°. The Sun represents vitality, individuality, and self-expression. When it meets up with Pluto, the planet of transformation, alchemy is underway. On the one hand, in the sign of Aquarius, this has the potential to benefit humanity, the people of the world, as there is a possibility that the egos and imbalanced leadership of those in power are especially vulnerable today. The Sun may in fact shine a spotlight on left-field/hidden information, bringing something critical to public attention, and a rebellious response naturally ensues. Both the Sun and Pluto deal with matters of power, balance and integrity of power, and in the sign of Aquarius, this is due for an upgrade. On a personal level, all of these themes also apply. What are you motivated to fight for? What has come to light? Are you considering future consequences and the benefit of the group as you wield your own personal power? We can do great research and psychological investigation now. What matters to you most? What is really going on? Look beneath the surface.

On **January 26**, Neptune enters Aries until the year 2039. This is a major transit. Neptune spent the last 14 years in the sign of Pisces, and today that chapter comes to a very final close. (Think back to what has transpired in your life in the Pisces area of your chart since 2011!) As Neptune enters Aries, collective themes move to highlight the power of the individual. Spirituality becomes more personal and intertwined with agency and autonomy. More and more, people will depend on their own gut feelings for guidance (Aries) and less on sanctioned religion or traditionally appointed middlemen (Pisces) for guidance. Art and music follow suit, as independent artists find new ways to thrive without labels or formal management. This is a very long transit, but for a significant sign change of a major outer planet to occur on this extremely active week, just emphasizes its significance. (We are looking now to the upcoming conjunction of Saturn and Neptune in Aries at 0° - the very beginning of the zodiac - for extreme new beginnings in the world and in our lives on February 20.) Massive collective changes are underway. If you have any planets or points at the early degrees of the cardinal signs (Aries, Libra, Cancer, Capricorn), your personal life will feel these changes immensely.

On **January 27**, Mars conjuncts Pluto in Aquarius at 3°. Here is the big bang, the explosions, the conflict, the protests, etc. This planetary meet up is notorious for war-like developments and promises intensity, but no matter what erupts, the goal or byproduct is transformation. Holding onto the past is a poor strategy. Stay open to innovation, but with care for humanity. Power struggles between the one and the many. How are you participating in this human family? How are you innovating your fight? What are you detaching from? Changes are happening fast now, but more power than ever rests in your own two hands.

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January 23rd – January 29th : the Knight of Wands Reversed

Despite feeling all the fire has burned out from your motivation, alongside an out of body sensation, as if you're unable to feel the earth beneath your feet, there is still forward movement as we all but drift on past momentum, catching air streams as we float aloft, eager to meet the fire horse, still three weeks afar.

Nearly every planetary body presently resides in air and water signs, with the only access to fire highlighting unhealed wounds, and the only earthiness provoking internalized and unexpected awareness around concepts of luxury, such as overindulging in a beloved meal leading to tossed cookies and a reevaluation of your relationship with comfort foods and how you even define for yourself the terms of comfort and

luxury. Air and water are powerful and moving forces, but at their own pace, in the paths of least resistance, with more instinct and emotion, as opposed to intentional steady action. Flow now, adapt as needed later.

You may feel alone in your personal upheaval, though many are bearing their own sandstorm internally while appearing to adhere to the status quo, going through the day-to-day motions. This week's card reassures you are not alone, and even more uplifting, you are aligned, even as your temporarily storm-obstructed vision would have you fear otherwise.

The final snake skin to be shed still clings to us as we wrestle fiercely trying to run ourselves free of it, unsuccessfully. There is no rushing the process, only surrendering to the lessons it assigns and trusting the newness is near. Much like conceding to the oat bath and calamine, accepting the day is not far that the itchiness will dissipate.

Continue the consistency of shoveling coal into the engine, feeling the wheels steady on the rails, regardless of seeing your way forward. When encountering icy roadways, we do not hit the breaks or jerk the wheel, but rather lift our foot to coast while maintaining steady grip positioning on the steering, knowing our tires will catch friction again within seconds and we'll continue on our journey.

The storm will clear. The skin will shed. You will once again find your feet, but in the meantime, learn to trust your wings and the momentum you've previously enflamed. ~Xo, Tiffany

Cards are drawn from the classic Rider Waite Smith tarot deck.

Personalized alchemy available at:
<https://linktr.ee/tiffanyfitzpatrick>

~Xo, Tiffany

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- CLUES ACROSS

1

Melville captain

5

Bottle part

9

Schlep

12

Petty of “Tank Girl”

13

Jai --

14

Navarro on “The View”

15

Tangy fruit pie

17

White wine cocktail

18

Night light?

19

Comic Chase

21

Prove untrue

24

Converse

25

With (Fr.)

26

Woo with a tune

30

Rule, for short

31

Ohio’s “Rubber Capital”

32

Crone

33

Genius

35

Speck

36

Fireplace fuel

37

Golf great Sam

38

“Untrue!”

40

Stated

42

Jargon suffix

43

Small digit

48

“Caught ya!”

49

Leading man?

50

McGregor of film

51

Grier of “The L Word”

52

Really pesters

53

Pixels
- CLUES DOWN

1

The whole enchilada

2

Weed whacker

3

Branch

4

Having superhuman strength, say

5

Post-WWII alliance

6

Flair

7

Lot vehicle

8

Chef’s workplace

9

Sierra Nevada resort

10

Prof’s employer

11

Actor Sinise

16

Born abroad?

20

Solo of “Star Wars”

21

Biting remark

22

Always

23

Defendant’s defenders

24

Gator’s kin

26

Takes to the slopes

27

Epoch

28

Facts and figures

29

“Zounds!”

31

Luanda resident

34

Cyclades isle

35

Truly

37

Part of RSVP

38

Tide type

39

Job-safety org.

40

Male deer

41

\$ dispensers

44

Journalist Tarbell

45

Pair

46

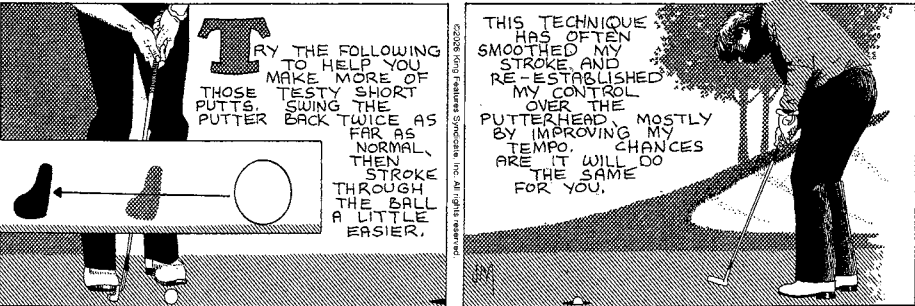
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47

USN rank

Answer on page11

Play Better Golf with JACK NICKLAUS



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South Isle H-43°/L-33°	South Isle H-42°/L-32°	South Isle H-41°/L-33°	South Isle H-43°/L-36°	South Isle H-48°/L-39°	South Isle H-48°/L-42°	South Isle H-50°/L-45°

OUR
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An Upbeat
Question of the week

with Helen Mosbrooker

Imagine you had a year to research someone’s life to write their biography, who would you choose?



Brandy Thompson, Coupeville

If I had a year to research someone’s life and get the opportunity to write their biography it would be my dad. My dad passed away in 2020. I think about him often and always think of questions that I wished I asked him when he was alive. I would love the opportunity to learn more about his childhood. He also studied and trained in martial arts the majority of his life and was very accomplished. He was a quiet man and very humble. To learn more about him would be amazing and to write a biography about him would be an amazing opportunity and an honor.



David Cohick, Oak Harbor

The billionaire from Baltimore, Maryland, Dr. David M. Rubenstein, who has restored famous buildings, landmarks and national monuments in Washington, D. C., graduated from Duke University magna cum laude. A few years later President Carter welcomed him on his White House Staff at 25 years old.

President Biden awarded him the Presidential Medal of Freedom in January 2025 for his decades of generous financial support of historical and cultural projects and exceptional leadership of the restoration of the Washington Monument, Library of Congress, John F. Kennedy Center, Lincoln and Jefferson Memorials, Smithsonian Institution, National Gallery of Art, and many other historic, national buildings throughout the U. S. He has purchased rare documents such as the Magna Carta and copies of various 18th and 19th Century documents for public display.

Dr. David M. Rubenstein’s mantra is to contribute to the historic and cultural improvement of one’s community, city and country as much as you can for as long as you can.



Kathryn McLean, Clinton

Lonnie Yingst was the Assistant Superintendent of Schools for most of the time I was a principal. The profound impact that man had on my life can’t be overstated. He made tough decisions on behalf of students and learning every day, and he pressed his educators to do the same. He built an incredibly strong team of diverse educators. His door was always open to help his people figure out the best ways to meet the needs of their students.

I think it would be so interesting to research the ins and outs of this man’s life, and what shaped him into the kind of person who had such a positive impact on so many. The world could use more people like Lonnie Yingst, and I would love to be a part of sharing his story.



Greg Davidson, Oak Harbor

I would select my mother’s dad. Why? For starters, any historic person has been written about. My grandfather is a descendent of the Shawnee tribe of Ohio. His grandmother was full blood Shawnee. I would be very interested in learning more about that . Before he passed, he would tell stories about his geneology. It going in every direction. That’s why I think I would chose him.

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

DIFFICULTY THIS WEEK: ♦ ♦♦♦

♦ Moderate ♦♦ Challenging ♦♦♦♦ HOO BOY!

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Answer on page11

COMMUNITY BULLETIN BOARD

To place an ad, email classifieds@whidbeyweekly.com

SERVICE DIRECTORY

FIREWOOD

Firewood
(360) 320-4316
Cut, Split, Delivered
and Ready to Burn

EVENTS



Society of GK Chesterton
Reframe your vision as we open to 2026 remembering, "A dead thing goes w/ the stream, a living thing goes up stream"! GKC Discuss the works and life of GK Chesterton with others as you enjoy a host provided warm or cool beverage and a sweet or savory treat at an Oak Harbor seaside location. Address shared upon reply to gkchestertonwhidbey@gmail.com

FOR SALE



For Sale
1969 FORD F-250
"Camper Special " 360
Great body and runs well.
\$5,750.
TEXT "TRUCK"
to 206-947-8078 With your
contact info please.
Firewood for sale. Two
years seasoned. Alder \$250/
cord, plus delivery charge.
Text "WOOD" to 206-947-
8078 with contact number
you can be reached at.

Your ad here.
\$12
For any sales
or business
listings.

IN SEARCH OF

-CALLING ALL ARTISTS-
Deer Lagoon Grange is
seeking local artists to
participate in an Art Sale
February 7–8, 2026
• \$25 entry fee
• 12% commission on sales
• Limited to 20 artists total
Reach out TODAY!
To apply or learn more,
contact the curator:
jobar@whidbey.com
Art, Antiques & Collectibles.
Cash paid for quality items.
Call or text 360-661-7298
Was your Dad or Gramps
in Japan or Germany? I
collect old 35 mm cameras
and lenses. Oak Harbor.
Call 970-823-0002

RESOURCES

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

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

How'd you do?

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

No Cheating!

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

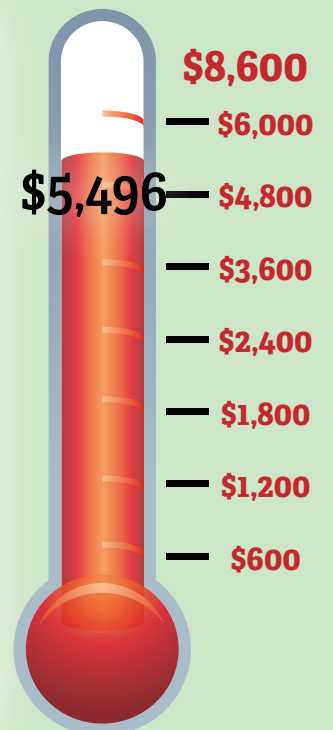
CLASSIFIED INFORMATION

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PO Box 1098
Oak Harbor, WA 98277
E-Mail classifieds@whidbeyweekly.com
Telephone360-682-8283

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.**

FINAL STRETCH!

KEEP IT UP 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:
JUST \$3,104 MORE TO MEET OUR GOAL!
Send checks or money orders to:
Whidbey Weekly
P.O. Box 1098, Oak Harbor, WA, 98277

Or donate through our ongoing GoFundMe by scanning the QR code.

