

July 10, 2026 - July 16, 2026

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BITS & PIECES

Lasher Gallery Art Show Opens on July 8 with

Art takes on all forms at the Whidbey Island Center for the Arts (WICA), where the organization's Lasher Gallery is set to open with an inspired July and August show featuring works by three Whidbey Island artists. The show—which celebrates natural elements—brings to viewers the whimsical watercolor work by Cheryl Weisz, the larger-than-life crochet wall hangings by Anne Ferry Brennan, and the functional and sculptural pottery by Sasha Polonko. Opening on July 8 with an art reception at 5:00 PM, where complimentary wine, cheese, and crackers will be served until 6:30 PM, the public is invited to come experience for themselves the inspired creations throughout the Lasher Gallery. The common theme is the celebration of natural elements, whether that is depicting them on canvas, through ceramics, or in crochet artistry.

"The Lasher Gallery is a space for artists to share with the community the work that inspires them," said Lasher Gallery Manager Allyson Meyer. "As a community art space, we welcome new and established artists to push the boundaries of what art means to them, and we encourage new voices to share with our patrons the beauty and reflective nature of art in all forms. We're thrilled to welcome these three talented artists to WICA with an inspired show that really celebrates nature and the natural world in a multitude of ways."

"My subjects are not chosen arbitrarily; rather, they are selected with great intention, guided by the whispers of my Soul," said Weisz. "My creations are an authentic reflection of my innermost self, a testament to the profound connection between art and spirit...some in great detail, some in charming humor and with a vibrancy of colors that are soothing and peaceful. My intention is always, all ways, the very essence of beauty and fun."

Weisz, who is showing more than 10 of her pieces, paints with watercolors on canvas, rather than paper, depicting subjects from Grizzly 399 and a small family of Quail to the Langley Marina and serene lake scenes.



Also featured in the gallery are the vibrant crochet works by Ferry Brennan, who weaves together small, multi-colored pieces of embroidery thread into large art installations that are both cheerful and reflective.

"I started playing with a tiny crochet and embroidery thread hoping to make little things that don't take much space," she admitted. "I might have gotten a bit carried away. Now, I have large, stuffed pieces that I would like to use as building material; a replacement for insulation and sheetrock for walls and ceilings!"

Weisz and Ferry Brennan are joined by Oak Harbor-based ceramics artist Polonko, whose practice spans both functional pottery and sculpture.

Working primarily with atmospheric firing

processes, including wood, soda, and salt firing, she is interested in the relationship between form, material, and process. Her work often incorporates locally sourced clays and slips, allowing place to become part of the finished object. Rather than adhering to a single aesthetic, Polonko's practice is driven by curiosity and experimentation, exploring how different forms, surfaces, and firing methods can work together to create objects that are both visually compelling and deeply rooted in the ceramic process.

The art will be displayed in the Lasher Gallery through August and the public is invited to see the artwork during normal business hours or an hour before any show. The July 8 art opening is free and open to the public and visitors are encouraged to witness for themselves this inspired artistic expression.

To learn more about WICA and the Lasher Gallery, visit [WICAonline.org/lashergallery](https://www.wicaonline.org/lashergallery).



Langley Library Becomes Sno-Isle Libraries First LEED Silver Certified Building

The recently remodeled Langley Library has earned LEED Silver certification from the U.S. Green Building Council, becoming the first LEED-certified library building in Sno-Isle Libraries history.

LEED (Leadership in Energy and Environmental Design) is the world's leading green building certification program, recognizing facilities that meet rigorous standards for sustainability, energy efficiency, and environmental performance.

The certification marks an important milestone for Sno-Isle Libraries and reflects the Library District's longterm commitment to creating welcoming, sustainable spaces that serve our communities.

"The Langley Library demonstrates how thoughtful design and responsible stewardship can create spaces that are welcoming, energy efficient, and built to serve generations to come," said Eric Howard, executive director of Sno-Isle Libraries.

The remodeled library incorporates sustainable building materials, energy-efficient systems, and rooftop solar panels that reduce energy use and lower the building's carbon footprint. These features are part of a broader approach Sno-Isle Libraries takes in facility maintenance and capital projects to improve efficiency, reduce long-term operating costs, and responsibly steward public resources.

The LEED certification also reflects priorities shared by the Langley community throughout the planning and design process.

"Sustainability was one of the values our community asked us to prioritize during the remodel," Howard said. "Achieving LEED Silver certification honors that vision and would not have been possible without the support of our Board of Trustees, library staff, Representative Dave Paul, Representative Clyde Shavers, State Senator Ron Muzzall, State Senator June Robinson, the House Capital Budget Committee, Mayor Kennedy Horstman, and the Langley City Council."

The Langley Library reopened in March 2025 following a year-long renovation that expanded the historic building into a two-story community destination. The project added approximately 1,500 square feet of public space, new meeting and study rooms, enhanced children's areas, improved accessibility, and modern building systems while preserving the library's historic character.

As Sno-Isle Libraries continues to invest in facilities across Snohomish and Island counties, the Langley Library serves as a model for how sustainable design, community priorities, and responsible stewardship can come together to create a meaningful public space.



Celebrating the Timeless Music of Steely Dan

Join the Whidbey Island Center for the Arts (WICA) on July 8 at 7:30 PM as we celebrate the timeless music, musicianship, and sophistication of Steely Dan with the group Nearly Dan. This remarkable, 12-piece ensemble delivers a masterclass in musicianship—featuring tight rhythms, rich horn arrangements, and silky-smooth vocals that faithfully capture the essence of Steely Dan's legendary sound. From the infectious groove of Peg to the cool sophistication of Deacon Blues and the intricate brilliance of Aja, Nearly Dan performs these beloved classics with precision, passion, and an energetic live presence that delights longtime fans and new listeners alike. See them at WICA first in a smaller, more intimate setting, before the group heads to Seattle for a four-day sell out at Dimitiriu's Jazz Alley.

Sponsored by WICA Board Chair Peter Ehrlichman and his wife Debi, this concert will transport viewers with its genre-defying music, filling audience members with nostalgia through memorable lyrics and toe-tapping rhythms.

To learn more about this event and other WICA programming, visit [WICAonline.org](https://www.wicaonline.org).

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Fun Fact

Trumpets in some form have been around for thousands of years. They have been made from shells, wood, metal, or animal horns. Trumpets were often used to gather people to hear news, to send signals in battle, or to announce the coming and going of royal persons.

Source: www.sfsymphony.org



VETERANS ★ POST ★

Fraud task force has been busy

By Freddy Groves

You have to love it when criminals get caught after they think they've gotten away with their crimes. As part of the executive order (signed in March) calling for an interagency Task Force to Eliminate Fraud, the VA's Office of Inspector General (VAOIG) worked with numerous other government agencies to nail over 450 criminals. The total fraud for all the schemes was over \$6.5 billion.

Scammers on the newly created Most Wanted Fraudsters List included 90 doctors across 45 states, with authorities going as far as Cyprus, Estonia and the Philippines to bring back the thieves. In the case of the VA, the task force dismantled fraud schemes that were stealing education, health care and benefits from veterans.

Agencies that didn't talk to each other (and certainly didn't seem to cooperate with each other in the past) are now required to work together to rout out fraud and save money. It's about time.

And ideally more agencies will take a look at the VAOIG and follow their lead, or at least learn from them.

I've been a big fan of the VAOIG, and over the years I've said more than once, "Whatever their agency budget is, double it!" While other agencies appeared (at least from a user's point of view when trying to get services) to struggle to do their jobs, the VAOIG just kept moving along, going after thieves, inspecting VA facilities and uncovering the deficiencies and making recommendations. In the past 12 months alone they've made 158 reports, 741 recommendations and saved \$3.9 billion.

If you want to report fraud, waste, abuse or illegal activity related to the VA, you can submit a complaint on the VAOIG website. See www.vaoig.gov/hotline/online-forms. Click on "Frequently Asked Questions" to be sure the issue you want to report is covered by the VAOIG. If it is, click on "Submit a Complaint." If you need whistleblower protection, there is a link for that as well.

HEALTH CORNER

By Dr. Darlene Castle
Chiropractor



FOUR REASONS

There are four main reasons people go to Chiropractors.

The first is that they have a condition, a disease, an ache or a pain, and they've heard that Chiropractic can help them with it. And indeed it can look as though Chiropractic is the "miracle cure" for all types of health problems.

Once the Chiropractor removes nerve interference, the brain is in complete control of every body part. Because of this clear communication, every cell can now do its job properly and efficiently. Sick, malfunctioning cells are cleared away and replaced with healthy new ones. And with these healthy new cells functioning properly, the condition just naturally disappears.

These patients go to a Chiropractor for the result: getting rid of a health problem.

The second reason people visit a Chiropractor is that they want to stay healthy. They know that by keeping their nerve system free from interference, their body will continue to function at peak efficiency. Cells, organs and systems will function properly, maintaining the entire organism in a state of organization, health and ease. Resistance levels will be high which means that any undesirable bacteria or virus will be dealt with quickly and efficiently.

These patients go to a Chiropractor for the result: disease prevention or health maintenance.

Next are those who visit a Chiropractor for the third reason. They understand that by being healthy physically, they will naturally



be clearer mentally, and therefore be better able to deal with situations and problems and relate to people and their environment in a more harmonious manner.

These patients go to a Chiropractor for the result: to improve themselves.

And finally, there are those who visit a Chiropractor and encourage others to do the same. They reason that if everyone were expressing their full life potential they would lead healthier, happier lives.

These patients go to a Chiropractor for the result: to improve the world.

Perhaps you can see that in each case, whatever reason the patient comes in for and whichever end result is desired, the care always remains constant: the removal of Nerve Interference.

The one thing that Chiropractic is all about, the restoration and maintenance of the most important system in the body, should be the one most looked for. Without it, all reasons and results would be irrelevant.

There is only one reason a person should go to a Chiropractor and there is just one result which should be expected.

The reason: to determine if there is interference with the nerve system.

The result: removal of that interference.

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

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Dr. Darlene Castle
Chiropractor
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What's Going On!

FLYING FINGER DEAF/HEARING IMPAIRED
Fri, July 10, 5:30 - 7p.m.
Fireside, Langley United Methodist Church, behind church parking by back entrance/ church parking across st.

This was est. 1994. We're a social group, surprise goodies shared, 2 birthdays will be celebrated. Signing taught, both receptive/ expressive, fingerspelling techniques, numbers, and holiday of the month signs. F U N! Questions can call/email Susan at 831-334-6257 Email sisoileil973@yahoo.com

Next: ROSSaCONN on July 22

HEAVENLY HARMONIES
Friday, July 10, 7:30 p.m.
Nordic Hall, 63 Jacobs Road, Coupeville

The Whidbey Island Music Festival continues its exploration of Italian Baroque music with Heavenly Harmonies, an evening celebrating the musical legacy of Naples. Featuring mezzo-soprano Cecilia Duarte and an ensemble of acclaimed period-instrument musicians, the program includes works by Pergolesi, Porpora, Corelli and others. General admission is \$37; students are admitted free.

COUPEVILLE P.E.O. GARAGE SALE
Saturday, July 11, 9:00 a.m. to 2:00 p.m.
914 NE Schefflera, Coupeville

The Coupeville Chapter of P.E.O., Philanthropic Educational Organization, "Women Helping Women" is offering many treasures at an annual garage sale. The proceeds will benefit women needing scholarships.

WHIDBEY CRUZERS CRUZIN' THE HARBOR CAR SHOW
Saturday, July 11, 10:00 a.m. to 3:00 p.m.
Windjammer Park, 1600 S Beeksa Drive, Oak Harbor

Registration 8:00 am, \$20, all cars welcome!

This annual event will be held on the grass at Windjammer Park, Oak Harbor. No pre-registration, \$20 at the entrance. Tee shirts available for \$20 and beautiful trophies will be awarded at 2:30 pm. All cars and motorcycles are welcome in this show. Enjoy vendors including Bearly Awake Coffee Company, Coupes Last Stand & Say Cheese Food Cart, Orlando's and Legacy Kettle Corn.

HEAVENLY HARMONIES
Saturday, July 11, 3 p.m.
St. Augustine's in-the-Woods, 5217 S. Honey-moon Bay Road, Freeland

The Whidbey Island Music Festival presents a second performance of Heavenly Harmonies, an intimate program highlighting the passion and elegance of Baroque Naples. Audiences will enjoy vocal and instrumental works by Pergolesi, Porpora, Corelli and other masters performed by an internationally recognized ensemble on period instruments. General admission is \$37; students are admitted free.

TREASURE ISLAND: A TELLING FOR THE NEW WORLD
Saturday, July 11, 7:30 p.m.
Whidbey Island Center for the Arts, 565 Camano Ave., Langley

Be among the first to experience Treasure Island: A Telling for the New World, an eight-part radio drama reimagining the classic tale in 1828 Louisiana and the Caribbean. The local premiere features a preview of Episode One followed by a Q&A with writer/director Orson Ossman. The production stars Keith David, John Goodman and Glynn Turman, with an original score by Taj Mahal. Tickets are \$20 or pay what you wish.

FRONTIERHOUSE DRUM WORKSHOP AND CEREMONY
Sunday, July 12, 11:00 a.m.
Eternal Spring Church, 3095 Hunt Rd., Oak Harbor
\$222, includes supplies, register online

Join us for a sacred day of creativity, healing, and community as you build your own medicine drum. Experience the power of its deep resonance for meditation, self-awareness, and connection to spirit and nature. Our welcoming drum circle honors diverse traditions and supports personal growth. Tickets: https://tinyurl.com/jfxrdxkr

WELCOME TO MEDICARE!
Tuesday, July 14, 10:00 a.m. - 12:00 p.m.
Freeland Library, 5495 Harbor Ave.

Want to know more about what's going on in Medicare? Attend a free "Getting Ready for Medicare" seminar offered by SHIBA volunteers. Registration is required by calling: 360-321-1600 to reserve your spot.

WILDLIFE DETECTIVES WITH WOLF HOLLOW REHABILITATION CENTER
Tuesday, July 14, 2:00 - 3:00 p.m.

Wildlife is all around us, whether we see it or not. Our actions directly impact how they live their best wild lives. Learn about the signs, sounds, (and scat!) of wildlife in our area. After a short presentation, use your knowledge to look for clues in a scavenger hunt. We will head outside and look for wildlife clues including feathers, tracks, stuffed birds with calls, and (fake) scat.

LEGO SCIENCE: SOCCER AND BASKETBALL BUILDS
Wednesday, July 15, 2 - 3:00 p.m.
Langley Library, 104 Second St.

Create Soccer or Basketball Builds with the LEGO Education BricQ Prime and Essential.

Want to take LEGO to the next level? Join us for this hands-on science workshop using the LEGO Education Science Kits. Spark your curiosity as you build LEGO models to explore topics across life science, physical science, Earth Science, space, and engineering design. In partnership with Built to STEAM, a Lynwood-based education program introducing kids to the diverse fields of STEAM through fun lessons built around LEGO. For ages 5-14. This event has a limited capacity to the first 20 that arrive.

MINI TERRARIUM
Thursday, July 16, 10-11:00 a.m.
Freeland Library, 5495 Harbor Ave.

Join us to design your own take-home glass jar terrarium. Complete the project with fun beach or forest themed decor. Prepare to get messy. Supplies are limited!

MACBETH
Friday, July 17, 6 p.m.
Island Shakespeare Festival Outdoor Stage, 5476 Maxwelton Road, Langley

The Island Shakespeare Festival opens its production of Shakespeare's Macbeth, a fresh take on the classic tragedy exploring ambition, power and fate through dynamic physical theater. Additional performances continue through Sept. 5. Pay-what-you-will tickets are available, with reserved seating options.

DIFFERENT MISTAKES
Friday, July 17, 7:30 p.m.; Saturday, July 18, 7:30 p.m.; Sunday, July 19, 4 p.m.
Whidbey Island Center for the Arts, 565 Camano Ave., Langley

Written and performed by Jim Carroll, Different Mistakes is a one-person show exploring life as a firefighter, EMT and imperfect human being. Blending humor with heartfelt storytelling, the performance reflects on resilience, mistakes and the lessons learned along the way. Tickets are \$20 or pay what you wish.

WHIDBEY ISLAND GARDEN TOUR
Saturday, July 18, 10 a.m.-4 p.m.
Various locations, Whidbey Island

Celebrate the 30th annual Whidbey Island Garden Tour with a self-guided visit to beautiful private gardens featuring local artists. Proceeds support environmental education, conservation and habitat stewardship projects on Whidbey Island. Tickets are \$35.

WHIDBEY ISLAND FAIR
Thursday, July 23-Sunday, July 26
Whidbey Island Fairgrounds, 819 Camano Ave., Langley

Enjoy four days of carnival rides, live entertainment, livestock shows, exhibits, food vendors and family fun at the annual Whidbey Island Fair. The fair parade begins at 10 a.m. Saturday, July 25. Daily and season admission passes are available.

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On the Beauty of Boredom



by Charles LaFond
Island Fundraiser, Potter, Author, and Essayist

I don't know about you, but summer is a lovely time to wander, lie on warm, dry grasses, and think in gardens and along beaches on Whidbey. My office is gorgeously located at Greenbank Farm, which has trails for dog-walking, so Sugar and I walk for work breaks a couple times a day, though she always pulls toward the pet store for their free treats. Next to the trials and the new French Bistro (yay!) are beautiful gardens for strolling and thinking. I sit in the rose garden every day for my sandwich lunch (sprouted wheat bread with Virginia salt-cured ham and broccoli sprouts).

In those 15-20 minutes of walking and rest, Sugar and I get our needs met. It can sometimes feel like I am wasting time, but my ruminating brain has been working on problems all morning. In the silence on a bench by a pond, I just let my mind wander, and the gaps help one ask the questions that the brain can solve. It's tempting to get back to work too fast or to pull out my phone and check on things – texts, new work emails, personal emails, Facebook's hilarious films of monkeys playing with dogs, headlines, to-do lists. But I leave my phone on my desk and just sit next to roses the size of lunch plates. Six minutes for Sugar to pee, six minutes for my sandwich, and six minutes to ruminate.

The verb "ruminate" comes from a Latin word "to chew the cud," which I find interesting. The cow eats grass, swallows it, and then vomits it back up to chew on some more. My farmer friends tell me that this is necessary to break down the fibers and extract all the nutrients from the grasses. Just as the cow ruminates on its grasses, I ruminate on my life and work. My very best ideas come when I am bored – when I am just sitting or walking and letting my mind play with thoughts. There seems to be a wellspring of problems it would like to solve, and without moments of silence, they will fester and rot rather than be chewed on for nutrition.

Thinking recalls information that seems to float two feet around us. But asking ques-

tions of our brains when we ruminate recalls what feels like 200 feet of thoughts dancing and meandering around us in those cartoon bubble balloons over Charlie Brown's head. Boredom (not being on one's phone or TV) will access data and host questions, providing eureka moments of clarity. The muse is impatient, so one must write down the "ah ha!" data on the way back to work. But the question must be asked in the silence of boredom. Our human brains need an input - a problem to solve. If we overuse Google and AI to answer our questions, then I wonder if we will lose the ability to think critically.

There is actual data to prove this point. The United States Patent and Trademark Office in Washington, DC, notes that new patents filed in the last 20 years are dramatically fewer and of shockingly lower quality. We are not bored, and so we do not imagine possibilities, nor do we give our brains time to solve the problems that nag them.

Being bored and ruminating give birth to wonder, and wonder allows us to ask as-yet-unasked questions. Anne Lamott, one of my favorite thinkers, once wrote, "The opposite of faith is not doubt, but certainty." The underlying philosophical concept came from the renowned philosopher Paul Tillich, who famously noted that doubt is not the opposite of faith, but rather one of its core elements. The issue is that faith is not doctrine. Faith is, in my experience, precisely NOT knowing for sure.

"The whole problem with the world is that fools and fanatics are always so certain of themselves, and wiser people so full of doubts." Bertrand Russell.



To see more on
Charles LaFond
www.charles-lafond.com



WHIDBEY CRUZERS CAR SHOW

CRUZIN' THE HARBOR

JULY 11, 2026

\$20 FEE

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Permaculture Class with Penny Livingston

Saturday, July 11 ~ 3 to 5 p.m.

Bayview Cash Store, Front Room

Cost is \$30, please register

southwhidbeytilth.org/events/permaculture-class-with-penny-livingston

Questions? Contact info@southwhidbeytilth.org

Penny has been teaching Permaculture Community Resilience for over 30 years. Learn some of the principles, methods and strategies about permaculture design and how to work with natural ecosystems rather than against them.

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Astrology for July 10-July 16 2026
New Moon in Cancer 21°

On July 10, the North Node in Pisces sextiles Chiron in Taurus at 0°. This day has supportive energy around something you have been building. A sense of faith that you are going in the right direction and that the work you have put in is leading to progress and results. In water and earth signs, these planets talking sweetly together encourages that you continue on this path. There is a gentle nod of acknowledgement, a push to keep the faith and to take another small action in the new yet unfamiliar direction. Chiron, the planet associated with our tender wounds and the inner work required to heal them, says keep imagining the reality you want to see. You are getting closer.

On July 12, Mercury retrograde will conjunct the Sun in Cancer at 20°. What a Mercury retrograde we're having huh? Lots of schedule changes, so many messages, and a lot of replaying the past. Today's meeting with the Sun signals the exact halfway point of the cycle and will very likely highlight some information from an earlier timeline. How does that information hit now? What feels different? Replay the scenes. Nostalgic pop ups as symbols carry weight. In Cancer, we want to identify the feeling. Let yourself actually feel it. This is a retrograde that has great potential for release. Notice who or what is on your mind. How does that make you feel? What has changed? This is important information. Notice.

On July 13, Venus in Virgo will square Uranus in Gemini at 4°. Keep your eyes on all planets around 4°. This is the first of many auspicious exact alignments at this degree point, creating a configuration called a minor grand trine. Pull out that birth chart and find what planets you have at 4° in any sign. Throughout July and August, these planets will become very active for us all, ushering in notable displays of all that is new and beginning. The vibe for today with Venus square Uranus is about that new new. We are curious about possibilities and we are feeling more adventurous and independent. This is an aspect that challenges the status quo and invites us all to do something different. We are moved towards what allows for more freedom. Quirky urges can be strong and unexpected. Its a great moment for experimentation, especially in the realm of relationships and romance. What patterns do you want to break free from? These planets are both ruled by Mercury retrograde in Cancer at the moment, so although there may be new offers on the table, do be aware that they could be connected to something from the past - a pattern, a way of thinking, or a challenge to an expired preference. Both Virgo and Gemini are signs that love collecting data. No need to be bogged down by any heaviness. If you stay open, life may surprise you. Consider whatever happens as field research.

July 14 brings the new Moon in Cancer at 21° 59' (almost 22°). Although this is the time of planting new seeds, the energy is dripping with nostalgia. There are many active elements inviting introspection and reflection. This is a soft and tender new Moon. A time to pause and listen deeply to the hits and whispers of our intuition. Mercury retrograde conjunct this new Moon shows that we may be prompted to deal with feelings that have come back around after a very long time. How do you want to rewrite the story? Or write the rest of the story from here? When's the last time you prioritized a pause? What self-care have you been too busy to tend to? Fill your cup. Life is not slowing down anytime soon. If you are looking for a moment to stop and collect yourself, this would be it. Carve out the time.

On July 15, Uranus in Gemini sextiles Neptune in Aries at 4°. The current energy pointing to new openings and new beginnings is only being encouraged by today's aspect. Keep in mind that aspects between outer planets happen slowly and take a longer time to play out. We may see evidence of this energy today as the aspect becomes exact, but think of this as adding to the backdrop of what new chapter is emerging. Uranus rules revolution, rebellion, and challenging the norm. It rules technology and all matters of innovation. When Uranus is activated we can see more unexpected phenomena, things happening out of left field. In this aspect to Neptune in Aries, those surprises give us information that helps us dream bigger, more aligned with our true desires. It can connect us to something bigger than ourselves. Neptune recently stationed retrograde on July 7, and is pulling a lot of focus. How are you being shaken awake? What have you been longing for? If it doesn't land exactly today, there are signs that a breakthrough is brewing.

Want a personal reading?
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July 10th – July 16th:
Hierophant

To be honest, as I turned over this week's card, I felt the urge to punctuate with an exclamation point rather than the traditional period, while simultaneously hearing a faint temple echo of a chorus behind the card (this, my loves, would be an example of clairaudience ringing through). This feels momentous; this feels akin to source divinity all but decreeing, "Stand back. Give me some room to work. Hold my beer. Let me cook. Ima bout to pop off." (Surely you didn't think Spirit wouldn't try it's ethereal hand at understanding the languages of various generations, however inaccurately.) Bottom line, the divine is acting in your life with some oompf this week; let them! It may

not look as you anticipated.

I'm seeing large zip files of strong downloads coming through this week to those open and opening, regardless of sensitivity levels. If you're unfamiliar with data transfers from the trusted soul-connections with the great beyond, you may experience unexplained headaches, dizziness, confusion, ringing in the ears, increased neuropathy, fatigue, nausea intermittently sweeping through you in recalibration as Spirit speaks to you. Prioritize self-care, including naps, and consider meditation to commune within for greater clarity to better understand your unique messaging for the unfolding of the path ahead, toward which you've prayed and devoted your efforts.

The Hierophant glides forth not only to represent the hand of Gods acting on our lives, stirring us to recognize the powers at play around us, but also to wring us with firm grasp like an ancient bell to awaken us to the resonance of our internal divine spark. The keys are in your possession to the doors that are yours to open, though the way may feel rigid and narrow at this time to help you avoid stepping in error. Look not to your neighbors in search of how to proceed or how best to assimilate; rather, look within and see Spirit reflected in your individual light.

This week is loud! And feeling overstimulated is not an indication of weakness, nor calling for your humility. The strength you sense is reminding you of that which you're also capable of harnessing; for now, let the power move through you and be in awe of yourself.

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

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

ARIES - Mar 21/Apr 20
Aries, an unexpected change of plans could work in your favor. Stay flexible and trust your ability to adapt. What first seems like a detour may become your best route forward.

TAURUS - Apr 21/May 21
Taurus, it's a good week to reconnect with something you've been neglecting. Whether it's a hobby, a friendship, or a personal goal, giving it your attention brings renewed satisfaction.

GEMINI - May 22/Jun 21
Gemini, your quick thinking helps you solve a problem others overlook. Don't hesitate to share your ideas—they could lead to an exciting opportunity or valuable partnership.

CANCER - Jun 22/Jul 22
Cancer, your confidence continues to grow. Trust yourself when making an important decision, even if others don't immediately understand your reasoning.

LEO - Jul 23/Aug 23
Leo, slowing your pace allows you to notice opportunities you've been missing. A little patience now helps you make a much stronger move later in the week.

VIRGO - Aug 24/Sept 22
Virgo, a casual conversation could spark a useful idea. Keep an open mind and don't dismiss suggestions too quickly—someone else's perspective may be exactly what you need.

LIBRA - Sept 23/Oct 23
Libra, your steady approach helps bring order to a busy week. Focus on one priority at a time instead of trying to please everyone. Progress follows simplicity.

SCORPIO - Oct 24/Nov 22
Scorpio, your determination is paying off. Something you've worked on quietly may finally begin showing results. Celebrate the progress, even if it's only the first step.

SAGITTARIUS - Nov 23/Dec 21
Sagittarius, adventure doesn't have to mean going far. Trying a new restaurant, activity, or routine could introduce you to an unexpected opportunity or connection.

CAPRICORN - Dec 22/Jan 20
Capricorn, practical planning gives you an advantage. A little preparation early in the week leaves you with more freedom to enjoy the days ahead.

AQUARIUS - Jan 21/Feb 18
Aquarius, your originality shines in situations that require creative thinking. Trust your instincts—they may lead you toward a solution no one else considered.

PISCES - Feb 19/Mar 20
Pisces, kindness creates a ripple effect this week. A thoughtful gesture or encouraging word strengthens an important relationship and reminds you of the value of simple connections.

1	2	3	4		5	6	7		8	9	10	11
12				13					14			
15									16			
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37	38	39					40					
41					42	43				44	45	46
47					48							
49					50				51			

- CLUES ACROSS

1

Gas station fixture

5

Doo follower

8

Rabbit's tail

12

Pantene's business

14

Peddled item

15

Figure out

16

"Das Lied von der --"

17

Indian lentil stew

18

iPod accessory

20

Cool veggies

23

1504, in old Rome

24

Fr. holy women

25

Evening affairs

28

Bit of ink

29

"SNL" segments

30

Wager

32

Stockings

34

Ham's dad

35

Resort near Snowbird

36

Tubular pasta

37

As a whole

40

Duo's pronoun

41

Hoopster Malone

42

Strongman of myth

47

Needle case

48

Implanted

49

Lavish affection (on)

50

ACLU issues

51

Shakespeare title starter
- CLUES DOWN

1

Third degree?

2

Dubai's country, for short

3

Amp plug-in

4

Lion packs

5

Wonka's creator

6

-- you awake?"

7

Geneticist's study

8

Veer

9

Sugar or starch, for short

10

Language of Pakistan

11

Ticked (off)

13

Tax prep pros

19

Broadcasts

20

Chicago winter hrs.

21

Beehive State

22

High-fat diet

23

Kelly of "One Tree Hill"

25

Courtroom artist

26

Black, in verse

27

Penn or Astin

29

Missile shelter

31

Chance -- Rapper

33

-- Mae (loan offerer)

34

Poet Pablo

36

Brownish purple

37

Scratched (out)

38

Post-WWII alliance

39

Very dry

40

Spheres

43

911 responder

44

"Bad" cholesterol

45

Sushi fish

46

Radical '60s gp.
- Answer on page 12

Play Better Golf with JACK NICKLAUS

IT PAYS TO EQUIP YOURSELF FOR ANY EVENTUALITY IF YOU PLAY GOLF COMPETITIVELY.

IN ADDITION TO 14 CLUBS, HERE'S WHAT ELSE YOUR BAG SHOULD CONTAIN.

PLENTEY OF BALLS, AMPLE TEES, TWO OR THREE GLOVES, A BAG HOOD, A RAIN SUIT, A HAT, AN UMBRELLA, A LIGHTWEIGHT SWEATER, SOME BAND-AIDS, AND A COPY OF THE RULES OF GOLF.

YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST						
	Fri, July 10	Sat, July 11	Sun, July 12	Mon, July 13	Tues, July 14	Wed, July 15
North Isle	H-65° L-55° 10%	H-64° L-55° 20%	H-67° L-53° 5%	H-70° L-54° 5%	H-71° L-55° 0%	H-69° L-56° 5%
South Isle	H-66° L-56° 10%	H-65° L-56° 20%	H-66° L-54° 5%	H-69° L-55° 5%	H-73° L-57° 0%	H-70° L-58° 10%
						H-78° L-56° 15%

OUR Community

An Upbeat Question of the week

By Helen Mosbrooker

What brings you joy and happiness?

Emily Zenz,
Oak Harbor

I have so many things that bring me joy every day! Spending time with my family is of course always a joy! But I also find so much joy with the animals and families I work with on a daily basis, with my business that I built from the ground up! (Punkin Pie Pet services). Helping people and spending time within my community gives me a great sense of peace, not to mention the lifelong friendships I've found along the way! Of course a good cup of hot chocolate with a new book never goes amiss though....

Roosevelt Rumble,
Oak Harbor

What brings me the greatest joy is the incredible love God has poured into my life through the blessings of my family, my friends, and the opportunities He gives me to serve others in my community. Even as I continue to face the challenges, being confined to a wheelchair, and life changes of my physical condition, I still find joy in being surrounded by those I love. Some of my greatest joy comes from encouraging others. Whether it's offering a kind word, giving an unexpected gift, or simply sharing a smile, seeing someone else's spirit lifted brings joy to my own heart. I believe joy is much more than a feeling or something we simply say—it is deeply rooted in the heart. As we receive God's love and share it with others, our joy grows, even through life's challenges.

Adriene Herrera,
Oak Harbor

What brings me the greatest joy is living in a world where people are accepted for who they are and are free to be their authentic selves. Simple moments also fill my heart with happiness—a baby's laughter, the sound of the ocean, a warm hug from someone you haven't seen in a while.

I believe everyone, regardless of the color of their skin or their background, deserves to feel valued, respected, and included. Our differences make us stronger, and when we choose compassion, understanding, and love over judgment, we create communities where everyone belongs. That is the kind of world that brings me joy and the one I hope to help create every day.

Joyful Saying of the Week

The joy we feel has little to do with the circumstances of our lives and everything to do with the focus of our lives.
-Russel M. Nelson

Weekly SUDOKU

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Answer on page 12

To place an ad, email classifieds@whidbeyweekly.com

DEADLINES: The Whidbey Weekly is a submission based editorial with contributing writers. Please feel free to submit any information (please limit to 200 words) that you would like to share with the Whidbey Weekly. You may submit by email to editor@whidbeyweekly.com, postal mail to PO BOX 1098, Oak Harbor, WA 98277, check back in next week's issue. **Submitted editorial is NOT guaranteed to be published.** Deadline for all submissions is one week prior to issue date. For more information, please visit www.whidbeyweekly.com.

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.**

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+

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