

June 12, 2026 - June 18, 2026

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NEWS • BITS • WHATS GOING ON • PUZZLES • COLUMNISTS • CLASSIFIEDS

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BITS & PIECES

Enjoy Birding at Keystone Dive Park



Heerman's gulls and California gulls. Other likely birds include American crows foraging on the beach, white-crowned and savannah sparrows singing from the grassy area to the east and bald eagles on the treetops across the ferry slip at Fort Casey.

There is no walking for this field trip, just sit or stand and observe the birds. Bring a chair if you want one. Beginners and those with children are welcome and encouraged to attend. Trip leader Madrone Ruggiero will have one spotting scope to share. Loaner binoculars and bird guides will be available for use during the sit. The viewing/sitting area is flat packed cobble. Wooden picnic tables and a few folding chairs are available at the viewing area, which is less than 50 feet from the main parking area. An accessible restroom with flush toilets is located next to the viewing area (restroom may not be accessible for those using larger motorized wheelchairs due to entrance and stall door configuration). This site can be accessed by bus via Island Transit's #6 route. It is a flat approximately 400' walk from the bus stop at the ferry terminal to the viewing area on a mix of pavement and packed cobble/gravel. Participants may come and go as they please during the two-hour "sit." This is a Washington State Park free day and no Discover Pass is needed.

Molina Healthcare of Washington Hosts Virtual Panel on Improving Rural Health Care Access in Washington

The MolinaCares Accord ("MolinaCares"), in collaboration with Molina Healthcare of Washington ("Molina"), hosted a virtual panel on May 26 addressing the unique challenges and needs of Washington's rural communities. This discussion comes on the heels of Washington State's once-in-a-generation opportunity to invest in rural communities through the federal Rural Health Transformation Program, offering \$181 million annually for five years.

"We are deeply committed to ensuring all Washingtonians receive accessible, reliable health care no matter their location," said Ryan Moran, director of the Washington State Health Care Authority. "Directly communicating with rural communities and health systems about their unique challenges is a key part of the work already underway by the Washington State Health Care Authority. Partnerships, as established by efforts like our Washington Rural Health Transformation Program Advisory Committee, will include individuals from across the state and across sectors to consistently guide the funding provided by the Rural Health Transformation Program."

For Washington's nearly 800,000 rural residents, accessing timely care can be hindered by workforce shortages, limited provider options, and long travel distances. Barriers in care range from a lack of OB-GYN providers in nine counties to pharmacy deserts, and addressing the needs of our communities and ensuring they can access basic services and resources is a core component of Molina's work.

The panel discussion was hosted by Dr. Jay Fathi, plan president of Molina Healthcare of Washington, with keynote remarks by Ryan Moran, director of the Washington State Health Care Authority. The panel was moderated by Melissa Luck, news director for 4 News Now KXLY in Spokane, Washington. Panelists included Shane McGuire, CEO of Columbia County Health System; Wendy Sisk, CEO of Peninsula Behavioral Health; and Washington state Representative Joe Schmick (WA-9).

"We are honored to work collaboratively with such great organizations to address gaps in care for Washington's rural residents," said Dr. Fathi. "Rural communities are not monolithic, and one-size fits all approaches do not apply. By strengthening cross-sector partnerships and efforts underway like the ones by our panelists, we can achieve better health care outcomes."

During the event, panelists shared their perspectives on critical access hospitals, behavioral health services, and the drivers of health-related policies in the state government. The conversation ended with the panelists providing insights into what organizations must do to advance rural health care in the state.

GRAMMY Award Winning Bassist Christian McBride Connects with South Whidbey Youth

Music is a journey — of discovery, experience, and connection. That was on full display on May 28 when eleven-time GRAMMY Award winner Christian McBride met with students at South Whidbey High School. Part of the Whidbey Island Center for the Arts (WICA) Arts in Education initiative, the event brought the jazz icon to the high school band room for a unique opportunity for the student musicians, who had the chance to ask McBride about his career in music and anything else that came to mind.



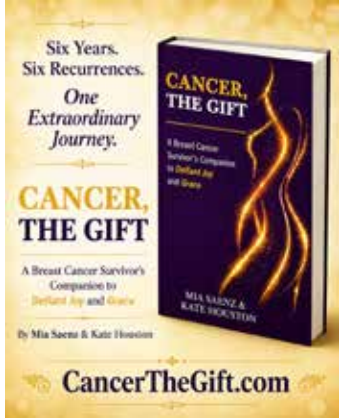
"Our role as an arts hub extends beyond our walls and into the surrounding community," said WICA Executive Artistic Director Deana Duncan. "Because of the generosity of our donors, we are able to have legends like Christian McBride & Ursa Major on our Mainstage and can offer opportunities for them to speak with the next generation of artists. Having one-on-one experiences like this is so impactful for our island youth, and it is our privilege to facilitate these life-changing moments. So many times the artists who speak to students can recall those moments in their own journeys when someone else encouraged them on an arts path. To see the joy on students' faces when they know they are experiencing something truly unique and transformative is incredibly meaningful for all of us involved."

To date, the Arts in Education program—which was re-launched in 2024—has fostered arts experiences with island youth both at the local schools and on the WICA campus. In September 2024, the initiative brought acclaimed Kennedy Center vocalist, songwriter, composer, and music educator Martha Redbone to the WICA stage, followed in March 2025 by a special performance at WICA by the dynamic group Portland Taiko—treating local students to an interactive concert celebrating the masterful blend of traditional Japanese taiko drumming with a vibrant sense of Asian American identity, creativity, and empowerment. In October, jazz students at the high school and middle school watched as The Rodney Marsalis Philadelphia Big Brass marched around the school auditorium, answered student questions, and played the iconic jazz music that has made the group one of America's premier large brass ensembles.

Last week's hour-long educational event with McBride preceded the jazz icon's sold-out evening performance at WICA—part of the Whidbey Island Jazz Festival—which saw a full house of enthusiasts who had come to witness a legend in person. The inaugural Jazz Festival at WICA was a dynamic four-day event that included an acclaimed lineup of local, regional, and national talent, headlined by McBride and bringing artists like the Brubeck Brothers and Whidbey Jazz Residency to the Mainstage. The Arts in Education component of the programming was made possible by festival sponsorship and donor support, which enabled WICA to provide the high-level and personalized educational opportunity with McBride for local youth.

"It is an honor to bring this programming to our theatre and our community," said Duncan. "At WICA, we are committed to arts education—whether that's our Youth Summer Conservatory theatre camp in partnership with The Whidbey Institute, our Bridge Family Scholarship for local students interested in an arts path, or our adult educational opportunities like Bluegrass Jams. We work to ensure that the arts expand beyond the WICA campus and positively impact the lives of those around us. As we celebrate our 30th anniversary this year, opportunities like our Arts in Education program really speak to our role here locally and regionally, and set the tone for the future of this arts organization."

Whidbey Island Author Celebrates Release of Cancer, the Gift



Whidbey Island author Mia Saenz, together with co-author Kate Houston, has released *Cancer, the Gift: A Breast Cancer Survivor's Companion to Defiant Joy and Grace*, a heartfelt collection exploring healing, resilience, and the unexpected gifts that can emerge through life's most difficult seasons.

Through the voices of ten women, the book shares stories of courage, friendship, spirituality, and the transformative power of connection. While centered on the breast cancer experience, the authors say the book speaks to anyone navigating illness, loss, change, or a season of personal growth.

Written in part on Whidbey Island and published through Saenz Literary Press, *Cancer, the Gift* officially launched June 9. The book is available for purchase at www.CancerTheGift.com.

For more information, interview requests, or speaking opportunities, contact:

Mia Saenz
Saenz Literary Press
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HEALTH CORNER

By Dr. Darlene Castle
Chiropractor



WHAT DOES IT TAKE?

Most patients enter Chiropractic care not knowing what it will take to handle their spinal problem. Few come in to be healthier, most want a symptom to go away, but all enter with some hope that Chiropractic care will help.

The “problem” has been going on for some time. The person becomes a Chiropractic patient. What next?

Let’s take it from the top: The Chiropractor discovers several spinal bones (vertebrae) are out of position, placing pressure on surrounding nerves. The muscles in the area have been overworking, some going into spasm trying to move the bone off the nerve. In addition, the brain hasn’t been communicating along those nerves to the rest of the body so organs aren’t working well.

The body is not functioning at peak performance.

The Chiropractor begins to gently adjust the spine.

- Now the muscles are freed up. They can move more normally. They’ve been overworking and are sore and inflamed, but now additional resources are available to begin the healing process.
- The brain can now communicate along those nerve pathways to the group of cells it services. Healing begins to take place at the cellular level as well; whichever organs were impacted now begin to function a little better.

All this takes place in an instant. Patients may feel that an ache or pain is immediately lessened. Some feel they can stand up straighter. Some feel no real change.

And then, a few hours later, the vertebrae move back out of place.

Why? Muscles surrounding the vertebrae were used to having those spinal bones right where they started, so they return to



their beginning position pulling the spinal bones back with them. At that point, pressure is again placed on the spinal nerves and healing slows.

And now another adjustment is needed.

Chiropractors have learned it takes time and consistent corrections for muscles to heal, strengthen and get used to their new positions.

Intensive Care

Adjusting initially needs to be done on a regular basis. This plan of care is usually two to three times per week and lasts for a few weeks.

Rehabilitative Care

As the muscles gain health and strength, vertebrae naturally stay in place longer. Healing continues to take place throughout the entire body. Care can usually be reduced to once per week.

Maintenance Care

This care is designed to ensure stability of gains and prevent the “problems” from happening again. Regular check-ups ensure displaced vertebrae are corrected promptly. This schedule of care ranges from weekly to monthly and is dependent upon the patient’s lifestyle, work, age, etc. Many patients opt for weekly care, some work with the Chiropractor to gradually reduce care to a monthly basis. It all depends upon the patient.

The body is an incredible machine. We wouldn’t stand a chance if it weren’t designed to heal itself.

Consistent spinal corrections allow the brain to properly control all body functions and for health to return.

That’s what it takes.

Contact Dr. Castle at 425-238-8704 for questions and appointments: 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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by Auston Reisman FATHER, FARMER, ARTIST, BUILDER,
COMPOST CULTIVATOR

Within our community, I feel humbled and honored to be surrounded by so much knowledge from both individuals and groups. I recently read a great article in this publication about how you are a mix of your five best friends. I believe this principle also applies to the top five clubs, organizations, and mentors you engage with. Whether they are non-profits, guilds, membership-based clubs or informal groups, each one is a vehicle for sharing knowledge and building connections.

While recovering from a knee injury, I walked off the street and was embraced by the Island Rowing Association. I had absolutely no prior experience, but I didn't need any thanks to the club's amazing mentorship. I wonder who will carry the torch next, finding the answer right within our own hands. Once we acquire this knowledge and inspiration, it is our duty to pass it on.

With everything changing and moving at lightning speed online, looking back at how older generations did things is a great way to stay grounded. Learning hands-on skills perfected over centuries, such as building things by hand or growing your own food, helps us understand the basics that still work today. These old-school methods act as a bridge between the past and the present, ensuring that useful skills don't just disappear. Imagine grandparents teaching woodworking, sewing, or cooking, while the younger crowd shows them how to navigate more modern tools. It is a two-way street that creates mutual respect and keeps everyone connected.

How do we keep things local in such a huge world? With everyone connecting online, everything can start looking the same. We must ask ourselves the question: Is that what we really want? That is why keeping our unique cultural roots alive is a total

must. When we pass down our specific local traditions, whether that means traditional handmade crafts or family recipes, we make sure our unique way of doing things does not get erased.

Passing down these deep-rooted inherited and cultural skills does a lot more than just teach a cool hobby; it gives people a real, deep sense of who they are, of belonging to something bigger than an individual life, and instills a tough, confident mindset. Plus, having these timeless practices in your back pocket gives you a reliable anchor to stay grounded as the rest of the world changes at a crazy speed.

Passing these skills down is how we keep growing without losing track of where we came from. It ties people together across different generations and gives us a real sense of purpose and identity. While the modern world is usually obsessed with whatever trend is popping off this week, these classic practices give us a great way to stay connected to our roots. It completely changes our lives for the better and does the exact same for the people who come after us. It needs to be this way!

Don't let the chain break. Whether you want to learn a centuries-old craft, share a passion you've mastered, or simply find a screen-free space to connect with real people, your community needs you. It may be as simple as sharing an ancient family recipe with a friend or neighbor. Look up a local guild, dust off an old hobby, or walk into a club you know nothing about. Get involved today, learn something new ... keep our local and inherited heritage alive!

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WEEKLY HOROSCOPE

ARIES - Mar 21/Apr 20
Aries, your words carry extra weight this week. Speak confidently, but listen just as carefully. A conversation could lead to an opportunity you didn't expect.

TAURUS - Apr 21/May 21
Taurus, financial matters come into focus. A practical decision now can bring greater peace of mind later. Trust your instincts and avoid unnecessary risks.

GEMINI - May 22/Jun 21
Gemini, you're in your element. Confidence, charm, and curiosity help you make progress in both personal and professional matters. Don't be afraid to take the lead.

CANCER - Jun 22/Jul 22
Cancer, taking a step back helps you see the bigger picture. Rest and reflection are just as valuable as action this week. Trust your intuition.

LEO - Jul 23/Aug 23
Leo, friends and social connections bring encouragement. An invitation or chance meeting could introduce an exciting possibility. Stay open to new experiences.

VIRGO - Aug 24/Sept 22
Virgo, career goals gain momentum. Your hard work is being noticed, even if results aren't immediate. Stay focused and keep moving forward.

LIBRA - Sept 23/Oct 23
Libra, a fresh perspective brightens your outlook. Learning something new or exploring a different approach helps you break free from routine.

SCORPIO - Oct 24/Nov 22
Scorpio, honesty helps strengthen important relationships. Address lingering concerns directly and you'll find more support than expected.

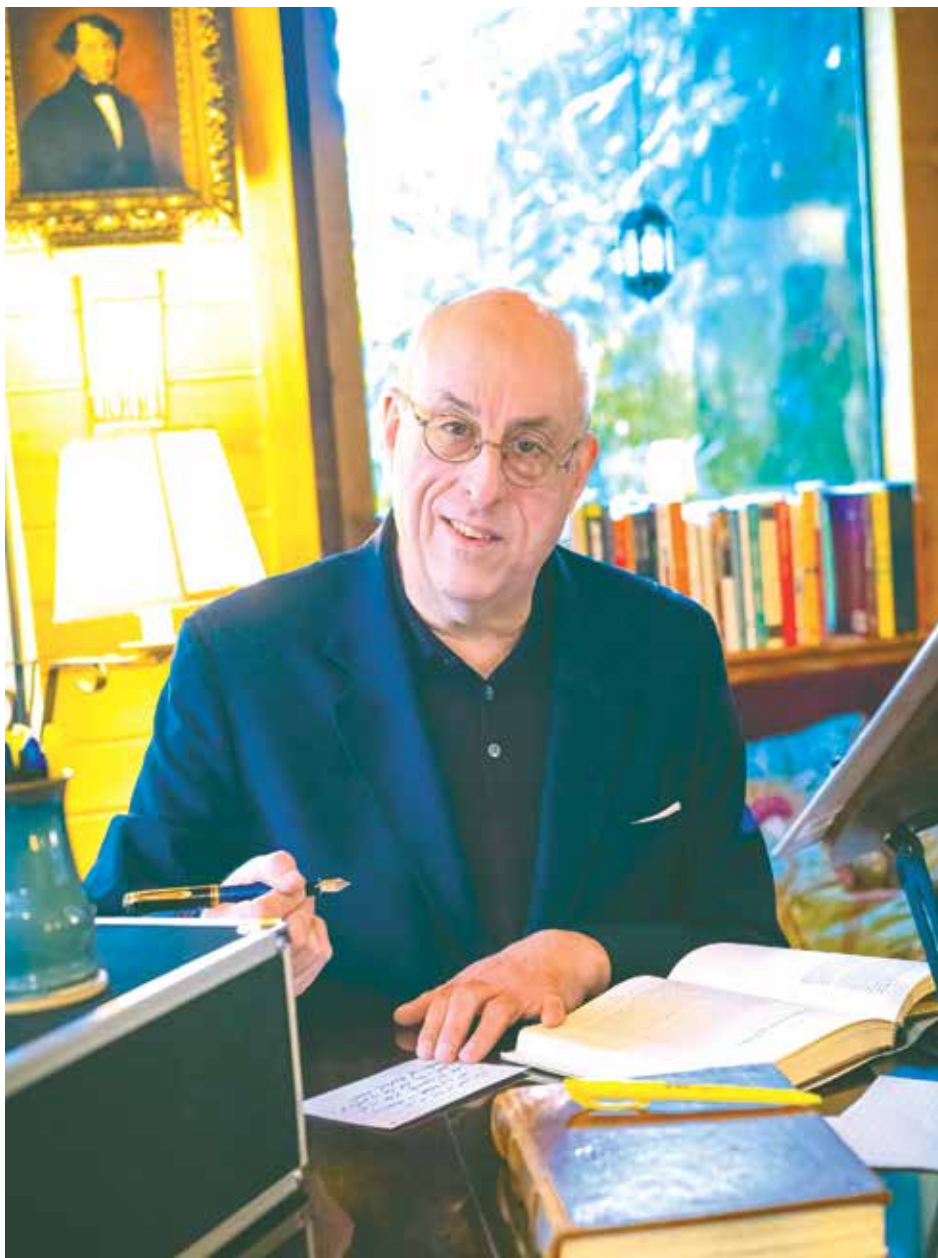
SAGITTARIUS - Nov 23/Dec 21
Sagittarius, partnerships require balance. Compromise where needed, but don't lose sight of your own goals. Mutual respect brings the best outcomes.

CAPRICORN - Dec 22/Jan 20
Capricorn, organization is your advantage this week. Taking care of small details now prevents larger headaches later. Steady progress wins the race.

AQUARIUS - Jan 21/Feb 18
Aquarius, creativity and fun deserve your attention. A hobby, project, or spontaneous adventure helps recharge your energy and spark new ideas.

PISCES - Feb 19/Mar 20
Pisces, home and family matters bring comfort and stability. Spending time with loved ones helps restore balance and strengthen important bonds.

On Boredom as a super power, for a Super-power



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

Our nation was founded, in large part, by European religious zealots, escaping persecution, only to come to our American (and Whidbey Island) shores, only then to persecute the native land-dwellers. It's an old story. The persecuted become the persecutors. It happens in nations, social tribes, and even in families.

I think we much prefer the cozy pictures of clean, heavily starched pilgrims sitting with native people in North and South America, all sitting together at long tables covered with roasted turkeys, sweet potatoes topped with marshmallow cream, and green bean casseroles. That is, perhaps a better look, regardless of its truth. It's better branding for a superpower. What went down between pilgrims and native

people was not a terribly auspicious way to begin something new, but no doubt we will continue to reinvent the story for our 250th Anniversary celebrations to fit a more digestible narrative.

If the United States were to have an Enneagram Type (https://www.enneagraminstitute.com/), it would no doubt be a Three. Enneagram Type Three is a type of person (or nation) known as "The Achiever" or "The Performer," – an ambitious, competent, and highly adaptable person who is driven by a need for material success and a deep fear of failure. Enneagram Threes are often social chameleons. They excel at productivity, but they can struggle with workaholism and may lose touch with, or never even understand, their authentic selves.

Indeed, I have taken the Enneagram test many times and ALWAYS ... it turns out

that I am an Enneagram Three, which explains a lot. Rather too much, quite frankly. Work addiction has plagued me my entire life, and every bad thing that has happened to me can be traced back to the addiction to productivity. So, I am in recovery for it and use a 12-step system to do so. The problem with work addiction is that its hard to identify in an American culture. The hyper-productivity, to most people, looks terribly impressive and normal. Seeing work addiction in America is like seeing a hunter in camouflage in a dense forest – they blend in. The real problem with work addiction is its core wound, which for an Enneagram Three person is the wound of never feeling that one is enough or has done enough to earn a place on the planet. Brene Brown would call this the "hustle."

People who feel exhausted from always trying to prove their worth can begin to recover from work addiction by a simple reframe. The lifesaver of work addicts is counterintuitively, boredom. Boredom feels terrible to work addicts. You can see it in a grocery line when they jump on their iPhones as they are waiting 3 minutes for their groceries to be bagged, or in a coffee shop or restaurant when they have to wait 4 minutes for the next thing – a meal, a meeting, whatever. We live in an ADHD culture because our technology has rewired our brains to seek the dopamine hit of achievement or at least busyness.

Can we reframe boredom? Can do we reset our brains to allow for "boring" periods of wonder, silence, awe, intimacy, and rest? How do we hack this "new normal"?

Perhaps boredom is simply unappreciated serenity.

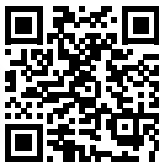
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SCIENCE *corner*

The "Whidbey Fault": Our Undersea Neighbor: Most residents know about our glacial history, but fewer realize that Whidbey sits atop an active, high-stakes geologic feature: the Southern Whidbey Island Fault. This isn't just a static scar in the earth; it's a major crustal fault that separates two massive tectonic blocks. Scientists have found evidence of movement as recently as 1850. It's a sober reminder that while our landscape looks pastoral and serene, we are living on a dynamic, shifting foundation that has shaped our bluffs, Penn Cove, and even the local topography of Coupeville.

The Intelligence of Our Otters: Our local river otters are more than just "cute" beach visitors—they are a biological bellwether for the entire ecosystem. Because they are "diet-elastic," they shift their foraging habits based on salinity, tide, and even human activity levels. Researchers use them as a "comparative model" for human-like behavior, studying how they navigate complex, resource-scarce patches. If you see an otter, you're looking at a creature that is essentially mapping the health of our local watersheds in real-time, from the health of our fish populations to the accumulation of pollutants in the sediment.

Penn Cove's Subglacial Trough: Why is Penn Cove so uniquely protected and deep? It's not just a coincidence of geography. The cove is actually a "trough" carved by pressurized, high-velocity meltwater flowing beneath the massive ice sheets that once covered the island. That intense hydraulic pressure scoured the land, creating the sheltered, nutrient-rich environment that makes it an ideal habitat for our famous mussels today. Every time you look at the cove, you're looking at the remnants of a hydraulic force that would be difficult to even replicate with modern engineering.

The Salish Sea's Thermal History: Scientists are now using satellite imagery (specifically the NASA Landsat "THORR" tool) to map the "thermal history" of our rivers and streams. This allows researchers to track how climate-driven warming is impacting local water temperatures—a critical factor for the survival of Chinook salmon and other cold-water species. It's a perfect example of how global climate science is being applied right here at the micro-level to help local conservationists make data-driven decisions about habitat restoration.



The Weight of a Cloud: While the sky over Whidbey looks light and airy, a single average-sized cumulus cloud contains about a million tons of water. It floats only because its density is slightly lower than the air surrounding it—a delicate balance of physics keeping that mass from falling!

STICKELERS [sic]

by Terry Stickels

Below are five "shape" words. Match the words with their definitions.

- | | |
|--------------|-----------------------|
| 1. eruciform | a. web-shaped |
| 2. textiform | b. sword-shaped |
| 3. ensiform | c. sickle-shaped |
| 4. sulciform | d. caterpillar-shaped |
| 5. falciform | e. groove-shaped |

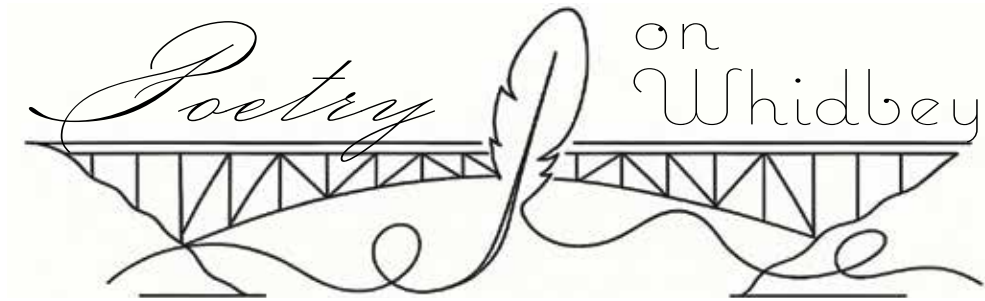
Answer on page 12

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Music for the Eyes

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GARRY THE SASQUATCH



So, who's afraid of the Sasquatch?
He's only big and hairy;
And they've given him a name,
And that name is Garry.



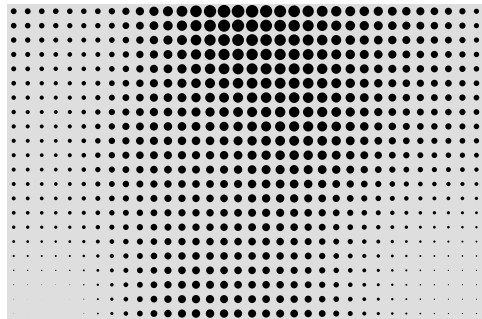
He does look spooky
With that long hair,
But I bet, inside of it,
There is not much there.



So don't be afraid
Of what you don't know,
Because most of him
Is only show.



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VETERANS
★ POST ★
by Freddy Groves

Only 24 notes

There are over 400 funerals each day at the National Cemeteries. Depending on the veteran and the location of the cemetery, the honors are likely to include two uniformed members of the military, folding and presentation of the flag, three rifle volleys, a horse-drawn caisson and the playing of Taps. At a very minimum, we expect this. We expect to hear Taps at a veteran funeral. It's part of how we say goodbye, hearing the National Song of Remembrance.

In some parts of the country, however, especially in rural cemeteries, there aren't enough buglers, and Taps is played via a CD recording or a special electronic gadget inserted into a bugle that plays a prerecorded Taps. Live buglers are, of course, preferred.

Can you help? Are you willing to be a bugler at veteran funerals in your area?

Before you decline, consider: If you took a semester of band, even in junior high, you're halfway there. If there is a bugle (or trumpet) in your attic, you're halfway there. Is there a high school or college with a music department near you? The department head will help you fine tune the playing of Taps. Best of all, there are only 24 notes in Taps.

Take a look at the organizations that provide buglers for veteran funerals:

-- Bugles Across America (www.BuglesAcrossAmerica.org) has been providing this service for 26 years now. Read about Tom Day and why he started the group. According to the most recent Bugler's Post newsletter, last year the group's buglers provided 32,000 hours of their time. Members have provided Taps at 350,000 funerals since the group began in 2000. They have volunteer buglers in 49 states; only South Dakota is missing from the list.

-- Taps For Veterans (www.TapsForVeterans.org) is headed up by former military musicians. See the website for more information and how to audition.

At this point, one-quarter of living veterans are over the age of 65; the number of veteran funerals is not going to decline anytime soon.

GO FIGURE!

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

	+		-		= 13
-		+		+	
	+		+		= 10
x		+		x	
	+		x		= 65
=		=		=	
63		14		40	

Answer in next week's edition!
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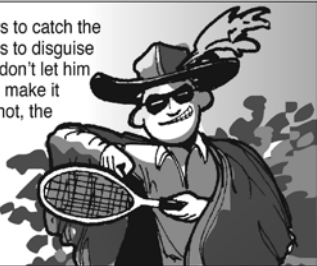
STAN SMITH'S TENNIS CLASS

DISGUISE THE
LOB WINNER

Offensive lobs don't have to have heavy spin to be effective. Many pros use underspin or flat offensive lobs.



One of the best ways to catch the opponent off guard is to disguise the offensive lob — don't let him see it coming. If you make it look like a normal shot, the opponent will close to the net, and then you've got him!



The Garden Bug

Remove a competing "leader" at the top

Remove odd and crowded branches, and two growing from one spot

Remove branches growing towards the main trunk or having narrow angles

Trimming tree branches

Remove diseased, broken or "crossing" branches

Remove roots that girdle the base of the trunk

Remove branches low on the trunk or sweeping down to the ground

Source: extension.umd.edu

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Astrology for June 12-18 2026

Uranus in Gemini Square the Nodes, New Moon in Gemini 24°

Fated changes are happening now. On **June 12**, Uranus in Gemini squares the North Node in Pisces and the South Node in Virgo at 2°. Uranus is the planet of shock, awe, surprise and change. Its the planet that pushes revolutions to the forefront and invites unconventional solutions. When Uranus squares the Nodes, life turns in unexpected ways. Immense change can happen in an instant and seemingly out of nowhere. The square aspect pressures consequential moves, and may even feel like it forces our hand. It's time to let go of perfectionism and old routines and lean into the uncharted territory that has emerged. There's no more leaning on the past. Circumstances shift and our reflexes our tested. This energy is best navigated with an open mind and the utmost flexibility. This square is happening in mutable signs. Where are you being asked to be more adaptable? What's a crazy idea that just might work?

Just after midnight on **June 13**, Venus in Cancer squares Chiron in Aries at 29° and later that evening, Venus enters Leo until July 9. The 29° point is the last degree in a sign, a culmination of all the lessons the planet has moved through since its entry. This is a boss battle in vulnerability meets authenticity. How have you grown to show up for yourself, especially in relationships? You may notice how far you've come when an old wound gets triggered today, but without the old reflex. Today will ask us to meet ourselves right where we are. To be vulnerable and honest about who we are and the status of our hearts with those we love and care for, especially ourselves. This transit can bring up a lot of hard feelings around the way we care for ourselves and others. How have you improved? Where is there still work to be done? Can you give yourself and others grace? Can you be both protective and brave with your heart? Once we confront the tough stuff, a breakthrough happens. Venus moves into Leo and we are invited to reap the rewards. Venus in Leo enjoys the social life, parties and creative pleasures. This is a very romantic and showy placement and we will be encouraged to lean into showing how much we care. Venus in Leo can be dramatic, but it encourages us to be generous, outgoing, and above all, authentically expressive.

June 14 brings the new Moon in Gemini at 24°. That encouragement toward self-expression from Venus in Leo will be helpful energy under this new Moon. It is a time where we plant new seeds of intention around what we would like to call into our lives in the coming weeks and months ahead. The new Moon in Gemini is focused on a new way of thinking, a new frame of mind. This is a potent new Moon for word spells, writing rituals, journaling, affirmations, voice recordings, or any type of speech. The ruler of this new Moon is Mercury, sitting in Cancer at 17°. This Cancerian signature will add a heavy dose of feelings to the mix. If you find yourself in a moody place, caught in nostalgia, or overwhelmed with emotion, utilize the tools of Gemini. Go for a walk, call a friend, change your environment, etc. Follow the many rabbit holes of your curiosity. Let intuition lead the way, but ask a lot of questions. Allow the mental and emotional bodies to interface fluidly. What would you like to be different? What do you want to change about the way you are communicating? What do you want to share? What do you need to say? There is a lot of important information pouring in if we can remember to listen.

On **June 15**, Venus in Leo sextiles Uranus in Gemini at 2°. This is a helpful transit for thinking outside the box and inviting new ideas. In relationships, Venus/Uranus often helps us be more open minded, free spirited, and freedom seeking. What have you always wanted to sample but never got the chance or never had the courage? With the Moon in Cancer, we may feel a little self-protective, but overall its a great day to try something new. Take advantage of it while the energies are supportive and encouraging. Higher stakes and less comfortable conditions are around the corner. Pay attention to what occurs today. What can you clock as a symbol of foreshadowing?

On **June 16**, Venus in Leo trines Neptune in Aries at 4°. A dreamy day. The planet of love and romance in a positive connection with the planet of spirituality and dreams. A word of caution. It may be very easy to indulge in romantic encounters, flirtation, and pleasure, but Venus is also on her way to an opposition with big bad Pluto in Aquarius at 5°, exact tomorrow **June 17**. Enjoy the ease and creativity, but do not be blindsided by a harsh morning after. Venus/Pluto oppositions can manifest as power struggles in relationships, having to face the depth and severity of what just the other day felt like casual fun and play. Brutal honesty and transparency are required. Buried issues are uncovered, but we may unexpectedly be ready face them.



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Instagram: @readingsby_NOA

Now Showing!

Thur. June 11
Single Feature:
Disclosure Day (PG-13)

Fri. June 12 - Wed. June 17:
Disclosure Day (PG-13) & Masters of the Universe (PG-13)

Thur. June 18-Wed. June 24:
Toy Story 5 (PG) & TBA

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

Blue Fox DRIVE-IN THEATER



June 12th – June 18th :
The World Reversed.

Life gets to happen for you, yet when was the last time you dared, or acknowledged you had the innate authority, to pen your own story, inscribe your own signature upon the screenplay that unfurls your days? With many moving parts and precious loved ones to keep track of, it is all too conscionable to fall into lockstep going through the motions, however let this channeled missive be the concierged cockcrow to re-embrace yourself in the role of main character because we cannot feel aligned only living our lives for others.

Awakening from your autopilot likely feels unrecognizable, a bit discomforting, and topsy turvy in the days ahead as you come back into awareness with your surroundings, your previously tucked away aspirations, even your body. Many of you may be reassessing your next steps or the entirety of the path ahead as you begin to grasp a sneak-peeked empty nest or liberty from your childhood home. This week's card reassures that even in a headstand of confusing novelty, balance, confidence, and an ascended peace can be found within you; and while you're supported on all sides in your gestation, your ride ahead is trusted without training wheels, exuding faith in you to birth your next identity without guardrails.

Do your best to remember each set of new steps may come with some wobbles and a stumble, yet this is not evidence of your failure or deficiency at something to which you are temporarily unaccustomed. Fresh or revisited experiences are often expansive, and The World card is not The Fool card, indicating that even when facing the seemingly unfamiliar, you are far more prepared for what comes next than you've yet embodied.

All eyes on you, or your perception as such, and the spotlight understandably has you anxious, wary of making mistakes for all to see and judge. Yet you're uniquely and intentionally positioned to share all the missed stitchings, runway trippings, blemishes, embarrassingly rough drafts, and the process of improvement, because not only are you blessed with the opportunity to acclimate to the natural progression of success through imperfections and thus desensitizing to rejections, your before-through-after journey demonstrates the behind-the-scenes beauty rarely shared and often misunderstood. Dreams are not birthed in perfection upon the stage, but impastoed upon the canvas, bringing the mastery through what is first believed to be ugly or ruined or unformed, long before the recital is performed.

~Xo, Tiffany

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

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

And please consider supporting this column: buymeacoffee.com/tiffanyfitzpatrick



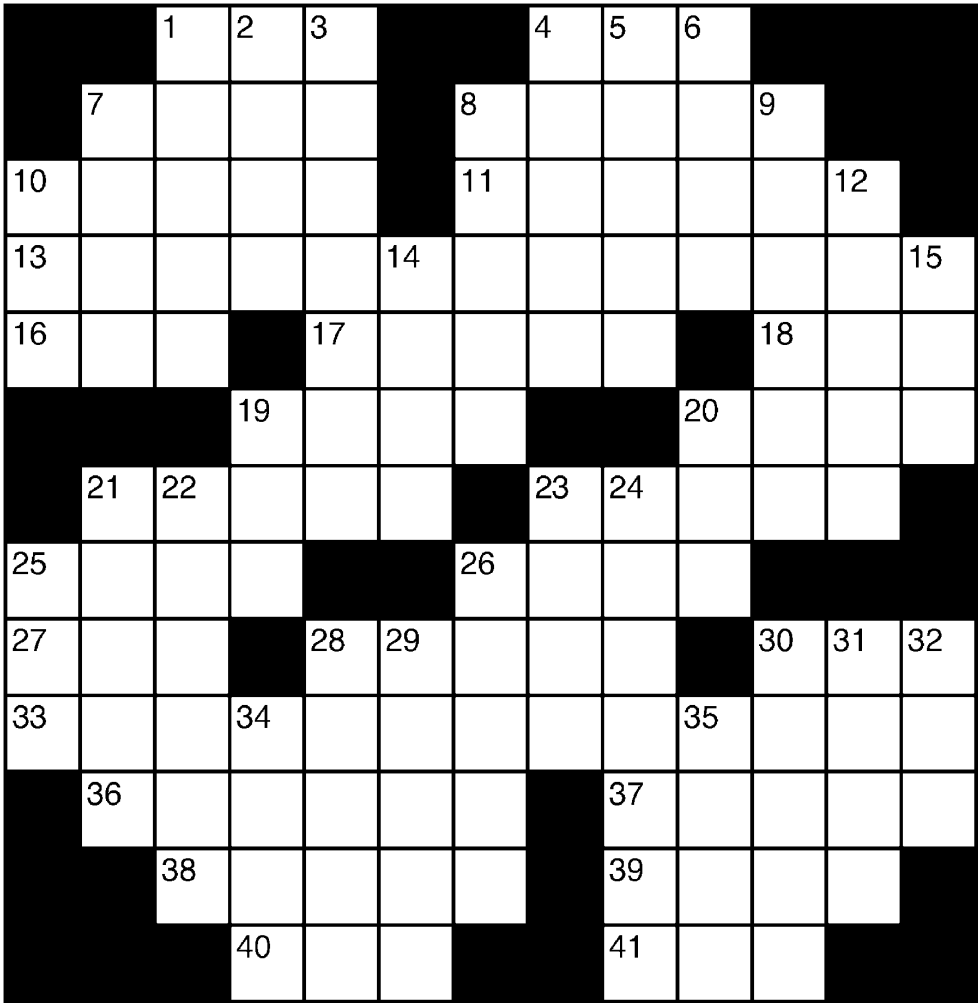
Inboxed Tarot: Personalized & on Special

Receive a bespoke tarot reading tailored to your question, the life theme you're navigating, or a channeled message meant for you, featuring a photographed spread and a detailed, strategy-driven, written interpretation to guide your next steps, delivered directly to your inbox.

\$55

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tiffanyfitzpatrickco@gmail.com



1 Center
4 Solo in space
7 Lawn mower brand
8 Spoils, with “on”
10 Wanderer
11 Beethoven’s Third
13 Time management aids
16 Citric beverage
17 Got up
18 Mosquito barrier
19 “-- chic!”
20 Feel sorry for
21 Mom’s sister, informally
23 “Time in a Bottle” singer
25 Impudent
26 Owl call
27 Solid-rock insert
28 Spine-tingling
30 Lupino of film
33 Commuters’ buys
36 Turned to mush
37 Lounges
38 Egypt’s neighbor
39 Sloth’s home
40 Ballpark fig.
41 Even so

1 Bro
2 Russian river
3 Tattoos, e.g.
4 Circle dances
5 Expiate
6 Dresden denial
7 Frog's kin
8 Apollo's birthplace
9 Picturesque
10 Secret-protecting doc.
12 Mountain crest
14 Quarry
15 Farm pen
19 Stick with a kick
20 Cauldron
21 Greek storyteller
22 Faraway orb
23 Business abbr.
24 Author's payment
25 Actress Dawber
26 "Papa" of classical music
28 Molts
29 Traction aid
30 Archipelago part
31 Editing mark
32 Ninny
34 Verifiable
35 Harboring a grudge



OUR *Community*

An Upbeat Question of the week

By Helen Mosbrooker

What is the coolest thing about your father and why?



Remy R.,
Oak Harbor

My dad is cool because he takes me to fun places like trampoline parks and theme parks. He also buys me cool clothes and shoes. He does these things because he cares about me and wants me to be happy.

My dad is also cool because he loves to play basketball and helps me practice my favorite sports. He is fun because he tells great dad jokes with me.

Another reason he's cool is he takes us out for ice cream at different places every Sunday. It's yummy and lots of fun.

He's also in the Navy as a 1st class and gets to fix planes and travel around the world helping the United States which I think is pretty cool to have a dad like that.

In conclusion, I think my dad is one of the coolest dads ever!



Cobie T.,
Oak Harbor

He buys me stuff sometimes just because I want it. He has a lot of shoes and collects them. When I have a bad day, he always tries to make me feel better by telling a joke and making me laugh.



Harper H.,
Oak Harbor

The coolest thing about my dad is that our family owns a car dealership and we get to ride in a whole bunch of different fun cars. He's also cool because he'll drop everything to go get ice cream or play outside with my sister and I, and he always comes to our activities and even coaches our teams. Overall I love my dad and think he's so cool & someone I truly look up to.



Jaxon T.,
Oak Harbor

It's hard to choose just one thing. I admire how he always takes care of all of us, even when he has so much on his own plate. He's incredibly brave no matter the situation, and he's always there with thoughtful advice when we need it.

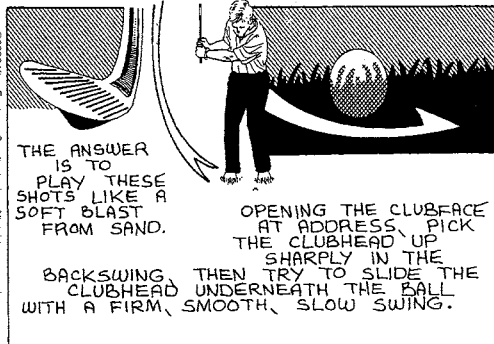
Joyful Saying of the Week

To get the full value of joy you must have someone to divide it with.

- Mark Twain

HERE'S A REALLY
HARD
SHOT — A
HIGH-FLYING,
SOFT-
LANDING
PITCH
FROM ROUGH
TO A
"TIGHT"
AND
WELL-
PROTECTED
PIN
POSITION.

Answer on page 12



YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST

	Fri, June 12	Sat, June 13	Sun, June 14	Mon, June 15	Tues, June 16	Wed, June 17	Thurs, June 18
North Isle	 H-69° L-55° 10%	 H-75° L-58° 0%	 H-80° L-61° 10%	 H-80° L-58° 0%	 H-68° L-56° 5%	 H-65° L-54° 0%	 H-65° L-35° 15%
South Isle	 H-69° L-55° 10%	 H-73° L-59° 10%	 H-78° L-63° 0%	 H-81° L-62° 10%	 H-71° L-56° 0%	 H-66° L-54° 5%	 H-65° L-54° 5%

Weekly SUDOKU

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

Answer on page 12

COMMUNITY BULLETIN BOARD

To place an ad, email classifieds@whidbeyweekly.com

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PAINTER

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Handyman Services

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islandpaintingwa@gmail.com

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Art Studio Surplus Materials
For Sale.

Stone Blocks and Slabs.
Limestone, Serpentine,
Marble, & Slate. Hardwoods
- various planks and smaller
pieces for turning and small
projects. Pacific Yew Log.

360-678-4281

Call for Appointment -
Greenbank Area

BARN SALE

Barn 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

Vintage fishing gear, boating
and marine items, vintage
paper ephemera, Artworks,
Vintage furniture and decor.

Something for everyone.
Welcome Friends!

WE BUY SELL & TRADE
VINTAGE AND ANTIQUE
ITEMS

360-678-5888

IN SEARCH OF

Collecting Old
American Money

Retired Police Officer whose
hobby is Collecting Old
American Money

360-320-8544

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

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

FREE FILL DIRT

Located in Coupeville
Bring your own Bucket
Many Cubic Feet Available
349 Marine Dr., Coupeville
Call for Questions:
Robert S.: 360-292-9451

1-d, 2-a, 3-b, 4-c, 5-c
Stickers Answer

Your ad here.

\$12

For any sales
or business
listings.

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/
sfmnp](http://senior-resources.org/sfmnp)

FREE MARTIAL ARTS CLASS

Beginner or experienced
fighter or maybe your starting
your fitness journey and are
looking for a better way we are
here to help. We are currently
running a free month special.
Muay Thai kickboxing boxing
and mma. We got you covered.
For Questions or more details
call: 360-899-7711

INTERESTED IN ZUMBA?

First Class is FREE!

Latin dance inspired fitness
combining all elements -
cardio, muscle conditioning,
balance and flexibility, and
boosted energy. High energy,
medium-high intensity, zero
judgment, and good vibes!
For Questions or More Details
Call: 360-720-6496

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

How'd you do?

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

WEEKLY MEETINGS

MEMORY CAFÉ Every 1st and
3rd Tues of the Month 12:30 - 2:00
p.m. at the First United Methodist
Church 1050 SE Ireland Street
Oak Harbor, WA. Join our bi-
monthly gathering for people with
memory loss and their family to
enjoy a time of fun, conversation,
music and laughing (and snacks).
This is a dementia friendly setting.
For information: 360-720-4535

**SOUTH WHIDBEY NAR-
ANON FAMILY GROUP** meets
every Wednesday at 6pm at the
Langley Methodist Church, 301
Anthes in Langley. We meet in
the Fireside Room, rear of church.
Karol:360 914 7695.

Have a problem with drinking? It
doesn't cost anything to attend
A.A. meetings. Local Meet-
ings are in Coupeville, Freeland,
Langley, Clinton, and Oak Harbor.
There are no age or education re-
quirements to participate. Mem-
bership is open to anyone who
wants to do something about their
drinking problem. A.A.'s pri-
mary purpose is to help alcoholics
to achieve sobriety. We're here to
help. For local meetings search
aa.org or call 888-360-1564

Have you ever been affected by
someone else's drinking? **AL-
Anon** may be for you. **AL-ANON:**
Tuesdays at 5:30-6:30 Oak Harbor
Lutheran Church Library 1253 NW
2nd Ave. There is help and hope:
Contact for more info: Rebecca
425-773-6937

Bothered by someone's
drinking? **AlAnon** can help!
Langley Family AlAnon
Group, Wednesdays 9:30 AM
to 10:30 AM, Langley Meth-
odist 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 Ver-
non Any questions, call Washing-
ton State Gamblers Anonymous
hotline at 855-222-5542, or visit
<https://gawashington.org/>

OVEREATERS ANONYMOUS
Tuesdays 7 PM to 8 PM
Langley United Method-
ist 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 Meth-
odist Church - 301 Anthes Ave,
Langley - Fireside room. Contact:
acawhidbey@gmail.com

WEEKLY MEETINGS

**Memory Support and
Connection Group**
Join us for our Support Group
Thursdays from 5:30-6:30
PM at 390 NE Midway Blvd
B203 Oak Harbor, WA. Care-
givers, 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

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](mailto:isupportthegirls.org/affiliates/whidbey-island)
Essential health and hygiene
items for women and girls.

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

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.

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

Last week's answer
Go Figure!

answers				
5	+	2	+	9 = 16
-		+		-
1	+	7	+	3 = 11
x		+		x
6	-	4	+	8 = 10
=		=		=
24		13		48

SHELTERS/HOUSING

CADA Emergency Shelter –
Confidential crisis shelter for
women and children fleeing do-
mestic 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 Sup-
port –** 105 NW 1st St., Coupe-
ville 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, con-
tact the Housing Support Center
or call the number above.

Oxford Houses – Recovery
housing oxfordhouse.org
-Men:360-246-4101
- Women & Children: 360-682-
5773

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+

CLASSIFIED INFORMATION

US Postal Mail

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

E-Mail classifieds@whidbeyweekly.com

Telephone360-682-8283

PLEASE CALL WHEN YOUR ITEMS HAVE SOLD.

Please try to limit your classified to 30 words or less,
(amounts and phone numbers are counted as words)
we will help edit if necessary. We charge \$12/week for
Vehicles, Boats, Motorcycles, RVs, Real Estate Rental/
Sales, Business Classifieds and any items selling \$1,000
and above. We do charge \$25 to include a photo. The
FREE classified space is not for business use. No clas-
sified 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.