

May 15, 2026 - May 21, 2026

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

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NEWS • BITS • WHATS GOING ON • PUZZLES

COLUMNISTS • CLASSIFIEDS

Whidbey Weekly

Keeping It in Print

Behind every issue of Whidbey Weekly is a family balancing deadlines, parenthood, financial pressure, community connection, and the realities of independent local journalism on Whidbey Island.

SEE OUR PRESS RELEASE ON PAGE 6



Whidbey Weekly

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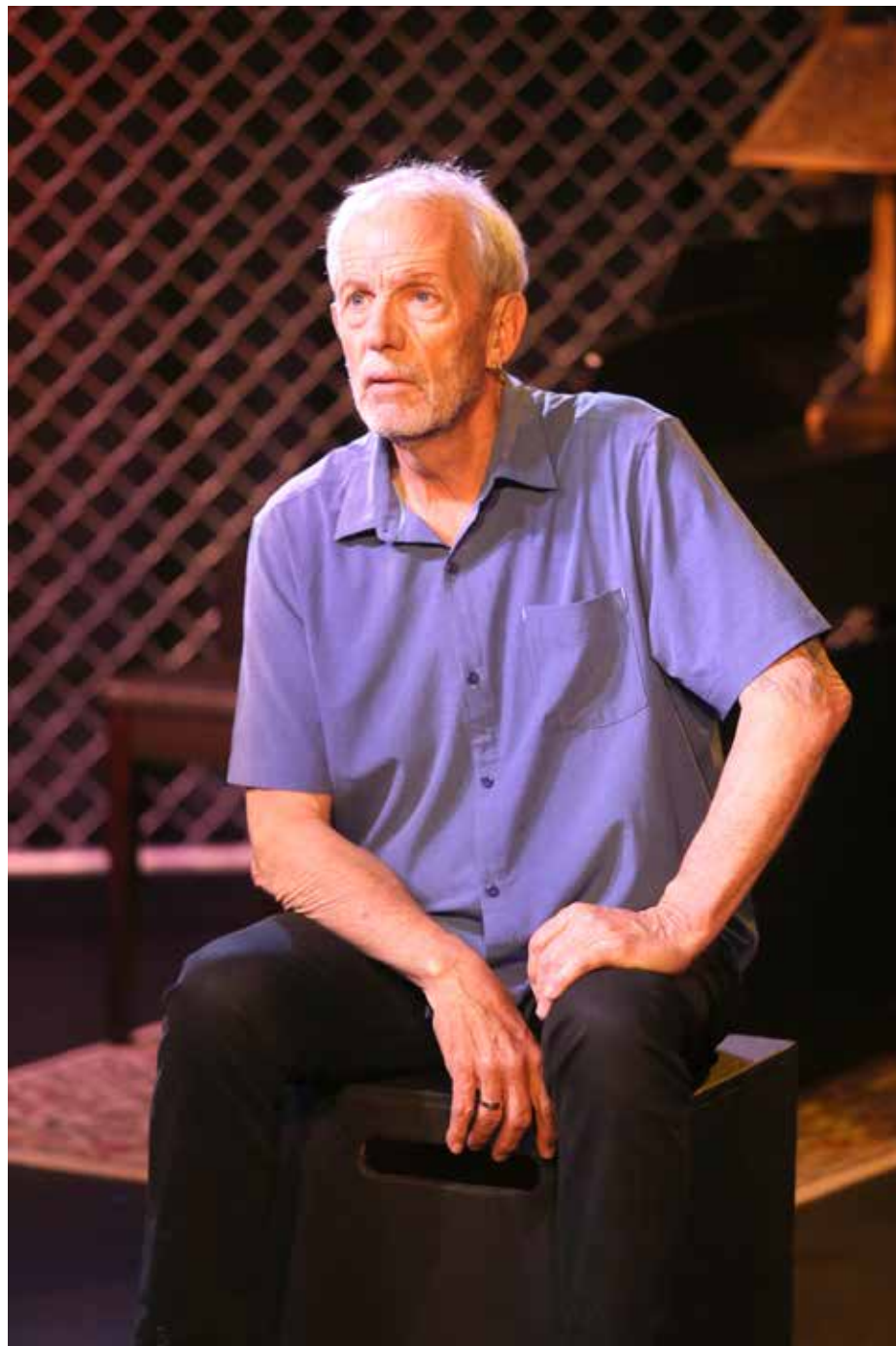


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The Joy of Making "Different Mistakes" at the Outcast



Theater review and photographs by Jim Sovanski

There is something basic and human about telling stories. Man has been telling stories in words, pictures and song for as long as humans have existed. Of those stories, the most personal and touching are those we tell about ourselves. Whidbey actor-writer Jim Carroll, in his one man show "Different Mistakes" at the Outcast Theater in Langley taps into that very human need to tell his own very human story. And in a bravura performance, he tells it well. Very well. In sight, in song and in words.

But, you may ask, "why a one-man show?" There is not an easy or direct answer to that question. Carroll is a writer. He's written accounts of his daily life for 20+ years. He thought someday it would be a good book. Then he discovered he had over 80,000 words written and he was 73. It was time to do something with it.

So, as it sometimes does, the story starts out with late night TV channel surfing.

First, he found the stand-up comic Hanna Gadsby and "her story pulled me in and then turned into something completely "other" that had me thinking about it for days." (I told you he is a writer!) "I sought out some other one-person shows, often mistakenly labelled "comedy", and found my artistic hero: Mike Birbiglia. If you know, you know. Brilliant. Funny. Relatable. And so very, very human. I knew I had to try to create something like what these artists had done, knowing I would come up short, but hoping it would be enough."

"I didn't want to send a book out into the world, hoping that a reader might one day send a note or an email. That's not enough feedback or reward for this Leo/ Dragon. I wasn't foolish enough to think I would make any money; I wanted to share the experience. I wanted to see the faces of my audience and hear them chuckle, or become breathlessly silent, or maybe hear a sigh. That might be "giving to get something" as Joni Mitchell said."

The story starts with young adult Carroll making life choices that may not end too well, as young adult choices often do. He takes us along on his very personal and very dramatic journey of self-discovery and eventual self-enlightenment. We travel along with him through his budding days as an aspiring spouse fixer (We all know how that goes.) to his eventual professional life as a firefighter/EMT. (We do not know how that goes, but we do find out.) There, through much trial and even more error, he eventually finds his truth in the mantra, "Next time, make different mistakes."

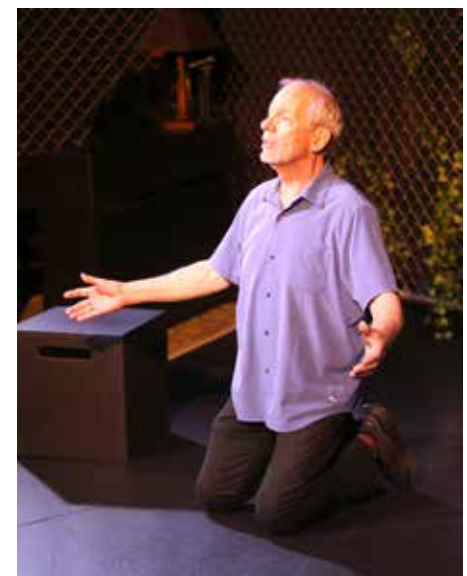
The 'why' of this show is its story and reason for being. Carroll answers the question this way. "Why" is tougher. Let's do "how". After being on the job for a while, you recognize that you are often drawn into events that are consequential. Some are heart-warming. Some are hilarious, usually in retrospect. Many are life-changing for the people involved. The perspective that naturally results is that although we are different in many ways, we are very much alike in the important ones, especially when the situation is very 'real'. The stories are ultimately human."

Producing a one-man show is an unusual theatrical undertaking. Carroll's collaborator-in-crime, so to speak, is co-director David Mayer, himself an accomplished actor-director. He puts it this way. "This is a very different project for me. I've been asked to help a friend craft an experience textually and in presentation, from a story that is so personal. It needed to connect to universal joys and fears while staying true to the source material. I feel an enormous responsibility to Jim as well as the audience."

He continues describing the process. "I first assisted with some editing and shaping of the text. When it was time to get it on the boards, I served as his audience to help him find the cleanest ways to convey what he was living. Jim writes and often speaks in a literary way that is so lyrical and rich. We worked hard to maintain the "in the moment-ness" for the audience without losing Jim's style."

The intimate confines of the Outcast Theater at the Island County Fairgrounds is the ideal venue for this show. The minimalist set allows Carroll's narrative to paint the scenes in our minds.

This season the Outcast has treated theater goers to some remarkable theater



and "Different Mistakes" keeps up that streak of powerful, dramatic and insightful theatrical experiences. These are not "big" shows, but they are important ones.

Audiences are advised that this show includes stories which make reference to physical and emotional trauma, death, suicide and drug use.

"Different Mistakes" at the Outcast Theater opened Friday, May 8th at 7:30 PM and runs weekends through May 24th. Evening shows are at 7:30 PM and Sunday matinee performances are at 4:00 PM. Tickets are \$16 for students/seniors & \$20 adults except Sunday, May 17th, all tickets for this performance are \$15.

Purchase tickets online at: <https://events.ticketleap.com/tickets/outcast-productions/different-mistakes> or by email to reserve seats and pay at the door at ocp@whidbey.com. OutCast Theater is located at the Whidbey Island Fairgrounds Black Box Theater, 819 Camano Avenue, Langley, WA.



HELP KEEP



IN PRINT

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BITS & PIECES

Oak Harbor Police Seeking Public Assistance in Vehicle vs. Bicyclist Collision

The Oak Harbor Police Department is requesting the public's assistance in identifying a vehicle involved in a collision with a bicyclist.

On April 8, 2026, at approximately 9:29 a.m., officers responded to a report of a collision at the intersection of State Route 20 and SE Barrington Drive involving a bicyclist and a vehicle. At this time, the involved vehicle is described only as a white SUV. The driver did not remain at the scene, and investigators are actively working to identify both the vehicle and the driver.

Anyone who may have witnessed the incident or has information related to the vehicle or driver is encouraged to contact ICOM Dispatch at 360-679-9567.

Released by: Oak Harbor Police Department Deputy Chief Kevin Barton

Permanent Speed Limit Reductions to SR 20 South of Oak Harbor

Travelers will soon see a series of permanent speed limit reductions along a 6-mile stretch of eastbound and westbound State Route 20 through and south of Oak Harbor.

Washington State Department of Transportation maintenance crews will replace the existing speed limit signs with new signs. The permanent speed reductions affect SR 20 between Penn Cove and Southwest Barlow Street in Oak Harbor.

The new speed limits will be:

- 45 mph between mileposts 24.95 and 30.26 – down from the current 50 mph speed limit.
- 35 mph between mileposts 30.26 and 30.77 – down from the current 50 mph and 40 mph speed limits in the area.
- 30 mph between mileposts 30.77 and 31.29 – down from the current 40 mph speed limit.

New speed limit signs are scheduled to be posted the week of Monday, May 11. The new speed limits are enforceable as soon as the signs are installed.

The speed reductions will better match current driving speeds, traffic volumes and the design of the road and nearby areas. WSDOT worked closely with the city of Oak Harbor on speed limit changes within city limits. Changes south of Oak Harbor city limits were initiated after WSDOT received questions from community members and reviewed traffic patterns in the area.

People traveling through the area can do their part to improve safety by following the speed limit, obeying posted signs, and staying focused and sober while driving.

Real-time travel information is available via the WSDOT mobile app, the WSDOT travel map or by signing up for WSDOT's email updates.



Arts Center Celebrates Monumental Three Decades on Whidbey Island

For nearly 30 years, the Whidbey Island Center for the Arts (WICA) has been an arts hub, bringing together arts supporters with award-winning programming that has made this local theatre a household name on a regional scale. What began as an idea in the 1980s for a theatre for the community became, through a grassroots effort, a highly recognized arts center that has earned distinction for representation, collaboration, and an enterprising spirit. WICA officially opened its doors on May 16, 1996, on land that once housed the South Whidbey High School tennis courts. Today, having weathered economic instability, a global pandemic, and changes to the arts funding landscape, WICA is nearing a milestone anniversary that showcases the staying power of this iconic Whidbey organization.

"It's hard to pinpoint the exact moment WICA went from just an idea to an endeavor, but I've heard from Founding Board Member Doug Kelly that it was really born out of early theatre groups meeting at local businesses like the Dog House Tavern," recalled Executive Artistic Director Deana Duncan. "The actors would set up a theatre in the round on the top floor of the building and share their artistry with the community. Once the productions concluded each evening, they would fold up the chairs and put them away. After years of this, they decided they wanted something more established, and that's when the first discussions began on what this could look like."

From that point, it took more than a decade to establish a location, raise the necessary funding, and finally open the doors of a much smaller building than what many in the community know today. "The funding only covered the bare necessities to get the theatre open," said Duncan. "We had a box office, lobby, and Mainstage, but were missing many of the iconic parts of the building."

In 2007, a Phase Two capital campaign raised the funds for the arts organization to add on the administrative offices, Zech Hall and patio, scene shop, costume loft, and the green room. As WICA grew, so did its offerings. The Theatre Series expanded from three productions to five each year and festivals like DjangoFest Northwest grew into a global phenomenon, recognized as the largest Gypsy Jazz festival outside of France. In 2023 and 2024, WICA was honored by Theatre Puget Sound as the Gregory Awards People's Choice Organization of the Year for North Puget Sound. Today, the arts organization has undergone an extensive renovation in preparation for the 30th anniversary, including a seat campaign that replaced the original theatre seating, new stage floor and curtains, and a refreshed lobby gallery space.

In celebration of the arts center's three decades on Whidbey Island, the month of May will see programming to highlight the organization's roots as well as bring in award-winning talent. On May 13 and 14, the renovated Mainstage will see local favorites, The Rural Characters, as well as the Heggenes Valley Band for the anniversary weekend. Almost as old as WICA itself, The Rural Characters got their start in 1997 as singing cowboys at a theatrical performance at WICA. Their first of a long string of sold-out annual concerts was in 2003 as part of the Local Artist Series. With their unique and insightful take on island life, these community storytellers will bring back favorite songs and shenanigans, with a few new numbers sprinkled in. Providing a wonderful complement to the Characters, The Heggenes Valley Band has also delighted Island audiences through the years with their entertaining and energy-filled repertoire that ranges from here to there and back again. They play what they like, like what they play, and always make sure you're having as much fun as they are.

The celebrations will continue on May 16 with the Whidbey Island Orchestra, which recently performed for WICA's grand re-opening in March. The May 16 event will feature a birthday celebration, including cake and a community toast. That will be followed by a showcase of student instrumental talent with the Whidbey Island Orchestra Student Showcase on May 17. Later in the month, WICA will also invite eight-time GRAMMY-winning bassist, composer, and bandleader Christian McBride & Ursa Major to the stage on May 28, followed by a May 31 performance by the Brubeck Brothers.

In June, the arts organization and its supporters will gather in the newly renovated space for WICA's 30th annual gala, celebrating the act of bringing Art to the Table and enriching lives by creating powerful, shared experiences in the arts.

As the arts organization looks ahead to the next 30 years and beyond, the anniversary celebrations will pay tribute to those who have made this possible and position WICA for the future of arts on Whidbey Island.

To learn more about WICA and upcoming programming, visit WICAonline.org.

Patio Sale Benefits Whidbey Veterans Resource Center

Shoppers are invited to browse a wide variety of treasures at the South Whidbey Community Center Patio Sale, featuring housewares, clothing, vintage items, collectibles and more.

The sale takes place Friday, May 29, and Saturday, May 30, from 9 a.m. to 5 p.m., and Sunday, May 31, from 9 a.m. to 3 p.m. at the South Whidbey Community Center, 723 Camano Ave. in Langley. Visitors should head to the backside of campus, in the corner of the large parking lot behind WICA.

Donations of sale items are welcome. To donate or learn more, call 360-320-9008.

All proceeds benefit the Whidbey Veterans Resource Center. A refurbished motorized scooter will also be available.

“ My home away from home. I like to grab a book and curl up in one of the chairs. ”

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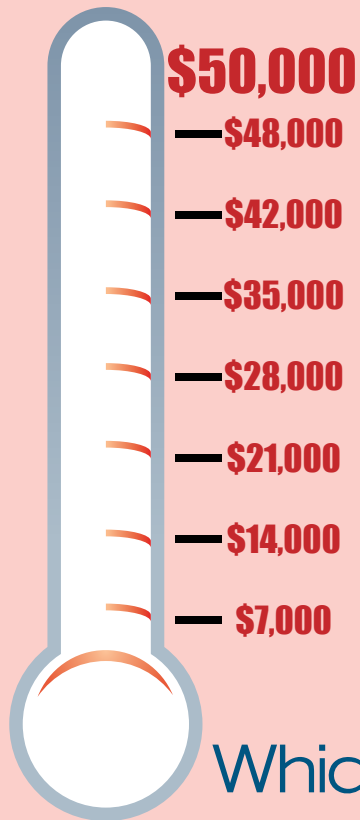
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Whidbey Weekly

HEALTH CORNER

By Dr. Darlene Castle
 Chiropractor



HARMFUL SPINAL HABITS

Dr. Castle: my child pops his neck all the time. It looks awful: is it harmful?

Unfortunately yes, and for several reasons.

The first is: why is he or she doing it? Sometimes the answer is because they've seen other kids do it. It looks cool, so they try it. But usually the reason is their neck was uncomfortable and it felt better after it was "popped."

Why does the area feel better?

When the neck gives off that popping sound, the brain produces endorphins that travel across the nerve system and create a "feel good" sensation.

Relief is only temporary and the person craves that feeling again, so they pop the neck again. Over time, the muscles and ligaments in the area become over stretched which causes the joint to become unstable. The vertebrae in the area move too easily and shift to put even more pressure on discs and nerves.

And that causes discomfort, so the person pops his neck again.

This leads to a habit and eventually the person doesn't even realize they're popping their neck every 10 minutes. (And kids aren't the only ones doing it.)

How does that differ from a Chiropractic adjustment?

When I adjust a vertebra in the neck, I



am very selective. I look for only those segments that are out of alignment, putting pressure on surrounding nerves and causing a disruption in the communication coming from the brain and going to the rest of the body.

I adjust one vertebra at a time.

Yes, sometimes there is a popping sound, but that's not the product. The result we're after is the bone is now located in a better position. The nerve is no longer "pinched" and the body can function normally.

I can tell when a person habitually pops their neck. And from my perspective, the really bad thing about all this is that it makes it very difficult for any Chiropractor to deliver an adjustment. A certain amount of tension is needed within the joint in order for a spinal adjustment to occur. When there is too much "slop" in the joint, that tension cannot be attained. And that means no adjustment.

I help my patients break this habit. It takes about a week, but those who are serious about stopping it can do it.

Cracking your neck to relieve pain is likely a sign that there's something wrong. It's a dangerous habit and rather than settling for momentary relief you should be seen by a Chiropractor to assess the problem and its cause.

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."

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 Sunday showing: Sheep Detectives runs first.
 May 21-24, The Mandalorian and Grogu & The Devil Wears Prada 2

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What's Going On!

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 WONDERS: LEARN ABOUT OYSTERS

Thursday, May 21, 4–5 p.m.
Oak Harbor Library, 1000 SE Regatta Drive

Emily Wilder, owner of Salinity Seafood & More on Whidbey Island, presents a program on oyster life cycles, the ecological benefits of oysters, the native Olympia oyster and how to find fresh, safe-to-eat oysters. Wilder will demonstrate shucking techniques using empty shells and provide handouts on private beach shellfish gardening, shell recycling and supporting the Whidbey Oyster Network.

FRUIT TREE WORKSHOPS: MARITIME FIGS

Saturday, May 23, 10 a.m.–noon
Pacific Rim Institute, 180 Parker Road, Coupeville

Discover how to successfully grow figs in maritime Washington. This workshop covers site selection, reliable cultivars for Whidbey Island, varieties to avoid, and propagation techniques. The class includes a slideshow discussion followed by hands-on propagation, with participants going home with their own fig start. Led by Dan Vorhis.

COMMUNITY GATHERING TO CELEBRATE NANCY NORDHOFF

Sunday, May 24, 2–5 p.m.
Crockett Barn, Coupeville

A community gathering will celebrate Nancy Nordhoff and the spirit of generosity and curiosity she brought to Whidbey Island. Organizers are gathering photos of Nancy and island memories to share at the event. More details will follow.

Imagination Cove

Children's Museum

WHERE PLAY & LEARNING THRIVE

Mala Sooknanan



Jaylynn Sybrant



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A Word with Our Publisher:

THE COST OF KEEPING WHIDBEY WEEKLY IN PRINT

You grab the newspaper at your usual spot. If its not there, or they've ran out - you ask some questions to see where else you can find it in print. The majority of what people see is the finished copy. What goes unseen is the enormous system required to put that paper into someone's hands, and continue to do it week after week after week.

Behind every issue is telephone calls, emails and editing, paper mills, freight systems, printing facilities, ink suppliers, aluminum plate-making systems, press operators, maintenance crews, delivery routes, advertising followup, paperwork, and the continuous closing and consolidating of industrial infrastructure capable of producing community newspapers at all.

Note: None of that taps into Jacob and I balancing it all with being young parents hoping to preserve their marriage long term while running a business.

Newspaper print infrastructure has been shrinking for years.

Paper mills have closed or shifted toward cardboard and packaging production. *Thanks online shopping and big box culture.* Printing facilities have consolidated under larger ownership groups squeezing out the little guys. Transportation and material costs continue rising. Not to mention, the truly skilled printing press operators are aging out while the new generation won't see a livable wage dollar by stepping into the industry.

Smaller newspapers everywhere are trying to adapt while the ground beneath them continues shifting.

Independent newspapers currently close at a rate 2.5 papers shutting their doors a week, with an estimated amount of 136 newspapers closing in 2025 nationwide. It's not because people stopped reading the newspaper. It isn't that newspapers just became 'digital.' The reality is more complicated than that:

Much of the industrial ecosystem underneath local print newspapers *has slowly been dismantled due to economical shifts in total.*

Jacob and I invested ourselves financially and personally into Whidbey Weekly because we recognize newspapers firstly as a living historical archive. We stepped into this because we felt at home in the chaos of honoring and further restoring the sacred-ness of local print - preserving something the future generations can look back on while offering entertainment and engagement to our community today.

Over time, newspapers become archives of ordinary life. Long after websites change or social media posts disappear, physical newspapers often remain sitting in boxes, libraries, garages, museums, and family collections. That permanence means something to us. You have to look back to move forward. You have to have an independent community record which honors a community's culture with esteem to inform the future generation properly.

In turn, we've found ourselves thinking more seriously about what it means not only to preserve Whidbey Weekly, but to regain some of the infrastructure behind it. As printing consolidates nationwide, independent newspapers like us become increasingly vulnerable to printing facility closures, pricing shifts, and supply chain disruptions happening far outside their our own communities.

There are opportunities hidden inside these challenges.

Thinking long-term, we ponder the possibilities.

What would it look like if our community reclaimed more print communications infrastructure? Can we build our business enough to warrant purchasing a smaller printing press to support Whidbey Weekly and multiple town publications, guides, inserts, tourism materials, arts programs, or general archives? Could local print become more resilient and fully locally rooted from seed to paper?

Those are large questions, and expensive ones. Our focus today is to keep the print copy alive. Industry sources suggest that even modest independent printing operations can require multimillion-dollar investments once equipment, installation, facilities, staffing, maintenance, and operating reserves are considered. We think about the people it could employ. We think about the impact it could make to society as a whole when they consider how a cohesive community manages to function. We believe these conversations and investments matter, especially for a place as divine as Whidbey Island.

If communities lose the ability to independently produce and preserve their own printed historical record, the archive of their collective-being disappears. This newspaper has always been about preserving connection, continuity, and a shared sense of place for the island we live on and love ourselves.

The industry is changing rapidly. We intend to keep adapting with it. And as long as we are able, we intend to keep printing.



Back in the day, one of my favorite activities was to eat at the local diner and read the paper. Now, since everyone has a phone, newspapers are almost a thing of the past. Not here on Whidbey Island. Sitting here today having lunch and reading the Whidbey Weekly.

DECODING LABELS



by Auston Reisman FATHER, FARMER, ARTIST, BUILDER, COMPOST CULTIVATOR

At all stages of life, healthy food choices are critical for maintaining energy, preventing chronic diseases, and sustaining overall well-being. As the summer sun warms our nourishing soils, brilliant, nutrient-rich greenery sprouts from tiny, waking seeds. These generous seeds, and the hardworking farmers who tend them, offer you your most nutrient-rich living food source. We are fortunate to live in a wealthy ecosystem rich in vibrant living food systems. For optimal health, whole, unprocessed foods, including fruits, vegetables, and grains, are rich in essential nutrients and may be the greatest ally for your and your loved ones' well-being. During the summer season, please be mindful - support local farms lest we fall into the 'convenience' of supermarket shopping over fresh produce picked at farm stands and outdoor markets.

Many local supermarkets support local farmers and organic produce. During the off-season or when fitting a busy schedule, at the supermarket, one is greeted by rows and rows of shelved, packaged foods. This does not mean a sacrifice in health should be made. So how does one choose? One of the best tools for making informed choices is understanding how to read food labels quickly and easily, without having to carry a dictionary to comprehend the ingredients!

Staying healthy by reading food labels involves checking serving sizes, calories, and key nutrients. Focus on limiting saturated fat, sodium, and added sugars, while increasing fiber, vitamins, and minerals.

The serving size tells how much of the food the nutrition information applies to though a package may contain multiple servings. If your iced tea has 50grams of sugar, but there are 3 servings in the bottle, you are getting 150grams of sugar in one drink.

Identifying the ingredients in the food is always a high priority, and the fewer there are, the better. Ingredients are listed in order of quantity, from highest to lowest. Choose foods with simple, recognizable ingredients.

Food packages frequently tout nutrient content claims such as "reduced sugar," "high in fiber," or "antioxidant-rich." Pointing our attention to these key words makes us feel the product is healthy, but it's best to ignore them and stick to what's on the back of the label. The term "natural", an advertising ploy, is not strictly regulated and does not guarantee that the food is free from artificial ingredients or preservatives. "No added sugar" does not mean sugar-free; the product may still contain naturally occurring sugars or synthetic substitutes, which may have greater negative effects on your body than the real version. Erythritol and Sucralose are both popular zero-calorie sweeteners. Recent studies may link them to potential cardiovascular risks, such as increased blood clotting, changes in the gut microbiome, digestive issues, and long-term metabolic risks.

Food processing companies will do what it takes to keep the food tasting good, maintaining a uniform texture and appearance, and ensuring a long shelf life. Other hidden dangers may lurk in the complexity of your food, possibly including: brominated vegetable oil, potassium bromate, propylparaben, Red Dye No. 3, and titanium dioxide. All these have been linked to serious health problems, including a higher risk of cancer, nervous system damage, hyperactivity, and other behavioral problems. All have been banned by regulators for use in food in most European countries. If you can't pronounce it or don't know what it is it may be best to leave it on the shelf.



Thank you to all that have made this work possible. There's much more to come, as long as you believe.

Samantha Goodman
Publisher @ Whidbey Weekly

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On Whidbey Wild Clay

by Charles LaFond

ISLAND FUNDRAISER, POTTER,
AUTHOR, AND ESSAYIST

Once upon a time, above an island in the Salish Sea, one tiny drop of water forms in the atmosphere and falls from clouds through 2,000-10,000 feet, taking 1-7 minutes. Let's say it hits the side of a rock in a forest. That clear, jiggly orb hits the rock, and the force of its fall takes a tiny flake of silica (sand) off the rock and carries it, as if inside a raindrop womb, down the side of the rock



Whidbey Wild Clay, harvested from a public beach before high tide washes it away.

to a rivulet highway of water from other raindrops. A fallen, rotting tree stops the flow, dropping the bit of sand onto Whidbey's forest floor, beside the rotting log and its new sprouting mother-child tree.

Another day, during a bigger rain storm, a rivulet of water becomes a tiny one-centimeter stream that hits the same rotting log, picking up and carrying the stone chip and some of the rotting tree and leaves down a hill and into a larger stream of water, and then that inch-wide stream of mud-ish water hits one that is a foot wide – a real gusher! That stream of rainwater, carrying leaves, bits of dead trees, a bit of animal poo, and bits of dead bugs and animals, then gushes into a real stream perhaps three feet wide, that leads into a creek, that leads, in turn, into a stream, racing past salmon swimming against it, and then on, into the Salish Sea.

However, along the way, that floating forest debris drops, including dead vegetation and the fleck of stone - the size of a grain of sand (mostly made of quartz or silica) and it drops down to the stream bed and lands in the sticky, goopy bottom with other dead things and other bits of quartz. One thousand years later, these layers of dead, goopy things and sand bits are compressed from the weight of a thousand years of rain and mud into clay that potters use to make your mug.

So, one day, a guy like me or my friend Tristan sees a chunk of Wild Whidbey clay on a beach, having fallen from a cliff or a stream, and picks it up, putting it in a backpack rather than seeing it washed out to sea. That act is called "harvesting wild clay" and is how humans, for 20,000 years, have found the clay they need to make into containers, small god-fetishes, spaceship shields, knives and brick homes.

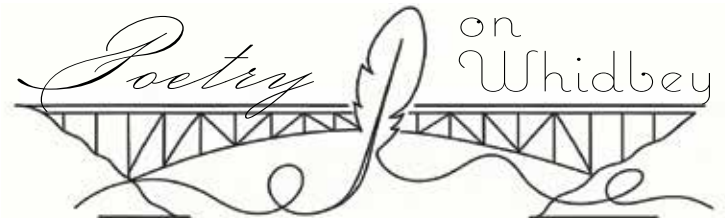
When you next look at a pot made by human hands, whether in a museum or at my pottery sale on June 6th, 11-4 at the Freeland Art Studio (shameless plug!), look for the circular fingertip marks

around the pot. If you look carefully, you can tell the length of my fingernails, or those of the workers at the Freeland Art Studio, or those of Amenmose, an Egyptian potter working in the court of Psusennes, (Yup! That's how he spelled it!) the Pharaoh of the day, exactly 3,000 years ago.

In the photo above, you can see a chunk of wild clay from Whidbey Island harvested last week from a beach before being washed out to sea at high tide. It was a labor of love for my friend Tristan to pick up this 30-pound chunk of clay and bring it to my studio as a gift. That's what friends do.

This clay will be soaked in water for days, screened to remove stones and twigs, mixed into a slurry the consistency of pudding, dried in the sun behind my house in a tray, and then mixed into my recipe of Italian red clay (seen pictured above).

The result is that when you buy one of my mugs at the June 6th open house (the only open house and sale I do each year, alongside the other 10 artists in the studio – second shameless plug), you will be using a piece of pottery made partly of Whidbey Island clay. And if you look very carefully at the glaze of my pots, you will see tiny black teardrops staining the glaze. Those stains, that naturally decorate the pot, are from the iron in Whidbey Wild Clay leeching through the glaze. Really, it's all nothing less than a miracle – the rain, the log, the clay, the friendship, and even that small bowl you are holding with warm tea and gorgeous lines in the air.



WE ARE MOTHERS

We are mothers to others'
sisters and brothers
none of our own blood
to cuddle, to love.
But, happy are we
to have them to love
to fill empty places
because love is free.

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WEEKLY HOROSCOPES

ARIES – Mar 21/Apr 20

Aries, May begins with a reminder that timing matters. You may feel eager to push ahead, but a thoughtful approach brings better results than rushing. A small delay could actually work in your favor. Midweek clarity helps you refocus on what truly deserves your energy.

TAURUS – Apr 21/May 21

Taurus, your season keeps you grounded and confident. This is a strong week to focus on personal goals, finances, or practical improvements. Speaking up for yourself may feel uncomfortable at first, but it leads to greater stability and self-respect.

GEMINI – May 22/June 21

Gemini, this week favors reflection over reaction. Slowing down allows you to notice important details you may have missed. A quiet moment or meaningful conversation could shift your perspective in a helpful way.

CANCER – June 22/July 22

Cancer, support comes through friendships or teamwork. You don't have to carry everything alone. Letting others contribute may strengthen both your progress and your confidence this week.

LEO – July 23/Aug 23

Leo, career or long-term ambitions move into focus. Others are noticing your effort, even if recognition feels subtle right now. Stay consistent—your persistence is building toward something meaningful.

VIRGO – Aug 24/Sept 23

Virgo, a fresh outlook helps you break free from routine. Learning, travel, or

simply trying a different approach may bring renewed motivation. This is a week for growth through curiosity.

LIBRA – Sept 23/Oct 23

Libra, deeper emotional or financial matters may need your attention. Facing something honestly now creates relief later. Let go of what feels unnecessarily heavy.

SCORPIO – Oct 24/Nov 22

Scorpio, relationships take center stage. Honest communication strengthens trust, while avoiding important conversations may create distance. Balance intensity with patience.

SAGITTARIUS – Nov 23/Dec 21

Sagittarius, practical habits shape your week. Better organization or healthier routines help you feel more in control. Small adjustments now create more freedom later.

CAPRICORN – Dec 22/Jan 20

Capricorn, creativity and enjoyment deserve attention too. Making time for fun, romance, or a passion project restores energy and improves your outlook.

AQUARIUS – Jan 21/Feb 18

Aquarius, home and family matters benefit from care. A thoughtful conversation or small change in your space may bring greater peace of mind.

PISCES – Feb 19/Mar 20

Pisces, communication flows well this week. Your words carry extra meaning, making this a great time to clear the air, reconnect, or share an important idea.

One day open studio

SAT. JUNE 6, 2026
11 AM - 4 PM

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Charles LaFond Pottery



For this one-day annual event, potter Charles LaFond opens his studio alongside nine local artists. Meet the artist, tour the studio, enjoy tea and wheel demonstrations, and shop handmade pottery crafted from Whidbey Island wild clay and driftwood.

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Bach & Handel Concert Brings Baroque Brilliance to Whidbey Island

Sunday, May 17, 2026 at 7:30 PM
Maike Albrecht (soprano)
Hans-Jürgen Schnoor (harpsichord)
Susie Napper (viola da gamba)
Jeffrey Cohan (baroque flute)

While they were born in the same year not more than 80 miles apart and are recognized as two of history's great composers, Bach and Handel never met, although Bach attempted unsuccessfully to meet Handel twice when the pair were 34 and then 44 years of age. Handel was a well-traveled, internationally famous composer of Opera and Oratorio and musical spectacle, while Bach was a regionally respected organist and church musician who never traveled more than 250 miles from his birthplace.

The cantata "Ich habe genug" ("I am content"), was composed by Johann Sebastian Bach in Leipzig in 1727 for the feast Purification of Mary and is one of the most often performed and recorded of Bach's sacred cantatas. In this cantata, based on the Song of Simeon, Bach projects a feeling of serene contentedness with life and an expression of the experience of body and soul coming to rest and in complete harmony beyond anything that mere words can convey.

The intimate and spiritually introspective "Nine German Arias" from 1725 contrast sharply with Handel's grand operatic works composed around the same time. These are his final works to be written in his native tongue, 15 years following his move to England at the age of 25.

The program will also include Bach's "Italian Concerto", a Prelude by Handel for solo harpsichord, and a flute sonata by Handel.

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Letter to the Editor

A cheer for our community helping to eradicate scotch broom

So very much good got done!

We got scotch broom on the run.

More than that, we had fun.

(well mostly).

What a community response! Thanks to all those who helped...and there were many!

Last spring, inspired by Pope Francis's 2015 letter to the world, Laudato Si: on care for our common home, the St. Hubert Church's Green Team developed a pilot project to do something about scotch broom here on the island. The goal? Repair earth here by removing scotch broom. Woven into that goal is a second one—to strengthen our community committed to the repair even though it will take a long time. We know that scotch broom is tenacious. In response, we need to be even more persistent. We can be. In so doing, we care for this, our common home, our island.

We learned a simple technique from BroomBusters on Vancouver Island, B.C. and partnered with Goosefoot Community Fund, Henry Tree Service, and Whidbey Health to apply the technique on South Whidbey. Starting small, we studied what worked and what didn't.

This year, Goosefoot joined the Green Team as a full partner in this effort. Together, we invited the whole community to join us in educating ourselves further about this noxious, invasive plant. At a March lecture, Joanne Sales, the executive director of BroomBusters, joined us via Zoom to share their simple scotch broom removal process and discuss their success over the years. Retired Fire Chief Rusty Palmer had grave warnings about broom's fire danger throughout Whidbey Island. Island County's noxious weed program coordinator, Seth Luginbill, shared his gratitude for the work we are doing, especially as his office has only two staff.

Here's the simple technique we learned from our Canadian neighbors, based on their catch phrase, Cut broom in bloom. In early Spring, watch for when the broom begins to send its energy above ground. Soon, as tips of yellow show where flowers are trying to form, get loppers and clippers and plan to cut broom at ground level (or even a touch deeper). No need to dig out roots; that disturbs the soil and encourages seeds to sprout. Just cut the broom before new seeds form. Good time for conversation with friends.

We scheduled work parties during this April's Earth and Ocean Month and invited everyone to be part of the party. What an exciting community response! More than 100 people participated—first learning, then removing broom. In our four work parties, energetic souls from Oak Harbor to Clinton worked together to cut broom in six different locations in the Bayview area of South Whidbey. Over simple tools, conversation, and hard work, new friends and memories were made. Henry Tree Service chipped the cut broom piles; those plants won't produce again.

Focusing on scotch broom only, we adopted from the Dept of Transportation a two-mile stretch of Highway 525 and from Island County a section of Bayview and Brooks Hill Rds. Local property owners shared space for off-road parking for safety. Thanks to the Deer Lagoon Grange, Ben Criswell and George Henry. In 200 work hours, our only injuries were blackberry thorns scratching us.

And, oh what we achieved together! David Welton took photos to document it all!

People who drove past honked their car horns to encourage the broom cutters. Lots of ways to join in the fun. Building community happens when we do great work together.

We'd love to have you become part of this party. This year, begin by learning. Check out the information at www.sthubertchurch.org/broom-the-bloom-2026. Then, watch for announcements of work parties in 2027. Come make new friends while healing our land.

It's been a great start. With new friends, we made a difference. Next year, we'll do more. Join our partnership to repair and make our beautiful island healthier.

Elizabeth Guss
St. Hubert Church Green Team

Marian Myszkowski
Program Director
Goosefoot Community Fund



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Fantasy, Action and Monsters at OHHS



Story and Photos by Allie Sheppard

If you're ready for an action packed Dungeons & Dragons dramedy complete with dragons, elves, demon queens, and of course an evil jello mold, you won't want to miss Oak Harbor High School's production of "She Kills Monsters!" For those not familiar with the game and



for fans alike, this show is still a treat. Full of exciting stage combat and 90's pop culture "She Kills Monsters" will leave you both laughing and in tears.

"She Kills Monsters," written by Qui Nguyen, follows the story of high school senior Agnes Evans as she copes with the loss of her sister Tilly. Agnes is given the chance to grow into herself and finally get to know the sibling she ignored by playing Tilly's D&D game. Shows are in the Oak Harbor High School student Union building, on May 14, 15, and 16. They start at 7:00pm on all three days, with an extra matinee at 2:00pm on Saturday. Tickets are \$15 dollars at the door.

The best part of this show is the excitement and dedication of everyone involved with putting it on. "Micki [OHHS Drama teacher Micki Gibson] and I first saw "She Kills Monsters" back in 2018 when Whidbey Children's Theater performed it, and I was blown away by this show, and I became literally OBSESSED" says volunteer director

Eric George. "I knew that we had to do this show, and so I bugged Micki every year for 7 years that we needed to do this show! We have to do this show!". This enthusiasm is reciprocated in the cast. "When the conversation of what we were doing this year came up, I practically BEGGED to do this show," says Piper Tubbs, a senior who is playing Agnes.

Part of what makes this show so appealing to the cast and hopefully to the audience, is the story. Equal parts bittersweet and funny, the more serious aspects of play really hit hard. "It brings light to how queer people in the 1990's acted, and how people are still bullied for the same things to this day. It also just shows how certain people cope with death and I think that's really nice." says junior, Piper Eherhart, playing the character Kaliopé. The themes of loss, and identity also give the actors the opportunity to connect with their characters. Elizabeth McDaniel, a junior playing the character Lillith says, "I'm bi, and getting to play a character who's so scared to come out to anyone but Tilly really means a lot to me and I hope to do her justice,".

Some of the more comedic roles also give people a chance to shine. Cesar Vigil, a freshman playing a character Steve, who continues to die and come back throughout the play says "I identify with my character, Steve, because of his



persistence to keep coming back and his particular brand of ignorant nerdiness".

Perhaps the biggest challenge has been the massive amounts of stage combat, however this is also what makes the play stand out. Complete with an amazing high energy 90s soundtrack, "the fight scenes might be the best part of the show" as senior Allie Sheppard says. "They are just so cool to watch backstage, and it's been so exciting seeing them develop and improve".

All in all, the students, especially the seniors, are happy to have been given such a great show to end the year with. As Piper Tubbs puts it "I know this show has put a lot on [Gibson's] plate and I couldn't be more appreciative that she's given me and the other seniors the opportunity to do such an amazing show".

* She Kills Monsters: Young Adventurers Edition contains fantasy violence, swordplay, loud sound effects, and flashing lights that may not be suitable for all audience members. The show also includes references to bullying, grief, and mild language, as well as themes surrounding identity and prejudice. Viewer discretion is advised. *



OAK HARBOR HIGH SCHOOL



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- May 14, 2026 7:00 pm
- May 15, 2026 7:00 pm
- May 16, 2026 2:00 pm (post-show talkback)
- May 16, 2026 7:00 pm

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Astrology for May 15-21 2026

Lots of Change! New Moon in Taurus, All Inner Planets Change Signs!

May 16 brings the new Moon in Taurus at 25° and a Mars/Chiron conjunction in Aries at 28°. What we plant now will grow steadily over time. A new Moon in Taurus is an extremely fertile window for setting intentions around money, finances, investments, and self-sustainability, so it is best to be extremely... intentional. This is a new Moon to work with if you desire to create more stability in any area of life, but the Mars/Chiron conjunction requires that we take action in the name of those desires, and those actions will require courage. At the end of the sign of Aries, this courage has been cooking for quite sometime. Perhaps we've made several previous attempts and had to make adjustments, but it is in this cycle that we go all in for it. On another note, both Taurus and Aries are signs that connect to the body and the physical realm. A detox, a diet shift, a workout routine would all be very successful endeavors if begun around this time. These signs are also ruled by Venus (Taurus) and Mars (Aries), and so new physical intentions could include touch, connection, dating, etc just as well. The ruler of this new Moon is Venus, and Venus is currently sitting in Gemini at 27° in a sextile with the Mars/Chiron conjunction. This aspect sweetens the deal. The signature of Gemini ropes in the power of words, the exchange of ideas. There is potency now in writing things down and creating a plan. Plant what you desire most. Is it health? Is it money? Is it connection? Be discerning. What you plant today is VERY well started to grow. (Check back under the full Moon in Taurus on October 26, 2026 to review results.)

Change is in the air. On **May 17**, Mercury enters air sign Gemini until June 1. Also on May 17, Mercury conjuncts Uranus in Gemini at 1° and Venus in Gemini sextiles Chiron in Aries at 28°. If you have been waiting to broach difficult topics with others, today offers a balm for doing so. Mercury moves into its sign of rulership and gains incredible strength, speed, and stealth in all matters of thoughts, ideas, and communications. These positions lower defenses and create immense curiosity. We have the gift of gab. We are more open to learning, more open to social exchanges despite past hurts. We are ready to move forward, hit next, and learn from new experiences. Thanks to Uranus, new experiences might appear like lightning and out of nowhere. New offers on the table. New terms to contracts and relationships. New ideas crazy enough that they just might work. A word of caution: avoid signing on the dotted line the same day as being pitched the offer. Remember your new Moon intentions. Do these offers align with your values, goals, or desires? Check in.

On **May 18**, Mars enters Taurus until June 28. Strong and steady wins the race. Mars in earth sign Taurus will help to encourage temperance in a time of so many fast paced changes. Mars in this position aids us all in focusing on one task at a time, prioritizing what is most aligned with self-sustainability and our personal values. We are motivated to act with persistence and protect our sure-bet resources. This transit is productive and practical, and we would do well to lean into these virtues. Naps and treats are acceptable, as Mars in this position understands the futility of burnout.

Also on **May 18**, Venus enters Cancer until June 13. This position creates powerful emotional bonds. We lean toward nostalgia and reminiscing. Good food and quality time at home with loved ones is favored. Connections are secured where safety is felt and a respect for psychic and intuitive gifts are honored. Relationships that lack emotional maturity and a safe space to share deep feelings will feel exposed and less fulfilling during this time. This is a time period where we desire people, places, things, experiences, etc that feel like home. What feels like home to you?

Fate gets involved today. On **May 19**, Mercury in Gemini squares the North Node in Pisces and South Node in Virgo at 4°. Mercury rules conversations and the exchange of information and in a square to the Nodes of Fate, its best we all pay attention. What is said cannot be unsaid. What we come to know we cannot reverse. Important information is revealed and decisions must be made as a result. Squares incite action. The information is likely something tricky that requires considerable strategy before moving forward, but forward we must move. Avoid hesitation due to fear or becoming overwhelmed by every little detail. How are old mental frameworks holding you back? This is an important opportunity to beat that old level and press on.

Talk to yourself. Talk to other people. Say hi to your neighbors! (Don't forget to listen.) Happy Gemini Season! On **May 20**, the Sun enters Gemini until June 21. Wow, we made it y'all. Hang onto your hat because the last part of May is the bumpiest ride of all! Gemini season naturally picks up the pace of daily tasks, correspondences, and mental activity. In this season, our strongest ally is our openness to curiosity. Ask a million questions. Try all 31 flavors. Time to form some opinions based on field research. What do you actually think about ____? This is the season to find out. New options appear to those that can see them - in more ways than one.

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May 15th – May 21st: the Eight of Swords.

It looks scary, doesn't it; binding, even? Not to worry, love. It's only frightful if you're resistant, and only so far as you allow the fear to build internally. Just know this week's channeled message deliberately reassures you that the anxieties you might feel are a call coming from within the house, arisen within your own mind like self-rising dough.

When there are eight voices, eight demands, eight decisions clamoring loudly around you for your attentions, can you tune inward to your strengthened perceptive senses and determine for yourself which voice to hear, which choice to act upon? When we feel blind and bound, our other senses heighten, allowing our bodies to mine data from around and within us we may never have

observed otherwise, while also granting us the occasion to address latent fears we may not have realized anchored us unhealthy. You can practice this safely by sitting on your hands and closing your eyes; what do you pick up on around you, and what terrors prickle at your nerves? These details are offering you opportunity for self-empowerment. Can you alchemize what may have meant to diminish you into a moment of reclamation. Where you feel bound, you have the power to free yourself.

Adjacently, the swords will slice and dice all efforts to continue avoiding that which demands address at this time. What pressingly time sensitive tasks have you been ignoring? What overwhelmingly mountainous undertaking needs to be chiseled through one bite at a time? Against whom have you self-isolated too successfully and re-establishing contact or even indicating a request for assistance would free an immense weight from your shoulders?

The landscape is not as barren, nor are you as alone as your thoughts have tried to convince you. Think of even one thing that helps you feel hopeful and empowered; repeat it to yourself incessantly. Eat some greens and protein to support your brain with happier neurotransmitter production. Text a friend, "Do you have 8 minutes?" or phone a support line, because even silently sitting on the phone with one person for eight minutes supports us in feeling a sense of loving connection again. And if you just need to get something off your chest but you don't know how or to whom, whisper it to the trees, cry it into the sea, or even email me. Please know you have options instead of suicide, which would be a very permanent, messy, and surprisingly difficult approach for a storm we only need to weather day-by-day, or even hour-by-hour. You can get through hard things, and you don't have to alone. This week will pass.

Open your eyes, love. The day is lighter than your doubts have led you to believe, and you are loved. ~Xo, Tiffany

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CLUES ACROSS

- 1 Cry
- 4 Vault
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- 12 Common title start
- 13 Killer whale
- 14 Web addresses
- 15 Pithy joke
- 17 Legume
- 18 Suggests
- 19 TV guide abbr.
- 21 Wager
- 22 Expulsion
- 26 Errand runner
- 29 Whatever number
- 30 Hwy.
- 31 Caspian Sea feeder
- 32 Keats creation
- 33 Go caroling
- 34 Capitol VIP
- 35 Year in Madrid
- 36 Epic narratives
- 37 On/off switch
- 39 "You've got mail" co.
- 40 Documentarian Burns
- 41 Obligations
- 45 Beige
- 48 The whole crowd
- 50 Ache
- 51 Aswan's river
- 52 Victory
- 53 Abbr. on a schedule
- 54 Ticked (off)
- 55 Annex

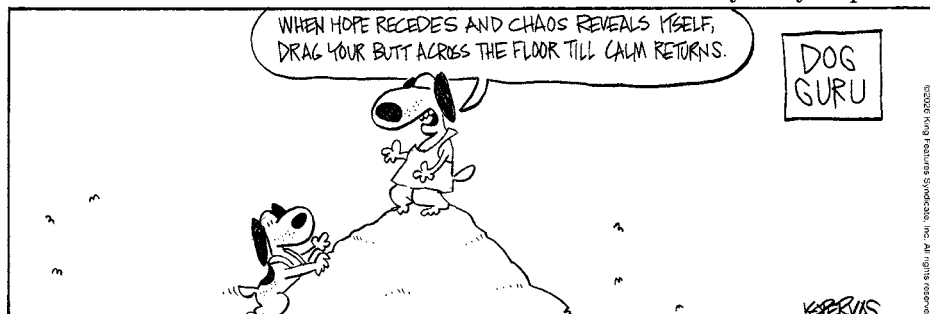
CLUES DOWN

- 1 Halt
- 2 "It can't be!"
- 3 Hive population
- 4 Hang around
- 5 Painter Max
- 6 Expert
- 7 Series opener
- 8 Big brass
- 9 Rage
- 10 Org. with a style manual
- 11 Nine-digit ID
- 16 Slander in print
- 20 Purchase
- 23 Advanced math
- 24 Sicilian peak
- 25 Bylaws, briefly
- 26 Sudden wind
- 27 Disc-shaped cookie
- 28 Sharp tooth
- 29 Commotion
- 32 Penny
- 33 Like seawater
- 35 Boxing legend
- 36 Turned bad
- 38 Hog's "hello"
- 39 "Hello" singer
- 42 Illinois neighbor
- 43 Wife of Geraint
- 44 Fax
- 45 Clean air org.
- 46 Baseball fan's headwear
- 47 Tear
- 49 Compete

Answer on page 12

Out on a Limb

by Gary Kopervas



YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST

	Fri, May 15	Sat, May 16	Sun, May 17	Mon, May 18	Tues, May 19	Wed, May 20	Thurs, May 21
North Isle	H-52° L-46° 65%	H-56° L-46° 70%	H-60° L-48° 25%	H-61° L-50° 20%	H-62° L-50° 20%	H-66° L-51° 5%	H-66° L-52° 10%
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 or was the coolest thing about your Mother?



Carla Dozier, Coupeville

I am blessed to still have my mother, she is 96 and living independently. I have to say the funniest stories about my mother are happening now, you might be aware as you age your filters are less and less lol.

Whatever is on her mind, she shares with everyone Good or bad and her imagination is hilarious. My advice is enjoy your journey with a sense of humor and find your joy each and everyday.



Talia Toni Marcus, Langley

My Mother was an elegant Lady. She tried to stay poised in confusing situations and maintain alertness & elegance while my Father was involved in California Republican Politics in the 1950's. She came from a Russian-French family and was the first child born here in America after her parents migrated to Ohio from Russia after World War One in 1918. She eloped with my father in 1939 when she was only 19 & traveled with other friends & family members in a Packard Convertible to Los Angeles where she became "A Hollywood Lady" working in a photography studio on the corner of Hollywood & Vine. She did Yoga with Paramahansa Yogananda. She wrote stories and had "a pen name".

She learned to paint delicately on glass and hand tint black & white photographs. She had a painting studio in our garage & when I started to play the violin in 2nd grade, she made a little music studio for me next to her so we could be creative together.



Rachel Yates, Oak Harbor

The coolest thing about my mother is her drive. She has always worked hard for herself and her family. To learn and provide, to teach and to guide. Even after serious injury she still works as hard as she is able to be here with us. Love you always.

Joyful Saying of the Week

Joy is not just about being happy. Joy is rigorous spiritual practice of saying yes to life on life's terms.

-Mark Matousek

Note from Samantha:

Thank you for your contribution.

Yes to keeping a weekly sudoku puzzle in print. If we get really fancy, maybe we'll come out with a seasonal puzzle guide which makes room for some advertising... perhaps even some coupons. I miss coupons.

We could always use more of those at advertise@whidbeyweekly.com

Weekly SUDOKU

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

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Answer on page 12

COMMUNITY BULLETIN BOARD

To place an ad, email classifieds@whidbeyweekly.com

SERVICE DIRECTORY

FIREWOOD

Firewood

(360) 320-4316

Cut, Split, Delivered and Ready to Burn

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

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

PAINTER

Island Painting WA

Interior & Exterior Painting Handyman Services

No Job Too Small

360-637-0782

islandpaintingwa@gmail.com

Licensed · Bonded · Insured

ISLANP**758JD

NEED HELP?

Need a Hand?

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 cleanouts, light cleaning and organizing, and junk removal.

Call or text Jacob: 360-499-9157

ISR EVENTS

Join Empowering Caregivers: Support & Resources Group

Join us for actionable strategies & encouragement to build a stronger support system for caregivers. Learn to create a personal support network, identify reliable local resources, & improve caregiving resilience. FREE Event 5/20 @ 10:30 am The Center at Oak Harbor 51 SE Jerome St, Oak Harbor Learn more: senior-resources.org/calendar/caresupport

Apply Now for Senior Farmer's Market Nutrition Program Cards

Fresh food. Local farms. Healthier seniors. The Senior Farmer's Market Nutrition Program is a win-win! Low-income seniors get fresh, organic fruits & veggies while local farmers sell produce. Apply now for an \$80 2026 season debit card. Cards valid 6/1-10/31 at participating Is. County markets. Learn more & apply: senior-resources.org/sfmp

Two Events Supporting Meals on Wheels

Two days. One great cause. Support Whidbey seniors with Island Senior Resources Benefit Events at Whidbey Golf Club! Enjoy the Benefit Dinner & Live Auction on 5/31 or hit the greens at the Charity Golf Tournament on 6/1. All proceeds go towards Island Senior Resources programs. Learn more & register: senior-resources.org/benefit-events-2026

RESOURCES

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

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

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

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

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

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

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

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?

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

No Cheating!

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

RESOURCES

Basic Food Benefits Community Services Office: 275 Pioneer Way #201, Oak Harbor 877-501-2233

Food Banks:

Gifts From the Heart:

108 SW Terry Road
Monetary donations, they should be sent to:
PO Box 155, Coupeville 98239
Distribution on 2nd and 4th Wednesdays, 2-5 p.m.

Good Cheer:

2812 Grimm Rd., Langley 360-221-4868
Mon-Fri, 10 a.m.-4 p.m.

North Whidbey Help House:

1091 SE Hathaway St.
Oak Harbor 360-675-0681
Mon-Fri, 9 a.m.-4 p.m.
(5 p.m. on Tues)

Closed 12-1 p.m. for lunch

Island Church of Whidbey

Soup Kitchen: 503 Cascade Ave., Langley 360-221-0969
Tues & Thurs 11:30 a.m.-1 p.m.

SPIN Café:

1241 SW Barlow St., Oak Harbor
Daily, 6:30 a.m.-5:30 p.m.

St. Hubert's Catholic Church

Wednesday Soup Kitchen
All are Welcome!
11 a.m.-12:30 p.m.
804 3rd St., Langley
360-221-5303

Ask about our Thursday Dinner

HUB After School:

301 Anthes Ave., Langley 360-221-0969

Food and activities for middle and high school youth. Mon, Tues, Thurs, Friday 2-6 p.m., Wed 1-6 p.m.

Ryans House for Youth:

Food, fun, support, 19777 SR 20, Coupeville 360-331-4575

Drop-in center for adults ages 18-24; Daily 6 a.m.- 8:30 p.m., 35 SE Ely St., Oak Harbor 360-682-5098

Drop-in center for youth ages 12-21; Mon-Fri 11 a.m.-7 p.m.

Women, Infants & Children (WIC):

-Oak Harbor/North Whidbey: 1791 NE 1st Ave. Mon-Thurs 360-240-5554 Text: 360-544-2239

CRISIS LINES

9-1-1: Call for threats to life, fire, accident or crime

-Non-emergency lines:

Oak Harbor Police

Department-360-279-4600

-Island Communications

Dispatch (ICOM) - 360-679-9567

9-8-8: Suicide and crisis

lifeline, free & confidential

- 741-741: 24/7 Crisis Text Line

- 800-584-3578:

24/7 Northwest Washington

Crisis Services

- 360-678-7880: Island County

Behavioral Health

866-488-7386 Trevor Project:

24/7 support for LGBTQIA2S+

SHELTERS/HOUSING

CADA Emergency Shelter

- Confidential crisis shelter for women and children

fleeing domestic violence/sexual assault/stalking. This is NOT a homeless shelter.

Office: 360-675-7057 Crisis

Line: 360-675-2232 Toll Free:

800-215-5669

Island County Housing

Support - 105 NW 1st St., Coupeville 360-678-8284

For homeless or at risk of losing housing. Mon-Thurs, 9 a.m.-3 p.m.

Ryan's House for Youth

- 19777 SR 20, Coupeville 360-331-4575

For at-risk adults ages 18-24

Whidbey Homeless Coalition

- Serving Island County 360-900-3077

The Haven Overnight Shelter

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

House of Hope Emergency Housing

Langley, 360-708-4533. Transitional housing for families and adults at severe risk of homelessness; to apply, contact the Housing Support Center or call the number above.

Oxford Houses - Recovery housing

oxfordhouse.org

-Men:360-246-4101

- Women & Children: 360-682-5773

MONTHLY MEETING

Monthly Meeting for Mental Health

Hosted by NAMI for All Adult

Individuals who have a family or friend suffering from depression, anxiety, bi-polar disorder, or other mental health conditions.

Trinity Lutheran Church in Freeland, Lower Building

Closest to the Highway 18341 WA-525, Freeland

3rd Wednesday of the Month

1:00 - 2:30 p.m.

Email for more information:

karens@nami-sno-isle.org

CLASSIFIED INFORMATION

US Postal Mail

Whidbey Weekly

Classified Department

PO Box 1098

Oak Harbor, WA 98277

E-Mail classifieds@whidbeyweekly.com

Telephone 360-682-8283

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