

May 8, 2026 - May 14, 2026

absolutely **FREE**

# Whidbey Weekly

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

Locally Owned • Locally Operated

NEWS • BITS • WHATS GOING ON • PUZZLES

COLUMNISTS • CLASSIFIEDS

## 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](http://penncovewaterfestival.org)

Volunteers Welcome

# Whidbey Weekly

[www.whidbeyweekly.com](http://www.whidbeyweekly.com)

Send donations to:  
Whidbey WEEKLY  
PO BOX 1398, Oak Harbor, WA 98277

Scan to keep the paper going!



**Whidbey Weekly is fighting to survive,** and we need **our community** now more than ever. As a locally owned and operated newspaper, your support can help keep independent local journalism alive on Whidbey Island.

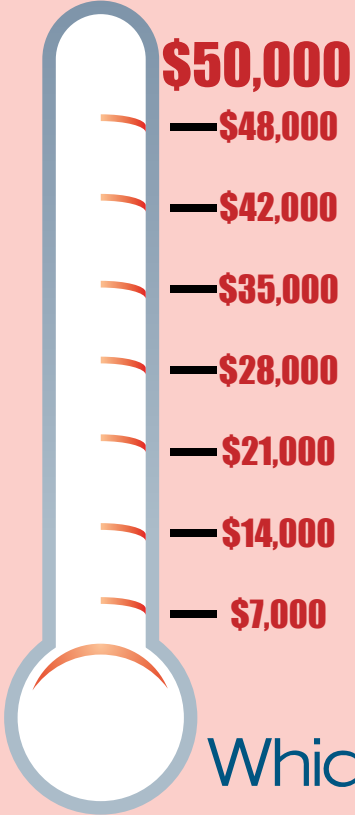
**Without your support today, Whidbey Weekly's voice could be gone tomorrow!**

# HELP KEEP WHIDBEY WEEKLY IN PRINT

Whidbey Weekly is your free, independent community newspaper — and we need your help to continue.

We must raise **\$50,000** to meet our printing obligations and keep the presses running.

We are asking for immediate financial support from those who are able to contribute.



**Donate by mail:**  
 WHIDBEY WEEKLY  
 P.O. BOX 1098  
 OAK HARBOR, WA  
 98277

Every contribution helps keep community journalism alive on Whidbey Island.

Or scan this QR code to give online:



Whidbey Weekly



## STOCKER RAINBOW TROUT SUCCESS

All of the trout lakes that have been closed since Labor Day of last year are now open for a chance at some nice pan size rainbow trout for dinner or the smoker. The state of Washington does a good job of stocking the local lakes with good numbers of 1-to-2-pound rainbows, each year they plant the fish a week to two weeks before the season opener (last Saturday in April) so the fish will begin to acclimated and travel to all parts of the lake.

Generally speaking, the stocked trout are aggressive biters and are not too difficult to catch, however, as time passes and the longer the trout forage in the lake for natural food and prey the fish will become a bit more finicky and the bite tends to slow down. Most of the small local lakes do not allow combustion engines, electric trolling motors and Armstrong power is how we will navigate the boat to find fish. Trolling small lures and flies behind the boat is a great way to attract trout into biting, and a fantastic way to catch a limit for dinner, but shore fishing can be just as productive and removes the extra prep-work required with a boat.

I'm going to focus on the trout fishing set-up (fish it from shore or in a boat on anchor) that allows me to catch trout in any lake that is open. First thing, stocker trout are raised on a natural fish-based food pellet that is used at the hatcheries to grow the trout to the desired release weight prior to delivering them to the lakes. The food source ingredients have been roughly copied by companies to make effective fish attracting baits, "Berkley" is one of the top producers of these trout baits. "Play-dough" style and soft rubber power-eggs are a sure thing to help you catch these stocker trout.

There are numerous terminal tackle rigs and baits used by fishermen that will catch stocker trout, here is what I use and it has not let me down yet, but keep in mind my son and I have a full proof rule-of-thumb, "we never get skunked! We just run-out of time." Here are the things you will need:

- Power Eggs, in fluorescent red, chartreuse, or rainbow color.
- Egg Sinkers, 1/2-ounce size, (3/4-ounce if you need the ability to cast out farther).
- Size #1 needle point hooks, these hooks are sharp and are big enough to hold the number of eggs I like to use.
- Good Quality monofilament Leader material, 8-pound test is what I prefer, but occasionally I will switch to a 10-pound test if the stocked trout are close to 2 pounds or bigger.
- Size 5,6, or7 Barrel Swivels, they will be your mainline to leader connection.
- 10-to-15-pound braided line, the braided line is not a terminal tackle item but this thin line will cast a mile and is well worth the cost to fill your reel spool with it.
- Shrimp oil or gel, a little goes a long way.



These hooks are affordable and very sharp!

The Power Eggs are designed to float which is good, this allows the bait to float above or at least near the tops of the lake's vegetation and in the path of the roaming, feeding trout. I like egg sinkers, they're designed with a hole down the middle which allows the fish to bite and pull on the bait and leader with very little initial resistance as it is pulled through the hole. The size #1 needle point hooks are thin and sharp, they allow the hook to penetrate the hard boney mouths of the trout helping to get a good hook-set. Remember that the monofilament leader is what basically connects you to the fighting, thrashing fish, and we do not want the fish to easily break the line; select a good quality monofilament (I like P-Line brand). Think of it this way: "cheap line is rarely good and a good line is rarely cheap." Barrel swivels serve two purposes here, they keep excessive line twist out of the leader reducing line breakage, and stops the egg sinker from sliding all the way to the hook, stopping it at the mainline-end of the leader.

Let's assemble the rig:

- Slide the egg sinker (start with 1/2 ounce) up the mainline from the reel.
- Next tie on the chosen size barrel swivel to the mainline.
- Next cut your monofilament leader to 30 inches, this will be a good length to avoid most of the vegetation in the shallow lakes (leader length can always be adjusted to meet lake conditions).
- Tie the 30-inch leader to the other eye of the barrel swivel.
- Next tie on the #1 needle point hook to the tag end of the leader.
- I prefer to use Power Eggs (non-garlic flavor); I like how well they hold up through multiple fish hook-ups. I recommend using a minimum of two eggs on the hook, this helps the hook-n-eggs climb up and float out of the grasses.
- Lastly squeeze, squirt, or spray a light coat of shrimp scent on the eggs; it doesn't matter if it's natural color, or has pink dye added, as long as it's shrimp.

This trout rig has hooked more stocker trout for me than any other set-up I have ever used! If there are fish in the lake you're fishing and they encounter this colorful floating offering, be ready to grab the net! Stocker trout are a great way to get young anglers excited about catching fish, they put up a good fight and are a perfect fish to teach them to be good stewards of sport fishing and helps build good character too. Fishing opportunities are ramping up, from now through November the months will feel like there is only 10 days in them! Be safe and GOOD LUCK out there!

**Now Showing!**  
**Fri. May 8 - Sun. May 10:**  
**The Sheep Detective (PG)**  
**&**  
**Animal Farm (PG)**

Box office, SnackBar, Arcade & Tavern open at 4pm.  
 First movie starts at 7pm.  
 11 & OVER \$6.50\*; KIDS 5-10 \$1.00\*; 4 & UNDER FREE \*CASH PRICES  
**GO KARTS CLOSED FOR THE SEASON**  
 1403 N MONROE LANDING RD • OAK HARBOR  
 360-675-5667 • www.bluefoxdrivein.com

## DONATIONS NEEDED

We could use your help with these items:

- pork&beans
- canned beans (any kind)
- canned peas
- Chunky/Progresso soups
- canned tomatoes (any kind)

**NORTH WHIDBEY HELP HOUSE**

1091 SE Hathaway St • Oak Harbor • 360-675-0681

# What's Going On!

## OAK HARBOR GARDEN CLUB ANNUAL PLANT SALE

Saturday, May 9, 9 a.m.–noon  
Field on NE Fourth Avenue near the Autumn Leaves sculpture, Oak Harbor

The Oak Harbor Garden Club will offer hundreds of 4-inch, 1-gallon and larger perennials, herbs, vegetable starts and houseplants, along with 12-inch hanging baskets and 14-inch color bowls. Sales are first come, first served.

## CULTIVATING UNIQUE TEAS IN THE PACIFIC NORTHWEST

Saturday, May 9, 1–2:30 p.m.  
The Empty Tea Cup, 275 SE Pioneer Way, Suite 103, Oak Harbor

Gavin will give a presentation on the potential for *Camellia sinensis* tea to become a regional specialty of the coastal Pacific Northwest, including tea history, local growing conditions and current work by researchers and growers. Tea processed from Minto Island Growers will be sampled.

## WOMEN BUILD 2026

Thursday, May 14–Saturday, May 16, 8 a.m.–4 p.m.  
Location to be announced

Habitat for Humanity of Island County hosts Women Build, an annual event where women of all ages and backgrounds work together to build homes, address homeownership challenges and make a visible impact in the community. Tickets are \$30. Donations and business sponsorships are also welcome.

## THE TIME BETWEEN: FROM WAKING LIGHT TO DREAMING NIGHT

Friday, May 15, 7 p.m.;  
Sunday, May 17, 4 p.m.  
First Reformed Church,  
250 SW Third Ave., Oak Harbor

Whidbey Community Chorus and Chamber Orchestra present their 2026 spring concert, directed by Darren McCoy and Christopher Dyel, accompanied by Sharon Burge on piano and featuring soprano Eva Nelson. Admission is free; donations are accepted.

## WHIDBEY ALLIED ARTISTS ART SHOW & SALE

Friday, May 15–Sunday, May 17  
Coupeville Rec Hall, 901 NW Alexander St., Coupeville

Whidbey Allied Artists presents an art show and sale featuring local artists and works in wood artistry, watercolor, acrylic, oil, glass, mixed media and photography. Hours are 10 a.m.–5 p.m. Friday and Saturday and 10 a.m.–4 p.m. Sunday.

## GREATER FREELAND CHAMBER OF COMMERCE GOLF CLASSIC

Saturday, May 16, registration and continental breakfast at 8 a.m.;  
tee-off at 9 a.m.  
Holmes Harbor Golf Course, 5023 Harbor Hills Drive, Freeland

The Greater Freeland Chamber of Commerce and Holmes Harbor Golf Course present the second annual Greater Freeland Golf Classic. The tournament will be played in a best ball scramble format for golfers of all skill levels. Registration is \$100 per player and includes golf, cart, continental breakfast, lunch, keg cup, contests, prizes and event-day swag. Extra lunch tickets are \$20. Proceeds support chamber programs and the July 3 fireworks celebration.

## CHILDREN'S FAIR

Saturday, May 16, 10 a.m.–2 p.m.  
Coupeville Town Green, next to Coupeville Library, 788 NW Alexander St., Coupeville

Coupeville Library and Partners for Young Children in Island County host a free resource fair for families with children ages 0–5. Meet local organizations serving families and enjoy library entertainment. The drop-in event will be held in conjunction with the Coupeville Farmers Market, with support from the Friends of the Coupeville Library.

## A POLLINATION CELEBRATION WITH ERIC ODE

Saturday, May 16, 11:30 a.m.–12:15 p.m.  
Coupeville Town Green, next to Coupeville Library, 788 NW Alexander St., Coupeville

Children's singer-songwriter Eric Ode presents a fun, interactive concert celebrating pollinators through song and story. The program is part of the Children's Fair, a free resource fair for families with children ages 0–5, held in conjunction with the Coupeville Farmers Market.

## WHAT'S UP, DOC? THINGS TO SEE IN THE NIGHT SKY

Saturday, May 16, 2–3:30 p.m.  
Freeland Library, 5495 Harbor Ave., Freeland

Dr. Dan Tomandl, emeritus professor of physics and astronomy at Northwest University, presents a program on the Milky Way, constellations, twinkling stars, comets and meteor showers, asteroids, black holes and more. A Q&A session will follow.

## WEARABLE ART: AN UNEXPECTED RUNWAY SHOW WITH FLAIR

Saturday, May 16, doors open at 5:30 p.m.;  
dinner at 6:30 p.m.; show at 7 p.m.  
Oak Harbor Senior Center, 51 SE Jerome St., Oak Harbor

The Oak Harbor Senior Center Foundation and Oak Harbor Parks and Recreation present a wearable art runway show and dinner featuring dinner by Serendipity and a first beverage of choice. Tickets are \$100. Fundraising activities include Raise the Paddle and a Dessert Dash, benefiting older adult programs and services.

## BEHIND THE RUNWAY

Sunday, May 17, 3–5 p.m.  
Oak Harbor Senior Center, 51 SE Jerome St., Oak Harbor

See the runway show in person and hear how artists created their masterful ensembles during an artist Q&A. Admission is \$10 for ages 16 and older; children 15 and younger are free. Proceeds benefit older adult programs and services through the Oak Harbor Senior Center Foundation and Oak Harbor Parks and Recreation.

## WELCOME TO MEDICARE!

Tuesday, May 19, 1–3 p.m.  
Freeland Library, 5495 Harbor Ave., Freeland

Statewide Health Insurance Benefits Advisors volunteers present a free "Getting Ready for Medicare" seminar covering basic Medicare benefits, when and how to apply, Medicare parts A and B costs, Medigap and Advantage plans, financial assistance and prescription drug plans. Registration is required by calling SHIBA at 360-321-1600.

## JOINT SOUTH-END CHAMBER MEETING: WORLD CUP FIFA & WHIDBEY

Wednesday, May 20, 5:30–7 p.m.  
Bayview Fire Station, 5579 Bayview Road, Langley

The Greater Freeland, Langley and Clinton chambers of commerce host an informational meeting with South Whidbey Fire/EMS, the Island County Sheriff's Office and the Langley police chief about how the upcoming FIFA World Cup may affect Whidbey Island. The event will cover what residents and businesses can expect, best practices for preparation and ways the community can work together. Admission is free for Freeland, Langley and Clinton chamber members and \$5 for nonmembers.

**WHIDBEY ISLAND DANCE THEATRE**

*Celebration of Dance*

May 8<sup>th</sup> 7:00pm  
May 9<sup>th</sup> 2:00pm & 6:00pm

Tickets and additional local Mother's Day weekend discounts available at QR or wiconline.org

ARTISTIC DIRECTORS Jamee Pitts & Mark Thrapp

WHIDBEY ISLAND CENTER for the ARTS

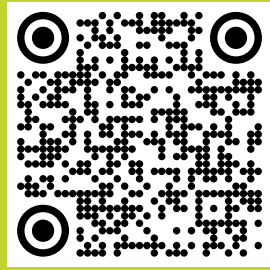
TICKETS AVAILABLE at [www.wiconline.org](http://www.wiconline.org)  
360.221.8268  
WICA Box Office  
565 Camano Ave. Langley, WA

photography by Stadler Studio, poster design by Thrapp Design © 2026 WDT



one quick click

shop online now



[islandcountyhabitat.org/store/](https://islandcountyhabitat.org/store/)

For any inquiries email [wayne@islandcountyhabitat.com](mailto:wayne@islandcountyhabitat.com)

- affordable prices
- unique finds
- sustainable shopping
- free delivery on Whidbey
- special sales and promotions

 | **Store**  
Habitat for Humanity  
of Island County



# HEALTH CORNER

By Dr. Darlene Castle  
Chiropractor

## MORE THAN PAIN RELIEF

Patients have lots of success stories about aches and pains going away because of Chiropractic care, but did you know that the first Chiropractic patient didn't have back pain at all? He was deaf and the first Chiropractic adjustment ever attempted in 1895 caused his hearing to return.

Over the years, my patients have had some great successes. Here's an unusual one:

Years ago a woman came to my office wanting care and after learning about what Chiropractic really was, she wanted it for her children and husband as well. The husband allowed the kids to come in but was reluctant to get care for himself because he insisted he had no back pain.

When he finally did begin care, an examination revealed nine spinal bones were out of position causing pressure on nearby nerves. His pelvis was also displaced causing one leg to be two inches shorter than the other.

After his care that day, he admitted feeling taller, however two days later he returned complaining loudly that he hadn't had any pain before the adjustment and now was aching in several places!

After some discussion and education, he accepted that his body had to get used to the new positions of the bones and he continued care with no further complaints.

Months went by with the family often coming in together. I noticed that when both parents were present, all the kids would sit quietly in the waiting room with



their hands folded in their laps. When the kids came in with just mom, they would head for the toys and the chalkboard in the waiting room—there was a lot of laughter going on.

One day I entered a very noisy waiting room and there was the dad and his three kids all playing hangman together on the chalk board and having a great laughing time at it. This wasn't normal and when mom came in the next day I asked her about it.

She said "Oh, Dr Castle, you have no idea. Bob used to come home from work totally exhausted. He'd grab a beer and sit in his recliner in front of the tv until dinner time and then head to bed. If any of the kids made noise he'd get mad and pitch a fit.

"Now," she said, "he comes home and goes in the back yard to throw ball with them. He's planning camping trips with the family—he's a totally different person!"

I was of course elated. Whether he'd been unknowingly experiencing some low level pain—like having a pebble in his shoe, or his nerve system was so impinged that his body wasn't working right, didn't matter. He was better and so was his family.

Chiropractic gently unleashes nerve energy blocked by spinal vertebrae allowing the brain to control each and every cell in the body. When uninterrupted communication exists, the entire body works in harmony, allowing for greater physical, mental, emotional and social well-being.

**ABOUT:** Dr. Darlene Castle attended Palmer College of Chiropractic and graduated with a Doctor of Chiropractic degree in 1972.

"I knew I wanted to become a Chiropractor while still in high school. I made the right choice – 50 plus years in practice and I'm still helping people with Chiropractic care."

**Imagination Cove**  
**Children's Museum**  
WHERE PLAY & LEARNING THRIVE

Mela Sooknanan  
**PARTY POPS**

Jaylynn Sybrant  
**Whidbey Yard Cards**

**INDOOR PLAY - PARTY SUPPLIES - YARD CARDS - BALLOON BAR**  
**CRAFTS - STEM KITS - USBORNE BOOKS - CUSTOM APPAREL & DECOR**  
230 SE Pioneer Way, Oak Harbor, WA 98277 360-246-4676

# On Becoming ...THEM

by Charles LaFond

ISLAND FUNDRAISER, POTTER, AUTHOR, AND ESSAYIST

Without five close friends nearby, you will probably be dead by 54. But there is good news: good, trusted friends – the connection to them and the hard work to remain engaged with them – these friendships will provide each of us with what we need to stay alive.

It sounds stark, but it is true. There are always exceptions, but generally this is true. After 25 years as a minister, I have seen this play out. When I visit old or ill people alone in their homes, hospitals, or care centers, I ask about their friendships so that I may gauge how long and how well they will live.

The old saying, often quoted, is that we, each of us, are the sum total of our five closest friends.

This is good news, but it can also be bad news. I have had close friends that I chose for the wrong reasons (usually transactional friendships) whose proximity to me curdled and sometimes even soured my goodness. I have also had, and now have, close friends that I chose because I admired their character. Those friendships are marked for their equality and for their utter lack of transactionality. I want nothing from them, and they want nothing from me.

These good friends are the kinds of people I want to become.

When I throw a pot on my potter's wheel, I notice that as the clay spins beneath my hands in the winter, it slowly warms because the heat from my body and hands makes the cold clay warm. This happens in friendship – their goodness makes us good. On my deathbed, were one to ask me what was the best stuff of life, I would first say "dogs," but a close second, and related, would be "my friends." One may ask, however, how to make these choices? How does one find these five close friends with good character so that we are formed and warmed by them - made better by their influence?

Well, I propose two lists that have helped me, and that may help you to identify people of good character:

People of good character...

- Take criticism easily and well, using it to improve
- Work well with others
- Give time and money to help those people, animals, and lands that need help
- Have a natural humility about them
- Do the work they need done with a therapist
- Problem-solve in situations of anxiety and stress
- May be relied upon to do what they say they will do, and
- Value kindness and honesty.

And so, therefore, people of weak or poor character...

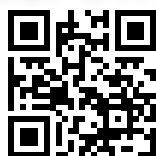
- Crave power or prestige
- Manipulate others for their own gain
- React rather than respond
- Speak rather than listen
- Manage stress badly and,
- Treat people of lower status with disregard or cruelty.



No doubt, on each list, I have missed some that you would add, but that is the "work" of life – to discern who we want to become and then find the friends whose friendship will warm our souls and improve our character.

## To see more on Charles LaFond

Website  
www.charles-lafond.com



Facebook  
facebook.com/charles.lafond.1

YouTube  
youtube.com/@CharlesLaFond



**Our Caregiver/Owners come to YOU in Skagit & Island County!**

<p><b>Personal Care Services</b> bathing, dressing, meals, &amp; meds</p> <p><b>Home Management Support</b> housekeeping, meals, laundry, &amp; pet care</p>	<p><b>The Little Things</b> shopping, errands, transportation, companionship, social engagement</p> <p><b>Extras</b> respite, dementia care, end of life</p>
--	--

**360-474-2560**  
[www.heartsong.coop](http://www.heartsong.coop)

Soroptimist International of South Whidbey presents

## SHRED-IT FUNDRAISER

**Saturday, May 16<sup>th</sup>**  
**10:00am - 2:00pm**

Securely dispose your personal & financial records!

Licensed & Bonded shredding company!

**PAPER ONLY**  
**STAPLES OKAY**

Suggested Donation  
\$5 for Shopping Bag  
\$10 for Banker Box  
\$15 Oversized Box or Bag

Sponsored by

**Savi Bank**  
1737 E. Main St., Freeland

All proceeds benefit Soroptimist International of South Whidbey Scholarship Programs

## WATCH REPAIR & BATTERIES

Allow Linds to help you with all your watch repair and watch battery needs. All repair estimates are FREE.

1609 E. Main St • Freeland • 360-221-6111  
[www.lindswhidbeyisland.com](http://www.lindswhidbeyisland.com)  
Monday-Saturday 10-5, Closed Sunday

## WEEKLY HOROSCOPES

### ARIES – Mar 21/Apr 20

Aries, patience becomes a hidden strength this week. Moving too quickly may create unnecessary tension, while thoughtful action leads to success.

### TAURUS – Apr 21/May 21

Taurus, your steady energy attracts positive attention. Trust yourself when making an important decision—your instincts are especially reliable now.

### GEMINI – May 22/June 21

Gemini, your season approaches, but first comes clarity. This week helps you clear distractions and prepare for exciting opportunities ahead.

### CANCER – June 22/July 22

Cancer, financial or emotional priorities may shift. A practical adjustment now helps create peace of mind later.

### LEO – July 23/Aug 23

Leo, your confidence inspires others. A social or professional setting could place you in a natural leadership role—embrace it.

### VIRGO – Aug 24/Sept 22

Virgo, rest may be just as productive as action this week. Slowing down helps you regain perspective and sharpen your next move.

### LIBRA – Sept 23/Oct 23

Libra, friendships and teamwork bring unexpected progress. Shared goals feel easier when you lean on trusted allies.

### SCORPIO – Oct 24/Nov 22

Scorpio, ambition rises. A project or responsibility may demand more of you, but your determination helps you rise to the occasion.

### SAGITTARIUS – Nov 23/Dec 21

Sagittarius, adventure may arrive in small but meaningful ways. A fresh experience or idea renews your enthusiasm.

### CAPRICORN – Dec 22/Jan 20

Capricorn, practical planning pays off. A detail you address now could save considerable stress later.

### AQUARIUS – Jan 21/Feb 18

Aquarius, relationships deepen when communication remains clear. Don't overcomplicate something that honesty can solve.

### PISCES – Feb 19/Mar 20

Pisces, your intuition feels especially sharp. Trust subtle feelings—they may guide you toward the right opportunity.



**Astrology for May 8-14 2026**

**Support Systems, Mother's Day Themes Echo All Week**

Happy Mothers Day! On **May 10**, the Sun in Taurus sextiles Jupiter in Cancer at 19°. This is a beautiful energy for honoring Mothers, the art of mothering, and Mother Earth herself. The Sun in Taurus is lush, connected to the physical senses and encourages gratitude for and tuning into the simple pleasures of life. Jupiter exalted in the nurturing sign of Cancer expands opportunities for connection. This day brings awareness to the way we find comfort within our bonds with others and adds a bit of nostalgia to the mix. This supportive combination is wonderful for creating memories, giving and sharing stories, delicious food and treats, and generally experiencing a sense of warmth and joy with loved ones. The Moon moving through the sign of Aquarius meeting Pluto at 5° may bring up some deep feelings around dinner time, but aids overall in recognizing where there is support and how to nurture that support within friendships, relationships and communities of all kinds.

On **May 12**, Mercury in Taurus sextiles Jupiter in Cancer at 20° echoing themes from Mother's Day, but this time through the lens of exchanges. Mercury, the planet of communication, thoughts, words, and learning is encouraged and expanded by a big YES from Jupiter. This transit sparks curiosity and the ability to pace it. Mercury finds a subject, forms a question, and sits to ponder. Jupiter asks, "How does that make you feel?" Let your mind wander today and follow where it takes you. There is a wealth of information available through exploration of the physical and psychic senses. This combo really activates intuitive thought channeled or felt through the body, and the opportunity to notice the phenomenon. Clock it. Feel into thoughts, they are not as random as they appear. Also, this is a very supportive day for connection via conversations. We have an easier time expanding our perspective through listening to the perspective of others. Pay attention to how thoughts make you feel, and how feelings form thoughts. The Moon moves through the late degrees of Pisces and in the evening, meets Neptune in Aries at 3°. A great day for romantic asks. A great day for visualization magic and dreaming new dreams.

On **May 14**, the Sun, Mercury and asteroid Ceres all form a conjunction in Taurus at 24°. Ceres is the asteroid that represents the Mother archetype. (Kind of perfect for there to be a triple conjunction on Mother's Day week no?) Ceres by sign reveals the style that we best are nurtured and nurture others. In Taurus, we are shown nurturance through slowness, simplicity, and pause. Ceres in Taurus cares and shares through good food, sensual touch, and rest. The Sun spotlights these themes today, and Mercury has them on our minds. This conjunction is a check in around how you nurture yourself and those around you through this earth-based lens. Care based in practicality. The Moon moves over Chiron in Aries at 27° in the evening, tuning into self-care, self-preservation, and healing from another angle. How strong is your ability to say no? When you need downtime do you muscle through, or carve out the evening for recovery? This triple conjunction also amplifies the financial aspect of care. Meeting basic needs without skimping on quality. What's your relationship with spending when it comes to wellness? Massage? Acupuncture? Groceries? A date night? There are many versions of the unique care that only we can give to ourselves and others - but are we utilizing them? There is a lot of support on offer if we just tap in today around this. Take a walk in the park. Speak your mind to the wind. Find grass for your toes. Watch the clouds go by. Relax your jaw. Roll your neck. Touch yourself. Spend on the farmer's market bread. Buy the fancy jam. This is a call to remind the body that it is safe to be nurtured. Care is an art, but don't over complicate it, some of the best art is steeped in simplicity.



**May 8th – May 14th : Queen of Cups.**

This week feels quietly abundant, like a calm tide rising gently yet ever present and reliable; even more reliable than we've had cause to judge resources of late. You may find yourself leisurely admiring your treasured trinkets and polished pebbles, each endowed with a cache of precious memories and emotional attachment. Or uncharacteristically making the extra time to stroll down memory lane languidly, marinating in each story that has brought you to this point in your journey, particularly those radiating with love, joy, pride, and gratitude.

In full disclosure, this week is vastly emotional, but not of the overwhelming hurricane sort, rather the pervasive mists surrounding a well-fed waterfall. And ever-present emotion does not mean rollercoastering through losing and

seeking control of said feels. Instead, the queen, a yin strength of the moving waters, invites you to observe the flow around you and through you, as currents move among and over boulders in a stream, or as breath inhaled and exhaled, stirring through the lungs. You can coexist with the nature of emotion and the data center that is memory, life experience, without feeling bulldozed and aching to numb, avoid, hide the imperfect existence of humanness. There is rich beauty in the feelings we're capable of, and you deserve to be seen and to love yourself through each facet of the gem of emotion, without the restrictions of gendered and aged stereotypes.

From the unique liminal positioning of this week, you're presented with a wider view, allowing you to gander through hindsight from an eagle's vantage, and admire all the twisting turns your path has made over the years to bring you to this moment in time, including each of those occasions where you felt consumed with grief at the loss of something or someone, angry something didn't go your way, devastated at the loss of faith in something you believed steadfast, yet somehow made way for today. There are less obvious gifts in plain sight just waiting to reveal themselves as the gold nuggets they are through the remembering.

The key is not to spiral consumed with despair in the reviewing, but to look curiously at how the stories find connection without our steering or established definitions. When we allow ourselves the intentionality of not rushing reminiscence, puzzle pieces come together like never before realized, and a new perspective is unlocked, as is greater abundance. ~Xo, Tiffany

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

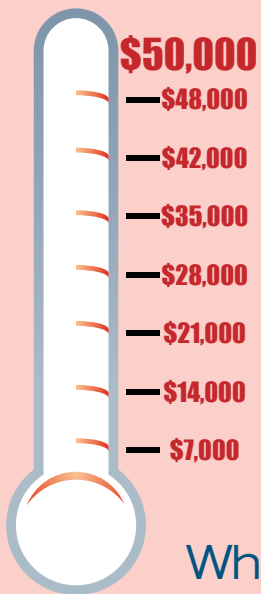
More goodies offered here: <https://linktr.ee/tiffanyfitzpatrick>

And please consider supporting this column: [buymeacoffee.com/tiffanyfitzpatrick](http://buymeacoffee.com/tiffanyfitzpatrick)

**THIS MIGHT BE OUR LAST PRINT COPY! HELP US RAISE MONEY TODAY!**

Whidbey Weekly is your free, independent community newspaper — and we need your help to continue.

We must raise **\$50,000** to meet our printing obligations and keep the presses running.



**Donate by mail:**  
 WHIDBEY WEEKLY  
 P.O. BOX 1098  
 OAK HARBOR, WA  
 98277

Every contribution helps keep community journalism alive on Whidbey Island.

Or scan this QR code to give online:



PHONE: 360-682-8283 WHIDBEYWEEKLY.COM



LOCALLY OWNED & OPERATED

Publisher/ Editor ..... **Samantha Goodman**  
 Production Manager/ Editor ..... **Jacob Goodman**

Contributing Writers  
**Jim Sovanski**  
**JoAnn Hellmann**  
**Auston Reisman**

**CONTRIBUTE TO WHIDBEY WEEKLY**

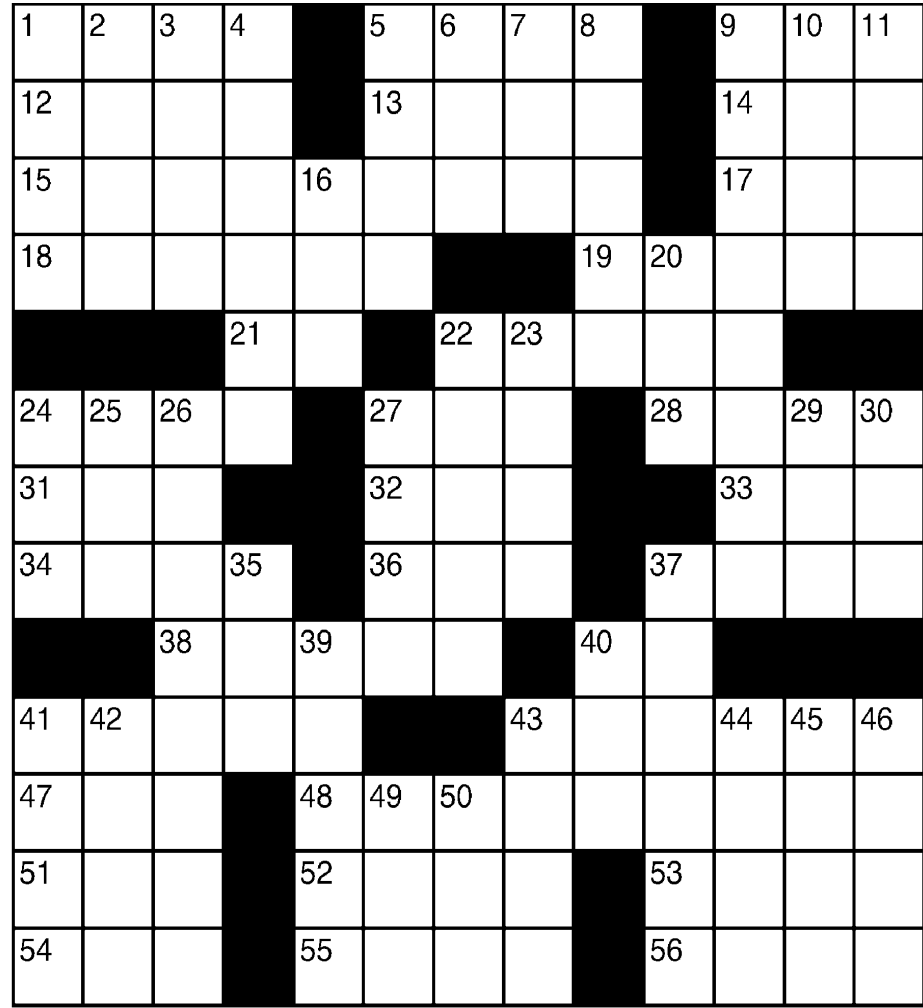
PRESS RELEASES ..... [editor@whidbeyweekly.com](mailto:editor@whidbeyweekly.com)  
 ADS ..... [advertise@whidbeyweekly.com](mailto:advertise@whidbeyweekly.com)  
 WHAT'S GOING ON ..... [whatsgoingon@whidbeyweekly.com](mailto:whatsgoingon@whidbeyweekly.com)  
 OBITUARIES ..... [obituaries@whidbeyweekly.com](mailto:obituaries@whidbeyweekly.com)  
 OUR COMMUNITY ..... [hmosbrooker@icloud.com](mailto:hmosbrooker@icloud.com)  
 CLASSIFIEDS ..... [classifieds@whidbeyweekly.com](mailto:classifieds@whidbeyweekly.com)  
 PUBLISHER ..... [samantha@whidbeyweekly.com](mailto:samantha@whidbeyweekly.com)  
 CIRCULATION ..... [jacob@whidbeyweekly.com](mailto:jacob@whidbeyweekly.com)

Contributing Columnists  
**Charles LaFond**  
**Tracy Loescher**  
**Helen Mosbrooker**  
**NOA**  
**Tiffany FitzPatrick**

Volume 18, Issue 19 | © MMXXVI Whidbey Weekly

**PUBLISHED** and distributed every week. No part of this publication may be reproduced without the written consent of the publisher. The Whidbey Weekly cannot be held responsible for the quality of goods or services supplied by advertisers in this publication. Articles, unless otherwise stated, are by contribution and therefore the Whidbey Weekly is not in a position to validate any comments, recommendations or suggestions made in these articles. **Submitted editorial is NOT guaranteed to be published.**

**DEADLINES:** The Whidbey Weekly is a submission based editorial with contributing writers. Please feel free to submit any information (please limit to 200 words) that you would like to share with the Whidbey Weekly. You may submit by email to [editor@whidbeyweekly.com](mailto:editor@whidbeyweekly.com), postal mail to PO BOX 1098, Oak Harbor, WA 98277, check back in next week's issue. **Submitted editorial is NOT guaranteed to be published.** Deadline for all submissions is one week prior to issue date. For more information, please visit [www.whidbeyweekly.com](http://www.whidbeyweekly.com).



CLUES ACROSS

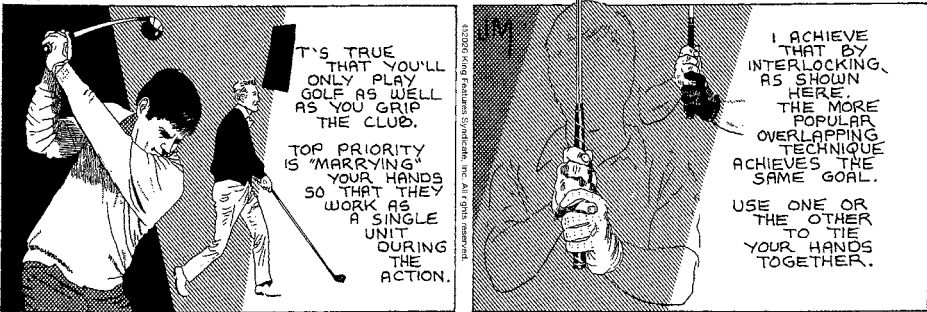
- 1 Supergirl's first name
- 5 Platter
- 9 Author Tolstoy
- 12 Lay -- the line
- 13 Cold War initials
- 14 Days of yore
- 15 Citrus producer
- 17 Avril follower
- 18 At hand
- 19 Unmanned plane
- 21 Apt. cooler
- 22 Rid of wool
- 24 Coconut juice
- 27 "Nova" subj.
- 28 Feed the piggy bank
- 31 Hearty quaff
- 32 Klutz
- 33 Actor Patel
- 34 Mater lead-in
- 36 Roman 1051
- 37 Big party
- 38 Chose
- 40 Undergrad deg.
- 41 Ford or Hudson
- 43 Parlor piece
- 47 PC key
- 48 Tangy, custard-like spread
- 51 Employ
- 52 "Zounds!"
- 53 Novelist Bronte
- 54 Grazing tract
- 55 Activist Parks
- 56 Adolescent

CLUES DOWN

- 1 Pottery oven
- 2 Suit to --
- 3 Capital of Italia
- 4 Parka
- 5 Obligation
- 6 Medit. nation
- 7 Away from NNW
- 8 Words to live by
- 9 Picnic drink
- 10 Panache
- 11 Garfield's pal
- 16 "The Wall" network
- 20 B&O and others (Abbr.)
- 22 Burn with steam
- 23 LP player
- 24 Goat's cry
- 25 Under the weather
- 26 Throat-soothing drink
- 27 Not all
- 29 Bird doc
- 30 Cain's mom
- 35 Earth Day mo.
- 37 Nabob
- 39 10th U.S. president
- 40 "Gandhi" star Kingsley
- 41 Move, as freight
- 42 Otherwise
- 43 Pop
- 44 Melody
- 45 Sea eagle
- 46 Paradise
- 49 Id counterpart
- 50 Pas' mates

Answer on page 8

Play Better Golf with JACK NICKLAUS



**YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST**

	Fri, May 8	Sat, May 9	Sun, May 10	Mon, May 11	Tues, May 12	Wed, May 13	Thurs, May 14
North Isle	H-60° L-50° 10%	H-63° L-51° 10%	H-60° L-50° 10%	H-62° L-50° 10%	H-66° L-51° 10%	H-60° L-53° 10%	H-62° L-53° 5%
South Isle	H-60° L-51° 10%	H-64° L-52° 10%	H-60° L-52° 20%	H-62° L-52° 10%	H-65° L-53° 10%	H-68° L-56° 10%	H-71° L-55° 0%




# OUR Community

An Upbeat Question of the week


By Helen Mosbrooker

*What is the coolest thing about your Mother and why?*




**Reagan B.,**  
Oak Harbor

Her heart because it's kind and as big as all the planets combined. She's always there to help me. She overworks herself and does so much for me to show her love. She even made my dreams of having a pet come true!



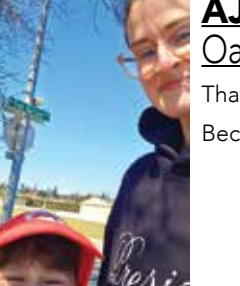
**Zach M, (my grandson),**  
Encinitas, Ca.

The coolest thing about my Mom is that she takes care of me. Like if I'm sick, she's always there for me. If I'm not sick, she loves to play baseball and basketball in our yard. I love her so much!



**Ferryn Y.,**  
Oak Harbor

We run marathons together and sometimes it rains and sometimes it doesn't. When it rains she brings my coat. And I love my mom because she helps me when I get hurt. Like when I was on my bouncy thing and got blisters. She put bandaids on even though it hurt.



**AJ H.,**  
Oak Harbor

That we play video games together.  
Because we both love video games and they are funny games.

**Joyful Saying of the Week**

You are free to think thoughts of worry or joy, and whatever you choose will attract the same kind back to you. Worry attracts worry.

JOY ATTRACTS JOY.  
-Rhonda Byrne

**Weekly SUDOKU**

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

© 2025 King Features Synd., Inc.

Answer on page 8

# COMMUNITY BULLETIN BOARD

To place an ad, email [classifieds@whidbeyweekly.com](mailto:classifieds@whidbeyweekly.com)

## SERVICE DIRECTORY

### FIREWOOD

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

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

### SALE THIS WEEKEND

Sale this weekend and every weekend at Salmagundi Farms  
19162 SR 20 3 miles South of the Coupeville overpass on Hwy 20 9am to 4pm

Scientific and Engineering Instruments. Small Items. Tools. and more.

Something for everyone.

Welcome Friends!

360-678-5888

### NEED HELP?

**I'm Happy to Help.**  
Got a project you've been meaning to finish? Cleaning out a room, organizing a space, or hauling a load to the dump? I offer friendly, reliable help with clean-outs, light cleaning and organizing, and junk removal.  
Call or text Jacob: 360-499-9157

### BOAT FOR SALE

For Sale: Aluminum hull Bass Boat 16 FT. with 40 HP motor and trailer includes trolling motor, depth finder and fish finder in good shape.  
\$2,500 in Oak Harbor.  
Call 360-675-8528, leave a message.

### ESTATE SALE

May 16 & 17 9am to 4pm  
8057 Island Ct. Clinton  
Household furniture, stemware, silverware. Lots of Kitchen item.

Cash or card accepted.

### STUDENTS PART TIME

#### WEEKEND WORK

Gardening and Odd Chores for Elderly Couple. Paid in cash at the end of each day.

Call: 360-730-1526

### 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. [readiness@learn.org](mailto:readiness@learn.org)

**Mother Mentors**  
360-321-1484  
[info@whidbeymothermentors.org](mailto:info@whidbeymothermentors.org)  
Carregiving mentoring and play support, [mothermentors.org](mailto:mothermentors.org)

**I Support the Girls**  
360-678-2090 · [isupportthegirls.org/affiliates/whidbey-island](mailto: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](mailto:senior-resources.org)

**Pamoja Place** [pamojaplace.org](http://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](http://whibeyvrc.org)

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

### IN SEARCH OF

**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

### How'd you do?

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

### No Cheating!

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

### 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](http://oxfordhouse.org)  
-Men:360-246-4101  
- Women & Children: 360-682-5773

### MONTHLY MEETING

**Monthly 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](mailto: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](http://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](mailto:acawhidbey@gmail.com)

## CLASSIFIED INFORMATION

US Postal Mail

Whidbey Weekly  
Classified Department  
PO Box 1098  
Oak Harbor, WA 98277

E-Mail ..... [classifieds@whidbeyweekly.com](mailto:classifieds@whidbeyweekly.com)  
Telephone ..... 360-682-8283

### PLEASE CALL WHEN YOUR ITEMS HAVE SOLD.

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