

March 20, 2026 - March 26, 2026

FREE

Whidbey Weekly

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

Locally Owned • Locally Operated

NEWS • BITS • WHATS GOING ON • PUZZLES

COLUMNISTS • CLASSIFIEDS

OutCast Productions 2026
presents

ALABASTER

by Audrey Cefaly

Directed by Gail Liston

March 13-29

outcastproductions.net

Whidbey Weekly

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FINDING BEAUTY, LIGHT, AND EMOTIONAL CLARITY AT OUTCAST THEATER



Theater Review and Photography by **Jim Sovanski**
"Mind Blown" and "I have no words."
(Actually it turns out I have a lot of words.)

I know this is an odd way to start a review, but honestly, that is my original reaction to seeing Outcast Theaters' production of "Alabaster" by Audrey Cefaly. It's been several days since I've seen the show and I'm still processing what I've seen.

Alabaster is a beautifully performed, searing and penetrating look into a world of pain, sorrow, suffering and loss that somehow leaves us charmed, smiling and at the end of the show, totally hopeful. I'm still trying to figure out how they managed to do that. Really great drama has the power to do that.

Who'd have thought a show with 2 women and 2 goats (but only one goat talks) about a survivor of a natural disaster and the photographer who seeks her out to tell her story, could charm one's socks off, (so to speak). But face it, any show that opens with a goat telling us she knows she's a goat and she's gonna to speak anyway, has got my attention.

Alabaster first premiered in 2017 and is billed as "an all-female, darkly comic Southern drama offering a profound exploration of art's elusive nature." In 2020 it was nominated for a Pulitzer Prize and won The David Calicchio Emerging American Playwright Prize.

In talking about this show, director Gail Larson had this to say. "I chose to direct Alabaster because I related to the theme of loss and healing through art and love.

The two lead characters experience nearly unbearable pain. Both take refuge in their art. When they meet, they form a bond that turns to love. I was also drawn to the use of animals as loving, healing spirits. My dogs comfort me in difficult times, just like Weezy and Bib comfort June and Alice."

We are first introduced to the world of Alabaster, Alabama by Weezy a talking goat, played by Suzi Dixon. Weezy belongs to June and also happens to be her best friend, confidant and most importantly, her spirit guide. June, portrayed by Amanda Goodwin, is the lone survivor of a tornado that not only destroyed the town of Alabaster, it destroyed June's family as well. It's been three years of hospitals, surgeries and paralyzing PTSD that now keeps June clinging to life on what's left of the family farm. She spends her days tending the garden, painting and feeding her goats Weezy and Bib, Weezy's birth mom, played by K. Sandy O'Brien. Her fragile world is disrupted by the arrival of Alice, played by Christina Boom, a famous photographer ostensibly on a mission to photograph scarred female survivors of trauma. Emotional fireworks ensue. For both women.

Goodwin, as June explains it this way: "After reading the complexity of June, her emotional roller coaster and how at times she is not likable, I wanted to find her humanity hidden under all of her avoidant trauma and grief. I'm also a painter, so we had that in common, having taken up painting at a grief stricken juncture in my life as well."

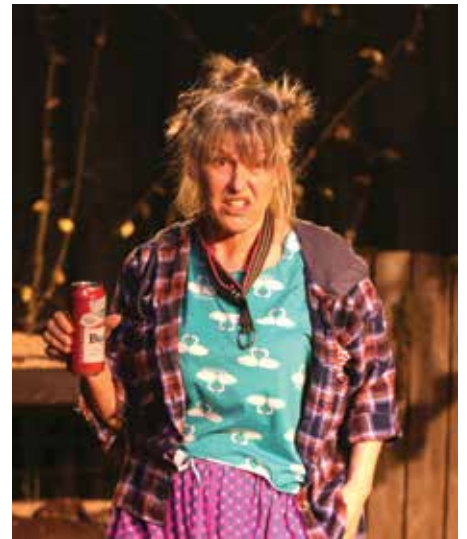
As a counterpoint, Boom as Alice shares, "One of the appealing aspects of Alice to me as an actor is that we are so very different. It's relatively easy to play a character who sees the world through a lens very similar to your own. Alice comes from a dysfunctional family and was nearly destroyed by drugs and alcohol. My nuclear family was close, loving, and attentive and still is, and taking 3 Advil feels risky to me."

One of the truly endearing aspects of the play are the two goats, Weezy and Bib, played by Outcast veterans Suzi Dixon and K. Sandy O'Brien with joyous abandon and relish. As Dixon says, "I was attracted to the part of Weezy like gum to a shoe. When Gail contacted me and said there was a part of a goat and she thought of me right away. That made me happy. Crabby animals and people are often the ones who help in unclaimed ways. They feel all the weight of the world as their duty. Often the crabbiest are funny because they don't hold things in reserve. I have goats and horses and frankly little ponies are the crabbiest of all! Ps. Frankly it's a lot of fun to play a character with absolutely no vanity at all!"

O'Brien as Bib added, "I fashioned Bib as a goat who had her baby taken away like they do with a lot of animals. Animals grieve when their babies/family are taken away. So...Bib is focused on family and loss of children because she feels it deeply, she is a Spirit Animal. She also eats all the Okra."

See this show and find your meaning of Alabaster.

Alabaster at the Outcast Theater opened Friday, March 13th at 7:30 PM and runs weekends through March 29th. Tickets remain for all shows except Sunday, March 22nd. Evening shows are at 7:30 PM and matinee performances are at 4:00 PM. Theater information is available online at www.outcastproductions.net or by email at ocp@whidbey.com. OutCast Theater is located at the Whidbey Island Fairgrounds Black Box Theater 819 Camano Avenue, Langley, WA.



BITS & PIECES

Training to Occur at NAS Whidbey Island Seaplane Base Survival Training Area

There will be training evolutions at the Seaplane Base Training Area on Monday March 16, and Friday March 20, 2026.

These training evolutions will involve limited explosive demolition training and simulated gunfire respectively.

All training operations will occur during daylight hours. Safety precautions will be set to ensure ground operations pose no threat to neighboring property or persons.

If you have questions or concerns, please call the Public Affairs Office at NAS Whidbey Island, (360) 257-2286.



SE Bayshore Closure Starting March 18

The City of Oak Harbor, in coordination with the Oak Harbor Police Department and Public Works, has announced the immediate closure of street parking along SE Bayshore Drive starting March 18, 2026, through March 21, 2026. This proactive measure follows a surge in reports regarding illicit activities that threaten public health and the local ecosystem.



The decision to restrict parking in this corridor stems from documented reports involving:

Environmental Contamination: Significant concerns regarding the illegal dumping of hazardous waste directly into the municipal stormwater drains, which lead to the sensitive waters of Oak Harbor.

Public Health Hazards: Frequent reports of open drug use and the discovery of drug-related paraphernalia in public right-of-ways.

Sanitation Issues: Documented instances of improper waste disposal and unauthorized activities that compromise the safety of the city's waterfront infrastructure.

"Our primary responsibility is the safety of our residents and the protection of our natural environment. I've heard concerns from residents at our recent Wright Blend event, so my team and I are doing something about it," said Mayor Ronnie Wright.

"By limiting vehicle loitering and illegal parking in this area, we can better monitor the corridor, prevent the contamination of our stormwater systems, and ensure our waterfront remains a safe environment for everyone," said Police Chief Tony Slowik.

Impact on the Community

Traffic Flow: SE Bay Shore Drive will remain open to through traffic; however, vehicles found parked along the roadway will be subject to immediate towing and impoundment.

Environmental Monitoring: City ecology teams are currently inspecting stormwater drains in the area to assess potential damage and initiate remediation if necessary.

Patrols: Increased law enforcement presence will be maintained along the waterfront to enforce the new restrictions and deter further illegal activity.

How to Report Concerns

The City of Oak Harbor encourages residents to remain vigilant. To report active illegal dumping or suspicious activity, please contact the Oak Harbor Police Department non-emergency line at (360) 679-9567, or dial 911 for emergencies.

Celebrate Spring — a Forest Hike at South Whidbey State Park

Whidbey Audubon Society is hosting a field trip from 10 a.m. to 1 p.m. on Thursday, March 19 to celebrate spring. It will focus on forest birds such as chickadees, thrushes, wrens and looking for spring flora. Come celebrate the birthday of Washington State Parks and the start of spring with a hike through the forest at South Whidbey State Park. The walk includes part of the old campground loop to see some of the large trees then head uphill to Fern Gully and beyond looking and listening for the many passerines that make their home in the forest. Then look for signs of spring among the plants that will be starting to wake from winter dormancy. It will be up to two miles on dirt trails with tree roots, some step areas, wooden planks through the wetland and springtime mud in places. A small number of hiking poles will be available to borrow for the hike. Binoculars and field guides will be available for use during the hike. This is a state park free day, No Discover Pass is needed.



The hike is limited to 10 people who must register on the Whidbey Audubon website: whidbeyaudubonsociety.org/events-list/celebrate-spring-forest-hike-at-south-whidbey-state-park. There will be a waiting list for those who register over the limit and will be contacted if anyone cancels. For questions or to cancel a reservation, contact trip leader Madrone Ruggerio, madrone@whidbeyaudubonsociety.org.

Rob Schouten Gallery Presents Morrow & Skullerud Exhibition

Rob Schouten Gallery will host a new exhibition featuring Bruce Morrow and Mark Skullerud from April 1–27.

An opening reception will be held Saturday, April 4 from 5–7 p.m. during Langley First Saturday Art Walk.

Longtime Whidbey artist Bruce Morrow, known for his oil paintings and etchings, presents a new body of work inspired by his recently written novel *Nine Bean Rows*. The book tells the story of artist Anne Cribbs and her family's move to Ireland in 1966. The exhibition includes twelve drypoint etchings and several watercolor paintings connected to this narrative.

Painter Mark Skullerud exhibits Northwest landscapes that capture the region's natural beauty, from mountain vistas to scenes along the Sound. Working in oil stick and oil pastel, his work highlights both sweeping views and quiet, everyday moments found throughout the Pacific Northwest.

More information:

bruce-morrow@robschoutengallery.com/bruce-morrow
mark-skullerud@robschoutengallery.com/mark-skullerud

My Y Week Raises Over \$52,000 for the 2026 YMCA Community Campaign

Community Sponsors Bring New Energy and Awareness to Fundraising Efforts



The YMCA of Snohomish County wrapped up its 3rd Annual My Y Week, exceeding expectations and goals by bringing in over \$50,000 in financial support. Throughout My Y Week, community partners donated \$1 for every member check-in from March 1 – 9, 2026, generating excitement for and awareness of the 2026 Community Campaign.

This year's My Y Week partners, Fluke Corporation, LifeWise Health Plan of Washington, Evergreen Health Monroe, Tulalip Resort Casino, Home Run Design + Remodel, People's Bank, Marysville Toyota, Tapped Public House, Pacific Seafood, Coastal Community Bank, Rhino MFG, Inc., WestRock Construction, Puget Sound Energy, BECU, and Brooklyn Bros. Pizza, share in the Y's mission of creating a healthy, connected community for all, regardless of an individual's ability to pay.

These partners support the Y because they recognize the importance of strong community partnerships in promoting health and well-being. Their contributions help ensure that everyone, regardless of financial circumstances, has access to the programs and resources they need to thrive.

"The YMCA plays an essential role in strengthening communities by creating spaces where people of all ages can stay active, build relationships, and feel a sense of belonging," said Kristin Meadows, CEO of LifeWise Health Plan of Washington. "LifeWise is proud to partner with the YMCA of Snohomish County during My Y Week to help expand access to programs that support the health and well-being of families and youth across our region."

The 2026 Community Campaign aims to raise \$1.7 million to provide equitable access to all YMCA programs, including swimming lessons, youth sports, and child care. Last year, the Y granted \$2.5 million in direct financial assistance and funds raised this year will help close the gap.

"Our community sponsors believe in the impact of the Y," said Jennifer Willows, Chief Development Officer of YMCA of Snohomish County. "We want to extend a huge 'thank you' for their generous support and their commitment to community."

Participation from YMCA members was also key to My Y Week's success.

"We're so grateful to our Y members who came out in full force," said Willows. "With over 52,200 check-ins across our seven facilities, their visits directly supported the Community Campaign. It's inspiring to see how much impact our members can have just by showing up."

With three weeks remaining in this year's Community Campaign, the Y hopes the energy and excitement generated during My Y Week will inspire even more individuals to give. To learn more about the 2026 Community Campaign, please visit ymca-snoco.org/community-campaign/.

Penn Cove Water Festival

Coupeville Whidbey Island, WA
May 9, 2026
11AM-5PM

A Celebration of Pacific Northwest Native Culture:
Canoe Races, Art, Music, Dance, & Storytelling

penncovewaterfestival.org **Volunteers Welcome**

It's A Danish Treat With Happy Hour Hamlet



Theater review and photography by **Jim Sovanski**

It's happy hour in Denmark. A lot has happened at Elsinore Castle, so what better time to get together for drinks and gossip about what insanity the Danish royal family has been up to over the last few months. Two castle guards, Marcellus and Barnardo, are meeting after shift in the castle pub to dish the dirt on the royals and to engage in a bit of friendly gossip, each recounting what they witnessed the unpredictable Prince Hamlet say and do.

In between recounting Hamlet's monologues, they have time for multiple drinks, karaoke, pizza bites and even a sword fight. Somehow they even shamelessly plug Island Shakespeare Festivals upcoming summer productions. The nerve of it! Who'd a thunk it! More on that later.

OK, time for a little background information, as well as an embarrassing confession. I have never read the play or seen a production of Hamlet. There, I've said it. My shameful secret inadequacies have been revealed. But alas, all is not lost! For lo and behold, Island

Shakespeare Festival's Shakespeare in a Backpack touring production of "Happy Hour Hamlet" is my salvation, as I am (amazingly enough) their target audience. Me, a card carrying, charter member of "The I Don't 'Get Shakespeare Club." Actually it's rather heartwarming, to think little ole' me, a target demographic. I digress.

In its second year of touring Whidbey Island, ISF's "Shakespeare in a Backpack" offers an original and playful retelling of what is arguably the Bard's most famous work, Hamlet. The tour goal is two fold, to educate the public about Shakespeare's works in general and to shamelessly plug the upcoming ISF season.

This summer, ISF takes on Shakespeare's other rather well known play about a slightly dysfunctional royal family. Referred to in theater circles as "The Scottish Play," (what is it about Shakespeare and dysfunctional royal families?) and the world premier of Erin Murray's play, "Robin Hood of Sherwood Forest," a new take on the old story.

Olena Hodges, ISF Executive Artistic Director explained the background of the show.

"This was actually inspired by Whidbey Playhouse's upcoming production of "Women Playing Hamlet." They reached out about our Spring tour wondering if we might lean into Hamlet specifically to help introduce the themes and history to their audience. WPH doesn't often program Shakespeare so they wanted to help their audience dip their toe in." Writer and director Erin Murray picked up the story. ", they asked us to bring a presentation on Hamlet to Oak Harbor in advance of their opening night. I said "I'll do you one better and make our Spring Tour all about Hamlet!" This is where Happy Hour Hamlet was born, a 40 minute comedic romp through the seven iconic speeches of Shakespeare's most famous work."

Murray expanded her thoughts on the show: "Academia and Classics works are looked on with suspicion these days with many people believing they are irrelevant, exclusionary, or only for an arrogant minority. This show plays with the world-renowned central character while still telling his story put forth by Shakespeare. We want people to both have fun with this short play and leave feeling more confident in their understanding of a play they perhaps have not read since high school."

She continued, "Prince Hamlet wrestles with feelings of abandonment, self-doubt, grief, betrayal, and fierce longing -- very common present day experiences. Understanding Hamlet can help us better understand ourselves. Come for the laughs, but stay to consider the wisdom of the Danish Prince's words."

"The cast," Murray continues, "Melanie Lowey as Marcellus and David Mayer as Barnardo, have extensive Shakespeare and physical comedy experience. Happy Hour Hamlet showcases their high-flying comedic abilities while providing space for their breathtaking dramatic work. It is a joy to watch them, seasoned stage actors and real life friends, on stage!"

Lowey shared her thoughts, "I'm beyond thrilled to tread the boards once more with one of my dearest friends and deeply admired fellow actors, David Mayer. I've been lucky enough to see ISF grow from a scrappy idea to the grand production it's become over the past 16 or so years--there have been many changes but one core mission remains: to make quality theater accessible to all. What a joy to

be part of it - I never thought I'd get to play Hamlet!"

"Having read Erin's piece, I thought it was a truly snappy, fun way to bring an incredible work to life in a new way," comments Mayer. "And the thought of getting to recite some of the greatest monologues ever sweetened the pot immensely."

The show runs 40 minutes and several performances feature a Q&A session after the show.

Remaining performance times include:

- FRI March 20**
Bailey's Corner, Clinton, 6:00pm
- SUN March 22**
Hierophant Meadery, Freeland, 3:00pm
- SUN March 29**
Dancing Fish Vineyards, Freeland, 1:00pm
- THUR April 2**
Oak Harbor Library*, 4:00pm
- FRI April 3**
Clinton Library, 3:30pm
- FRI April 3**
Outcast Productions -
The Black Box at the Fairgrounds in Langlely, 7:30pm
- SAT April 4**
Outcast Productions -
The Black Box at the Fairgrounds in Langlely, 7:30pm

All tickets are Pay-What-You-Will. The Library-hosted appearances are free and are in partnership with Sno-Isle libraries (Oak Harbor, Clinton, Snohomish). Tickets for all performances are available from our website or at this url: www.ticketsource.com/island-shakespeare-festival (you can reserve free tickets to the library appearances). Tickets are not required, but seating is limited at all venues so tix are recommended. For further information? Email info@islandshakespearefest.org; website is islandshakespearefest.org;



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What's Going On!

SCOTT SHIGEOKA: CURIOSITY IS A BRIDGE FOR CONNECTION

Friday, March 20, 7:30–9:30 p.m.
Whidbey Island Center for the Arts, 565 Camano Ave., Langley

Curiosity expert and author Scott Shigeoka presents an evening lecture exploring how curiosity can foster connection and transformation in communities. Drawing from his award-winning book *Seek: How Curiosity Can Transform Your Life and Change the World*, Shigeoka shares stories and practical tools for bringing more curiosity into everyday life. Presented by the SnoIsle Libraries Foundation as part of the Trudy Sundberg Lecture Series. Free and open to the public; doors open at 7 p.m. Seating is first-come, first-served.

BIRD WALKS AT DECEPTION PASS

Saturday, March 21, 10 a.m.–noon
West Beach, Deception Pass State Park

Discover coastal and forest bird species during a guided walk at West Beach. Participants will practice identification techniques and learn about seasonal bird activity with support from Whidbey Audubon Society leaders. Open to all experience levels. Bring binoculars if available. No registration required. Discover Pass or day-use permit required per vehicle.

MEERKERK NURSERY OPENING DAY

Saturday, March 21, 10 a.m.–4 p.m.
Meerkerk Gardens, 3531 Meerkerk Lane, Greenbank

Celebrate the opening of Meerkerk's nursery for the season with the largest selection of rhododendrons in Island County, including rare and unusual varieties. Visitors can enjoy refreshments, a raffle and a first look at the new gift shop while browsing plants for spring gardens.

WHIDBEY ISLAND DANCE THEATER SPRING AUCTION & GALA

Saturday, March 21, 5–8 p.m.
Useless Bay Golf & Country Club, 5725 Country Club Dr., Langley

Support the next generation of dancers at this annual fundraising gala for Whidbey Island Dance Theater. The evening includes food, performances, and a live auction benefiting youth dance training and productions such as *The Nutcracker* and *Celebration of Dance*. Proceeds help provide performance opportunities, mentorship and national training connections for local dancers.

MEERKERK GARDEN TOURS

Meerkerk Gardens, 3531 Meerkerk Lane, Greenbank
Saturday, March 28, 1–2:30 p.m.

Discover the progression of spring on a docent-led tour featuring emerging color, garden highlights and seasonal plant interest. Tours depart from the Gatehouse Welcome Center and run 1.5–2 hours. Advance registration requested. Cost: \$15; children under 13 free. Dogs welcome on leash.

FLYING FINGERS DEAF AND HOH SOCIAL

Langley United Methodist Church, Fireside Room (Third Street and Anthes Avenue), Langley
Friday, April 3, 5:30 p.m.

A casual gathering for people who are deaf or hard of hearing and for ASL

learners. Participants practice sign language, enjoy conversation and share treats. Follow signs to the Fireside Room. For details, contact Susan at 360-221-0383 or email sisoleil973@yahoo.com

BIRD WALKS AT DECEPTION PASS

Saturday, April 4, 10 a.m.–noon
Rosario Beach, Deception Pass State Park, Rosario Beach Road

Explore shoreline and bluff habitats at Rosario Beach while learning to identify local and migrating birds. This guided outing, hosted in partnership with Whidbey Audubon Society, welcomes beginners and experienced birders alike. Bring binoculars if possible. No registration required. Discover Pass or day-use permit required per vehicle.

MEERKERK GARDEN TOURS

Meerkerk Gardens, 3531 Meerkerk Lane, Greenbank
Saturday, April 4, 1–2:30 p.m.

Experience the gardens as spring gains momentum, with docent guidance on flowering plants, landscape features and seasonal changes. Tours begin at the Welcome Center and last about 1.5–2 hours. Advance registration requested. Cost: \$15; children under 13 free. Leashed dogs welcome.

THE FAREWELL – FREE FILM AND CONVERSATION

Monday, April 6, 1–4 p.m.
Oak Harbor Cinema, 1321 SW Barlow St., Oak Harbor

Island Senior Resources presents a free screening of the award-winning film *The Farewell*, a moving comedy-drama about family, truth and navigating life and loss. Following the film, Whidbey-Health Hospice staff Andrea Denke and Nathalie Gauteron will lead a guided conversation. Free admission; seating is limited.

STEPS MAMMA MIA! SING-ALONG

Thursday, April 16, doors at 5:30 p.m., movie at 6 p.m.
The Clyde Theatre, 217 First St., Langley

Sing along to ABBA favorites during this interactive screening of *Mamma Mia! The Movie*. Lyrics appear on the big screen while lively hosts guide the audience through a fun, community-centered evening. Costumes and sparkle encouraged. Tickets \$30 or two for \$50. Proceeds benefit Steps, supporting families with infants and toddlers with disabilities and developmental delays.

WHIDBEY WEAVERS GUILD ANNUAL SPIN-IN

Saturday–Sunday, April 18–19, 10 a.m.–4 p.m.
Oak Harbor High School Gym, 1 Wildcat Way, Oak Harbor

Enjoy two days of spinning and fiber arts with members of the Whidbey Weavers Guild. The annual Spin-In brings together spinners, fiber artists and curious beginners for demonstrations, community learning and hands-on fun. Guest speaker and instructor Jacey Baggs Faulkner will present during the event.

WATCH REPAIR & BATTERIES



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Life Tributes

**Sandra Jeane "Sande"
Crank-Mulkey**
April 9, 1937 - March 12, 2026



Sandra Jeane "Sande" Crank-Mulkey, 88, long-time Oak Harbor resident, died March 12, 2026 in Oak Harbor, WA.

Born in Tulsa, Oklahoma on April 9, 1937 to Harold Austin Crank and Mildred Marie (Reynolds) Crank, Sande moved to Dallas, Texas as a teen and was a member of the first graduating class of South Oak Cliff High School in 1955.

After high school graduation, Sande attended Texas State College for Women for two years. She later returned to college to complete her education, receiving her bachelor's degree in sociology in 1976 from Connecticut College, New London, Connecticut.

In 1984, Sande moved to Oak Harbor and married Donald Mulkey in August 1988. She worked at many local businesses, including the Oak Harbor Chamber of Commerce and more than a decade at The Greenhouse Nursery and Florist. She retired as Director of Marketing for Regency on Whidbey.

In addition, Sande was active in many community affairs, including the Citizen Advisory Board of Island Transit, Habitat for Humanity, CADA, Armed Services YMCA, WAIF, North Whidbey Help House, and the Oak Harbor Senior Center. She was a 20-year member of North Whidbey Rotary, where she was honored as a Soroptimist Woman of Distinction and was a five-time Paul Harris Fellow. Sande was also a member of Oak Harbor Lutheran Church.

Sande inherited a love of sewing and gardening from her maternal family. She enjoyed filling her homes with flowers, music, and literature; collecting and selling antiques were also a passion, which required large barns for storage. Over the years, she shared her life and home with dogs, dogs, dogs, and more dogs, as well as one pesky parakeet and one cranky cat.

Sande is survived by her daughters, Ann Michelle Harrison McAllister of San Diego, CA and Jeane Marie Harrison Tierney of Harvest, AL; sister Michelle McKenzie-Voigt of Evanston, IL; nephew Christopher Voigt (Adrienne Chudzinski) and family of Fairfield, CA; and sister-in-law Susan Mulkey of Boise, ID. She was predeceased by husband Donald Roy Mulkey, infant daughter Jan Lanelle Harrison, brother-in-law Don Voigt, sons-in-law Mike McAllister and Chris Tierney, and her parents.

Private inurnment at Maple Leaf Cemetery. Donations may be made to WAIF.

SHELTER



By Auston Reisman Farmer, Parent, Builder, Nonprofit Leader of Compost Cultivators

Early humans lived under trees and stars and improvised with the abundant natural materials in their region. In primeval times, hunters and fishermen naturally sought shelter in rock caves. These were humans' earliest dwellings. Tillers of soil took cover under the trees' arbors, fashioning huts of branches and mud. Shepherds following their flocks used skins stretched on poles to form tents. People constructed shelters, grew and foraged for food, and made their own clothes within small bands or tribes. That knowledge of their unique building crafts and skills was passed along through generations, from master to apprentice.

With population growth and industrialization, much of this ancient wisdom and independence is lost or banished in favor of cheap, mass production, and now the pendulum is swinging again. As resources diminish and mass media assault the mind with complexity, more people are gravitating back to basics, realizing and even craving the motto that less may be more. When someone buys a teapot I made on the wheel, they are not craving the teapot. They are craving the idea of the rest and silence that the tea can bring, and the ritual can inspire.

A smaller creative and artistic breed of houses and tiny homes has been gaining huge momentum, maximizing energy efficiency while limiting footprint and environmental impact. By engaging in a simpler life, people achieve greater financial freedom and feel a deeper connection to the living earth, relearning ancient skills in new ways. A small home naturally encourages greater intimacy with the environment, while outdoor living becomes an integral aspect of our home. We also refine the home down to the bare essentials, nothing more. Incentives are offered for using green building materials, solar, harvesting rainwater, and limiting your footprint, while providing a more affordable structure.

I visited my cousin in Arizona at his 5,000 square foot home, purchased during the

economic collapse in 2008, when markets were low. He only uses a quarter of the house! Entering abandoned parts of the house gives off an eerie feeling, like walking through an old ghost town. My home is 10% of that size. It taxes my mind to think about the underutilized space and resources needed to build his shelter. On Whidbey Island, we face difficulties with affordable housing. Large 'Vacation' homes, such as those of my cousins, create an impactful imbalance within our community.

Some local organizations are making positive changes by offering alternatives, and residents are becoming excited about this momentum. For instance, one creative solution now available is called In-Home Suites, which offers willing homeowners' surplus space as private or semi-private units for those in need of an affordable place to live. By making small changes, such as adding a door, a kitchenette, or a bathroom, semi-independent living quarters can be created and, in some cases, can be a way for an aging host to get help from younger tenants. This is an example of forward-thinking that supports interdependence and community. More typically, however, underutilized space in existing houses is an untapped resource on the island.

The THINC project in Langley is another example of success, having built 10 tiny homes that are now offered to low-income families.

As we redefine shelter and consider the environment in our modern age, we must emphasize simple living and self-sufficiency, recognizing that excessive property can imprison. In this spirit, Henry David Thoreau viewed housing as shelter rather than a status symbol, favoring modest, handmade structures over elaborate, debt-laden homes. His work reflects a desire to minimize excess and live deliberately. To continue this conversation, join us on Saturday, March 21st, at 10:30 am at the Freeland library, where I will be speaking on Thoreau and his revolutionary ideas about simplicity, community, and friendship.

Planning ahead is simple. The benefits are immense.

Contact us today to discuss pre-arrangements or transfer of existing arrangements.

WALLIN STUCKY FUNERAL HOME

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www.wallinfuneralhome.com



SIGN UP FOR SPRING BREAK CAMP

9:30am-12pm

Ages 5-7 years April 7th & 9th
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\$5 discount for multiple day RSVPs
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On A Bad Hair Day...

by Charles LaFond ISLAND FUNDRAISER, POTTER, AUTHOR, AND ESSAYIST

Much as with my family lineage, the word "contemplation" entered 12th-century English from Old French. Originally, the word meant to set aside a place from which to watch the sky or forest for "signs." Pre-Christian Celtic clergy were always women who kept a forest flame going 24/7 as an outdoor temple. To ask for something, one would hammer an oak tree to send the prayer, which is, curiously, how we now have the term "knock on wood" when we hope for or against something.

By the 15th century, "contemplation" shifted in meaning to "deep focused reflection," and it launched the monastic movement. Nowadays, as an agnostic, I do not pray exactly; rather, I speak to "whatever energy is out there." I am, as I age, less and less inclined to be sure of a mystery, so "higher power" is good enough for me.

The root word "Contemplative" (I love to geek out on Etymology – how words were formed over centuries) came from the Latin "con", which meant "together" or "intensive". "Templum" was an ancient word for "a marked out space for observation," such as the roadside turnoff parking lots where we park, get out, stretch our legs, and take in a majestic view of mountains or a valley, the ocean, or a cityscape.

When, where, and how do you devote time to sacred observation? When and how do you stop, get out of your life, and look at the view ahead or behind?

I'm not talking about church or dogma, chapels or monasteries here. I'm just asking about when and how we take stock, look at ourselves honestly, ask hard questions about our lives, and consider how very small we are as well as how very briefly we are here.

When my own life hits the mouth of a wood-chipper as it does from time to time, it feels important to stop, then set aside a time and place to walk, sit, and think. I only ask myself three questions or get a trusted friend to ask me:

1. What's going well?
2. What's not going well?
3. What needs to change?

If I find myself anxious, with my proverbial hair on fire, I go find a place for "contemplation" (The Whidbey Institute trails or the Zen monastery in Freeland, or my backyard) and ask four more questions, inspired by Byron Katie:

1. Is what worries me true?
2. Can I be ABSOLUTELY SURE that what worries me is true?
3. How do I react when I think the anxious thought?
4. Who would I be without the anxious thought?



'Charles LaFond:
"Everyone has a Bad Hair (or life) day sometimes"

I have asked these questions so many times in my life that they have become subconscious. But when I slow down and look at the view of my inner life, the answer to the last question – the answer EVERY SINGLE TIME- is ALWAYS...

"I would be peaceful."

Most days, no matter how crazy your hair or life becomes, peace is a decision.

To see more writing and films Charles LaFond go to:



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WEEKLY HOROSCOPES

ARIES – Mar 21/Apr 20

Aries, impatience could creep in early this week, but slowing down may actually help you spot a better opportunity. A practical approach midweek leads to a satisfying result.

TAURUS – Apr 21/May 21

Taurus, someone may rely on your steady nature for guidance. Offering support strengthens an important relationship. By the weekend, a pleasant surprise lifts your mood.

GEMINI – May 22/June 21

Gemini, your curiosity opens unexpected doors. A conversation or chance encounter could lead to a promising idea. Stay flexible and ready to adapt.

CANCER – June 22/July 22

Cancer, you may find yourself reflecting on recent choices. Trust that you're learning valuable lessons. A small victory toward the end of the week restores confidence.

LEO – July 23/Aug 23

Leo, your natural leadership stands out now. Others notice your enthusiasm and may look to you for direction. Use this influence wisely and progress will follow.

VIRGO – Aug 24/Sept 22

Virgo, attention to detail pays off this week. Completing a lingering task or organizing an overdue project brings a satisfying sense of accomplishment.

LIBRA – Sept 23/Oct 23

Libra, balance returns where things once felt uncertain. A calm discussion helps smooth over differences and reminds you how valuable patience can be.

SCORPIO – Oct 24/Nov 22

Scorpio, a new perspective helps you move past a recent frustration. Once you release the need to control every outcome, things begin to fall into place.

SAGITTARIUS – Nov 23/Dec 21

Sagittarius, your adventurous spirit is strong this week. Even a small change of scenery or routine could spark inspiration and renewed enthusiasm.

CAPRICORN – Dec 22/Jan 20

Capricorn, persistence continues to work in your favor. Someone may finally recognize the effort you've been putting in behind the scenes.

AQUARIUS – Jan 21/Feb 18

Aquarius, your originality shines. Sharing an unconventional idea may lead to unexpected support. Trust your instincts when expressing yourself.

PISCES – Feb 19/Mar 20

Pisces, emotions run a little deeper this week. Taking time for self-care or quiet reflection helps restore your sense of calm and clarity.

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BRING OUT THE BEST

My inspirational super-ager friend
 The Whidbey Wordsmith | joanna2026@yahoo.com | Jo Hellmann



Recently my husband and I attended a surprise birthday bash and yes it was a large-scale, high energy, lively celebration!

The birthday gal, our long-time treasured friend, I shall refer to as CL as she's not one to bask in the limelight. However, there are enough clues here the 100+ folks from her many walks of her life who celebrated her 95th orbit around the sun (and others whose lives she touched) will know just who this charming and engaging lady is.

So many walks of life indeed! Here on Whidbey the first began with the Navy as it did for lots of us. CL and her husband came to NAS Whidbey in 1954 and then on to California, Texas, Florida, and Japan before returning and remaining on The Rock. Lucky us!

CL cultivated connections and friends as a teacher at Oak Harbor High School and member of the Oak Harbor First United Methodist Church. Long retired from OHHS, she's still in touch with a number of her friends there. She remains socially connected via her church as well as with the Oak Harbor Navy League, Oak Harbor Garden Club, Military Officers Association of America, Retired Officers Wives Club, a knitting group, pinochle group and The (Senior) Center. Phew! And as if her calendar wasn't full enough, dinner with me and hubby once a month. All were well-represented at her birthday shindig along with family, neighbors and friends.

I met CL through my hubby who use to fix her and her hubby's computer some years ago. And as many who have crossed paths with her, to know her is to want to be around her. Warm, authentic, witty, her company is uplifting. She has made a profound positive difference in my life and I know through the grapevine I'm not alone. Example: as she thanked her party guests saying how they all enrich her life; their beaming faces and long robust round of applause said "Back atcha!"

CL gives me hope that as my years march on perhaps I too can remain as lively and as purposeful. She may well have a leg up on me though as she has the attributes of being a super-ager, defined by Harvard Health as someone 80 or older possessing cognitive abilities—particularly memory and attention—comparable to people 20 to 30 years younger. If that's because she hit the genetic "longevity lottery" I may be out of luck; I don't come from a long line of long livers. But if lifestyle plays a role, I'm taking notes. Scientists are still exploring the answers, but they've identified some common attributes of super-agers. And CL has them in spades.

Whether meeting new people or traveling to new places, super-agers like CL aren't

afraid to get out of their comfort zones and often stick with challenges longer than their peers, sharing a willingness to endure discomfort to master a new skill. In the face of hardships and setbacks, they tend to recover faster than their peers, bouncing back and moving on rather than letting the challenges define them. They place a high value on interpersonal relationships; such strong social connections are associated with increased longevity and brain health. Being a highly social person, surrounded by family and friends, it's not surprising CL is such an avid volunteer. Lucky community! As busy as she is, CL – who still drives and until very recently drove to and from Seattle to visit family – also provides transportation for friends and neighbors who are unable to drive. Lucky them!

Positive and resilient, her autonomy, freedom and independence no doubt help contribute to a sharper, younger brain. On top of that, CL has always handled the family finances and I believe does her own taxes. It doesn't hurt that she's a life-long learner, a scientifically-known protective feature of dementia, whether reading, playing games or computerizing.

Most of us who are older may not like to be reminded of our age, but in CL's case, she's shown it's more about putting age to one side and living the life in front of you. Some people let aging define them. Super-agers like CL redefine it. She said she was looking forward to seeing everyone again at her centennial jubilee. I've no doubt she'll make it. Hope I do, too.



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Astrology for March 20-26 2026

Spring Equinox, Welcome Aries Season and Mercury Direct

SPRING IS HERE! On **March 20**, the Spring equinox arrives, and the Sun moves into Aries until April 19. Also on March 20, Mercury stations direct in Pisces at 8°. Even the Moon spends the day in the sign of Aries! There is a ton of get up and go energy today. We are wired to activate and take off in the direction of long awaited new beginnings! However, Mercury's station direct will create some stereotypical turbulence involving glitches, snafus, and forgetfulness. Watch oversleeping, triple check itinerary details, and stay aware that need to pivot on a swivel could be high. Listen, we are lit. We want to say and do the thing today and right in the moment, and it will be difficult to temper, however temperance is the best strategy. Not everything can happen all at once. Try to relax impulses. Even if key information lands today, and it absolutely can, more information is necessary. As Mercury gets to moving back up to speed in a few days, plans for actions and the right words will become increasingly clear. With the Sun now in Aries, we have a whole month ahead filled with forward momentum. Don't burn out all at once. What have you been confused about since February 26 when Mercury stationed retrograde? Look at the area of your chart ruled by Pisces for clues. Digest information and incoming messages that surface. Seeds are sprouting.

On **March 21**, Mars in Pisces trines Jupiter in Cancer at 15°. This activation occurring just a day after the equinox is wondrous, enlivening, and expansive. This is a day where both physical and spiritual expansion hit the jackpot. Our actions are extremely potent. Optimism is high. Feelings are loud and we are extremely inclined to act on them. We might feel like we have energy times 10 out of nowhere. How are you going to channel that? Do those actions actually support your goals and dreams? Those are the moves to make today. Again, there is a lot of activity right now, continue to watch for burnout and overdoing it, but let yourself live. If you are open to growth and learning today, life is good.

On **March 22**, the Sun conjuncts Neptune in Aries at 1°. Goals and dreams are highlighted, both the dreams we have at night, as well as our highest ambitions. The Sun brings vitality and expression to Neptune's dreamy and spiritual ideals. This may be helpful for dream recall in the morning and for engaging with the visions you hope to bring to life. The caution here is to remember the reality. This is a potent day for creative projects, art, music, etc. Empathy widens and intuition is heightened. Dive into the realm of the muses, but don't become lost by enchantment. There's always a reality check around the corner...

On **March 25**, the Sun conjuncts Saturn in Aries at 4° and the Sun in Aries sextiles Pluto in Aquarius at 5°. Here's that reality check. The Sun that was just dancing through the halls with dreamy Neptune arrives in Saturn's domain of restrictions and boundaries, and gets encouragement from Pluto to make some changes. We may start to see something for what it is, a clearer view, a higher vantage point, etc. This may be tied to our sense of self-confidence in relationships or groups, or the way we self-orient and self-regulate. Saturn has a potent message of adjustment (and potentially a warning) for the Sun that wants to self-express and live the dream, and it can feel limiting. Through another lens, the need for limits may be a welcome development, as it helps to guide the path ahead. Channel the dream and bring it to the present moment. Ground the ideal into reality. Now we can utilize the information arriving from Mercury direct and the gusto of Aries season. How do you want to act with what you know now? What materials are needed? What's the plan? Get honest with yourself. Get it on the calendar.

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March 20th - March 26th : the Seven of Pentacles Reversed

Lamenting over the work still to be done, seemingly never ending, along with the buds yet to bloom, the abundance yet to tumble forth at your feet. Your woe-is-me ruminations are replays of past impatience and doldrums, eyes so fixed on days gone by, a part of you certain that the day is as dark and lackluster as the ones before, that you're missing the rays of sunshine slipping through the gloom and the fruits of labor ripening for harvest. Blink away those bygone mists and look at the wonder, the growth before you, within you.

If the routine has bored you to ire, or worse, lifelessness, then endeavor to reclaim the inspirations and intrigues that sparked your footfalls in this work as a respite from the tedium you've come to associate with unending chores. If the weeding, pruning, mounds of laundry, or sink of dishes

blur your vision from the once curious excitement of learning to cook a meal from fresh garden ingredients or seeing the development of that which you tended with studied care, the monotony will wear you down and strip you of seeing the purpose you strive for within these repetitive minute actions. Without intentional joy and focused purpose what seems to remain is obligation which breeds resentment. You may love to paint but without holding that pleasure of the whole, one can easily feel bogged down and resistant in assembling the frames, stretching and gessoing the canvas, diligently cleaning the brushes, scraping and mixing the pigments. Keep your eye on dessert to get you through the lima beans.

The mind feels congested with thought this week but it's not necessary to slow and examine each one. As Mercury stations direct and we float into Aries season, all planetary bodies will be experiencing forward momentum, many of them fiery and fierce, for the next seven weeks. Let your thoughts and actions flow like the breeze but mindfully adjust the moods of your sails toward intentional destinations. And when you can't shake the grumpus, speak to your greenery, or fur companions, or make a point of socializing; this untangles the mind, rebalances the mood, and provides healthy self-awareness to the spiral of unkempt self-talk.

~Xo, Tiffany

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

Your future divined in detail, here: <https://linktr.ee/tiffanyfitzpatrick>




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CLUES ACROSS

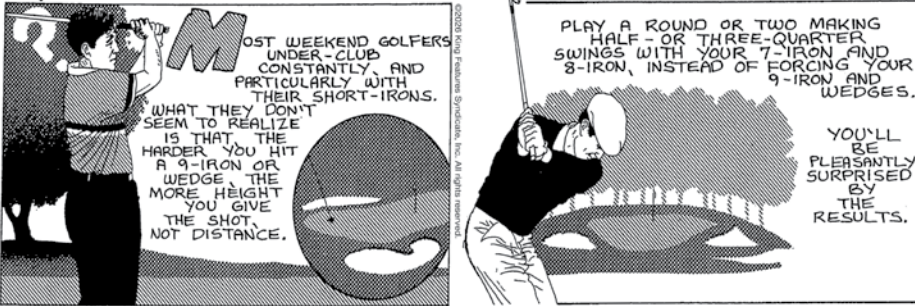
- 1 Banner
- 5 Invoice fig.
- 8 Experts
- 12 Earring site
- 13 Brit's restroom
- 14 Carry on
- 15 Capital of Paraguay
- 17 Slender weapon
- 18 Rationed (out)
- 19 Urges forward
- 21 "La Dolce --"
- 24 Granola morsel
- 25 Luke's teacher
- 28 Folklore monster
- 30 Mel of Cooperstown
- 33 "Caught ya!"
- 34 Welcome
- 35 Bankroll
- 36 "Tasty!"
- 37 Give temporarily
- 38 Burden
- 39 Navarro on "The View"
- 41 Mausoleum
- 43 Continue
- 46 Skiers' mecca
- 50 Bank statement no.
- 51 Capital of India
- 54 Close
- 55 Crime lab evidence
- 56 Motown genre
- 57 Bouquet
- 58 Tofu source
- 59 Norms (Abbr.)

CLUES DOWN

- 1 Two-stroke drumbeat
- 2 Misplace
- 3 Border on
- 4 Swiss metropolis
- 5 Foreman foe
- 6 Cattle call
- 7 Author Morrison
- 8 Venezuelan corn patty
- 9 Capital of South Africa
- 10 Daring Knievel
- 11 Beholds
- 16 Roman 401
- 20 Champagne brand
- 22 Ripped
- 23 Rep
- 25 Candied veggie
- 26 Resistance unit
- 27 Capital of Syria
- 29 Make over
- 31 Sigma follower
- 32 QBs' goals
- 34 Glitzy rock genre
- 38 Fixate
- 40 Peculiar
- 42 Irate
- 43 Grate
- 44 Canyon comeback
- 45 Concludes
- 47 Conspiracy
- 48 Barak of Israel
- 49 Guitarist Lofgren
- 52 Rock producer Brian
- 53 Method

Answer on page 11

Play Better Golf with JACK NICKLAUS



YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST

Fri, Mar 20	Sat, Mar 21	Sun, Mar 22	Mon, Mar 23	Tues, Mar 24	Wed, Mar 25	Thurs, Mar 26
North Isle H-53°/L-42°	North Isle H-46°/L-38°	North Isle H-48°/L-38°	North Isle H-48°/L-41°	North Isle H-59°/L-44°	North Isle H-47°/L-40°	North Isle H-49°/L-39°
South Isle H-55°/L-42°	South Isle H-46°/L-37°	South Isle H-50°/L-37°	South Isle H-49°/L-42°	South Isle H-50°/L-43°	South Isle H-47°/L-38°	South Isle H-50°/L-38°



OUR Community

An Upbeat Question of the week

By Helen Mosbrooker

With what historical person would you like to have lunch?



Mark Lucero,
Coupeville

I think I would love to have lunch with Mahatma Gandhi. I have always admired his creativity in employing non violent strategies to resist oppression and tyranny. It takes so much more courage and strength to be a force for peace in the world than it does to match violence with violence. The word Mahatma means "Great Soul" and I think he was exactly that. I am hopeful that humanity is evolving toward cooperation with each other for our survival and away from competition with each other. We have much to learn from Gandhi about simplicity, peaceful problem solving, and taking seriously the admonition to be our brothers' keeper. I will let him choose the restaurant as long as it is Indian food. My treat!



Barry Sehlin,
Oak Harbor

Rather than an important individual, I'd sit by the campfire with those wagon train pioneers after the day they first recognized the Rockies, that wall of rock from horizon to sky. Some must have been discouraged. Some must have been frightened. What were those men and women really thinking and talking about at the end of a day's travel.

Someone had probably had some misfortune that day. Maybe someone was ill, or someone else was about to give birth. Surely they worried about the unknown that lay ahead. Did they talk of their dreams? Not heroes striding bravely across the land to build a new country, just regular people attempting to fulfill their dreams. So not lunch, not an important individual, but rather I would sit at their campfire with some regular people searching their dreams.



Amanda Compton,
Oak Harbor

I would love to have lunch with Helen Keller.

There is just something about someone who doesn't give up no matter how hard life is.

I couldn't imagine losing my sight, or my hearing.

But this woman accomplished more than I have in my lifetime, and I have both.

She managed to find love (even though it was a secret romance; that ended because it was looked down upon for people with disabilities to get married).

She found lifelong companionship, with Anne Sullivan, who was by her side and taught her to communicate in several different ways!

I love how she didn't give up on her, which led Helen to go on to be such a great influence through traveling and advocating for the hearing and visually impaired.

I hope she knew how important she was! And just how great of an impact she had on how the world is today.

"The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart" - Helen Keller

Joyful Saying of the Week

The joy we feel has little to do with the circumstances of our lives and everything to do with the focus of our lives.

-Russell M. Nelson

Weekly SUDOKU

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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

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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
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Events, Support, and Benefits help
Monday 10 a.m. - 3:30 p.m.
Tues - Thurs 1:00 - 4:30 p.m.
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North Whidbey Help House:
1091 SE Hathaway St.
Oak Harbor 360-675-0681
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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.
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HUB After School: 301 Anthes Ave., Langley 360-221-0969
Food and activities for middle and high school youth. Mon, Tues, Thurs, Friday 2-6 p.m., Wed 1-6 p.m.
Ryans House for Youth:
Food, fun, support, 19777 SR 20, Coupeville 360-331-4575
Drop-in center for adults ages 18-24; Daily 6 a.m.- 8:30 p.m., 35 SE Ely St., Oak Harbor 360-682-5098
Drop-in center for youth ages 12-21; Mon-Fri 11 a.m.-7 p.m.
Women, Infants & Children (WIC): -Oak Harbor/North Whidbey: 1791 NE 1st Ave. Mon-Thurs 360-240-5554 Text: 360-544-2239

SHELTERS/HOUSING

CADA Emergency Shelter
- Confidential crisis shelter for women and children fleeing domestic violence/sexual assault/stalking. This is NOT a homeless shelter. Office: 360-675-7057 Crisis Line: 360-675-2232 Toll Free: 800-215-5669

Island County Housing Support - 105 NW 1st St., Coupeville 360-678-8284
For homeless or at risk of losing housing. Mon-Thurs, 9 a.m.-3 p.m.

Ryan's House for Youth
- 19777 SR 20, Coupeville 360-331-4575
For at-risk adults ages 18-24

Whidbey Homeless Coalition
- Serving Island County 360-900-3077

The Haven Overnight Shelter
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

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

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+

MONTHLY MEETING

Monthly Mental Health Meeting 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

Last weeks answers!

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

How'd you do?

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

No Cheating!

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



CLASSIFIED INFORMATION

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Oak Harbor, WA 98277
E-Mail classifieds@whidbeyweekly.com
Telephone 360-682-8283

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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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ONLINE**



Summer May - August 2026 Activity Guide

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