

June 19, 2026 - June 25, 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

**★ 2026 ★**  
**COUPEVILLE LIONS CLUB**



**ANNUAL**  
**GARAGE SALE**

★ GREAT FINDS • GREAT PRICES • GREAT CAUSE ★

★ COUPEVILLE ELEMENTARY SCHOOL ★  
 6 S. MAIN STREET, COUPEVILLE, WA

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**SATURDAY** ★ **SATURDAY, JUNE 27**  
 9AM – 4PM

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**SUNDAY** ★ **SUNDAY, JUNE 28**  
 9AM – 12PM

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**PREVIEW** ★ **FRIDAY, JUNE 26**  
 3PM – 6PM

**SHOP • SAVE • SUPPORT**

★ ALL PROCEEDS BENEFIT LOCAL PROJECTS, YOUTH PROGRAMS & COMMUNITY NEEDS ★  
*Thank You for Your Support!* ♥

# CERTIFIED JEWELRY APPRAISALS



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Monday-Saturday 10-5, Closed Sunday

## A Quilt of Voices: The Story Behind Cancer, the Gift

by Mia Saenz  
Author of Cancer, the Gift

A quilt begins with individual pieces.

Different colors. Different textures. Different patterns. Each piece carries its own history. Standing alone, a single patch may seem unremarkable. Yet when stitched together with care, something remarkable emerges—something warmer, stronger, and more beautiful than any one piece could be on its own.

The creation of Cancer, the Gift followed a similar path.

The journey began with a conversation between authors Kate Houston and Mia Saenz. Years earlier, the two had spoken about the possibility of one day writing a book together. At the time, it was simply an idea waiting patiently in the background. Life moved forward, as it always does, carrying both women through unexpected experiences and, eventually, through their own breast cancer journeys.

When they reconnected around the subject of cancer, the idea of a book resurfaced with new meaning.

Together, they began writing.

The original concept focused on transformation—the ways illness can break us open, challenge us, and ultimately reshape our understanding of life. The framework explored healing, resilience, and the breakthroughs that sometimes emerge from life's most difficult experiences.

For months, they wrote, reflected, organized stories, and shaped the manuscript. Eventually, the book was complete.

Or so they thought.

As often happens with creative work, the project had other plans.

A question emerged: What if this story was larger than the experiences of two women?

The answer led to a new chapter in the book's creation.

Together, Houston and Saenz began searching for women who had experienced breast cancer and who were also writers, coaches, healers, advocates, and leaders in their communities. They researched dozens of women whose lives had been touched by cancer and extended invitations to share their stories.

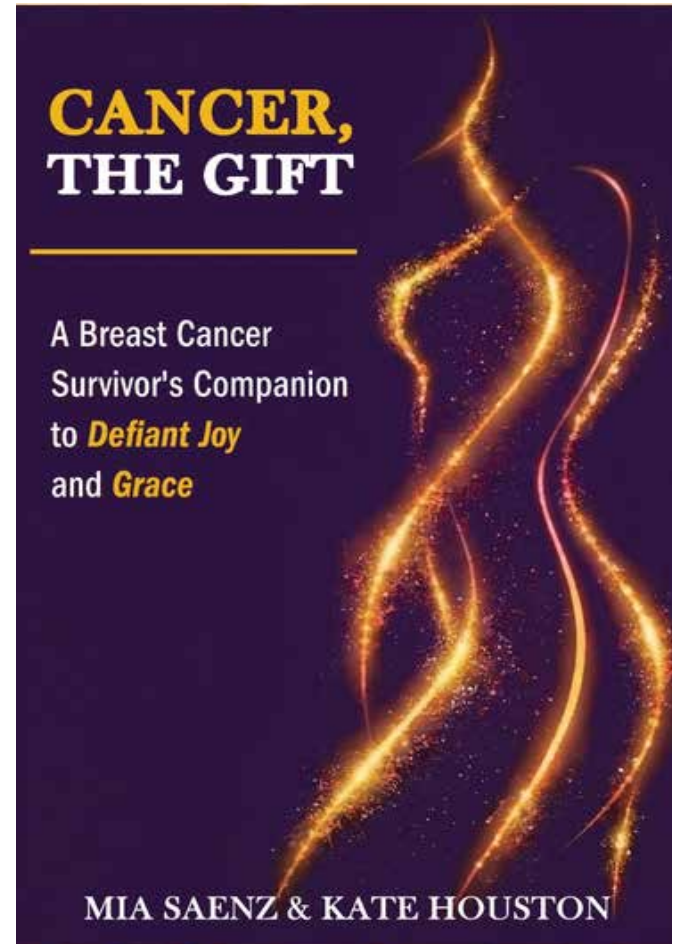
Several women joined the project, each bringing her own experiences, wisdom, and perspective.

One of those women began the journey alongside the others but became seriously ill before she was able to complete her chapter. Though her words never reached the final manuscript, her presence remains woven into the story of the book and into the hearts of those who shared the journey with her.

In many ways, the quilt contains eleven voices, even if only ten appear on its pages.

What followed became one of the most meaningful aspects of the project.

As contributors began writing their chapters, something unexpected happened. The process became about far more than creating content for a book. Many of the women found themselves revisiting experiences they had never fully placed into words. Moments of fear, uncertainty, grief, courage, hope, friendship, faith, and perseverance



surfaced through the writing process.

Some stories explored diagnosis. Others reflected on treatment, identity, relationships, or the emotional terrain that follows a life-altering illness. Each voice was distinct. Each perspective was unique.

Yet common threads appeared throughout the collection.

Again and again, the women wrote about connection.

They wrote about the people who stood beside them when life felt uncertain. They wrote about learning to ask for help. They wrote about discovering strengths they did not know they possessed. They wrote about finding moments of beauty in circumstances they would never have chosen.

As the stories accumulated, the project itself began to evolve.

What had started as a book about transformation gradually became something larger—a gathering of voices. A conversation. A community. A reminder that while every cancer journey is personal, no one should have to walk it entirely alone.

The title itself seemed to reflect that shift.

The deeper message was never that cancer is a gift. Rather, it was that even in life's most difficult seasons, unexpected gifts can emerge: friendship, perspective, courage, compassion, community, and a deeper appreciation for the preciousness of being alive.

By the time the final pages came together, the book resembled a quilt more than a manuscript.

Eleven women became part of the journey.

Ten stories found their way onto the pages.

Yet every voice helped shape the quilt.

While Cancer, the Gift has now been released into the world, the deeper hope remains unchanged: that every woman facing breast cancer knows she is not walking the journey alone.

Sometimes healing begins when someone simply says,

"Me too."

And sits beside us awhile.

## Letter to the Editor

Written by Georgia A Gardner  
Donor and long time reader,  
Coupeville & Puerto Vallarta, Mexico



**Why in the world would you want to live in Mexico??!!** This is the question my spouse Mark and I get asked all the time, and we would like to give an answer that educates you, entertains you, and makes you want to come see for yourselves. We can't tell you about all the various areas in Mexico, but I know a lot about the border states and we both know the states of Jalisco and Nayarit well.

When I was growing up, my family in Washington traveled to Texas pretty much every year. My dad was born and raised on the border (we're still not sure which side of the border), the youngest of six orphans who ended up raised by their grandmother and her 15 children. They spoke Spanish first and learned English when they went to school. My parents both spoke Spanish when they didn't want my sisters and me to understand. We worked hard to fix that! When I traveled to Mexico in the ensuing years, I had a head start on the language.

It wasn't just the language we learned; we had to learn all the proper ways to behave, how to address an adult or a stranger, how to behave in a store – and on and on and on. When we bought our house in Puerto Vallarta in 2016, I couldn't be there to sign the documents and get the key; Mark had to go. When he arrived, I instructed him on proper behavior. He went out to buy a broom and other cleaning implements and the next morning; he went out and swept the sidewalk and street in front of our house. Naturally all the neighbors were watching to see what this norteamericano was doing in their neighborhood. (There were no Anglos at the time and they were pretty sure they didn't need any!) As they came out to see what Mark was doing, he looked up at each one and said, "Hola! Buenos dias." The magic words: Hello. Good day.

Mexicans greet each other. It is good manners, according to my upbringing. Norteamericanos (Sorry, that's what we say. It's easier than saying "Americans and Canadians." And "gringo" is a pejorative.) Norteamericans ignore people passing by – that's our custom. But Mexicans think we don't see them, that they are invisible and we don't care to acknowledge them. Walking down the street, we're saying hola-buenos-dias, hola-buenos-dias, hola-buenos-dias and we inevitably get a big smile and greeting. And the second or third time we meet them, they're friends and we get to know them. We can carry on a long and complicated conversation with our limited Spanish and their minimal English. It's the best way to start your day!

We have been in this house for ten years now and we love it and we love our neighbors. People come out on the street in the evenings to sit and visit with each other. So often, in my experience, Americans are not often seen in their front yards sitting around talking. It was like that when we were growing up; what is keeping us indoors? And we take care of each other here. It is a very good way to live.

With the question as to why we want to live here is probably not the usual reasons: It's cheaper to live here, the medical services are better, the food is wonderful, the beauty of the sea, the rivers, and the hills. All that is correct. But I have a hundred stories to tell about the lifestyle and the people, the pace of life, and our favorite, the lack of hate. Around here, if you don't like someone or someone does something bad, you turn away from them. Without hate, it is really hard to carry a grudge or plot retaliation. Shrug your shoulders and say, "Oh well." That is not to say that there aren't bad people; we just don't let them change us.



49th Annual  
**ARTISTS OF  
SOUTH  
WHIDBEY**

# ART SHOW & SALE



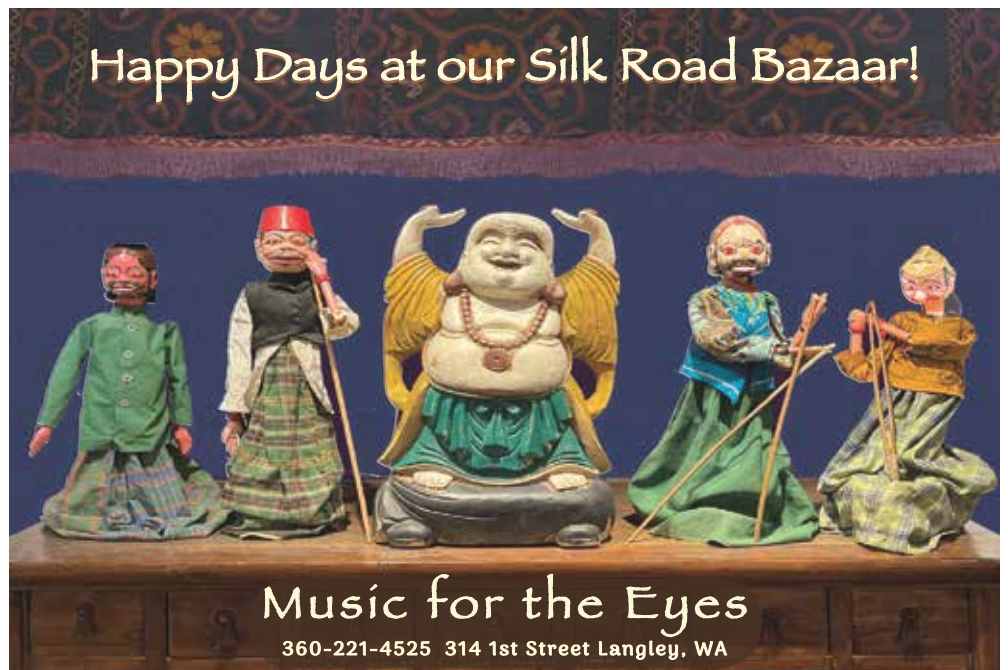
**ORIGINAL PAINTINGS • PRINTS  
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**OPENING NIGHT**  
Friday  
June 26  
5pm-7pm

**SHOW & SALE  
CONTINUES**  
Sat, June 27, 11am-5pm  
Sun, June 28, 11am-5pm

**FREE ADMISSION**

**DANCING FISH VINEYARDS**  
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Happy Days at our Silk Road Bazaar!

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# Community Cares

## 8 PILLARS OF WELLNESS FESTIVAL

### JUNE 27, 2026

11 AM TO 4 PM  
710 SE Fidalgo Ave  
Oak Harbor, WA  
98277

**FREE FAMILY FRIENDLY EVENT:**

- VENDORS
- PERFORMANCES
- ACTIVITIES
- FOOD AND MORE

Sign up as a vendor or performer:

Name Our Dinosaur!  
Submit your entry for a chance to win prizes!  
Winner announced at the festival!




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PREVENTION & RESILIENCE SUPPORT

MOLINA HEALTHCARE newleaf Whidbey Weekly OAK HARBOR MAIN STREET

# Buskers on the Corner

OAK HARBOR MAIN STREET PRESENTS

Fridays, June 5 - August 28, 2026  
5:30 - 6:30 PM at Pioneer & Dock  
DOWNTOWN OAK HARBOR

JUNE	JULY	AUGUST
6/5 Sage Haze	7/3 Rene Abadesco	8/7 Erik Christensen Band
6/12 Lauren Flynn	7/10 Selena Mac	8/14 Ronnie Nix
6/19 ShiDaa	7/17 Shannon Patino	8/21 Steve Johnson
6/26 Danika Kloewer & Ethan Tang	7/24 Ribbons & Bows	8/28 Bobby Silver & The FatDaddys
	7/31 Keith Howard	

[oakharbormainstreet.org/events](http://oakharbormainstreet.org/events)

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OAK HARBOR MUSIC FESTIVAL OAK HARBOR MAIN STREET

Whidbey Weekly



# HEALTH CORNER

By Dr. Darlene Castle  
Chiropractor

## BUILT TO REBUILD

Do you know what? Your body really doesn't "heal" anything! The getting-well process, what we call healing, should really be called Rebuilding.

You see, your body doesn't bother trying to make sick cells well or damaged cells whole. It simply gets rid of them and builds new ones.

If you were to cut your finger, for instance, the brain would direct certain cells to go to the injury and "clean up the area." These scavengers would devour the dead and dying cells and carry them away.

Then, under the direction of the brain, the body would begin rebuilding that part of the finger, one cell at a time. As these new cells were made and pushed outward, toward the outer layers of the skin, the cut in your finger would become shallower and shallower. And when enough cells had been produced, the break would be completely closed.

The miracle of rebuilding is not only does it take place as it should, but it stops when it should: when the skin along your finger is even, the rebuilding stops.

Each cell created by the body is unique and especially made to fill a particular need. Finger cells go to fingers, kidney cells are made only for the kidneys and eye cells...you get the idea. It's a process we take for granted; we don't even think beyond putting a bandage over a cut.

In repairing internal organs, the body follows the same procedure. Damaged cells are removed and the rebuilding begins, cell by cell. But there's a catch. In order for all the cells to do this task correctly, efficiently and harmoniously, they must be directed—every step of the way.

The brain is like a general of an army or the commander of a starship. It gives the orders at exactly the right time and under its control everything goes smoothly.



Like any leader, the brain depends upon a good system of communication. Every order is sent down a large spinal cord, out over nerve trunks and across tiny nerve fibers to every single cell. And these messages must reach every cell every time and in time.

This line of communication must be free and open at all times.

The intelligence that created this body of ours provided protection for this important communication system. It's called the spine and consists of movable bones that surround the spinal cord and nerves. When these vertebrae are in position, they protect the integrity of this system, ensuring orders are not impeded as they travel along their pathways.

When trauma occurs that results in a vertebra being jostled out of place, pressure is put on the surrounding nerves. This pressure interferes with the brain's orders.

Chiropractors are skilled at locating and correcting interferences to the body's nerve system, thereby maintaining the integrity of this important system.

With open communication lines, the brain is in optimum control and can easily accomplish the job of body rebuilding.

How long does it take for your body to go through this cell-by-cell rebuilding?

In a healthy body it takes just as long as it takes.

In a sick body it takes a lot longer.

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."

# Imagination Cove

## Children's Museum

WHERE PLAY & LEARNING THRIVE

Mala Sooknanan PARTY POPS  
Jaylynn Sybrant Whidbey Yard Cards



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

# What's Going On!

**FREE STATE PARK DAYS**

Friday, June 19, 8:00 a.m. - 5:00 p.m.  
All Washington State Parks

No Discovery Pass Needed! Access our local State Park Facilities or visit our neighboring regions like Camano! Secrete beach views or vast landscapes off Ebey's. Note the current burn ban, fires are allowed in all designated fire pits and grills only.

Next Free Date: August 9th

**THIS CONCERT SERIES INCLUDES LOCAL TALENTS  
A BUSKERS ON THE CORNER FEATURING SHIDAA**

Friday, June 19, 5:30-6:30 p.m.  
Pop-Up Plaza, Pioneer Way and Dock Street, Oak Harbor

Buskers on the Corner continues with a performance by ShiDaa. The free weekly music series showcases a variety of artists and genres in a family-friendly outdoor setting in downtown Oak Harbor.

**PRACTICAL ASTRONOMY: HOW THE SUN "MOVES" PLUS MAKING A SUNDIAL**

Saturday, June 20, 10-11:30 a.m.  
Freeland Library, 5495 S. Harbor Ave., Freeland

Dr. Dan Tomandl, emeritus professor of physics and astronomy at Northwest University, will lead an interactive program exploring daily and seasonal solar motion and the science behind sundials. Participants will learn practical astronomy concepts, including how sunlight and shade change throughout the day, before creating their own working sundial using cardstock and string. A question-and-answer session will follow the presentation. Recommended for ages 9 and older. Admission is free.

**SUMMER CONCERT SERIES AT THE COUPEVILLE TOWN PARK PAVILION**

This week: Island Jazz Collective  
Sunday, June 21, 2:00 p.m. - 4:00 p.m.  
Coupeville Town Park, 24-28 Front St NW, Coupeville

Enjoy the serenity of a concert at our historic pavilion. Playground with swings and a slide are nearby. This concert series is hosted by Coupeville Creative District.

Next Month: July 19 - Ike & The Old Man

**WHIDBEY PLAYHOUSE PRESENTS "LITTLE SHOP OF HORRORS"**

Now- Sunday, June 28  
Fridays and Saturdays at 7:30 p.m.;  
Sunday matinees at 2:30 p.m.  
Whidbey Playhouse, 730 SE Midway Blvd., Oak Harbor

Whidbey Playhouse presents the cult classic musical "Little Shop of Horrors," a dark comedy filled with catchy rock-and-roll tunes, outrageous humor and campy horror. The story follows Seymour, a shy floral assistant whose mysterious plant brings unexpected fame and dangerous consequences. Reserved seating tickets are \$25. For tickets and information, visit whidbeyplayhouse.com or call the box office at 360-679-2237.

**JUNETEENTH FAMILY FAIR**

Friday, June 19, noon-3 p.m.  
Pamoja Place, 723 Camano Ave., Langley

Celebrate Juneteenth with an afternoon of food, games, crafts and family activities. The free community event welcomes all ages for a day of fun, learning and celebration at Pamoja Place. For more information, email pamojaplacewhidbey@gmail.com.

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**WHIDBEYHEALTH CANCER SURVIVORSHIP SEMINAR SERIES: YOGA FOR SURVIVORS**

Tuesday, June 23, 10-11 a.m.  
Coupeville Library, 788 NW Alexander St., Coupeville

WhidbeyHealth's Cancer Survivorship Seminar Series continues with a gentle yoga class designed for cancer survivors seeking movement, relaxation and community connection. The session includes accessible seated and standing yoga postures, breathing exercises and guided relaxation techniques tailored to varying energy levels and physical abilities. The class will be led by Emily Gilligan, a licensed clinical social worker and 500-hour yoga teacher specializing in trauma-informed wellness practices. Open to all experience levels.

**MYSTERY OF THE MAGIC FOSSIL WITH DETECTIVE DIGGS**

Wednesday, June 24, 1:30-2:15 p.m.  
Coupeville Library Meeting Room, 788 NW Alexander St.

Young detectives are invited to help Detective Diggs solve the mystery of a stolen dinosaur fossil during this interactive summer program at the Coupeville Library. Participants will follow clues and work together to crack the case of the "Bone Bandit" in a fun, mystery-themed adventure designed for children and families.

**MUSEUM PORCH TALKS: EARLY HABITATION OF THE NORTHERN PUGET SOUND**

Wednesday, June 24, 2-3 p.m.  
Island County Museum, 908 NW Alexander St., Coupeville

Richard Hanks, Ph.D., will present a look at the earliest human habitation of the northern Puget Sound region, exploring archaeological and historical evidence of the area's first inhabitants. These free outdoor talks are held on the museum porch each Wednesday afternoon.

**DOT, SPOT, ART!**

Wednesday, June 24, 2-3 p.m.  
Langley Library, 104 Second St.

Explore the artistic possibilities of dots during this creative hands-on program inspired by artists such as Georges Seurat and Yayoi Kusama. Participants will learn about point-based art techniques and create their own masterpieces using a variety of materials and methods. Supported by the Friends of the Langley Library.

**COUPEVILLE WATERFRONT WEDNESDAYS FEATURING IKE AND THE OLD MAN**

Wednesday, June 24, 4-6 p.m.  
Coupeville Wharf, Coupeville

Enjoy an evening of live music with Ike and The Old Man during the weekly Coupeville Waterfront Wednesdays series. The free all-ages concert takes place at the Coupeville Wharf.

**HOW TALL SHIPS CONNECTED WHIDBEY TO THE WORLD**

Wednesday, June 24, 4-5:30 p.m.  
Freeland Library, 5495 Harbor Ave.

Former Tall Ships captain Garry Heinrich will present a historical program exploring how sailing vessels connected Whidbey Island to global trade, exploration and cultural exchange during the Age of Exploration. Heinrich, who spent more than a decade captaining Tall Ships along the West Coast, including the brigantine Irving Johnson, will share stories and insights into maritime history and the role of traditional sailing vessels in shaping regional and international connections.

**"FORAGING 100% OF MY FOOD FOR A YEAR!" WITH ROBIN GREENFIELD**

Thursday, June 25, 6-9 p.m.  
The People's House, 724 Camano Ave., Langley

Environmental activist Robin Greenfield will share his experience foraging all of his food and medicine for an entire year and discuss ways people can build a deeper relationship with the natural world through sustainable living practices. Tickets are available by donation. Registration is encouraged. Hosted by rePurpose Whidbey.

**BUSKERS ON THE CORNER FEATURING DANKIA KLOEWER & ETHAN TANG**

Friday, June 26, 5:30-6:30 p.m.  
Pop-Up Plaza, Pioneer Way and Dock Street, Oak Harbor

Enjoy live music from Dankia Kloewer and Ethan Tang during the final June installment of Buskers on the Corner. The free community concert series is presented by the Oak Harbor Main Street Association, Oak Harbor Music Festival and Whidbey Weekly.

**COUPEVILLE ANNUAL LIONS GARAGE SALE**

Saturday, June 27th 9:00 to 4:00  
Sunday, June 28th 9:00 to Noon  
Coupeville Elementary School  
6 South Main Street, Coupeville

This annual garage sale is the biggest and best in our world. Be early to claim your treasures, bell rings at 9:00 am sharp. We

fill the inside and outside of the elementary school and net proceeds all go directly to our community. Come to a free preview on Friday, June 26th from 3:00 to 6:00 pm. And Sunday everything is half-price. www.Coupevillelions.com

**COMMUNITY CARES WELLNESS FESTIVAL**

Saturday, June 27, 11 a.m.-4 p.m.  
710 SE Fidalgo Ave., Oak Harbor

The Community Cares Wellness Festival returns for a free day of education, activities and community connection centered on the eight pillars of wellness: emotional, physical, social, intellectual, spiritual, occupational, environmental and financial well-being. Attendees can explore interactive exhibits, wellness demonstrations, workshops, health resources, movement activities, family-friendly programming and local vendors. Participants may also complete a Wellness Passport for a chance to win prizes. The event is free and open to all ages. Vendor, sponsorship and volunteer opportunities are available through June 10.

**SUMMER FESTIVAL: ICE CREAM, LIVE MUSIC, AND FAMILY FUN**

Saturday, June 27, 11 a.m.-1 p.m.  
Freeland Library, 5495 Harbor Ave., Freeland

Celebrate summer with an outdoor festival featuring ice cream from Sprinklz, live music by the Mutiny Bay Brass Band, giant bubbles, crafts, a balloon twister and family-friendly activities. This free community event is presented by Sno-Isle Libraries.

**METAMORPHOSE: A COMMUNITY FOR CHANGE**

Saturday, June 27, potluck at 6 p.m.; performances begin at 7 p.m.  
Bayview Hall, Bayview

Metamorphose brings the community together through music, art, poetry, food and collaborative creativity. The evening features performances by local musicians and artists, opportunities for community participation and a potluck gathering before the program begins. A cash bar will be provided by The Taproom at Bayview Corner. For more information, email metamorphosewhidbey@proton.me.

**LITTLE BIG FEST PRESENTS**  
**Summer Daze Soulstice**  
**JUNE 20TH FROM 4-10PM**  
**BEVERAGE GARDEN** **FOOD VENDORS** **ARTISAN VENDORS** **ENDLESS FUN**  
**ROYAL ALVIN HALL**  
**1694 E MAIN ST. FREELAND, WA**  
**LIVE MUSIC BY**  
**Torin Frost & The Patterns of Saturn**  
**Janie Cribbs & Her Soul Purpose**  
**Celia Farran | DJ Zach Van Lue**  
**ADULTS - \$16 PRESALE \$20 AT THE DOOR**  
**TEENS - \$12 PRESALE \$16 AT THE DOOR**  
**KIDS 13 AND UNDER FREE!**  
**MORE TICKET INFO AT LITTLEBIGFEST.ORG**  
**THANK YOU WHIDBEY TELECOM**  
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## WEEKLY HOROSCOPE

### ARIES - Mar 21/Apr 20

Aries, your attention turns toward home and personal matters. A little organization or a meaningful conversation can bring a sense of relief. Focus on creating balance between ambition and comfort.

### TAURUS - Apr 21/May 21

Taurus, communication is your strength this week. Sharing your thoughts openly helps move plans forward. A useful conversation may bring a new opportunity or fresh perspective.

### GEMINI - May 22/June 21

Gemini, your focus shifts toward priorities and resources. A practical choice now can improve future stability. Trust your ability to adapt when plans change.

### CANCER - June 22/July 22

Cancer, your season begins, bringing renewed confidence and self-awareness. This is a good time to focus on personal goals and the changes you want to make moving forward.

### LEO - July 23/Aug 23

Leo, a quieter week helps you recharge. Take time to reflect before making your next big move. Rest and preparation can bring stronger results.

### VIRGO - Aug 24/Sept 22

Virgo, friendships and teamwork bring positive energy. Someone in your circle may offer helpful advice or encouragement. Stay open to collaboration.

### LIBRA - Sept 23/Oct 23

Libra, career and responsibilities take center stage. Your efforts are noticed, even if progress feels gradual. Stay consistent and trust your abilities.

### SCORPIO - Oct 24/Nov 22

Scorpio, a desire for growth pushes you toward new experiences. Learning, travel, or exploring a different viewpoint helps renew your motivation.

### SAGITTARIUS - Nov 23/Dec 21

Sagittarius, deeper conversations bring clarity. Addressing shared responsibilities or emotional matters helps strengthen important connections.

### CAPRICORN - Dec 22/Jan 20

Capricorn, relationships benefit from patience and understanding. A thoughtful approach helps create stronger partnerships both personally and professionally.

### AQUARIUS - Jan 21/Feb 18

Aquarius, routines and daily habits deserve attention. Small improvements now can make a big difference in productivity and overall well-being.

### PISCES - Feb 19/Mar 20

Pisces, creativity and joy return to the spotlight. Make time for hobbies, romance, or activities that inspire you. Following your curiosity brings fresh energy.



### "IT TAKES A THIEF"

I was six years old when I watched a late 1960's TV series with my dad called "It takes a thief," the episodes were based on an unstoppable "cat burglar" that eventually was apprehended and sent to prison. As fate would have it, he was given an opportunity to work with law enforcement to help track-down and catch would-be thieves before they could strike. Basically saying "One needs to think like a thief to catch a thief."

To become a consistent, successful fisherman, we need to have that same catch-a-thief mind-set, "to catch a fish we need to think like a fish" to the best of our ability. The steps to success, and putting fish in the cooler begin with understanding some basic fish anatomy, feeding habits, spawning cycles and patterns, and what triggers them to bite. Keep in mind, hours spent on the water and focused efforts is no guarantee we will catch that fish. However, none of our efforts will be wasted because there is much more enjoyment to fishing than just catching fish. And if catching fish was easy it wouldn't be a sport.

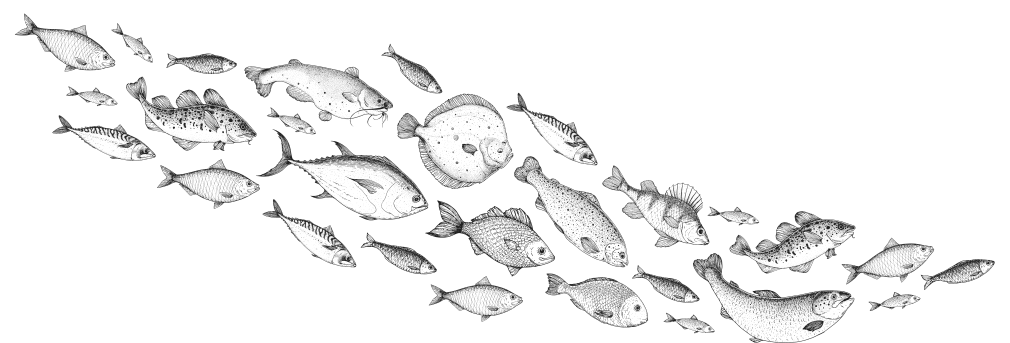
Nature has always, and continues to teach fish to avoid capture and to survive long enough to spawn and carry on generations of their species. As fishermen we try to interrupt nature's teachings long enough to catch dinner. Fish have a Digestive system, a Respiratory system, a Circulatory system, and a Sensory system all designed to work together underwater. Let's take a quick look at each:

- **Digestive;** fish eat for fuel and survival, this digestive process can give us wonderful clues on what each species is feeding on so we can "match the hatch," when the first legal fish is landed inspect the stomach contents, there will be no doubt what they are eating and if the stomach is empty continue with what you caught that first fish on and slightly expand around that color and size lure or bait, you may already have the advantage.
- **Respiratory;** fish are able to extract oxygen from water, when oxygen levels are not suitable the fish will search out water that make them comfortable and supports life, fisherman should keep this in mind and generally avoid completely still or stagnant waters and look for moving water, waterfalls, and tributaries or feeder creeks that replenish oxygen, fish in or downstream of these areas. Happy fish are hungry fish.
- **Circulatory;** 99% of all fish are cold blooded, these fish rely on water temperatures to regulate their internal organs and body functions, like us they want to be comfortable, not too hot and not too cold. Not only are predatory fish reliant on correct temps but their prey is as well, find the bait and you will find the bigger fish. Off the Pacific Coast (Westport) Albacore tuna seek out 60-degree waters to feed in. find these temps and you will find schools of tuna. In rivers deeper water can be cooler, this is where the chinook and coho are laying.
- **Sensory;** here is where everything comes together, vibration sensors, scent sensors, and sight sensors. Fish use these sensors in this order to locate, track, and attack their prey. Vibrations: fish have lateral lines along the sides of their bodies that are directly connected to their hollow spinal column with pin bones, sonic vibrations from lures and spinning baits grabs their attention and gets them headed your way. Smell: fish can smell incredibly well in water. Sharks can detect small amounts of blood hundreds of yards away from a wounded fish. Salmon can smell the water particles of their home rivers and use it to navigate home. Sight: sight is the last sensor fish use to pinpoint their target and strike, fish can see all of the color's we humans can see plus Ultra Violet (UV) remember this when selecting colors based on water clarity and depth. Reds, oranges, and yellows are the first to lose their color with depth, greens, purples, and black maintain color down past 100 feet. There is a point when basic colors give way to a contrast of colors (black on a white background, or purple on a chrome or silver background). I feel contrasting colors grab a fish's attention more quickly than a single solid color.

Gaining knowledge of how fish react and what triggers them to bite can take years to gather by yourself, however, there are many sources that can help speed things along. Books: "How to catch fish" books have been around for generations and are a good way to understand why fish act as they do. The internet: Not only are there thousands of tutorials, feedback, and comments on fishing, there are thousands of real-time videos on catching fish, and a pretty good chance you will find a short video on the species and area you are going to fish. Tackle shops: local tackle shops are a great resource, the shops are generally right near the lake, reservoir, river or stream we plan to fish. Even if you have all the fishing gear you need, whenever possible take the time to stop and talk with the owner or employees, 99% of them are fishermen too.

One of the fastest ways to learn is through fishing clubs. The Puget Sound Anglers (PSA) are always happy to see new members and are willing to share information on how and where to catch fish. Whidbey Island has its own PSA chapter here in Oak Harbor, look for more information and club details on the web under "Whidbey Island Puget Sound Anglers," I have been a PSA member for many years, the meetings are fun and informative.

Gathering fishing strategies, tricks, and information on the salmon, halibut, trout, or bass you are after takes time but once you start bringing fish home for the grill, to fill taco shells or pan-sear with butter the rewards are fantastic and well worth the effort! Be safe on the water, take our young anglers with us, and good luck out there!!



# Summer Signals: When is Enough?

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

As we enter the summer months, there will be all sorts of vacations, July 4th parties, and shopping to prepare for the fall's new school year. Parents will buy vacation packages that they then post photos from on social media. Many will buy new cars, ready for the next fall and winter. Everyone from Presidents to, well, some of the rest of us, will throw lavish parties on massive lawns or beaches with multiple grills roasting burgers and salmon. It will all be posted on social media. It's just what our society does these days.

But I am wondering what is going on behind the signals of wealth, power, and prestige. I'm not judging it all. I'm just curious about how this species we call "human" signals to others that we are, well, kind of fabulous.

Human beings constantly display success, beauty, intelligence, and wealth. And now that we all have phones with social media feeds, we do it millions of times a day.

These behaviors evolved as biological signals of fitness and desirability, helping our ancestors attract mates and allies. Today, however, modern technology has amplified this ancient instinct, creating stress, burnout, and dissatisfaction.

For six to seven million years, humans have evolved to pass on their genes to the next generation. Like peacocks displaying feathers, humans evolved ways to advertise desirable traits. Signals of intelligence, beauty, strength, generosity, and resourcefulness increased reproductive success.

Prestige and status communicated that a person could provide resources, protection, and social advantages. These

signals helped individuals attract partners and pass on their genes.

The human brain evolved for comparison within small groups, not with thousands of people online. Technology has transformed occasional signaling into a continuous, exhausting, and expensive performance.

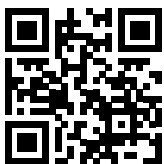
Status is relative; there is always someone richer, more attractive, or more successful. The pursuit of prestige can create anxiety, burnout, and chronic dissatisfaction. Many people become trapped on an evolutionary treadmill of comparison and achievement.

Status signaling is a natural part of human evolution and helped our species survive and reproduce. In modern society, however, this instinct is often exaggerated by technology and consumer culture. The challenge is not eliminating our biological drives, but learning to balance them with rest, contentment, and meaningful human connection.

True well-being may come not from impressing others, but from knowing when enough is enough.

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**Charles LaFond**

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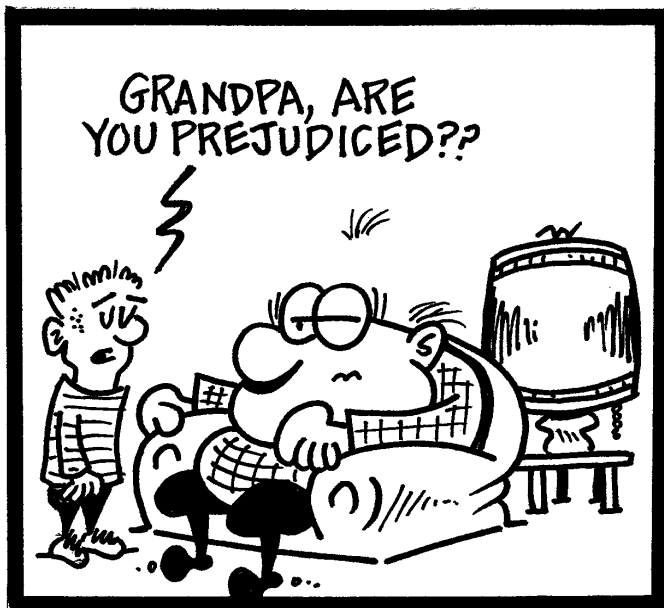


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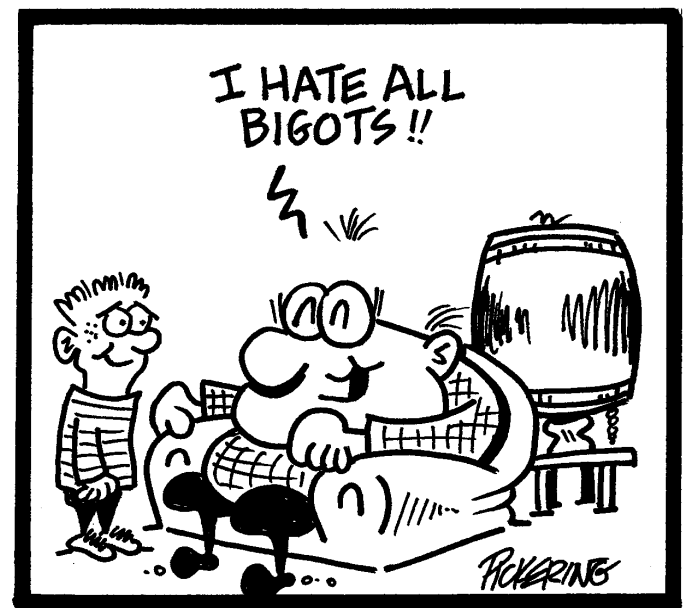
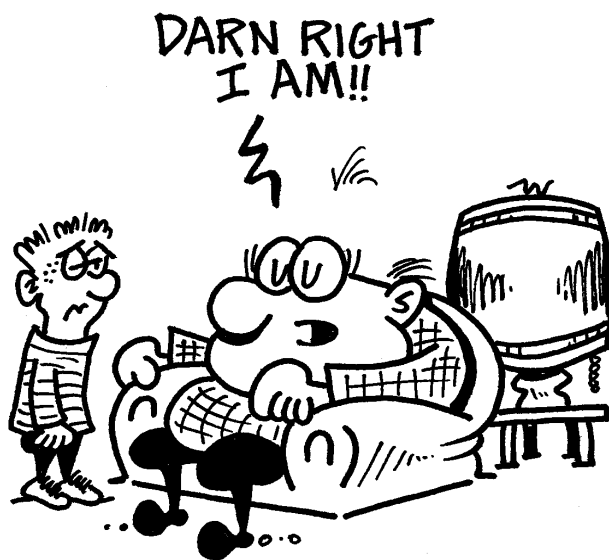


Charles LaFond, Essayist

## The Spats



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by Jeff Pickering

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## SCIENCE *corner*

### Whidbey Formation: A Rare Geological Time Capsule

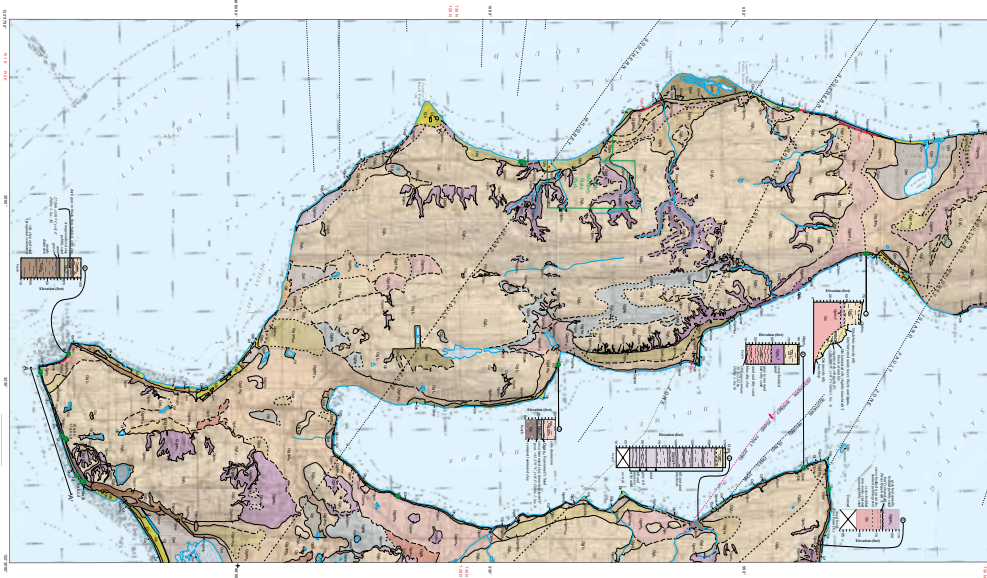
Geologists from all over the world come to Whidbey for a very specific reason: the Whidbey Formation. This is a formal, scientifically recognized layer of sediment deposited during the Whidbey Interglaciation a warm period roughly 100,000 to 150,000 years ago. While most of the Puget Lowland was ground flat by successive ice sheets, our island's cliffs have miraculously preserved these ancient layers of sand, silt, clay, and peat.

When you look at our sea bluffs, you aren't just looking at dirt; you're looking at a stratigraphic sequence that records a lost world. Within these layers, researchers have found fossilized evidence of mammoths and ancient megafauna that roamed the region when the climate was once as mild as it is today, long before the most recent "Vashon" glacier buried the area under 4,000 feet of ice. It is one of the best-preserved records of interglacial climate cycles in the entire Pacific Northwest

**Fragile Foundation:** Our island is essentially a massive, unconsolidated sandcastle held together by gravity and vegetation. The same geological forces that made the island, the stacking of glacial and interglacial deposits are also what make our bluffs prone to the landslides we see today. It is a dynamic, ongoing process of creation and erosion that continues to reshape our coastline in real-time.

**Source:** United States Department of the Interior Geological Survey.

Preliminary Geologic Map of the Maxwellton Quadrangle, Island County, WA



## STICKELERS [sic]

by Terry Stickels

Here's a scrambled quote by Bertrand Russell. See how long it takes you to find the correct phrase.

“Die I I wrong beliefs because be might would my for never.”

Answer on page 12

**SUMMER READING**  
JUNE 1 - AUG. 31

**KICK  
OFF**  
A SUMMER  
OF READING



**READ  
WITH US &  
JOIN FUN  
EVENTS!**



[sno-isle.org/  
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## BRING OUT THE BEST

\* When did it become okay not to RSVP? \*

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

Summertime...and the living isn't easy. (Apologies to George Gershwin). At least when it comes to getting replies from folks to the potlucks my hubby and I hold for neighbors and others this time of year. Most respond without any prodding, some with a bit of a nudge. The rest? Crickets. Call me Old School. Say I have a nostalgic preference for how things used to be done. What's that got to do, got to do with it? (Ooops, sorry Tina Turner).

Perhaps some people don't know what RSVP means or their lives are so busy that they forget to respond. For the former, RSVP means, "répondez s'il vous plaît." English translation: "please respond" or "please reply". For the latter, OK, I don't mind reminding. What I do mind for the silent minority is that you are being given the courtesy of an invitation, therefore a courtesy of a reply is expected. In this day of emails and texts, it takes maybe 60 seconds to read the invitation and to reply YES or NO. Even a MAYBE, with a follow-up later. Some might assume no reply is an answer. It is not. (It brings to mind what Benny Hill, that bawdy British comedian, used to say about the word assume.) I am sure I'm not the only one facing this issue. First of all, when did it become okay not to RSVP? If you can't attend, just say so. A simple, "Thank you for the invitation, unfortunately I can't make it," is both polite and appreciated.



Anyone out there remember Emily Post? You don't have to be an oldster because while **The Queen of Etiquette** left us decades ago, The Emily Post Institute continues to operate as a family-run organization now in its fifth generation. So even today it continues to promote etiquette principles centered on consideration, respect, and honesty. Its work reflects the ongoing adaptation of Post's original ideas to contemporary cultural norms. Regarding RSVPs, Emily via her institute, unapologetically states "Anyone receiving an invitation with an RSVP on it is obliged to reply..." Did you catch that? Obligated.

And yet still it seems what we have here is a failure to communicate. (Sometimes I think in movie quotes or song lyrics, LOL.) The reasons beyond not remembering or not caring to respond may be due to the following:

**Fear of being direct:** People who think saying NO is going to hurt feelings. Actually, the opposite is more likely. Don't want to attend an event? Respond by clicking NO. Need to change plans? Say so. Easy peasy.

**FOMO or Fear of Missing Out:** Oh no, what if you say yes and something better comes along? Again, a simple "Sorry, my plans have changed and I will be unable to attend." is the considerate thing to do.

**Invitation Fatigue:** People are bombarded with countless digital invites via texts, emails, and social media, making events feel less unique.

**Procrastination:** Guests put off responding, intending to check their schedules later, and then forget.

**Casual Culture:** The shift to informal "drop-by" events has made people view all invitations as more casual.

The practice of not giving an RSVP is a hot-button issue, ask any host who spent time and money planning an event.

Blaming it on digital overwhelm is an easy place to hide when fear may be clouding the situation. Don't let your full inbox or crammed calendar justify you from common courtesies. Take a breath, ask yourself what's behind your hesitation, then simply act from that place of self-honesty. It's quick and easy in these "techy" days. Try it. The party planners of the world will love you for it, and you'll create a much needed example for others to follow.

**One more thing:** never show up to an event if you didn't RSVP a YES and never RSVP a YES and then not show up. Both mistakes disrupt catering, seating, and the host's budget. Not that big a deal when it's a potluck, but for weddings and other costly events, quite the faux pas.

I understand not everyone on my guest list speaks French.

RSVP, loosely translated, means: LET ME KNOW IF YOU'RE COMING OR NOT!



someecards user card

## 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.

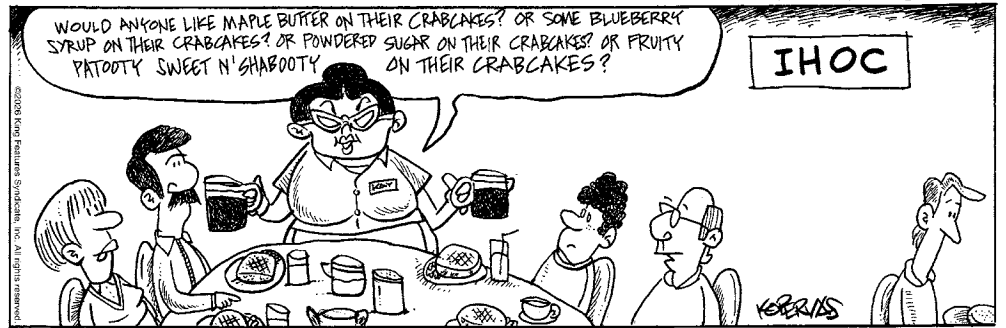
	-		-		= 2
+		+		+	
	-		+		= 11
-		+		÷	
	+		÷		= 7
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Answer in next week's edition!  
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### Out on a Limb

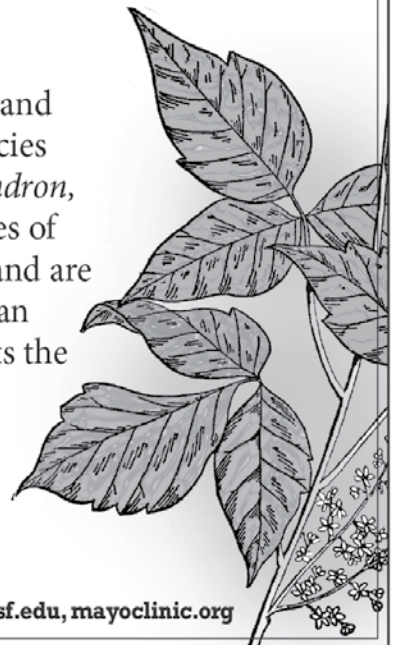
by Gary Kopervas



### Urushiol oil

Poison ivy, poison oak and poison sumac are all species within the genus *Toxicodendron*, which means "poison tree." These types of plants are native to the United States and are found in every state. They all contain an oily resin called **urushiol**, that protects the plant from fungal, bacterial and viral attacks. If urushiol touches your skin, it binds to proteins in your skin cells and can cause redness, itching, swelling and blisters. - Brenda Weaver

Sources: awaytogarden.com, etc.usf.edu, mayoclinic.org



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**Astrology for June 19-25 2026**  
 Summer Solstice, Chiron enters Taurus

This is a major week of astrology! On **June 19**, Chiron completes its nearly 8 year transit through Aries and moves into Taurus. This is only just a preview, as Chiron will be in Taurus from today until September 16, where it will re-enter Aries due to a retrograde. But pay attention to what happens in the Taurus part of your chart, because Chiron will be back for the long-haul from April 14, 2027 until 2033. Chiron in Aries has had us focused on healing wounds around confidence, self-assertion, and the ability to act on our desires since 2018. (We've gotten better at this no?) As Chiron moves into Taurus, we will be encountering circumstances that confront us with wounds around self-worth, values, and the way we interface with materials and money. The ways we operate from a lack mentality will surface. It will highlight how our values have changed with time and where they have not been updated in the physical realm to reflect those changes. As Chiron moves into fresh territory, we may notice that topics around food, body image, and finances are slightly more tender. Where are we holding on too tightly? What are we hoarding? What is our relationship with rest? Where are fears blocking our abundance or the ability to be magnetic? Chiron will begin to unveil the work that lies ahead. There will be signs.

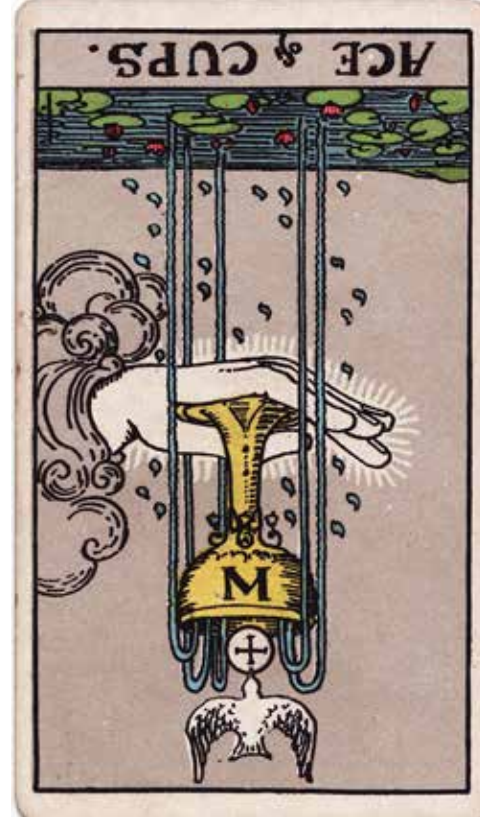
On **June 21**, we welcome the Summer Solstice in the northern hemisphere. Hello Cancer season! The Sun will transit the sign of Cancer until July 22. This season pulls focus toward family ties, our connections to ethnicity, heritage and roots. We may notice emotional bonds, the way that we connect with others, and the way that we find safety in relationships are highlighted now. This is an important season to prioritize self-care and tune into our individual private and inner lives. What does your inner child need most? What does the private part of your heart desire to feel? Cancer is the sign ruled by the Moon and represents the archetype of the great Mother. What part of your life is it time to nurture? Where is it time to apply care and attention? This is the season to do it. Our intuitive senses are stronger now. As the Sun enters Cancer it creates a gorgeous sextile with Chiron in Taurus at 0°. This is a blessed and potent time to dig into rest, healing, and any style of true and loving care. This theme will be ongoing, but very potent on this day. What does baby need? You are baby.

On **June 22**, the Sun in Cancer trines the North Node in Pisces and sextiles the South Node in Virgo at 1°. When the nodes of fate are active, its best we keep our eyes peeled. The Sun since its entry into Cancer has gotten a lot of support, and this is another guiding hand. The Moon (the ruler of the Sun in Cancer) is moving through the sign of Libra today, highlighting the theme of relationships. Pay attention to who you meet, who you speak to, interact with. There is an auspicious and flowing energy pointing toward key one-on-one exchanges that push us in a destined direction. There is an emphasis on intuitive hits, potent feelings, and spiritual or creative incentive. Collect clues from others. Who or what is whispering to you? This can appear as feeling to follow or a faith to go on.

On **June 25**, Venus in Leo trines Saturn in Aries at 13°. We love to see it! Venus rules relationships, finances, romance, beauty, connections, and all matters of pleasure. When in a supportive aspect with Saturn, the planet of responsibility and limits, we have the green light to enjoy ourselves. Saturn's presence will temper any over-doing or over-spending, and aid Venus in achieving her heart's desire. This aspect encourages loyalty, follow-through, and commitment in relationships and creative projects. Temperance comes naturally. Practicality meets pleasure. This trine is happening between two fire signs however, so this can be activating. Supportive does not have to be boring! What do you enjoy doing? Who or what do you really love? What is actually real about it? It can shine brightly through.



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**June 19th - June 25th :  
 Ace of Cups Reversed**

The anxiety is vastly relatable of worrying the seeds won't sprout once planted and the internal warring as you struggle to let them be without digging them up, prodding yourself to just keep planting and watering. This week's card offers two pieces of reassurance at the start. The first to say the seedlings and blooms gently bud when you've finally distracted yourself from remembering to look; the second reminding you that some seeds spread immense root systems subsurface long before you ever see them break through the soil.

You may notice this week that old feelings, outdated baggage, long stale stories are unexpectedly reaching in from the past, aiming to depress your moods with significant concentrated pressure just as you may have been expressing relief for recent uplifting and release. Yet, emphatically, this week's card encourages you to hold in truth that your efforts to boost your temperament are not in vain, while assuring you're creating an upward trend even when you feel a downward dip. The increased baseline truly is winning, though you may not be able to notice at this time. Annoyingly, the boat rocking ahead is testing your balance, but also demonstrating how far you've come in your healing. Do not be fooled into thinking you didn't do

enough in processing these pain points previously, or that you've returned to square one. You're elevating spirally, and engaging these cloying grasps from expired chapters is evidence you've graduated to a faceted perspective and a deeper opportunity for healing. Strive to sit with and learn from the new data sets from archaic narratives rather than resisting the plume from embracing you. Stay consistent with your discipline to your self-care, especially when you think it's not working. This doubt and hardship are but a blip.

Your fears, your pain may feel overwhelmingly expansive, and hope may seem too small in comparison, but you need only a small flame to guide you through a dark storm, and even an infinitesimally concentrated hope can pierce through the oppressive bigness of gloom like an arrow striking center mass true.

Give yourself permission not to brace as you face the clouds direct and you're far more likely to see the silver linings. Send this to friends struggling this week, with my love.

~Xo, Tiffany

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

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53					54				55			

CLUES ACROSS

- 1 Mule, for one
- 5 Unruly group
- 8 Bygone fliers
- 12 Lawman Wyatt
- 13 Stop -- dime
- 14 Ornamental jug
- 15 Heart charts
- 16 Business card no.
- 17 Calf-length
- 18 Stop
- 20 Son of Erik the Red
- 22 "War and Peace" author
- 26 Violin stroke
- 29 Cyclades island
- 30 British verb ending
- 31 Subject, usually
- 32 Fellow
- 33 Healthy
- 34 Internet address
- 35 Continent north of Afr.
- 36 Disinfectant brand
- 37 Oscar-winning actress in "The Fighter"
- 40 Arizona tribe
- 41 Prisoner
- 45 Conspiracy
- 47 Corn core
- 49 Big-screen format
- 50 -- song (cheaply)
- 51 Lincoln nickname
- 52 Zilch
- 53 Swindles
- 54 Dogpatch adjective
- 55 Musician's jobs

CLUES DOWN

- 1 Future flower
- 2 Cod cousin
- 3 PTA and NEA, e.g.
- 4 Delta follower
- 5 Slogan
- 6 Count starter
- 7 Inflated party prop
- 8 Big rigs
- 9 Fans of pop icon Taylor
- 10 -- Talks (online lecture series)
- 11 Lanka lead-in
- 19 Stitch
- 21 Golf's Ernie
- 23 Pageant crown
- 24 City on a fjord
- 25 Holler
- 26 "E Pluribus --"
- 27 Skin opening
- 28 Megaphone's kin
- 32 "Suffs" or "Rent," e.g.
- 33 Cheyenne's state
- 35 Mentalist's gift
- 36 Cariou of "Blue Bloods"
- 38 Smidgens
- 39 Slander in print
- 42 Mine, in Marseille
- 43 Tart flavor
- 44 Alimony recipients
- 45 USMC rank
- 46 Privy
- 48 Japanese sash

Answer on page 12

Play Better Golf with JACK NICKLAUS

**T**HE KEY TO ACHIEVING MAXIMUM HEIGHT ON AN IRON SHOT IS TO OPEN THE CLUBFACE AT ADDRESS, THEN KEEP IT OPEN THROUGH IMPACT BY DELAYING THE ROLL OF THE RIGHT HAND OVER THE LEFT.

TO HIT AN IRON SHOT EXTRA LOW, DELOFT THE CLUBFACE BY SETTING THE HANDS WELL AHEAD OF THE BALL AT ADDRESS, THEN KEEPING THEM AHEAD OF THE CLUBHEAD THROUGH IMPACT.



By Helen Mosbrooker

# OUR Community

An Upbeat Question of the week

What is the coolest thing about your father?



**Samantha Horrobin,**  
Oak Harbor

One of my favorite things about my dad has always been his ability to tell a story. From the time I was a small child I loved to sit at the dinner table and have my dad recall one of the many funny stories from his own childhood, and often begged him to retell them when friends or family would come to visit. His ability to weave a story, along with his sense of humor, are just a few things I've always admired him for, and like think live on through me.



**Katie Kee Coonan,**  
Oak Harbor

The coolest thing about my father is that he truly has a heart of gold. He is incredibly hardworking, patient, and kind, and he has always been a steady, dependable presence in my life. No matter what I have faced, he has been there with encouragement, wisdom, and quiet strength. He leads by example, showing me the importance of loyalty, perseverance, and treating others with respect. He has always believed in me, even during times when I struggled to believe in myself. More than anything, he is my biggest supporter, the person I can always count on, and someone whose love has shaped who I am. I am grateful every day to have him as my father and role model."



**Melissa Tracy,**  
Oak Harbor

The most meaningful part wasn't reflecting on my own father—it was watching my husband become a father to our children. Seeing him love, guide, support, protect, and cherish them has been one of the greatest privileges of my life.

## Joyful Saying of the Week

Joy is the faith that things may not be perfect yet, but you have the faith to be joyful anyway because, what follows a joyful moment, will always be good.

-Sarah Rajkotwala

STAN SMITH'S TENNIS CLASS

**GROUNDSTROKE BASICS**

It's important to get your racket back early when hitting your groundstrokes, so you won't be rushed as the ball arrives. Early preparation needs to become a habit so your shots don't deteriorate as you become fatigued.

You can prepare for the groundstroke by using your "off arm" to give you some balance as you take your racket back. Don't try to run this way, but once you set up to hit, it can help increase your balance as you hit.

# Weekly SUDOKU

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

Answer on page 12

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

	Fri, June 19	Sat, June 20	Sun, June 21	Mon, June 22	Tues, June 23	Wed, June 24	Thurs, June 25
North Isle	H-72° L-55° 10%	H-67° L-54° 0%	H-69° L-55° 10%	H-76° L-58° 10%	H-75° L-56° 10%	H-68° L-55° 10%	H-63° L-53° 20%
South Isle	H-73° L-56° 10%	H-68° L-55° 10%	H-69° L-56° 5%	H-74° L-59° 10%	H-75° L-57° 10%	H-70° L-56° 5%	H-64° L-53° 45%

# COMMUNITY BULLETIN BOARD

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

## SERVICE DIRECTORY

### 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

### FREE CLASS

**FREE GARDEN CLASS:**  
Creating a Garden for Wildlife. Learn how to attract birds, butterflies, bees, and beneficial pollinators using native plants. Saturday, June 20, 3:00-4:30 PM at Hanson's Garden Center.

### ART STUDIO SUPPLY SALE

**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

Sticklers Answer  
"I would never do it for my beliefs because I might be wrong." — Bertrand Russell

### 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 Group**  
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

### 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+

### Last week's answer

Go Figure!

8	+	7	-	2	=	13
-		+		+		
1	+	3	+	6	=	10
x		+		x		
9	+	4	x	5	=	65
=		=		=		
63		14		40		

### No Cheating!

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

### How'd you do?

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

## CLASSIFIED INFORMATION

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Oak Harbor, WA 98277

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

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