

May 22, 2026 - May 28, 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

## HAPPY *Memorial Day* WEEKEND

HONOR • REMEMBER • THANK

Join our community in remembrance  
and gratitude for the brave men and women  
who made the ultimate sacrifice.

### In this Issue:

**Charles LaFond**  
*On the Pursuit,  
Not the Happiness*

Bring out the Best  
with **JoAnn Hellmann**  
*Short Term Renters but  
Not Short-time Friends*

Health Corner  
with **Dr. Darlene Castle**  
*Where Should I Go?*

Island Angler  
with **Tracy Loescher**  
*NO PINKS....  
NO SHORE SALMON?*

Poetry on Whidbey  
*Whidbey Weekly*  
by **Terry Fengler Case**

Our Community:  
An Upbeat Question of the Week  
with **Helen Mosbrooker**  
*"What fond member do you have  
of a love one who gave their all  
for our country?"*

Whidbey Weekly  
www.whidbeyweekly.com

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## Whidbey Weekly Asks Community to Help Sustain Local Print Journalism



Last week, we opened up publicly about the realities facing local newspapers and the growing costs associated with keeping a community publication in print.

This week, we want to continue that conversation honestly.

Whidbey Weekly is a for-profit community newspaper. We are not backed by a national media corporation or outside ownership group. We are a locally owned publication operated by our family here on Whidbey Island, alongside a growing network of contributors, advertisers, volunteers, and readers who believe local journalism and community connection still matter.

For many residents, Whidbey Weekly is part of the rhythm of island life:

What's Going On listings clipped from the paper and put on refrigerators, local theater coverage, school and nonprofit events, community voices, local photographs, opinion columns, puzzles, poetry, arts coverage, and the stories that often never make it into larger media systems.

The paper remains absolutely free to pick up each week.

But as one of our longtime contributors recently reminded us:

**"Absolutely free to you does not mean absolutely free to make."**

That truth is becoming increasingly visible across the newspaper industry nationwide. Rising paper costs, shrinking print infrastructure, industry consolidation, transportation costs, and the disappearance of local press operations have placed enormous pressure on independent community newspapers everywhere.

And yet, here on Whidbey Island, many people continue stepping forward asking the same question:

"How can we help?"

The answer is simple:

Continue reading. Continue advertising. Continue sharing the paper. Continue showing up for local events and organizations. And for those who are able, **consider making a direct investment into the future of local print journalism on Whidbey Island.**

In the coming weeks, readers will notice a QR code appearing on the front page of the paper. It will connect directly to a place where supporters can contribute toward sustaining and strengthening Whidbey Weekly's operations and future.

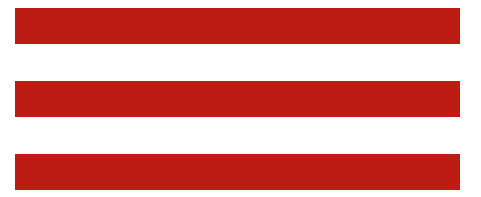
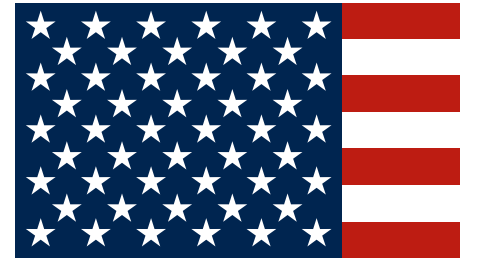
We know these conversations take time. Community newspapers are built issue by issue, advertiser by advertiser, reader by reader, and relationship by relationship.

This newspaper exists because this community continues to believe it should.

And for that, we remain deeply grateful.

— *Samantha & Jacob Goodman*  
Publishers, Whidbey Weekly

## Memorial Day Services and Community Observances Planned Across Whidbey Island



Communities across Whidbey Island will gather Memorial Day weekend to honor those who gave their lives in military service through ceremonies, parades, wreath presentations and community observances.

### Oak Harbor Memorial Day Ceremony

The 8th Annual Memorial Day: A Service of Remembrance will take place Monday, May 25 at 10 a.m. at Maple Leaf Cemetery in Oak Harbor. Organized in partnership with the Pacific Northwest Naval Air Museum, veterans organizations and Naval Air Station Whidbey Island, the ceremony will include military honors, ceremonial wreath presentations, patriotic music, recognition of Gold Star families, a flag tribute, Echo Taps and a final salute at the POW/MIA table.

Participants include Navy Band Northwest, Oak Harbor High School NJROTC, the Scottish American Military Society, the Sons of the American Revolution and representatives from NASWI and local veterans organizations. Organizers say the annual service is designed to both honor the fallen and strengthen community participation in remembrance traditions.

Following the Oak Harbor ceremony, a 1 p.m. wreath-laying service will be held at Sunnyside Cemetery in Coupeville, followed by a 2 p.m. open house reception at American Legion George Morris Post 129 in Oak Harbor.

### Clinton Memorial Day Ceremony

A Memorial Day ceremony will also be held Monday, May 25 at 11 a.m. at Clinton Cemetery, 6309 Wilson Place, behind St. Peter's Lutheran Church.

The observance will include a flag raising, patriotic music, a presentation by the Daughters of the American Revolution, a guest speaker, a reading of veterans' names and the playing of Taps. Lunch will follow at St. Peter's Lutheran Church.

### Coupeville Parade Street Closures

The Coupeville Chamber of Commerce has announced temporary street closures and parking restrictions Saturday, May 23, in connection with the community parade. The parade route will begin at First and Main streets and continue to Coupeville Town Park via Front Street, Alexander Street and Coveland Street.

Parking restrictions and rolling closures will affect portions of Front Street, Alexander Street, North Main Street, Coveland Street and surrounding downtown routes throughout the morning and early afternoon.

### Patio Sale Benefits Veterans Resource Center

The Whidbey Veterans Resource Center will host a patio sale Friday, May 29 through Sunday, May 31 at the South Whidbey Community Center, 723 Camano Ave., Langley. The sale will feature housewares, clothing, vintage items, collectibles and miscellaneous goods, with proceeds supporting veterans services on Whidbey Island.

Hours are 9 a.m.–5 p.m. Friday and Saturday and 9 a.m.–3 p.m. Sunday. A refurbished motorized scooter will also be available. Donations and information: 360-320-9008.

## 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.

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## City of Oak Harbor Welcomes Kristina Hines as New Human Resources Director

The Oak Harbor City Council confirmed Kristina Hines as the City's new Human Resources Director at last night's City Council meeting. Hines will officially begin her role with the City of Oak Harbor on June 29, 2026.

Hines brings more than 20 years of executive-level human resources and organizational leadership experience in both the public and private sectors. Her expertise includes workforce strategy, employee relations, labor compliance, organizational development, leadership coaching, and operational management.

Most recently, Hines served as Executive Director of the Economic Development Council (EDC) for Island County, where she worked closely with businesses, community leaders, and regional partners to strengthen economic development efforts. She also served as a Certified Business Advisor and statewide senior HR subject-matter expert with the Washington Small Business Development Center (SBDC).

"I am incredibly excited and honored to join the City of Oak Harbor and work alongside the people who serve this community every day," said Hines. "I look forward to supporting the team, cultivating meaningful relationships, and contributing to the continued growth and success of the City."

City officials also expressed enthusiasm for Hines joining the organization.

"One of the things that especially pleased me was that someone with a front-row seat to everything the city is doing was



interested in joining the team," said Mayor Pro Tempore Hizon. "I'm really excited to have you join and contribute to the team."

Councilmember Marrow added, "I think this is definitely meant to be. I'm absolutely delighted because she brings both strong relationships and technical expertise, and she's from our area."

Mayor Wright said the City was pleased the extensive search process led to a talented local candidate. He also thanked Interim HR Director Amber Richards for her support during the transition.

Hines holds a Senior Certified Professional (SHRM-SCP) credential through the Society for Human Resource Management and is a trained mediator through the Washington Dispute Resolution Center. She earned a Master of Arts in Mass Communications from the University of Florida and a Bachelor of Arts in International Relations from the University of Delaware.

For more information on the City of Oak Harbor, visit [www.oakharbor.gov](http://www.oakharbor.gov).

For media inquiries, contact Communications Officer Magi Aguilar at [maguilar@oakharbor.org](mailto:maguilar@oakharbor.org).

# BITS & PIECES

## COUPEVILLE CHAMBER OF COMMERCE

Parade Street Closures — Saturday, May 23, 2026

The following street closures and times were approved by the Town and the Town Marshal. The parade will start at the intersection of First and Main Streets and continue to Coupeville Town Park via Front Street, Alexander Street and Coveland Street.

### NO PARKING 9:00 a.m. – 11:45 a.m.

- Front Street between the intersection of N. Main Street and Alexander Street
- Alexander Street between the intersection of Front Street and Coveland Street

### NORTH MAIN STREET ACCESS

Businesses that are open on Saturday, May 23, on N. Main Street will have restricted access and exit when the parade starts and ends.

- Anchorage Inn will have restricted access to and from their parking lot during the event. No vehicles will be permitted to leave or enter until the parade has passed.
- Goldie's & The Roost will have restricted access to and from their parking lot during the event. No vehicles will be permitted to leave or enter until the parade has passed.
- Sunshine Drip will have restricted access to and from their parking lot during the event. No vehicles will be permitted to leave the parking lot until the parade has passed.

All homes, businesses and apartments on N. Main Street, except the hospital, will have restricted access as outlined above.

### FULL CLOSURES 9:00 a.m. – 11:30 a.m.

- Wilkes Street between First Street and Sixth Street
- Madrona Way between Broadway and Coveland Street
- Broadway Avenue between Madrona Way and Coveland Street

### PARTIAL CLOSURE — EASTBOUND LANE ONLY 9:00 a.m. – 11:30 a.m.

- First Street between Wilkes Street and N. Main Street

### ROLLING CLOSURES 11:00 a.m. – 11:30 a.m.

\*Until the last vehicle has gone through.

- N. Main Street between First Street and Front Street (both directions)
- Front Street between N. Main Street and Alexander Street
- Alexander Street between Front Street and Coveland Street
- Coveland Street between Alexander Street and Broadway Avenue
- Coveland Street between Alexander Street and N. Main Street

## Whidbey Community Foundation Helps Advance Affordable Housing in Coupeville Through Community Financing Partnership

The Whidbey Community Foundation (WCF) is proud to support a significant step forward for affordable housing in Central Whidbey through a community-driven financing partnership with Island Roots Housing.



Island Roots Housing (IRH) has acquired an 8.33-acre property in Coupeville, creating a significant opportunity to develop much-needed affordable housing for island residents. The project has already received a \$1 million grant from Island County, demonstrating strong public investment in addressing the region's housing challenges.

The project has also recently been highlighted in Whidbey News-Times, reflecting growing community interest and awareness of the need for expanded housing options on Whidbey Island: Nonprofit hopes to build affordable housing in Coupeville | Whidbey News-Times

To help bridge the remaining financing needed to complete the acquisition, WCF assembled a \$350,000 community impact investment, drawing on a combination of WCF funds and participation from its donor-advised fund holders. This approach allows local philanthropic capital to be deployed in a flexible, timely way to help secure the property while longer-term funding is pursued. This local investment helps unlock and complement significant public funding, demonstrating how community philanthropy can accelerate solutions to complex challenges like affordable housing.

"This is a powerful example of what's possible when local philanthropy and public investment work together," said Jessie Gunn, Executive Director of the Whidbey Community Foundation. "By using flexible, community-based capital, we can help unlock larger funding sources and move critical projects forward at the right moment."

This effort reflects WCF's growing focus on impact investing—using charitable dollars not only for grants, but also as recoverable capital that can be reinvested over time to support multiple community projects.

"This kind of partnership allows us to act quickly and strategically," Gunn added. "We are grateful to the donors who are stepping forward to participate, and to Island Roots Housing for their leadership in creating long-term housing solutions on Whidbey."

In addition to supporting the project financially, WCF and IRH plan to expand community outreach in Coupeville and across Central and North Whidbey, ensuring residents are engaged as the project moves forward.

### About the Whidbey Community Foundation

The Whidbey Community Foundation connects people who care to causes that matter, strengthening the quality of life on Whidbey Island. Through grantmaking, nonprofit support, and innovative approaches like impact investing, WCF works to direct resources where they are needed most. To learn more, please visit: [www.whidbeyfoundation.org](http://www.whidbeyfoundation.org).

### About Island Roots Housing

Island Roots Housing is a nonprofit organization dedicated to creating and preserving diverse affordable housing opportunities throughout Island County. Working through partnerships and coalitions, IRH broadens the community's understanding of the needs and opportunities for this work. To learn more, please visit: [www.islandrootshousing.org](http://www.islandrootshousing.org).

## June 2026 at Penn Cove Gallery

Our Featured Artist for June is Mary Ellen O'Connor, who works with copper, flame patinas, and 24k gold leaf.



## Penn Cove Gallery

Our Featured Artist for June is Mary Ellen O'Connor, who works with copper, flame patinas, and 24k gold leaf. "I am passionate about nature, wildlife, metalwork and color. As a fine art metal-smith, my copper and 24k gold wall pieces are allowing me to work larger than ever before. I enjoy applying 24k gold leaf to copper panels to bring a new dimension to the wildlife I use in my designs. The flame patinas add incredible colors in a process that takes me to the knife's edge of disaster or success. That level of challenge at this point of my career is truly a wonderful place to be as an artist." Mary Ellen used these same techniques to create unique jewelry. Visit the gallery to view her stunning work.

We began closing at 5:30 starting Memorial Day and run through Labor Day in September when we go back to 5:00.

Into the Twilight by Mary Ellen O'Connor >



^ Moonlight Migration by Mary Ellen O'Connor

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





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# HELP KEEP WHIDBEY WEEKLY IN PRINT

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

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Whidbey Weekly

# HEALTH CORNER

By Dr. Darlene Castle  
 Chiropractor



## WHEN SHOULD I GO?

Dr. Castle, when should I go to a Chiropractor?

That depends.

If you've never been to a Chiropractor, the answer is now.

The youngest patient I ever adjusted was just 14 hours old. I'd cared for his mom during her pregnancy and she invited me to be present when she gave birth.

Unfortunately, when the moment occurred, she became very busy so I didn't get the call until later.

When I arrived, mom was up walking around, a couple of friends were in the room, which was dimly lit and her newborn son was lying in the middle of the bed yelling his head off.

Mom was clearly frustrated. "It was an easy birth. He's not hungry. He's not wet. He's been held and comforted — and he won't stop crying!"

I walked over to the bed and gently placed my fingers on his neck. The problem was obvious and fixable. His top spinal bone, called the Atlas vertebra, was displaced, not by much, but it was placing pressure against spinal nerves. I placed my fingertip on that vertebra, turned the baby's head and pressed gently. Placing his head back on the bed, I stepped back.

The result was quite dramatic. The baby took a deep breath, sighed, and went to sleep.

The birth canal is a very small space. A large body needs to travel that space to be born and the first body part to emerge is the head. Moving back and forth within that canal, with each contraction, the neck

is compressed. Very often that results in a displacement of a spinal vertebra.

Ninety five percent of all newborns have one or more vertebrae out of place at the time of birth. The remaining five percent will get their first displacement within their first year of life.

Chiropractors call these displacements "vertebral subluxations." The word subluxation is Latin: 'sub' means slightly, 'luxation' means dislocation. A vertebral subluxation is a condition in which a bone in the spine is partially out of alignment.

A subluxated vertebra puts pressure on surrounding nerves causing a short circuit between the brain and the rest of the body. The brain uses those nerves to carry its messages to every cell.

Pressure against a nerve disrupts that control and leads to malfunction.

If that baby hadn't received a Chiropractic adjustment, what would have happened? Doctors regularly tell parents to just let the baby cry. Eventually they wear themselves out and crying stops.

But the condition doesn't stop. It remains and continues to create that short circuit throughout life.

When should you go to a Chiropractor? If you've never been to a Chiropractor, the answer is now.

Contact Dr. Castle at 425-238-8704 for questions. Walk-ins welcome Tuesdays and Thursdays, 1-5 p.m., at the Oak Harbor Chamber of Commerce Building, 32630 State Route 20.

**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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Whidbey Weekly

www.whidbeyweekly.com

# What's Going On!

## COUPEVILLE MEMORIAL DAY PARADE

Saturday, May 23 | 11 a.m.–12:30 p.m., Historic Downtown Coupeville

Whidbey Island honors the men and women who gave their lives in service to the country with Coupeville's annual Memorial Day Parade. The parade features the Color Guard and Coupeville High School Marching Band as it winds through historic downtown Coupeville.

The parade route begins at North Main and First streets and continues along Front Street to Town Park. Events following the parade include a Picnic at the Park, a remembrance service and a concert. Hosted by the Coupeville Chamber of Commerce.

## 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.

## 8TH ANNUAL SERVICE OF REMEMBRANCE

Monday, May 25  
10 a.m.–Noon,  
Maple Leaf Cemetery,  
1961 NE 16th Ave., Oak Harbor  
Join the community for the 8th Annual

Service of Remembrance on Memorial Day. The event will feature NAS Whidbey Island Commanding Officer Capt. Gammache as keynote speaker, along with guest speaker and author Stephen Coonts.

A traditional VSO wreath-laying ceremony at Sunnyside Cemetery in Coupeville will follow at 1 p.m. At 2 p.m., the American Legion in Oak Harbor will host an open house for the community.

## GREAT DECISIONS DISCUSSION SERIES: THE FUTURE OF HUMAN RIGHTS AND INTERNATIONAL LAW

Wednesday, May 27, 10 a.m.–noon  
Freeland Library, 5495 Harbor Ave.

The Great Decisions discussion group will meet to discuss the future of human rights and international law. Participants read the "Great Decisions Briefing Book," watch videos and discuss critical global issues facing America today. Presented by the League of Women Voters of Whidbey Island.

## RAMEN TOPPING THROWDOWN

Wednesday, May 27, 3–4:30 p.m.  
Coupeville Library, 788 NW Alexander St.

Tweens and teens ages 10–18 are invited to create ramen topping combinations, make a cozy craft and watch "Ramen Heads" while learning about five famous ramen shops in Japan. Ramen and toppings will be provided.

## DAY HIKING THE OLYMPIC PENINSULA

Thursday, May 28, 6–7 p.m.  
Oak Harbor Library, 1000 SE Regatta Drive.

Guidebook author Craig Romano presents a slideshow hiking tour of the Olympic Peninsula, Grays Harbor and Long Beach Peninsula, drawing from the third edition of

"Day Hiking Olympic Peninsula." Romano will introduce a range of trails, from easy nature walks to wilderness routes.

## PATIO SALE BENEFITS VETERANS RESOURCE CENTER

Friday, May 29–Sunday, May 31  
South Whidbey Community Center,  
723 Camano Ave., Langley

The Whidbey Veterans Resource Center will host a patio sale featuring housewares, clothing, vintage items, collectibles and miscellaneous goods, with proceeds supporting veterans services on Whidbey Island.

Sale hours are 9 a.m.–5 p.m. Friday and Saturday and 9 a.m.–3 p.m. Sunday. A refurbished motorized scooter will also be available. For donations or information, call 360-320-9008.

## EMPOWERING CAREGIVERS WITH SUPPORT AND RESOURCES

Friday, May 29, 10–11:30 a.m.  
Freeland Library, 5495 Harbor Ave.

Presenter Nancy Madsen will share planning and support strategies for caregivers, especially family caregivers, including how to adapt to ongoing changes, seek help from family and friends and access community resources. Madsen is program manager for the State of Utah's Division of Aging and Adult Services and an adjunct professor of gerontology at Brigham Young University. This program is part of the Whidbey Island End of Life series.

## MUSIC TO MAKE US SMILE

Saturday, May 30, 4–5 p.m.  
St. Stephen's Episcopal Church, 555 SE Regatta Drive, Oak Harbor

The Bells of Whidbey present a benefit concert for Whidbey Camano Land Trust. Admission is by donation.

## RAVEL. MOZART. GARROP.

Sunday, May 31, 7–9 p.m.  
First Reformed Church, 250 SW Third Ave., Oak Harbor

Whidbey's Saratoga Orchestra presents a one-night-only performance featuring Ravel's Piano Concerto in G Major, Mozart's Symphony No. 41, "Jupiter," and Stacy Garrop's "Penelope Waits" from her "Mythology Symphony." Tickets are \$25-\$30; students are free.

## POETRY OPEN MIC NIGHT

Friday, June 5 | 5–7 p.m., The Commons Café & Books, 124 Second St., Langley |

Hosted by The Commons Café & Books, this inclusive open mic welcomes all forms of original poetry and works in progress. Share spoken word, sing with acoustic instruments, or collaborate with others in a supportive creative space. All themes and emotions are welcome.

## FIRE STATION 82 GRAND OPENING AND PANCAKE BREAKFAST

Saturday, June 6, 9 a.m.–12 p.m.

Fire Station 81, Oak Harbor

Celebrate the opening of Fire Station 82 with a free community pancake breakfast and family-friendly activities. The event features station tours, live demonstrations, touch-a-truck displays, games and shuttle service to tour the newly completed Fire Station 82. Tax-deductible donations supporting food costs may be made through the Oak Harbor Chamber Foundation. For more information, contact Oak Harbor Communications Officer Magi Aguilar at maguilar@oakharbor.org.

## FLYING FINGERS DEAF GROUP

Friday, June 6, 5:30 p.m.  
Langley United Methodist Church, Fire-side Venue

Our once a month gathering is a wonderful place to learn some sign language. And practice your fingerspelling and numbers too. Open to all, with shared food adding a fun surprise element to the gathering.

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## VETERANS ★ POST ★

By Freddy Groves

### Reducing veteran suicide rates

The VA has gone a long way toward addressing the epidemic of veteran suicide. Just recently they reported that they've now set a record for the number of veteran suicide prevention screenings and evaluations completed.

In one recent month alone, of all veterans who'd received VA care over the past year, 88% had an annual suicide risk screening.

Of those veterans who were at risk for suicide, 96% had a comprehensive evaluation and a support plan put in place within 24 hours.

It hasn't always been this way. Statistics were grim in the past: 60% of veteran suicides weren't getting VA care.

In 2024 the VA's Office of Inspector General issued a report showing that there had been a systemic failure to follow up with veterans at risk for suicide. After a national review of the VA's suicide risk screening and evaluation training, as well as adherence to the program and oversight, they concluded that staff training for suicide prevention screening was severely lacking.

For one thing, not all staff were trained in using the Columbia-Suicide Severity Rating Scale (aka Risk ID). Not only does the scale identify people at risk, but also the severity level and how to interpret it. The big problem, it seems, was that while the training was available, it was optional. Additionally, there was no system to follow up to ensure staff had taken the training.

The VA OIG made several recommendations, and apparently those are working.

One positive step the VA has taken is to connect with veterans who haven't been enrolled in VA health care. Now, in 2026, they've enrolled over 125,000 veterans -- who will get the risk evaluations.

If you're in trouble (or know a veteran who is), reach out to the Veterans Crisis Line. People are there 24/7. Just dial 988 and Press 1. Or text 838255. Or chat online at VeteransCrisisLine.net. You don't need to be receiving VA health care or benefits to get help.

Just Like Cats & Dogs by Dave T. Phipps



## Fun Fact

Nearly 5 billion retail prescriptions were filled in the United States in 2025 alone, up from 4.9 billion in 2024 and 4.8 billion in 2023. These figures are expected to increase in the years to come. 3.9 billion of those prescriptions filled in 2025 were "generic," and 435 million were "name-brand."

Sources: Statista, accessiblemeds.org



### NO PINKS....., NO SHORE SALMON?

I have had a few Island Anglers ask me if there will be any salmon that can be caught from shore this year? Most anglers that have been here for the large number of Pink Salmon (Humpy) runs that happen only on odd years might think they will need to wait until next year to cast and catch salmon from our local beaches. The good news is that isn't true, beginning in mid to late August the fall season Coho (Silver) salmon will return to the Puget Sound.

The annual coho runs do not have huge numbers of fish returning like the humpy's, but there will definitely be enough fish for us to justify hitting the more popular known coho beaches that shore fishermen catch silvers on each year. I've been fishing for salmon around Whidbey Island since 1995 from both a boat and the public beaches, and every year the first reliable reports of coho being landed from shore occur on the Southend of the island, then the reports slowly move north as the coho navigate their way toward Deception Pass.

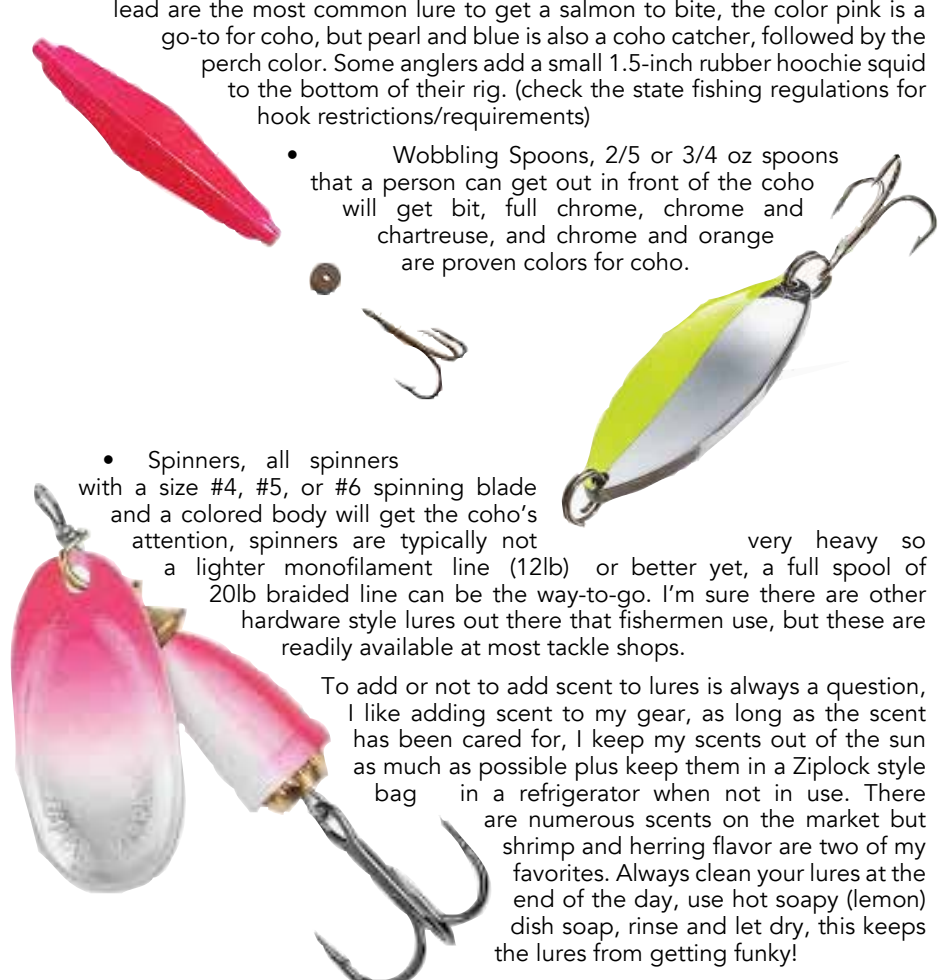
On the Eastside of Whidbey "Possession Beach Waterfront Park" is a good place to find traveling coho, many fishermen use a whole herring on a two-to-three-foot leader under a float here, letting the rig float along with the tidal currents anxiously waiting for the float to disappear underwater. Shifting over to the Westside of Whidbey, Mutiny Bay Beach, Bush Point, Lagoon Point, Admiralty Beach, and Ebey's Landing Beach will all have coho running close enough to shore to cast and intercept them on their way to their inland home rivers.

On the Northern end of Whidbey, Deception Pass Beach is also a good shore fishing opportunity, one of the biggest indicators that it's time to hit "North Beach" is the small armada of fishing boats circling under Deception Pass in a spot called "The Hole." No matter which beach you are fishing from, be scanning the waters up and down the shoreline. Coho are known jumpers and will be jumping clear of the water as they navigate Northbound, this is a wonderful indicator of where they are, and a guide on which way to cast your lure to "cut them off at the pass."

Anytime of day is good when you can get to the beaches, however, to increase the odds of catching a coho try to be in your spot of choice at least one hour before and after the time of high or low tide, historically these two hours are when the fish tend to travel closer to the shoreline making it easier to reach the schools of coho, especially for our young anglers. Be patient and keep casting, "fan cast" (cover all of the water in front of you) if there is plenty of room between you and fellow anglers. Be sure to reel all of the way to the beach, coho will often follow the lure right up to the water's edge before committing to strike the lure.

There is a good reason it's called "fishing," we never know what the fish will be attracted to from day to day but here are some proven lures that have a good track record of catching saltwater coho:

- Buzz Bombs, these simple but effective diamond shaped slices of painted lead are the most common lure to get a salmon to bite, the color pink is a go-to for coho, but pearl and blue is also a coho catcher, followed by the perch color. Some anglers add a small 1.5-inch rubber hoochie squid to the bottom of their rig. (check the state fishing regulations for hook restrictions/requirements)
- Wobbling Spoons, 2/5 or 3/4 oz spoons that a person can get out in front of the coho will get bit, full chrome, chrome and chartreuse, and chrome and orange are proven colors for coho.
- Spinners, all spinners with a size #4, #5, or #6 spinning blade and a colored body will get the coho's attention, spinners are typically not very heavy so a lighter monofilament line (12lb) or better yet, a full spool of 20lb braided line can be the way-to-go. I'm sure there are other hardware style lures out there that fishermen use, but these are readily available at most tackle shops.



To add or not to add scent to lures is always a question, I like adding scent to my gear, as long as the scent has been cared for, I keep my scents out of the sun as much as possible plus keep them in a Ziplock style bag in a refrigerator when not in use. There are numerous scents on the market but shrimp and herring flavor are two of my favorites. Always clean your lures at the end of the day, use hot soapy (lemon) dish soap, rinse and let dry, this keeps the lures from getting funky!

It will be early fall before the coho will arrive so there is time to gather the necessary tackle before then, and remember "odd year" Pink Salmon are not the only option for Island Angler shore fishermen.



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## On The Pursuit, not the Happiness

by Charles LaFond

ISLAND FUNDRAISER, POTTER,  
AUTHOR, AND ESSAYIST

Our nation is steaming forward towards its 250th anniversary this summer – quite a milestone. My father was an American diplomat, but my mother was British and often referred to the United States of America as “your little experiment” when she wanted to playfully needle my dad. She often noted that “Europe has universities four times as old.”

In a few weeks, we will celebrate Memorial Day, and soon thereafter the 4th of July, the latter of which marks the adoption of the Declaration of Independence. Although I agree that we have the right to **Life, Liberty, and the pursuit of Happiness**, it occurs to me that the pursuit of happiness is climbing the wrong ladder and so too, therefore, arriving at the wrong destination.

It seems to me that one does not pursue happiness; though having it is lovely, happiness is also, in my experience, fleeting. Happiness is not an achievement so much as an experience derived from pursuing other things. I mean, if someone said to you, on your way out the door to work, “Pursue Happiness today, dear!” what, exactly, would be your plan?

I feel that happiness is not a destination but rather a byproduct of other worthy pursuits. When I achieve these other pursuits, I often feel this “happiness” of which we speak.

If I may, I will presume to offer three pursuits that, when experienced, lead to happiness:

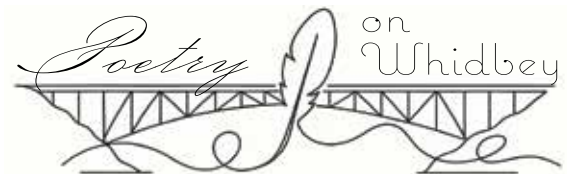
- 1. Pursue excellence in your craft.** Whatever you do, be it motherhood, a career in communications, pottery, cooking for others, gardening, fundraising, writing – whatever it is that you love to do and whatever it is that you live to accomplish in these brief years on this planet, pursue those things, and the result can often be happiness.
- 2. Pursue meaning-making.** Decide what needs to be done and do it. The editors and publishers of this paper believe, **I mean REALLY believe**, that a small island needs a small, rural, free paper that connects us all without an “if it bleeds, it leads” headline template



or clickbait. Me, I write for this paper every week and do so without being paid a dime. Why? Writing, like fundraising, pottery, and friendship, is how I make meaning every day. What do you do that is your meaning-making? And if you cannot answer that, then take some time to figure it out because when you are practicing meaning-making, it will bring, as a byproduct, happiness and may even make the world a better place.

- 3. Pursue strong relationships.** Happiness, if you choose the right people, will come from strong relationships. Back in the day, 250 years ago, people lived in villages, and even those in towns and cities knew their neighbors. They left a light on in a window so that in a storm, people could take refuge. I light one every night as a symbol to myself of that kind of hospitality. A porch light was an announcement that we are “at home,” which meant “stop in and stay a while if you see our porch light on.” Can you imagine that happening today? We are stuck behind locked doors, phone screens, and televisions, to the exclusion of strong friendships.

May democracy persist. May our declaration be maintained. May our service people be honored. May our planet and these islands be protected. May we find happiness, yes, but as a result of having done good work, having made the world, or our corner of it, a bit better, and as a result of strong friendships.



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And see what we can do,  
To help the little paper prosper  
It's up to me and you.

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## WEEKLY HOROSCOPE

### ARIES – Mar 21/Apr 20

Aries, your energy picks up quickly this week, but staying organized will help you make the most of it. A new opportunity or idea may arrive unexpectedly, especially through work or conversation. Avoid rushing decisions just because you feel pressure to act fast. By the weekend, your confidence grows as things begin falling into place.

### TAURUS – Apr 21/May 21

Taurus, this week encourages you to focus on stability and long-term comfort. Financial or home-related matters may require extra attention, but your practical mindset helps you handle them smoothly. A thoughtful conversation with someone close brings reassurance and clarity.

### GEMINI – May 22/Jun 21

Gemini, your season begins, bringing fresh momentum and renewed curiosity. You may feel more social, expressive, and motivated to pursue personal goals. Conversations flow easily, and your charm helps you connect with the right people at the right time.

### CANCER – Jun 22/Jul 22

Cancer, slowing down may actually help you accomplish more this week. Emotional balance becomes important as responsibilities compete for your attention. Trust your instincts when deciding where to focus your energy.

### LEO – Jul 23/Aug 23

Leo, friendships and teamwork bring encouragement and inspiration. Someone may offer support, advice, or an opportunity you weren't expecting. Staying open-minded leads to meaningful progress.

### VIRGO – Aug 24/Sept 22

Virgo, career matters move into focus.

Your reliability and attention to detail continue to impress others, even if recognition feels delayed. Stay patient—your consistency is creating lasting results.

### LIBRA – Sept 23/Oct 23

Libra, a fresh perspective helps restore motivation. Whether through learning, travel plans, or simply stepping outside your usual routine, this week encourages growth and optimism.

### SCORPIO – Oct 24/Nov 22

Scorpio, deeper emotional matters may surface, but honesty helps clear the air. This is a strong week to release unnecessary stress and focus on what truly matters moving forward.

### SAGITTARIUS – Nov 23/Dec 21

Sagittarius, relationships benefit from patience and understanding. A conversation that once felt difficult may now become easier to navigate. Cooperation creates stronger results than going it alone.

### CAPRICORN – Dec 22/Jan 20

Capricorn, productivity improves when you simplify your schedule. Focus on practical goals rather than trying to manage everything at once. Small victories this week create steady momentum.

### AQUARIUS – Jan 21/Feb 18

Aquarius, creativity and spontaneity brighten your week. A new hobby, idea, or social connection may bring unexpected excitement. Trust yourself enough to try something different.

### PISCES – Feb 19/Mar 20

Pisces, home and family matters bring comfort and perspective. Taking time to reconnect with loved ones helps restore emotional balance and renews your sense of calm.

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**BRING OUT THE BEST**

*Short-term renters, but not short-time friends*

The Whidbey Wordsmith / joanna2026@yahoo.com / JoAnn Hellmann, JOC (USNR, ret.)



“Good fences make good neighbors” is a famous line from a Robert Frost poem. It suggests that clearly defined boundaries help prevent conflict and preserve respectful relationships. The poem’s speaker, however, questions the necessity of the wall, claiming nature and mutual goodwill often render such barriers unnecessary.

We have had renters as neighbors for the past seven years while the homeowner learned to become a Navy pilot and, since then, has been stationed elsewhere. The first three years, we had a neighbor who was a nightmare. I shall not name the ways that manifested itself, but it was continually a horror show for us and, ultimately, a costly fiasco for the homeowner, who afterwards relied on property management and not the word of a relative’s friend for future renters.

That has worked quite well since then. The second renter was a friendly gal who eventually moved to an ADU she had built across the street to be with her daughter and family. The fourth renters just moved in, a friendly mixed-military couple with a very friendly dog. It’s the third set of renters that became more than temporary neighbors.

ZM and PV were having a home built on the south end of the island, so the plan was to rent until it was ready, which turned out to be fifteen months. As is our wont, we welcomed our new neighbors with a loaf of homemade bread. (I think it was zucchini this time. We grow a lot of that and rhubarb.) Anyway, welcoming new folks to the neighborhood was something we started over 40 years ago. Because connection matters. Especially in a neighborhood. A friendly face and a warm introduction help newcomers feel...well, welcome. The connection allows you to look out for each other’s homes and property, and makes it easier to ask or offer small favors like putting out the trash can or watering plants. Plus, you can provide local good-to-know information. It comes down to fostering goodwill and neighborhood cohesion, and that benefits everyone.

Though ZM and PV pretty much kept to themselves most of the time, they were always cheerful and pleasant whenever our paths crossed. We had them over for dinner and to our annual neighborhood potluck, where PV, a Culinary Institute of America graduate, wowed the guests with his decadent dessert. They had us over for dinner, which, with PV’s talents, was like having a classy restaurant next door. And then there were the Christmas and other holiday treats. Oooh la la! Two weeks after moving to their new home, they stopped by with a bouquet of flowers, apologizing that they were so busy with moving they didn’t have time for a proper good-bye, along with a card inscribed thus:

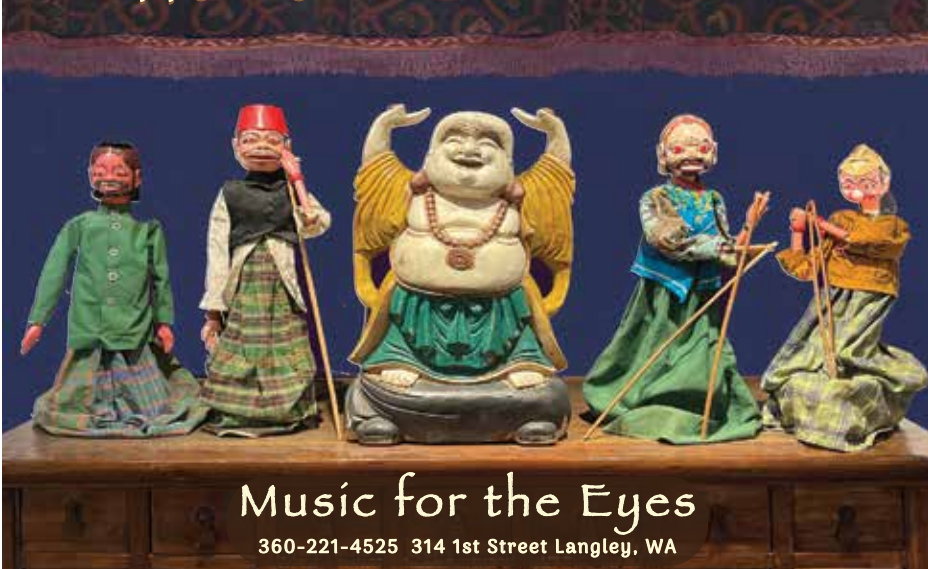
*“The greatest gifts always come as a surprise;  
 they’re the sunny days when you expect rain or  
 fantastic neighbors becoming friends when you  
 were just looking for a place to rent a short while.  
 Thank you for your constant care, welcoming  
 grace and setting the standards for a great  
 neighbor impossibly high.”*

And it was signed, Love. Let me tell you, over the years we’ve moved many times (Navy, you know), with many neighbors. The thoughtfulness in their words was as touching as their hummingbird-themed card. The theme is worth mentioning, as they kept well-stocked feeders year-round for those entertaining flying jewels and other birds. It was a lovely detail that spoke to me of caring consideration.

Over three decades ago, someone sent me a letter thanking me in detail for a particular column I wrote for a local paper, saying my words painted an inspiring story of connection. I have kept that letter all these years because someone took the time to put thought into action; such a kind thing to do. And while I tend towards collecting memories rather than things, this card is a keeper as well. As are my new friends.



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# Life Tributes

## Gregory "Greg" Wasinger

January 21, 1949 - May 7, 2026

Gregory "Greg" Wasinger, 77, passed away peacefully at home surrounded by his loving wife and children on May 7, 2026, after a courageous battle with cancer.

Greg was born on January 21, 1949, in Portland, Oregon to Alvin and Deloris Wasinger.

Greg's strong Catholic faith was instilled in him during his years attending Catholic school as a young boy, and that faith remained an important foundation throughout his life. His kindness, generosity, humility, and commitment to serving others reflected the values he carried with him every day.

On December 29, 1972, Greg married the love of his life, Linda Carpenter, after the two met in Portland. Together they built a beautiful life centered around family, hard work, community, and adventure. In 1976, Greg and Linda moved to Oak Harbor, where they opened their first 7-Eleven store. Through 50 years of dedication and strong community relationships, they remain proud owners of two local 7-Eleven stores.

Greg was deeply devoted to his family and took immense pride in supporting his children and grandchildren in every stage of life. Whether cheering from the sidelines at softball, swimming, golf, track, football, flag football, soccer, wrestling, basketball, or band events, Greg rarely missed an opportunity to encourage those he loved. He especially treasured time spent with his grandchildren.

Greg also had a lifelong love of sports and was a dedicated fan of the Seattle Mariners and Seattle Seahawks. He also loved supporting his daughter's alma mater, Gonzaga University, and proudly cheered on Gonzaga basketball. In his younger years, he gave back to the community through coaching Little League and youth soccer, umpiring local games, and supporting youth athletics in countless ways.

A respected and familiar figure throughout the Oak Harbor community, Greg dedicated more than 40 years of service to the Rotary Club of Oak Harbor, served on the Oak Harbor Planning Commission, and was a member of the board for the Oak Harbor Chamber of Commerce and Wildcat Booster Club. His generosity, mentorship, and willingness to help others left a lasting impact on many families and community members.

Greg and Linda also shared a passion for travel and created many cherished memories exploring the world with friends and family, especially on cruises.

Greg is survived by his loving wife of 53 years, Linda Wasinger; their daughter Lisa Johnson and son-in-law John; their son Brian Wasinger and daughter-in-law Erica; his daughters Rachel Wasinger and Angela Wasinger; and his beloved grandchildren Reese and Rylee Wasinger, and Ellie and Cooper Johnson.

He is also survived by his siblings Pamela Sillars and her husband Lloyd, Donna Budnick, Terrance Wasinger and his wife Kate, and Nancy Welch.

In lieu of flowers, donations may be made to the Oak Harbor Wildcat Booster Club or the Whidbey Health Hospice Foundation.

Greg will be remembered for his unwavering love for his family, his dedication to his community, his generous spirit, and the countless lives he touched through friendship, mentorship, and service. He was deeply loved and will be greatly missed.



## Florencia Gatbonton Gerona Popa

May 10, 1960 - May 6, 2026

Florencia Gatbonton Gerona Popa, 65, of Oak Harbor, passed away peacefully on May 6, 2026, surrounded by the love of her family.

Florencia was born on May 10, 1960, in Iloilo City, to Monica Gerona Gatbonton and Jesus Gatbonton. She is survived by her devoted husband, Ronald Popa; her daughter, Lorie Ann Ramos, her spouse Dennis, and their daughter Florence; her son, Richard Popa; and her daughter, Sharmaine Popa-Cook, her spouse Tifanie, and their children Lilly and Theo.

Florencia will be remembered for her warm heart, vibrant spirit, and deep love for her family and friends. She found great joy in cooking and sharing delicious meals with those she loved. She was often the first to pick up a microphone and sing her favorite karaoke songs with enthusiasm and laughter. Florencia also had a special talent for gardening, creating beautiful and welcoming spaces around her home.

Even through her health challenges, Florencia's strength and determination never faded. She could often be seen walking through town with her beloved chihuahua, Lucky, faithfully by her side.

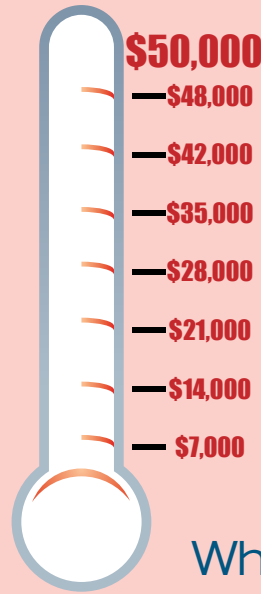
Her family will forever cherish the love, care, and joyful memories she gave so freely. An intimate service was held privately to honor and celebrate her life. In lieu of flowers, the family kindly requests donations be made to the American Cancer Society.



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### Astrology for May 22-28 2026

#### Tense Skies, Mars square Pluto and Venus Square Saturn

On **May 22**, Venus in Cancer squares Neptune in Aries at 3°. Beware of rose-colored glasses, of offers that seem too good to be true. In Cancer, Venus seeks pleasurable experiences through safety and security, but discernment can be foggy. We are likely to be idealizing others or overlooking red flags in opportunities. In matters of love and money, boundaries can be faulty, insecure or unreliable. Longing, yearning, and daydreaming are on high. With the Moon moving through the sign of Leo today, a strong dose of pleasure-seeking and even gluttony is added to the mix. Yikes. But! There is an insane amount of inspiration available. The most effective way to use this transit is through the creative arts, or engaging in connections that have proven safe over a long and positive track record. Pick up a paint brush, spin an album, or melt into a movie. Walk away from confusion and delusion. Make a new choice in an old dynamic.

Also on **May 22**, the Sun conjuncts Uranus in Gemini at 1°. Making that new choice just might be the catalyst of a brand new timeline. Sun/Uranus conjunctions bring unexpected opportunities, often creative ones. This is a curveball transit, where life encourages us all to break from routines. That encouragement is likely to hit like lightning, a flash in an instant. This style of transit doesn't have a lot of "let me think it over" time. We either catch it or we don't. Look to planets or points in your personal birth chart with mutable placements (Gemini, Sagittarius, Virgo, and Pisces) around 1° – y'all will feel it the most. In the sign of Gemini, this is a spontaneous offer, a fresh opportunity, an unlikely encounter. It is likely to appear quickly. It could take the form of an unusual conversation or happening upon unlikely information in a way that is strange or bizarre. This transit encourages breaking norms, rebellion, straying from convention, and overall can be very exciting. Look for the wildcard, but do not forget about Venus/Neptune and get carried away.

This is a tough day wired for easy escalation. On **May 25**, Mars in Taurus squares Pluto in Aquarius at 5°. In any signs, this configuration often triggers violence, conflict, battle, and even war when analyzed from a mundane perspective or broad world view. Squares incite action through conflict. Mars in Taurus sticks to sure bets and known tactics, fighting for the acquisition of physical resources to achieve (or maintain) its preferred (and often familiar) circumstances. In contrast, Pluto in Aquarius forces intense pressure to transform through innovation, inviting new concepts, and accounting for future potentials. Issues that arise today can reveal a conflict of values and require that they be addressed through action. Power struggles are confronted around abuse of power, power imbalance, and the tug of war between individual needs and the needs of the many. This square occurs in fixed signs. Who or what is holding on too tightly? And to what? Resources? Information? Who or what is refusing to change? Change is happening now. This would be an important day to exercise caution across the board, from operating machinery to knives in the kitchen. Do not engage in unnecessary battles at this time because they likely will incur damage. Face what must be confronted with respect, courage, and directness to use this powerhouse of a day for positive growth and evolution. Advocate for your needs while being open to new perspectives.

On **May 28**, Venus in Cancer squares Saturn in Aries at 11°. This is a reality check in relationships. Venus in Cancer desires closeness, emotional maturity, and a reciprocal sense of safety in intimacy. Saturn in Aries is naturally monitoring and tempering instant gratification levels and impulsive tendencies in order to reveal true desires. This transit brings a harsh reality to the surface on topics like natural compatibility, financial goals, or core values. Where is a boundary needed? Where has a boundary been implemented but not honored? This is a day to take a sober look at what is not working, but it may also NOT be the day to find the remedy. What does repair actually look like? There can be depressive feelings, pessimism, and doubt around self-image. A damper on confidence through the lens of love and money. Insecurity. Saturn squares usually block or delay gratification. This is uncomfortable and yet, it is also a gift.

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#### May 22nd – May 28th: the Three of Pentacles Reversed.

Consider setting a morning reminder each day for yourself, just this week: "Do not make any reform changes to ongoing projects today!" This Three of Pentacles Reversed is indicating heavy second-guessing, especially regarding decisions you felt solid in even days ago. Paint samples tossed, contracts revised, blueprints reevaluated, nothing seemingly bringing you joy as you Marie-Kondo through your belongings, questioning every relationship, friendship, and business arrangement, only to wonder next week why you made alterations when you were pleased prior. So if at all possible and just this week, let preceding decisions lie, and reassess next week if you truly want to make any modifications still lingering for consideration.

The warning only pertains to ongoing and previously established projects. In regards to fresh sparking ideas, such as randomly feeling pressed to wallpaper the powder room with a vibrant print when you hadn't been intending to redecorate the half bath, let that bold flag fly, especially if the notion ignited is a quick-ish endeavor. This week calls for whimsy to combat the clouds.

Oh and keep an ear out for some tea about unforeseen pregnancies, sperm

donation inquiries, requests for surrogacy, antiquated pressures for obligatory nuptials, and Shakespearean elopements in contradiction to familial expectations.

And for heaven's sake, normalize correcting poor treatment of waitstaff. Just because they're employed to serve and clean up after patrons does not equate being beneath any of us. Working class folks leaning heavy toward those 1790s French vibes, especially this week, and not speaking up for the mistreated is not only complacency but complicity. The card said what it said.

Everything feels turned on it's head this week, like an unexpected power outage having you scramble for the flashlights and emergency candles because storms weren't forecasted. In the same respect, it's important to bear in mind that the lights will return, as will clarity and vision. Although this somersault primarily appears to impact practical day-to-day resources and the grounded material aspects of our lives, the upheaval is only temporary and will recede leaving an expanded perspective on anything it touches. It's only in standing on your head (metaphorically, of course, but feel free to have a go if you're physical capable) that you'll see the pathways which have opened where previously you may have only detected brick walls.

Ooh, this card had some spice to it! Grab a glass of your favorite soothing milk alternative and let the spin cycle do its thing. I'll see you on the other side. ~Xo, Tiffany

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

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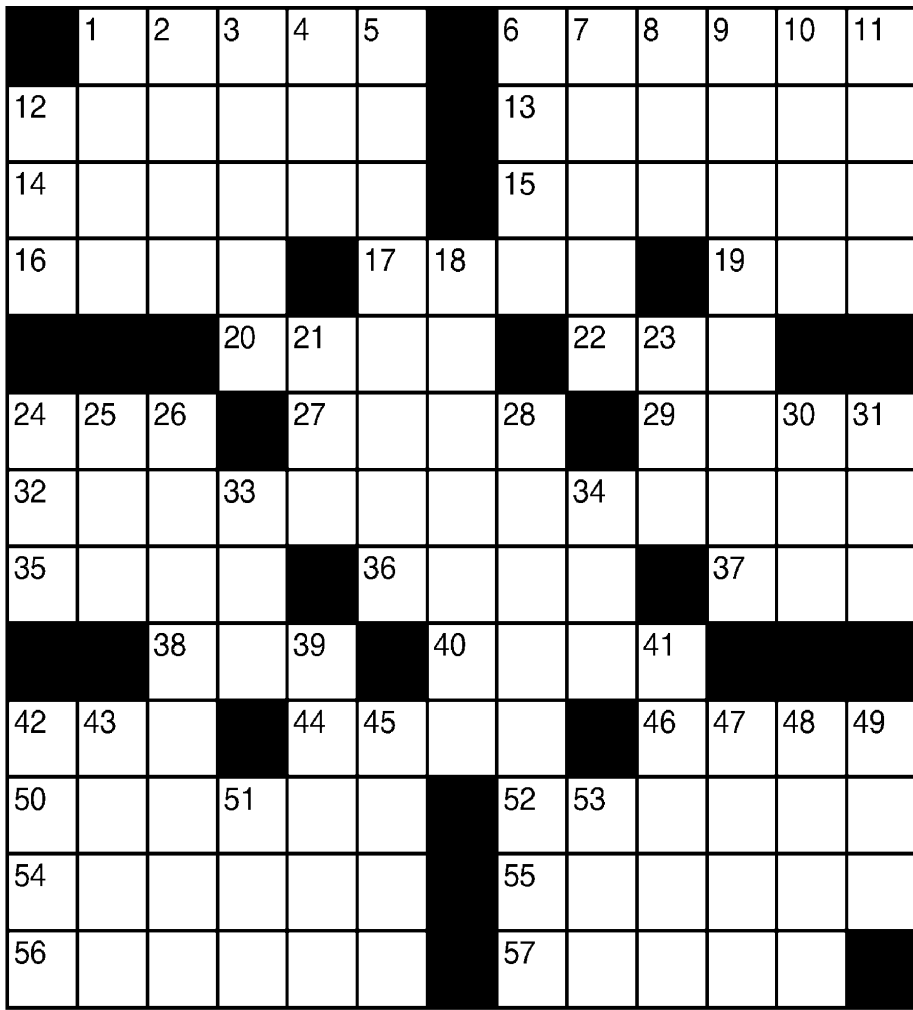
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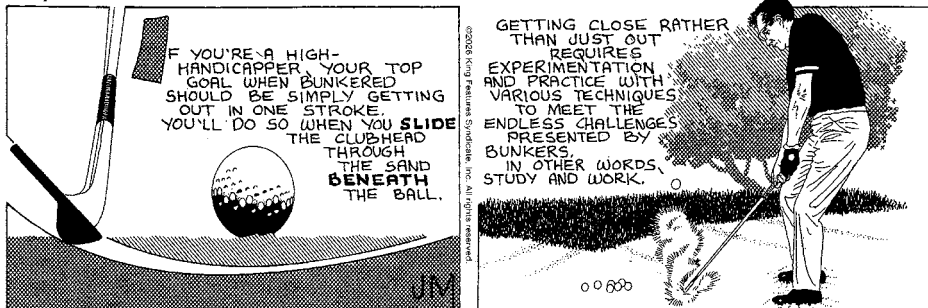


CLUES ACROSS

- |    |                                      |    |                           |
|----|--------------------------------------|----|---------------------------|
| 1  | Detox center                         | 1  | Nevada city               |
| 6  | Gives up                             | 2  | Within (Pref.)            |
| 12 | Swiss metropolis                     | 3  | Obeys                     |
| 13 | Unexpected                           | 4  | "Selma" director DuVernay |
| 14 | Ingratiate                           | 5  | Male singing voice        |
| 15 | Stahl of "60 Minutes"                | 6  | Humpty's perch            |
| 16 | Disposition                          | 7  | Skip -- (flutter)         |
| 17 | "La -- Bonita"                       | 8  | Tax-collecting org.       |
| 19 | Casual shirt                         | 9  | Birds of prey             |
| 20 | Third son                            | 10 | Duel tool                 |
| 22 | Capote nickname                      | 11 | Ocular woe                |
| 24 | Canine greeting                      | 12 | Tiara jewel               |
| 27 | Furnace fuel                         | 18 | Rug cleaner               |
| 29 | Branches                             | 21 | -- -friendly              |
| 32 | President of South Africa, 1994-1999 | 23 | "Awesome, dude!"          |
| 35 | Pronto                               | 24 | Navarro of "The View"     |
| 36 | Monumental                           | 25 | Scale members             |
| 37 | Half dozen                           | 26 | Pink wading bird          |
| 38 | Fannie --                            | 28 | Relaxed                   |
| 40 | Former Laker Lamar                   | 30 | Roman 1051                |
| 42 | Sashimi fish                         | 31 | Coltrane's instrument     |
| 44 | Neatnik's nightmare                  | 33 | Aromatherapy spot         |
| 46 | Jazzy James                          | 34 | Sgt., e.g.                |
| 50 | Legislative group                    | 39 | Lauder of cosmetics       |
| 52 | Camelot king                         | 41 | Paris subway              |
| 54 | Aerie newborn                        | 42 | Cruising                  |
| 55 | Organize an art show                 | 43 | Lettuce unit              |
| 56 | Pueblo structures                    | 45 | Reply to "Shall we?"      |
| 57 | Recognizes                           | 47 | Spring meltdown           |
|    |                                      | 48 | Mild rebukes              |
|    |                                      | 49 | "How -- you?"             |
|    |                                      | 51 | Cleric's tunic            |
|    |                                      | 53 | Scamper                   |

CLUES DOWN

Play Better Golf with JACK NICKLAUS



Answer on page 8

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

	Fri, May 22	Sat, May 23	Sun, May 24	Mon, May 25	Tues, May 26	Wed, May 27	Thurs, May 28
North Isle	H-62° L-52° 10%	H-60° L-52° 10%	H-56° L-52° 30%	H-56° L-52° 20%	H-67° L-55° 20%	H-65° L-54° 10%	H-65° L-54° 20%
South Isle	H-66° L-53° 5%	H-64° L-52° 10%	H-58° L-52° 10%	H-57° L-52° 40%	H-64° L-52° 40%	H-68° L-54° 20%	H-70° L-54° 30%



**OUR Community**

An Upbeat Question of the week

By Helen Mosbrooker

What fond memory do you have of a loved one who gave their all for our country?



**James P. Marrow,**  
Oak Harbor

My fond memories are of my grandfather Marrow through the stories told about him by my father, Charles Taylor Marrow, M. D. Though he died before my birth, he gave his all after succumbing to injuries from a mustard gas type of attack during WWII- the Great War. His sacrifice is a Memorial Day reminder to me of the great cost of the ordered liberty under law we now enjoy. His example contributed to my decision to serve for over a quarter of a century in the Navy (CE04, retired)



**John "Doug" Light,**  
Oak Harbor

I do not have a loved one who sacrificed their all during service to our Country. My Grandfather on my dad's side died when my father was young due to being mustard gas during WW I. With pride, each Flag Holiday, my dad would hang his father's 48-star coffin flag across the front of our house until 1996 when I gave him a flag I requested when I retired from the Navy. Dad gave me the coffin flag, Granddad's Distinguished Service Medal, and the Army Citation.

**Joyful Saying of the Week**

There are souls in this world who have the gift of finding joy everywhere, and leaving it behind them when they go.

-Frederick William Faber



**Weekly SUDOKU**

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

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Answer on page 8

# COMMUNITY BULLETIN BOARD

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

## SERVICE DIRECTORY

### CLEANER

**ISLAND BREEZE CLEANING LLC**  
New to Whidbey  
[islandbreezeclean.com](http://islandbreezeclean.com)  
360-720-4602

### PAINTER

**Island Painting WA**  
Interior & Exterior Painting  
Handyman Services  
No Job Too Small  
360-637-0782  
[islandpaintingwa@gmail.com](mailto:islandpaintingwa@gmail.com)  
Licensed · Bonded · Insured  
ISLANP\*\*758JD

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

### 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 clean-outs, detailed cleaning, organizing, and junk removal.

No job too small!  
Call or text Jacob:  
360-499-9157

### ISR EVENTS

**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 ls. County markets. Learn more & apply: [senior-resources.org/sfmpn](http://senior-resources.org/sfmpn)

**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](http://senior-resources.org/benefit-events-2026)

### 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 NARANON 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)

### WEEKLY MEETINGS

**Memory Support and Connection**  
Join us for our Support Group Thursdays from 5:30-6:30 PM at 390 NE Midway Blvd B203 Oak Harbor, WA. Caregivers, family members, and loved ones are all welcome. We also offer a separate space for your loved one to be cared for and engaged during the group.

### 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](mailto:karens@nami-sno-isle.org)

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

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

**I Support the Girls**  
360-678-2090 - [isupportthegirls.org/affiliates/whidbey-island](http://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](http://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. [whidbeyvrc.org](http://whidbeyvrc.org)

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

### MORE 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

### 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

## CLASSIFIED INFORMATION

US Postal Mail

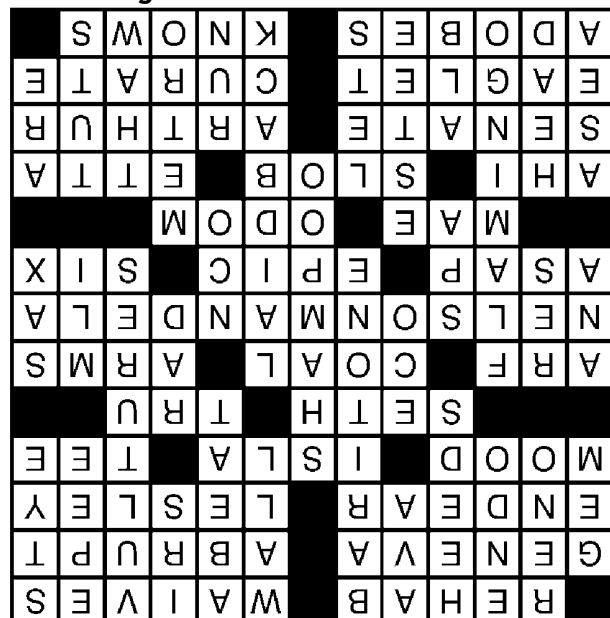
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### PLEASE CALL WHEN YOUR ITEMS HAVE SOLD.

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.**

### No Cheating!



### How'd you do?

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