

June 26, 2026 - July 2, 2026

absolutely **FREE**

Whidbey Weekly

Your Source For "What's Happening" On Whidbey Island
NEWS • BITS • WHATS GOING ON • PUZZLES
Locally Owned • Locally Operated
COLUMNISTS • CLASSIFIEDS

WINDJAMMER PARK, JUNE 27TH

SYSTEM CRASH

KARMIC JUSTICE PALESEASON SERAPHIC
★ THE HOBBY ★

MAD HUNNY SURREAL
SECOND LINE

YELLOW PEDDLED FLOWERS BASSAFRAS
AUGUST ISLOUD ETHAN TANG
ROLAND GARRETT ELLIOT TERCERO
STARSEEKER



Unknown Treasure Awaits in Coupeville This Weekend!



Story and photographs by Jim Sovanski

What are you really doing this weekend? A Whidbey summer is just getting started. The weather is still unpredictable. How about a little mystery shopping? Of course you'll need a shopping list.

Maybe you're looking for that one truly unique item to complete your home decor? Do you have a kid going off to college and need some furniture and appliances? How about the blank space on the wall that desperately needs filling? What about that really different shop tool dad is looking for? Maybe a new skill to learn?

Guess what? Odds are the Coupeville Lions Club Annual Garage Sale, billed as "The Biggest & Best In Our World," may have just what you're looking for from the mundane to the truly unique. Furniture and tools galore await you around the outside buildings with interior items actually inside the 2 school gyms!

But for the really unique touch, how about a genuinely antique, dentist's chair with drill unit as a conversation piece to liven up your living room? To gauche? Maybe an antique one-armed bandit slot machine? (It may need some repair.) If your interests are more domestic, maybe you want to go old school with a Mill and Mix machine which grinds wheat to make bread flour, the first time one has been offered at the sale.

Every year just after school lets out for the year, the Lions descend on the Coupeville Elementary School campus, transferring the contents of three large barns, a year's worth of collected, well to put it mildly, stuff. All kinds of stuff. Household items from dining room tables and chairs to blenders. 70's era vintage touring bicycles to patio chairs. (Sorry the canoe and kayaks were already snapped up by the Boy Scouts.)

Besides the dentist chair and slot machine, a silent auction will feature several high end Lego kits for the builder in all of us as well as who knows what else?



So I don't know about you, but to my mind, garage sales are the poor man's modern art museum / mystery treasure hunt all jumbled together. You never know what you'll find.

The sale starts with a preview Friday evening, June 26th from 3 to 6 pm. The sale gets rolling Saturday morning, 9 am to 4 pm. If you've got your eye on something, be there early. There's always a crowd. It all wraps up Sunday morning, 9 am to noon. Everything must go so there may be deals to be had!

All the proceeds go to support the many charitable causes the Lions support, including their international mission to fight blindness and diabetes, local food bank, sight and hearing screening, swim program, Camp Horizon (summer camp for special needs adults near Blaine) Scout Troop, Leos Club (youth service club) and much more.



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Whidbey Weekly

WHIDBEY WEEKLY

PO BOX 1398, Oak Harbor, WA 98277

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2026 COUPEVILLE LIONS CLUB ANNUAL GARAGE SALE

★ GREAT FINDS • GREAT PRICES • GREAT CAUSE ★

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

SATURDAY	SATURDAY, JUNE 27
	9AM - 4PM
SUNDAY	SUNDAY, JUNE 28
	9AM - 12PM
PREVIEW	FRIDAY, JUNE 26
	3PM - 6PM

SHOP • SAVE • SUPPORT

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

WHEN YOUTH HAVE NOWHERE TO TURN, RYAN'S HOUSE OPENS ITS DOORS

Every young person deserves a safe place to call home. But for many youth and young adults in Island County, turning 18 does not mean stepping into independence. It can mean stepping into the unknown.

Ryan's House for Youth exists for young people ages 18-24 who do not have a stable place to live. Some have exited foster care or other systems. Some have left homes where they were not safe. Some are trying to stabilize while facing grief, disability, mental health needs, family conflict, poverty, or other barriers no young person should have to navigate alone.

Their circumstances vary, but the need is the same: safety, stability, trusted adults, and a real chance to move forward.

More Than Four Walls

At RHFY, housing is only the beginning. Young people receive steady, trauma-informed support as they work toward their own goals, including school, employment, benefits, documents, medical coverage, transportation, life skills, and next-step housing.

We believe in support with accountability. We also know healing and stability take time. Many of the young people who come to RHFY have carried burdens for years. They need love and acceptance and respect as well as patience, consistency, and adults who do not give up when progress is not immediate.

Residents can stay with us for up to two years, or until their 25th birthday, giving them time to build the foundation they need for adulthood.

A Moment of Need

RHFY is facing one of the most difficult chapters in our history. Costs continue to rise, public funding is not enough to meet the need, and statewide budget pressures mean programs like ours must prepare for likely reductions in 2027.

At the same time, rebuilding community fundraising after COVID has been difficult. The volunteer structure, events, and momentum we once relied on were disrupted, and the dedicated volunteer leader who helped carry much of that event work is no longer here to lead it. Today, RHFY is running large, essential programs with a small staff team focused on daily operations and direct support for young people.

Our team works hard to pursue grants and stretch every dollar. But grants alone cannot carry this work. RHFY needs our community.

We Need You

Right now, we are building a volunteer team to help produce a live auction and dinner fundraiser here on Whidbey Island — our first major event since before the pandemic.

We are looking for people with a heart for service and a willingness to roll up their sleeves. Whether you have experience with event planning, logistics, marketing, hospitality, sponsorships, auctions, decorating, outreach, or simply showing up to help, there is a place for you on this team.

Our vision is to build a dedicated volunteer group that can help produce two fundraisers a year, creating a stronger and more sustainable foundation for RHFY's work.

We will hold an initial meeting to walk through the fundraiser, share the vision, and map out the tasks ahead. No experience is necessary — just heart, reliability, and a willingness to help.

If you care about young people having a safe place to land and a real chance to rebuild, we would love to meet you.

To get involved, contact Susan Cook:

816-716-0330

solonia@juno.com

Bless you all. There is a place for you in this work.

Public Notice: Ragnar Relay Returns July 10-11

The Ragnar Road Northwest Passage relay will travel through Whidbey Island on Friday and Saturday, July 10-11. Runners will follow the nearly 200-mile course from Blaine to Langley, including overnight hours.

Drivers are urged to slow down, remain alert and allow runners and race-support vehicles plenty of room. Please use particular caution along State Route 20 and other rural roads where shoulders may be narrow and visibility limited.

During the 2025 race, 55-year-old runner Hui Li was struck by a vehicle on State Route 20 near Oak Harbor at approximately 3:30 a.m. and later died from his injuries.

Let's help ensure a safe race weekend for participants, volunteers and everyone traveling on Whidbey Island.



Your library. Your voice.
 Your choice.

You decide
 your library's
 future

Election Day: August 4

Learn more
sno-isle.org/levy





49th Annual ARTISTS OF SOUTH WHIDBEY

ART SHOW & SALE



ORIGINAL PAINTINGS • PRINTS
 CARDS • MIXED MEDIA • COLLAGE

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
 1953 Newman Road • Freeland

Happy Days at our Silk Road Bazaar!



Music for the Eyes
 360-221-4525 314 1st Street Langley, WA

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:

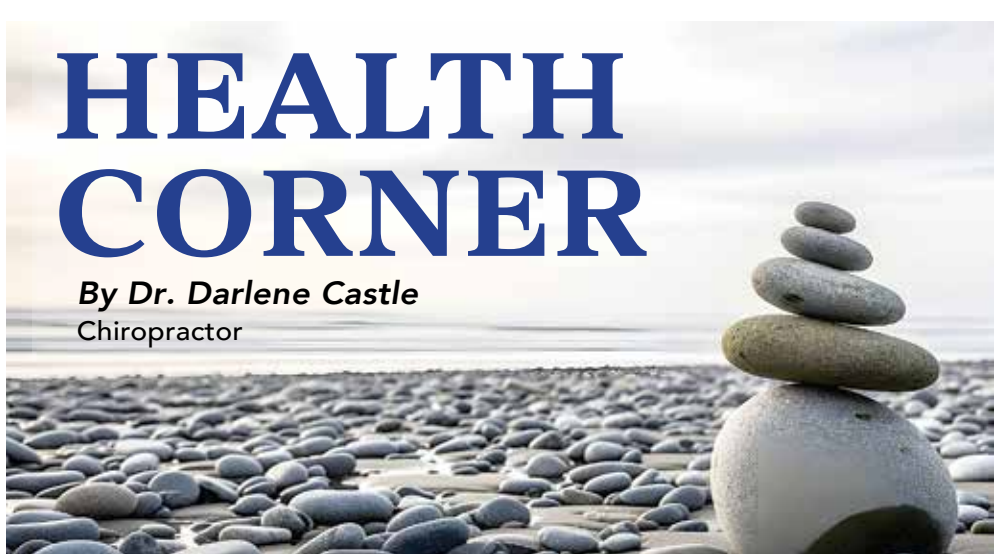


Positively Linked
PREVENTION & RESILIENCE SUPPORT

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




MOLINA HEALTHCARE newleaf Whidbey Weekly OAK HARBOR MAIN STREET



HEALTH CORNER

By Dr. Darlene Castle
Chiropractor

THERE IS NO CURE

Incurable Diseases capture a lot of attention in our society today. Each has its own symptoms and names, and some are very particular, attaching themselves to a special age group, race or sex, and some are very rare.

There is one, however, we are all familiar with. Its symptoms are far from glamorous and it seems to affect all people equally. In fact, it is considered so ordinary, run of the mill and everyday, that "common" is its first name.

It's the common cold and, as any doctor will tell you, there is no cure for it. You can take medication in order to feel better, for relief of runny nose and scratchy throat, but nothing will cure it.

And yet, where is the cold you had last year? You don't still have it so it must have been cured somehow!

To be specific, there is no medical cure for the common cold. *Dorland's Medical Dictionary* defines "cure" as, "The successful treatment of a disease. A medicine effective in the treatment of disease."

And since there is no treatment or medicine which can cure a cold, it's absolutely true, there is no cure—medically—for the common cold.

A disease, any disease, isn't really a thing. Yes, it is a collection of symptoms that have been named, but in reality, it's an absence of something: proper body function. As long as your body continues to malfunction, you continue to have the condition. When your body begins to function properly, symptoms disappear and the named condition passes from the picture. (And whatever remedy you took or doctor you saw gets the credit. 😊)



While there is no medical cure for the common cold, as well as many other named conditions, there is a cure for the restoration of health. The cure is the return of proper function.

How is "proper function" lost?

Most doctors assert that a loss of organic function doesn't happen suddenly. It starts at the cellular level. Cells don't do their jobs, which causes an organ to malfunction and then over time an entire system ceases to work at 100%. Over time, bacteria enter into the picture, symptoms appear, and Americans start asking Dr. Google for treatments.

A return to proper function should be the goal.

The responsibility for normal function lies with your brain and nerve system. The purpose of the brain and nerve system is to control and coordinate the function of all cells, tissues, organs, and systems in the body.

Interferences with this system should be the first thing checked. Chiropractors are the health professionals dedicated to locating and correcting blockages between your brain and the rest of your body. These are called vertebral subluxations.

When these interferences are corrected, the brain and nerve system can work properly, allowing all parts of the body to function at 100%.

And in the face of 100% proper function, sickness and disease—even 'incurable' ones—don't stand a chance.

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."

Community Chiropractor

Affordable Chiropractic Care for All Ages

Dr. Castle provides straightforward care focused on real results. Her practice is designed for people who need real help without the barriers.

**New Patient Appointments:
Tuesdays & Thursdays 1-5 pm**

Adults \$40 | Kids (with parent) No Charge

- Quick relief when you need it
- Improved mobility and daily function



Oak Harbor Chamber of Commerce Building
32630 State Route 20 • Call or text 425-238-8704

OAK HARBOR MAIN STREET PRESENTS

Buskers on the Corner

Fridays, June 5-August 28, 2026
5:30-6:30PM 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

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What's Going On!

CARNIVAL IN OAK HARBOR STARTS!

Friday, June 26, 4:00-10:00 p.m.
Windjammer Park, 1600 S. Beeksma Dr., Oak Harbor

Carnival Starts as presented by Oak Harbor Chamber of Commerce in celebration of the 4th of July. This event runs through July 5th. More details below on that, but in the meantime - come enjoy our carnival with rides, snacks, games, and more! Advanced Tickets are available with a favorable discount. Check the Chamber's 4th of July Event page for details and link to purchase.

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
metamorphosewhidbey@proton.me.

COUPEVILLE FARMERS MARKET

Ongoing every Saturday until October 10th (minus Aug. 8th for Coupeville Arts Festival)
10 a.m. - 2:00 p.m.
Coupeville Green, 788 NW Alexander St, behind the Library

Whidbey's and one of Washington's Longest Running Farmers Markets offering locally grown produce, crafts, and locally made products. In operation since 1979! Come support the market!

CLINTON SUMMER MARKET

Saturday, June 27, 10 a.m. - 3:30 p.m.
Clinton Community Hall, 6411 S Central Ave.,

Local Vendors with Crafts and handmade goods and more.

ON THE COVER:

SYSTEM CRASH MUSIC FESTIVAL

Saturday, June 27, Starts at 11 a.m. -10 p.m.
Windjammer Park, 1600 Beeksma Drive, Oak Harbor

System Crash is a free, all-day music festival aimed at bringing focus to youth alternative musicians from Oak Harbor. In support of the OHHS Band Boosters, we help raise money for the programs that created many of the bands at the festival. In addition to local Washington artists, there are local vendors, non-profit groups, and food trucks.

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.

SASQUATCH WALK 2026

Saturday, June 27, 1:00 pm
Checkin at Flindstone Park on Bayshore
Event held through Historic Downtown Oak Harbor SE Pioneer Way & Fidalgo, Oak Harbor

Tickets May Still Be Available. T-Shirt included with purchase! Come hang out with Gary the Sasquatch and more. Get a Bite at all participating restaurants!

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.

SALISH SEA EARLY MUSIC FESTIVAL: "THE FRENCH CONNECTION"

Sunday, June 28, 7:30 p.m.
Unitarian Universalist Congregation, 20103 SR 525, Freeland

The Salish Sea Early Music Festival concludes its Whidbey season with a program celebrating French Baroque music performed on period instruments by internationally recognized musicians. Suggested donation is \$20-\$30; attendees 18 and younger are admitted free.

TILTH FARMERS MARKET

Every Sunday, 11 a.m. - 3:00 p.m. through October 18th!
2812 Thompson Rd., Langley

Tilth Market offers everything we look for in a local market and more. Offering a place to support local makers and farmers, and enjoy local music and entertainment. This market also offers some of delightful oddities like tarot and massage. This market encourages regenerative, organic and GMO-free growing methods and accepts SNAP with a market match. This market and Bayview also accept Senior FMNP & WIC.) Come, bring the kids, have a great time in the market in a cove.

2026 HIYI CHUM RUN

Friday, July 3, 3:30 - 5:00 p.m.
Windjammer Park, 1600 S. Beeksma Dr., Oak Harbor

This is an All Ages 5K and Kid's Run fundraising for the Healthy Island Youth Initiative Scholarship. Cost is \$35 day of but now \$30 until July 2 when you register online at www.nwpprd.org/recreation. Youth is \$15 until July 2 and \$20 day of. The Fry Run (for younger runners) is Free and starts at 4:45.

FREELAND: FREEDOM FEST AND FIREWORKS

Friday, July 3, 4:00 p.m. start Freeland Park, 1535 E. Shoreview Ave.
Fireworks at DUSK
Free Entry & Free Shuttle

Live Music from Sin City Band and The Wax Lips, Face Painting and Bouncy Houses, Food Vendors, Friends and Family. You're encouraged to bring lawn chairs and blankets and help turn Freeland Park into the ultimate summer celebration,

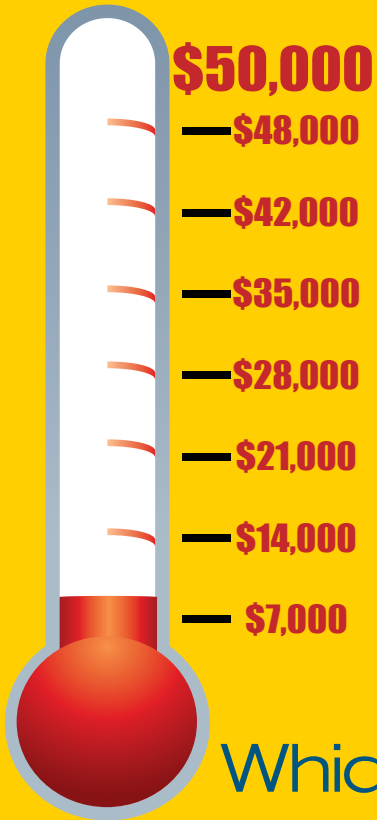


HELP KEEP WHIDBEY WEEKLY IN PRINT

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

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

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



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Every contribution helps keep community journalism alive on Whidbey Island.

Or scan this QR code to give online:



Whidbey Weekly

AIMLESSNESS

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

I am in a Rush! Late! ... for an event (a parade, a visit, a bike ride, a meeting ...), a repeated scenario.

With kids, one is often running late! Three children, 2 to 7, can be like kittens; curious, playful, aimlessly, randomly wandering, pouncing, bounding, completely engrossed in whatever the moment offers them, whatever moving, changing thing or emotion that captures their eyes and imagination! They are perpetually present, stimulated by each evolving scene, until that is, I drag them away (to something else, more important!)

My body and mind are racing ... 'Hurry Up! Gotta Go!'

My body attempts to hustle 'kittens' into the car, and all the while, my mind chatters one thought after another: my foot itches! We're gonna be late! What will I make for dinner? I need to reserve seats for that trip. Who will water the veggies when I am gone? ...skip, jump to finances, to conversations that need to be had, and, what about planning that hike, changing that tire ... on and on it goes! My mind is so occupied that my eyes glaze over, I feel weighed down, then fatigue, overwhelm, and irritation tag in, too much to do!

Neuro Imaging research has shown the mind to process thoughts, called mental worms, at a rate of 35-50 per minute! That is 50,000 to 70,000 daily thoughts in 16 waking hours!!! Just knowing that gives me a headache!

"GET IN THE CAR NOW!"

The older two look up, swayed away from the focus of their attention by my forceful, insistent voice. But the 2-year-old is squatting halfway down the trail, intent. Annoyed, I march after him. I am about to scoop him up in my irritated arms, when instead, I catch my breath ... allowing momentary attention on my breath gives me the few seconds it needs for my brain's obsessive thoughts to pause.

In that pause, my pulse slows, and my entire demeanor changes. Fatigue and angst vanish, replaced in an instant by calm peacefulness, a recognition and acceptance of what is. I kneel in the dirt next to this 2-year-old teacher, who is showing me an unhurried ant carrying another insect part twice its size across the trail. He and the ant remind me:

Slow down. Pause. Be present. Breathe. All things are achieved in due time. Be amazed. (... because every single moment IS amazing! ... we are alive, breathing, trees are green, a breeze blows, colorful birds sing and squawk, flowers bloom and die, clouds drift, everything moves and changes!). Surfing the breath, instead of mind-streaming, I at once notice these incredible things happening every moment around me.

Thich Nhat Hanh, a beloved 'wisdom' teacher of mindfulness, speaks of Breath and Aimlessness:

"Breath is the bridge which connects life to consciousness, which unites your body to your thoughts. Whenever your mind becomes scattered, use your breath as the means to take hold of your mind again. Breathing in, I calm body and mind. Breathing out, I smile. Dwelling in the present moment, I know this is the only moment."

"Aimlessness means arriving to discover that the present moment is the only moment in which you can find everything you've been looking for and that you already are everything you want to become. Aimlessness does not mean doing nothing. It means not putting something in front of you to chase after. When we remove the objects of our craving and desires, we discover that happiness and freedom are available right here in the present moment."



We have a habit of running after things ... we run after all kinds of things we think will make us happier (or that we need or must do!). We sacrifice our lives chasing objects of craving or striving for success or getting 'things done'. Chasing our dream, we lose ourselves along the way."

Kids learn by keen, attentive observation skills. They watch me, mimic my behavior. GG tells the story shared to her by my 2-year-old last week, when they came upon a shrub I tripped over a few days prior. "GG" he says, "Papa fall here." Then, mimicking the same loud reaction of mine, he further exclaims loudly: "papa say: GaDammit!"

It is not my words so much as my actions that influence them. What am I teaching them? Can I slow down enough to see what they see, to marvel at the power of their present-minded awareness, their perspective, their focused engagement, while still honoring my own 'agenda'? Can my agenda shift? If not, how can I teach them calmness in the midst of chaos if I am all riled up myself? If I am constantly surfing the barrage of thoughts, swayed and lost in the hustle and bustle I create of my life, how can I hope to mirror mindful living?

The keys to unlock the brain's addiction to waddling in the thought-stream are BAP: Breath, Aimlessness, and Pausing ... or, as my dear Grandma Helen was fond of saying to me as a child:

EWOP: Everything Works Out Perfectly!

"If, while washing dishes, we think only of the cup of tea awaiting, thus hurrying to get the dishes done as if they were a nuisance, then we are not 'washing the dishes to wash the dishes.'" What's more, we are not alive during the time we are washing the dishes. In fact, we are completely incapable of realizing the miracle of life while standing at the sink. If we can't wash the dishes, we won't be able to drink our tea either. While drinking the cup of tea, we will only be thinking of other things, barely aware of the cup in our hands. Thus, we are sucked away into the future—incapable of fully living one minute of life." ~Thich Nhat Hanh

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WEEKLY HOROSCOPE

ARIES - Mar 21/Apr 20

Aries, a burst of motivation helps you tackle something you've been putting off. This week favors taking initiative, but remember to leave room for others to contribute. A small win builds bigger confidence.

TAURUS - Apr 21/May 21

Taurus, comfort and creativity are highlighted now. You may feel drawn to improving your surroundings or investing time in something meaningful. A simple change brings a surprising boost.

GEMINI - May 22/June 21

Gemini, your schedule may pick up with new conversations, errands, or ideas. Stay organized so you don't miss an opportunity hiding among the busy moments.

CANCER - June 22/July 22

Cancer, this week brings a chance to celebrate your progress. Something you've quietly worked toward may finally feel recognized. Enjoy the moment without immediately moving on to the next task.

LEO - July 23/Aug 23

Leo, behind-the-scenes planning pays off. You may not see immediate results, but important pieces are coming together. Trust the preparation you've already done.

VIRGO - Aug 24/Sept 22

Virgo, a new connection or conversation may change your outlook. Be willing to hear a different viewpoint—you may find inspiration where you least expect it.

LIBRA - Sept 23/Oct 23

Libra, attention turns toward goals and achievements. A chance to show your skills may appear, so don't downplay what you bring to the table.

SCORPIO - Oct 24/Nov 22

Scorpio, curiosity leads you somewhere interesting. A new interest, idea, or experience could spark a fresh sense of purpose. Follow what captures your attention.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, this week encourages you to clear out what feels unnecessary. Letting go of clutter—physical or emotional—creates room for something more rewarding.

CAPRICORN - Dec 22/Jan 20

Capricorn, partnerships and agreements need attention. A little extra effort to understand another person's perspective strengthens an important connection.

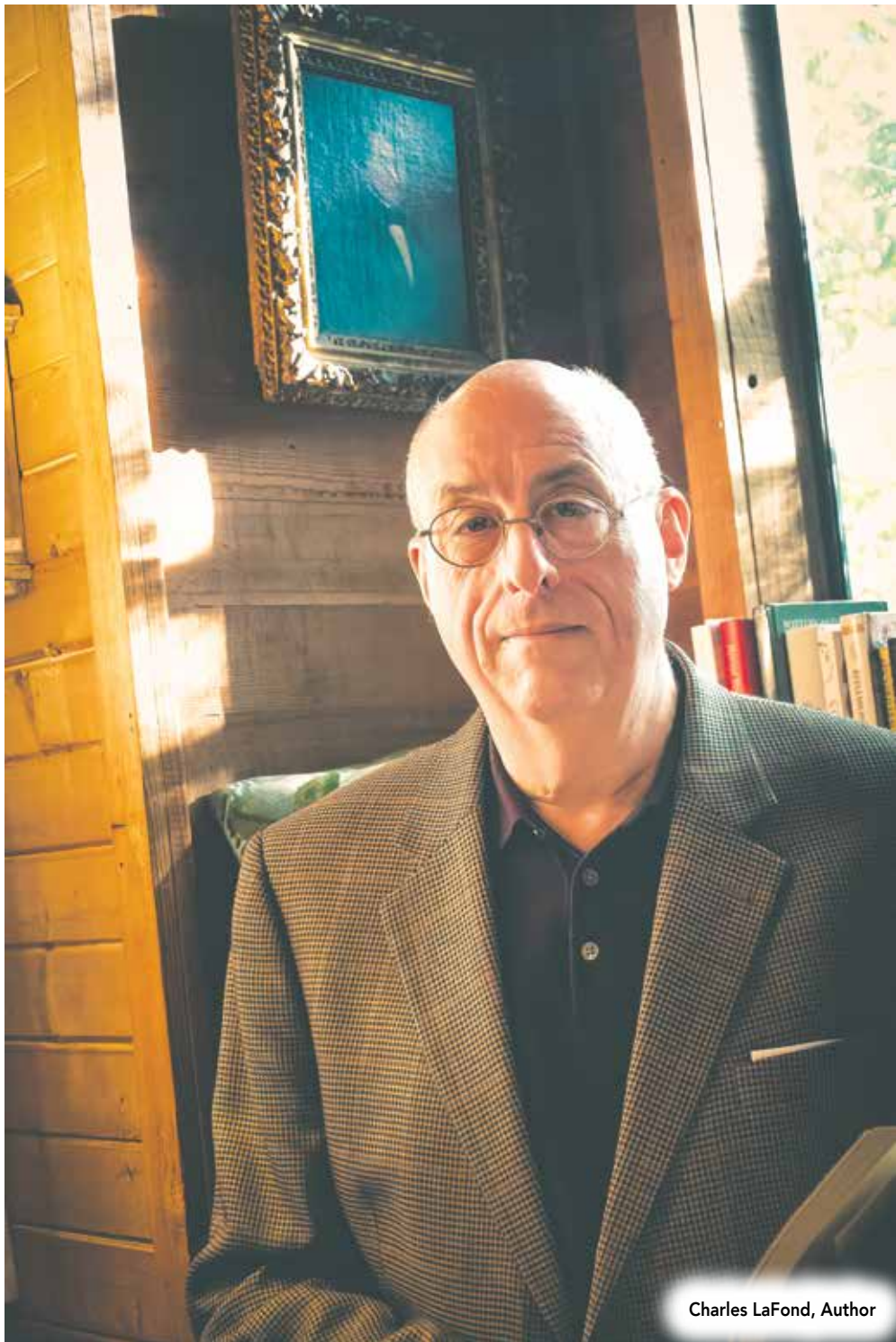
AQUARIUS - Jan 21/Feb 18

Aquarius, productivity gets a boost when you focus on one thing at a time. A practical solution to an ongoing challenge may appear sooner than expected.

PISCES - Feb 19/Mar 20

Pisces, inspiration comes through creativity and connection. A fun idea or unexpected invitation could bring a welcome change of pace this week.

On The Happiness Equation



Charles LaFond, Author

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

Happiness =
 reality - expectations

These summer months arrive with this annual promise of happiness. Islanders anticipate sunshine, visitors, travel, gardening, sailing, gatherings, and long evenings. But many of us discover that even after obtaining what we wanted, a lingering dissatisfaction remains.

One of the sages in my life is Mo Gowdat. He has this happiness equation, which inspires me.

Perhaps the secret to a better life is not acquiring more things that promise happiness, but removing the things that consistently create unhappiness.

In childhood, we remember screaming until we got what we wanted because our cries were loud enough and sometimes rewarded. However, as adults, we do the same thing, but instead of living in the present, we live in the future. "I'll be happy when...When I retire. When I find a partner.

When I lose weight. When I have a better house.

The problem is that our expectations create our unhappiness - unhappiness often arises when reality differs from our expectations. We compare reality with an imaginary version of how life should have unfolded, and so the wider the gap, the greater our unhappiness. Much of our suffering comes not from reality itself, but from our resistance to reality.

A friend of mine once used to say that if he were on a desert island, stranded, and had only an hour to figure out his solution, he would spend 55 minutes coming up with the right question. In the remaining 5 minutes, his answer to that question would manifest.

We need a better question. What is making me unhappy?

Summer provides a unique opportunity for reflection because it is in the summer months that we can slow down and rest. We can take an honest inventory of our lives, and rather than focusing on what would make us happy, we could spend better time focusing on those things that make us unhappy and removing those things from our lives. What makes you unhappy right now? Is it:

- a toxic relationship
- a chronic resentment
- constant news consumption
- clutter in your life

- financial disorganization
- overcommitments
- unresolved griefs?

The art and science of discernment is observation, and so I'm noticing in my life that rather than grasping for happiness, I find that happiness simply arrives when the resistance ends. Gratitude and realistic expectations create resilience, and resilience strengthens life. This summer, instead of chasing happiness, I'm going to focus on removing what constantly undermines my happiness.

To see more on
Charles LaFond

YouTube
youtube.com/@CharlesLaFond



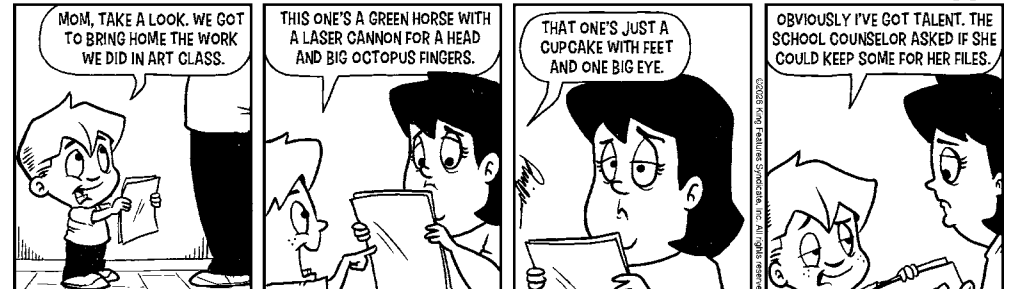
Website
www.charles-lafond.com

Facebook
facebook.com/charles.lafond.1



Amber Waves

by Dave T. Phipps



DONATIONS NEEDED

We could use your help with these items:

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



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June 25
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 Island Senior Resources:
 Bayview

July 9
 1-3 p.m.
 The Center in
 Oak Harbor





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SCIENCE *corner*

As we approach the Fourth of July, Island County is officially entering a **Type 1 Burn Ban**, effective at **7:00 a.m. on Wednesday, July 1, 2026**.

While the conditions on Whidbey are delicate due to reduced moisture, low humidity, and rising temperatures, you may notice fireworks appearing for sale. It is a common question why these sales often occur on tribal lands. This is rooted in **tribal sovereignty**: because federally recognized tribes are sovereign nations, they are not subject to state-level fireworks regulations. Consequently, tribal governments establish their own laws regarding the licensing, safety standards, and sales of fireworks within their jurisdictions, which often allows for different items and sales periods than those mandated by Washington State law.

Important Reminders for a Compassionate Holiday

Mindfulness for Our Neighbors: The loud, unpredictable booms of fireworks can be deeply distressing.

Veterans & PTSD: For many of our neighbors who have served, the sights and sounds of fireworks can serve as traumatic reminders of combat, triggering significant anxiety and distress.

Noise-Sensitive Pets & Wildlife: Our animal companions have hearing far more acute than our own. Fireworks are physically painful and terrifying to them, often leading to life-threatening flight responses. Please keep your pets indoors in a secure, quiet, and windowless room, and consider using white noise or calming music to dampen the sounds.

Environmental & Health Impact: Fireworks release toxic fine particulate matter (PM10) and heavy metals into the air. This negatively affects those with respiratory issues like asthma and settles into our soil and local waterways, impacting the sensitive ecosystems of the Salish Sea.

Safety First: If you celebrate, keep a garden hose or a 5-gallon bucket of water immediately available. Avoid discharging fireworks near dry vegetation or steep banks where wind can carry sparks. Never attempt to relight a dud—soak it in water overnight instead.

STICKELERS [sic].
 by Terry Stickels

Below are four squeezer puzzles.
 Can you find the correct word to be placed in the middle of each to create two new words, one front-end, one back-end?

Here's an example of how it works:

fire P R O O F read

- 1) death _____ torch
- 2) thunder _____ lock
- 3) general _____ shape
- 4) feather _____ wise

Answer on page 12

Your library. Your voice.

Your choice.

**You decide
 your library's
 future**

Election Day: August 4

Learn more
sno-isle.org/levy



Memory Loss.....Blessing or Burden



by Tom Choquette Ryan's House President

As I've grown older my memory and ability to multitask have gotten into the habit of taking unannounced vacations. Well earned no doubt, but distracting and at times annoying and even scary.

Most of the words that I struggle to find at times aren't even complicated words. My vocabulary shows up when it wants to and hides out for "humor" should it desire. This, of course, is when I'm either talking or writing.

Then there is the effort of trying to remember what I did 5 minutes ago, and in what order I did it. Forget about yesterday, the day before, or even a week; let alone a year!

I also forget what I am going to do in the moment or what appointments I have this week. And the future, for me, without writing down reminders, can be total chaos. (And of course I don't use my Google calendar!)

I find myself looking for my glasses when they are hung around my neck, looking for my cell phone when it is in my hand, wondering what my purpose is when it is standing right in front of me.

The good news is, I know that I'm forgetting so things are still a bit in control.

"They" say that just under 50% of us live mostly in the past. "When" seems to be the word we use when we are reminiscing about the good ole' days because our today might be a challenge. When I got that job, I wanted. When I got married, when I had children, when I got divorced. When I was beautiful, energetic, athletic, intelligent, inspired, successful, wealthy. This happens even to the point of talking about yesterday or last week - a lot!

They also say that just under 50% of us live in the future.....and there is that "when" word we become used to saying. When I'm a parent, when my children grow up, when I win the lotto, when I finish that book, when I finish that project, when I get my say, when we have enough money, when we retire, when we go on vacation. There are thousands of "when's" in both realities, the past and the future.

As our memory fades we lose contact with the foundation we've spent our whole lives building. We become a little lost. A little disoriented. We blame our memory. We

start to stress out. We feel like we are losing control and to those who are used to being in control, this is a major challenge and a distraction, a journey into the unknown side of the human mind. We need to blame something for this burden that has slowly been thrust upon us.

I've chosen to look at the blessing that we can receive by living more fully in the present with the presence. If you believe in a higher power, no matter what name you address this grace with, pay attention to this loving benevolent being that will be revealed to you through your choice to love and live more consciously in the present! Love is a mighty motivator and awaits our decision to partner with it. We grow by developing a living relationship with the Divine through personal interaction in the present. As Eckhart Tolle says in his book, *The Power of Now*, the past is gone, the future is an illusion, only in the present will we find the presence.

Perhaps memory loss is a blessing sent to us in our later years to help us focus on what is the most important discovery we can find, a living relationship with God. By helping us pay more attention to the present we are given a greater opportunity to "bump into" a precious spiritual flow.

So yes, in joining with the Source of Joy, with God the infinite, in the now - the presence of spiritual forces continues bestowing us with presents.

I'm learning to accept my loss of memory because I find myself attaching more closely, and more often, to the Spirit that lives within me.

A blessing or a burden depends on how we view this age-related change. A burden we can do nothing about except complain or view this reality as a door that opens with an opportunity to expand our relationship with the Divine in the present - living in the moment, growing in grace seems a better option than fighting a burden that we have no power over.

Change is a simple decision, a simple adjustment that will be hard work at times. A decision to spend the rest of our lives learning anew and partnering with our higher power is transformative and our ability to love ourselves and others will open up a whole new frontier for each of us.

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.

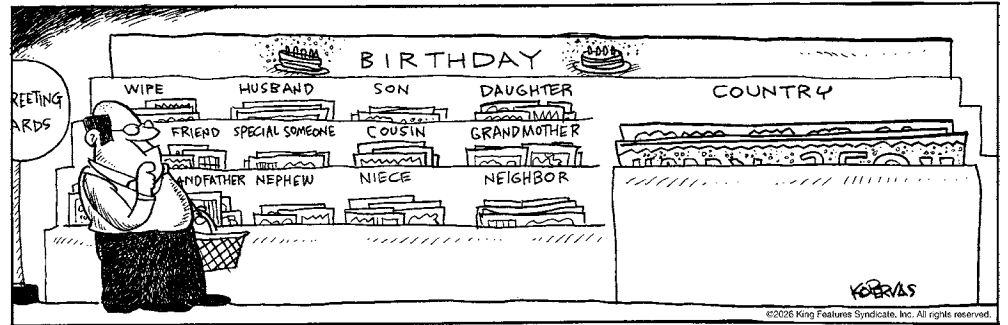
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+		+		-	
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Answer in next week's edition!
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1 2 3 4 5 6 7 8 9

Out on a Limb

by Gary Kopervas





Front door refreshing

Plants, attractive decor and tidiness play an important part in welcoming your guests.

- Pressure-wash and paint your entryway walls, sidewalks and door, if needed. Make sure your walkway is visible and safe.
- Place healthy, seasonal plantings adjacent to the walkway to your door. Keep them pest-free and trimmed back, so they cannot obscure your walkway.



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Publisher/ EditorSamantha Goodman
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Contributing Writers
 Jim Sovanski
 JoAnn Hellmann
 Auston Reisman

CONTRIBUTE TO WHIDBEY WEEKLY

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

Contributing Columnists
 Charles LaFond
 Tracy Loscher
 Helen Mosbrooker
 NOA
 Tiffany FitzPatrick
 Dr. Darlene Castle

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Mala Sooknanan



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Astrology for June 26-July 2 2026

Full Moon in Capricorn 8°, Mercury Stations Retrograde in Cancer

On **June 28**, Mars enters Gemini until August 11. Mars, the ruler of action, in the sign of Gemini quickens the pace. We are more inclined to have a lot of bubbling pots on the stove, inspired and motivated in many different directions. There is fuel on the fire when it comes to pursuing any 'what ifs' with genuine curiosity. It is highly likely that correspondences will be high, more messages and emails getting sent back and forth, which is interesting and worth noting, as Mercury will station retrograde tomorrow. This ropes in themes around miscommunications, and the need to review agreements made at this time at a later date or more than once. Movement in general is favored under this sky, from moving the physical body to moving around the thoughts in our minds. In my opinion, the best medicine of Mars in Gemini is that it encourages flexibility and offers new perspectives. What are you curious about? What is on your mind? There is energy now to fuck around and find out. Temperance is key. The shadow of Mars in Gemini appears when we stay too surface level and avoid digging in deep. Watch for the slime salesman. Ask a lot of questions. Calm frenetic anxieties with breath and stillness. Counter with movement.

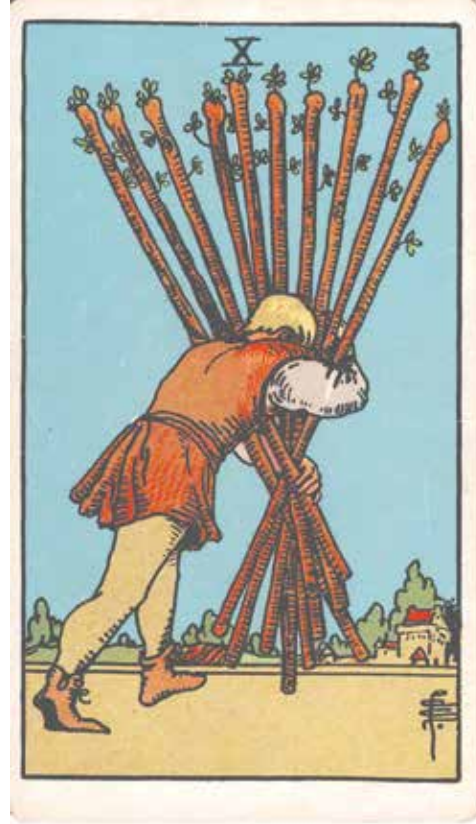
On **June 29**, Mercury stations retrograde at 26° of Cancer until July 23. Memories and reminiscing coming in waves, this retrograde period will have us reviewing the past in various forms, especially over matters of family, history, and lineage. As Mercury audits our closest emotional ties and challenges our feelings, we are invited to reconsider where we have outgrown people, places, and patterns. What makes us feel safe? What once did that no longer does? The mind will have memory replay montages. This is a very introspective and personal retrograde. It will be very important to prioritize alone time to feel through what surfaces. With Mars in Gemini, it can be difficult to find pause or slow the pace, but - and I cannot stress this enough - this is imperative in order to tend to our most private and emotional matters. Realizing you feel differently than you once did might just hit a little different this time around. Hold space for it.

June 29 brings the full Moon in Capricorn at 8°. This can be experienced as a serious completion point, a solid shift in emotional matters. The full Moon is widely squaring its ruler, Saturn in Aries at 14°. Squares make action happen because the intensity of the moment requires it. The Sun, Moon, Mercury, Jupiter, Saturn, and Neptune are all in cardinal signs, the modality that begins seasons, the energy that makes things happen. Something is confronted, likely a feeling (full Moon), that initiates a new season of our lives. It may be very personal and not readily noticeable to others on the surface depending on where Capricorn appears in your personal birth chart, but the energy of this moment is pivotal and requires a sober maturity. What do you really want to build? What responsibilities must be confronted to get there? What work must be done? Do not be discouraged by hard feelings or depressive thoughts. What feeling is being illuminated by the Moon? What feeling is the loudest? Can you actually feel into it? Start there. What is confronted with integrity will turn the wheel.

On **June 30**, Jupiter enters Leo until July 26, 2027. The planet of good luck, higher learning and expansion in the fixed fire sign of Leo will be encouraging us to live out loud and follow our joy. This transit is expressive, dramatic, charismatic, optimistic and activating, lighting a creative fire in whatever part of our personal birth chart is ruled by Leo. Jupiter spends about a year in each sign, marking 12 years since the last time it was here. Think back to what part of your life expanded in 2014-2015. Leo rules matters of the heart and the true essence of the inner child. This can expand relationships we have with the children in our lives, or rekindle the relationship we have with our own inner child. This is an exceptional year for performance and the arts. Take creative risks! Allow yourself to be seen!

On **July 1**, Jupiter in Leo squares Chiron in Taurus at 0°. This transit might ruffle some feathers and those feathers may be our own. Jupiter expands all that it comes in contact with. When that contact involves Chiron by square, we must confront a piece of our pain or early wounding. Those wounds can include tropes around being blocked from authentic self-expression, not being able to adequately advocate for our needs, or lean more toward lack of self-worth and low self-value. If any of these themes resonate, this day may hit a tender nerve, yet will provide an opportunity to work through a long-stuck layer. Mercury retrograde has a lot of nostalgic material swirling. What was something you weren't allowed to have as a kid? Didn't have access to? Were not recognized for? How did that contribute to your self-value back then? How is it still contributing now? A positive and healing expansion awaits for those that revisit the wound.

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June 26th – July 2nd:
Ten of Wands

This week's card sees true that it likely never occurs to you the impressiveness of your developed discipline for adhering to routine in pursuit of previously established desires. It is an admirable skill and one that has not gone as unnoticed as you may sometimes feel; just perhaps not by those whom you have been wishing would take note, or even assist. The efforts you invest are for you, of course, but it does not escape your attentions that they're prolongedly unmet. Regardless, you stay the course, focused on the protocol you've long ago memorized, as if on autopilot, while continuing to envision your selected finish line. Your dogged plodding has become so ingrained that it's been ages since you've given yourself a moment's peace to inquire if you still desire that which you've been working toward.

The invitation to do just that lands at your feet now, before life makes the matter quite a bit louder and unavoidable. The script

is yours and you're allowed to rewrite it; doing so does not equate your escrowed labors meaning nothing. The knowledge you've gained, the skills you've developed, are transferable, and just as you've shown capability in character, you have the strength and fortitude to pivot should your vision have evolved. Better to admit a small recalibration is needed now than to hold your heading out of stubbornness only to arrive at a destination you no longer covet.

Even incremental adjustments with intention can aid in avoiding tossing the whole play book if such an action spikes anxiety. What is called for at this time is simply the honest curiosity. Feel free to think of this as a save point to assess the navigation. Approach this inventory as much more manageable bite size segments if you'd like, but a pause mid-step is necessary, lest the step make you pause.

Now what does this version of you hope for on your horizon? Not the canned response you feel expected to express or the stock answers you believe you're supposed to aspire toward. What if you held the pen to your own story? Because you do.

~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



Hello readers. Tiffany here.
"Tarot from Camano" author and divinationist.
You may have noticed a small change to this week's column.
"Tarot from Camano" is now "Tarot for Whidbey" but still from yours truly.
While my love for our islands runs deeper than the inadequate expression possible with the most cherished gift of words, my time on Camano has drawn to a close. I moved to Washington, to Camano, on a pull from my soul, endeavoring to establish roots for the long haul, yet have recently come to the realization I had fashioned myself a chrysalis to metamorphize for an even wilder leap of faith.
Spirit is not-so-subtly nudging me to Ireland, somehow. If you'd like to follow along with that evolving journey, I've started penning a travel cache, accessible through my website.
As for my tarot column, you can continue to read the upcoming channeled forecast in each edition of the Whidbey Weekly, just as you have since my honored inception to join this soiree. While the name and the location from which I'll be drawing cards is changing, as an Intuitive Divinationist of more than 25 years, having read accurately as far as Peru and Denmark, divining for Whidbey from Camano, Ireland, or the Moon won't crease the slightest wrinkle.
Stay tuned for what comes next. ~Xo, Tiffany

Now Showing!
Friday, June 26 - Tuesday, June 30:
Toy Story 5 (PG)
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The Mandalorian and Grogu (PG-13)

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CLUES ACROSS

- 1 "Caught ya!"
- 4 Spring meltdown
- 8 Baby's bed
- 12 Barbecue seasoning
- 13 Meditative exercise
- 14 Verdi heroine
- 15 Muffin-like treats
- 17 General -- Chicken
- 18 Couturier Christian
- 19 Bracelet site
- 20 Liniment targets
- 22 "Arrivederci --"
- 24 One-named supermodel
- 25 Castle features
- 29 Unruly group
- 30 Ram
- 31 Solidify
- 32 Short extracts
- 34 Taj Mahal site
- 35 TV host Kelly
- 36 Analyze
- 37 Poultry choice
- 40 Humdrum
- 41 Honker
- 42 Marching band section
- 46 Scrambled wd.
- 47 Gumbo need
- 48 Language akin to Thai
- 49 Sleep phenomena
- 50 Whig rival
- 51 Bagel topper

CLUES DOWN

- 1 Curved line
- 2 "Ben- --"
- 3 Middle Eastern capital
- 4 Printing errors
- 5 Farmer, at times
- 6 Literary rep
- 7 Existed
- 8 40 winks
- 9 Jeopardize
- 10 Teen fave
- 11 Pyramid part
- 16 Carriage
- 19 You love (Lat.)
- 20 Goals
- 21 "Let's go!"
- 22 Indian yogurt dish
- 23 Unrefined metals
- 25 Get ready, briefly
- 26 Paint finish
- 27 Prefix with byte
- 28 Do in
- 30 Neat as --
- 33 Plug parts
- 34 Now, on a memo
- 36 Makeup brand
- 37 Scorch
- 38 Highly rated
- 39 Baby carriage
- 40 Duelist Aaron
- 42 Youngster
- 43 MGM rival
- 44 Eastern path
- 45 Boston team, for short



By Helen Mosbrooker

OUR Community

An Upbeat Question of the week

What has been the most rewarding and surprising experience about being in 4H for you?



Breanna T.,
(Rainshadow Ranchers 4H Club)

The most rewarding experience of 4h has been helping take care of the goats and other animals and meeting best friends! The most surprising experience was winning The Cloverbud Grand Champion Ribbon at the Spring Goat Show.



Sofia B.,
Oak Harbor

The most rewarding and surprising experience for me in 4-H was my first show. A show is when kids in 4-H present their animal in front of a judge. All the time and effort put into the animal is evaluated during the show and ultimately reflects how well the member has prepared; anyone in 4-H understands this feeling. When I first joined 4-H, I was 8 years old and terrified of going in front of a judge. More specifically, I was convinced the judge would tell me I had done everything wrong. It took multiple seniors in 4-H to get me to stop sobbing and walk into the ring with my animal. Once I was done, I felt amazing, and all my hard work had been worth it. The judge told me my animal was good and encouraged me to keep going. Now I am one of those seniors and am proud to help younger members learn and grow.



Izzy C.,
Oak Harbor

Working hard: where I have to work with the goat a lot and make sure she listens and follows my directions and goes over the obstacles and isn't stubborn.

In addition to Working hard and earning ribbons and trophies. I love to work with my goat and teach her new things and learn new things.

If interested in joining Island county 4H contact rainshadowranchers4hclub@gmail.com

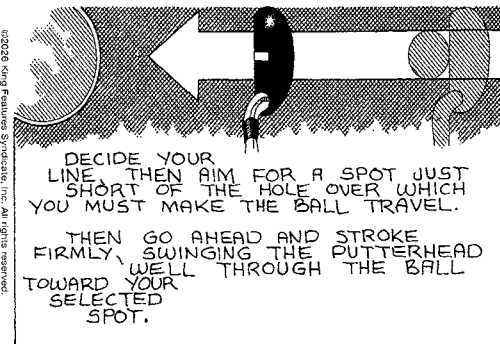
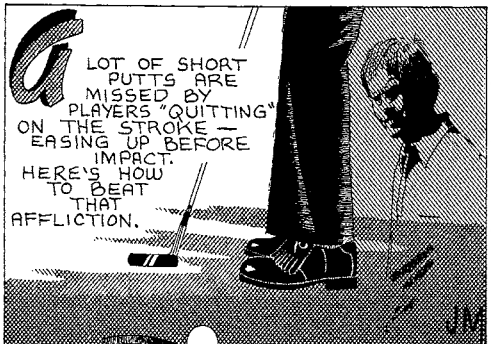
Joyful Saying of the Week

When you are joyful, when you say yes to life and have fun and project positivity all around you, you become a sun in the center of every constellation and people want to be near you.

-Shannon L. Alder

Play Better Golf with JACK NICKLAUS

Answer on page 12



Weekly SUDOKU

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

Answer on page 12

YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST

	Fri, June 26	Sat, June 27	Sun, June 28	Mon, June 29	Tues, June 30	Wed, July 1	Thurs, July 2
North Isle	H-61° L-55° 65%	H-63° L-55° 35%	H-63° L-55° 25%	H-61° L-55° 25%	H-65° L-55° 20%	H-64° L-55° 20%	H-61° L-52° 25%
South Isle	H-62° L-54° 45%	H-62° L-54° 35%	H-63° L-55° 10%	H-61° L-55° 20%	H-65° L-56° 10%	H-64° L-56° 15%	H-64° L-53° 20%

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Barn Sale This Weekend and every weekend at Salmagundi Farms
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1) death BLOW torch
2) thunder HEAD lock
3) general SHIP shape
4) feather EDGE wise
Sticklers Answer

WEEKLY MEETINGS

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

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

Have a problem with drinking? It doesn't cost anything to attend **A.A. meetings.** Local Meetings are in Coupeville, Freeland, Langley, Clinton, and Oak Harbor. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about their drinking problem. A.A.'s primary purpose is to help alcoholics to achieve sobriety. We're here to help. For local meetings search aa.org 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, 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

WEEKLY MEETINGS

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

MONTHLY MEETING

Monthly Meeting for Mental Health
Hosted by NAMI for All Adult Individuals who have a family or friend suffering from depression, anxiety, bi-polar disorder, or other mental health conditions. Trinity Lutheran Church in Freeland, Lower Building Closest to the Highway 18341 WA-525, Freeland 3rd Wednesday of the Month 1:00 - 2:30 p.m. Email for more information: karens@nami-sno-isle.org

RESOURCES

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

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

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

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

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

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

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

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

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!

7	-	1	-	4	=	2
+		+		+		
6	-	3	+	8	=	11
-		+		÷		
9	+	5	÷	2	=	7
=		=		=		
4		9		6		

CLASSIFIED INFORMATION

US Postal Mail

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

E-Mail classifieds@whidbeyweekly.com
Telephone 360-682-8283

PLEASE CALL WHEN YOUR ITEMS HAVE SOLD.

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

No Cheating!

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How'd you do?

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