

July 24, 2026 - July 30, 2026

Whidbey Weekly

absolutely **FREE**

Your Source For "What's Happening" On Whidbey Island

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NEWS • BITS • WHATS GOING ON • PUZZLES

COLUMNISTS • CLASSIFIEDS



WHIDBEY WORKING ARTISTS STUDIO TOUR



whidbeyworkingartists.com

Whidbey Working Artists Studio Tour is a program of the Whidbey Island Arts Council (WIAC), a not-for-profit 501 (c)(3) organization (91-1147736).

August 15 & 16

10—5, daily



Checking sails extending 60 foot above the deck keeps crew member Dawn Muller looking up.

Story and photography by **Jim Sovanski**

Summer has settled onto Whidbey Island and with it, for us locals, "Island Time" is in full flower. Being on "Island Time" dictates things just move slower here than on the mainland, so yes, "Island Time" is a thing. It's actually what we promote about the island. Slow down, take time to linger, to look and listen. For a local, moving slower also implies one might actually have some leisure time on their hands and might be looking for something to do on occasion this summer.

I have a suggestion. Try time travel. That's right. It's not as weird as it may seem. There actually is a time machine right here on Whidbey Island. It sits, well actually it floats, at the end of the Coupeville Wharf on Penn Cove. It's the two-masted 1925 schooner, Suva. As one of the newest additions to the National Register of Historic Places, Suva offers a respite from the modern world and a look into the Whidbey Island past. Step on Suva and for two hours, let the madness of modern life slip away and enjoy a whole different take on "Island Time."

The Suva has a long history on Whidbey and stepping on board can be like entering a time warp. Aside from some rigging upgrades and modern navigation gear, Suva is much as she ever was, a "wooden, pilothouse, Bermudan staysail schooner." It's a mouthful, but we'll get more into that later.

Suva was built in Hong Kong in 1925 for Coupeville attorney Frank J. Pratt, Jr. who was an avid yachtsman, philanthropist as well as local historical preservationist. He found Whidbey Island and especially the Ebey's Landing area a magical reserve and worked throughout his time here to preserve it's beauty. "Holding an attitude of stewardship toward the land," according to one assessment, "Pratt attempted to preserve the... family-owned properties as he remembered them in his youth," said the Island County Times, Dec. 28, 1939.

Suva has spent her entire existence plying the waters of Penn Cove and the Salish Sea region. In his day, Pratt and his guests often took long excursions to the San Juan's and on to Vancouver Island or north into the Straights of Georgia and western British Columbia. A typical cruise today would be a two hour leisurely circuit of Penn Cove out to the edge of the Saratoga Passage and back to the historic Coupeville Wharf.

By design, Suva's maximum speed is about 7 knots, or for us landlubbers, just over a blistering 8 MPH. The only way to describe a cruise on Suva is leisurely. Under sail, you'll hear the wind flapping into the sails as the water laps gently alongside the boat.

You'll be listening in as the captain sounds his orders. "Stand by to tack." "Ready about." or "Sheet in the jib." Pay attention and you'll actually learn what they mean.

Suva is as hands-on as you wish. Sit on the deck and soak in the rays and enjoy the peaceful solitude of Penn Cove. Or, if you've got a hankering to help hoist a sail or man the helm, the crew is more than happy to oblige. In fact, a sailing on Suva would not exist today without her all volunteer crew, most of whom consider working on the Suva a labor of love. Crew members' reasons are as varied as their experience level. Some have a long history with sailing ships, others are rank novices. Some of the joy of a cruise is getting to know the crew. Unsurprisingly, many are current or former U.S. Navy. So during your excursion you're bound to hear a real sailor story or two.

With a season running from May to September and an all volunteer crew, it takes a small army to man the ship, so to speak. Suva has a staff of 8 captains who rotate command and an additional 31 trained volunteer crew members. Each sailing is staffed by a captain, bosun and 3 to 4 deck hands.



Setting out from a dock on a 68 foot Schooner is not always easy, as this training cruise moment shows.

An unusual feature of the Suva is the enclosed pilothouse, an amenity not often found on schooners. Since Pratt enjoyed sailing in all seasons, he wanted an all weather design. "The pilothouse provides 360-degree visibility from an enclosed cabin, and was tall enough to allow the nearly six foot tall Pratt to stand comfortably at the helm."

A later addition was the wheel in the traditional on-deck aft position. The pilot house is also the portal to the three below deck cabins, the salon, galley and forecabin. Although cozy, Suva comfortably sleeps nine.

The S.V. Suva is a wooden pilothouse staysail schooner designed by legendary Seattle boat designer Leslie Edward "Ted" Geary in 1924. According to the description of Suva in her federal Historic Places application, "She is rigged as a Bermudan staysail schooner, with a complex system of steel-cable mast stays and halyards to raise and adjust the triangular mainsail, main staysail, fore staysail, jib, and large square fisherman sail."

For us nautical novices, a Google search reveals: "A Bermudan staysail schooner is a two-masted vessel defined by its highly efficient triangular (Bermudan/Marconi) sails and the absence of traditional, heavy gaff sails. Instead, the space between the masts is utilized by a series of overlapping, highly adjustable staysails," which are sails not connected directly to the masts.

For true disconnect from today's hectic world, try getting on a boat designed NOT to get anywhere fast. Remember, you are operating on Island Time. Do you really have somewhere else to be?



Captain Terry Ney at the helm of Suva.



The long walk back to shore after a Suva training cruise.



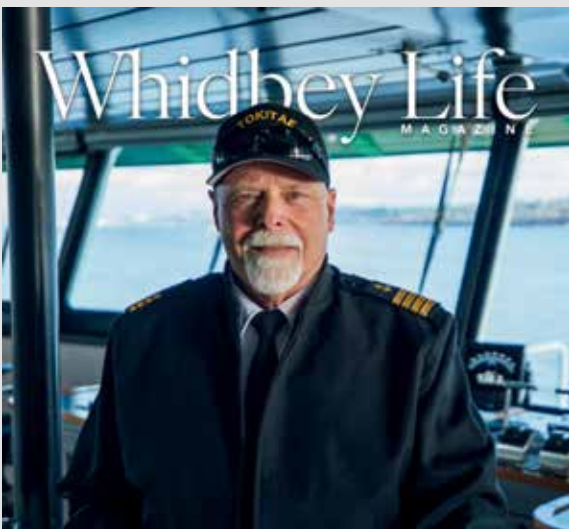
Pre-cruise training. From left: Larry Rose, Beth Haight, Cat Henderson, Ed Benefiel



Scheduled public sailings are Friday evenings, with Saturdays and Sundays offering the possibility of multiple sailings in the afternoon and early evening. The sailing season runs through **September 27th**.

Check the website at www.schoonersuva.org for details and pricing. Private charters are also available.

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BITS & PIECES

Rob Schouten Gallery presents

Anne Belov and Kathleen Frugé Brown - new paintings
August 1 - 31

Opening Reception
Saturday, August 1 from 5 to 7 pm
During Langley's First Saturday Art Walk

Longtime friends Anne Belov and Kathleen Frugé Brown pair up for an exhibition of paintings featuring Belov's new series "Rock, Paper, Scissors" and Frugé Brown's paintings of densely wooded views and landscapes.

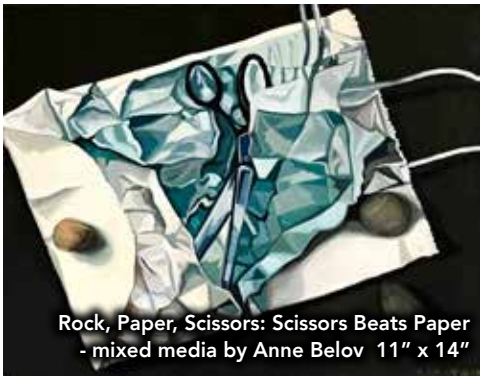
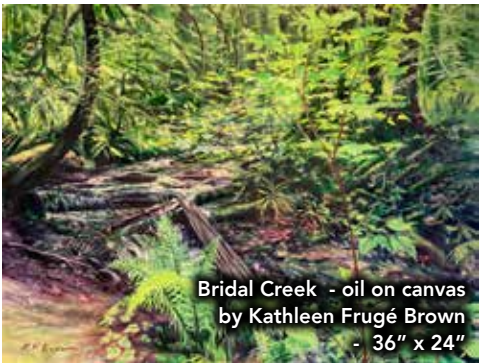
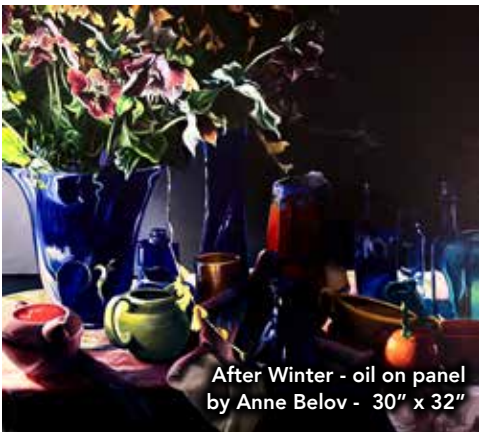
Anne Belov comments on this new body of work: "This group of paintings includes a series on the theme of "Rock, Paper, and Scissors: Elemental Stories", along with other still life arrangements of rocks which may suggest a narrative to the viewer, along with more traditional still life imagery, and landscapes. Objects can tell a story. Their placement — proximity or estrangement, colors and lighting used, identity, and context — all have the power of narrative, as much as places or figures do. I have a lifelong love of story. I think we all crave stories; both familiar stories told over and over again, along with the stories we invent in the moment.

Kathleen Frugé Brown paints not the grand vistas of our Northwest woods, but the quiet road and creekside brambles and the play of light and shadows on them. Her works have a spacial complexity requiring one to pause, and look deeply at the layers of form and light. Working some in plein air and some in the studio she captures the beauty of everyday places in dramatic paintings that draw the viewer into the image with a sense of recognition and appreciation. Frugé Brown comments: "One of the things I love about painting in the woods is there's always another layer of things to be seen, a deeper form to be discovered."

View the Exhibition online at:
<https://www.robschoutengallery.com/annebelov>
<https://www.robschoutengallery.com/kathleen-frug-brown>

Rob Schouten Gallery, a premier showcase for Whidbey Island and Northwest artists, is located at 101 Anthes Avenue, Langley WA at the corner of First and Anthes.

July Gallery Hours: Open Daily 11 - 5.
For further information, call 360.222.3070 or email info@robschoutengallery.com



Water Wisdom

Water seems simple, yet understanding drinking water can be complicated. Here we provide the tools to understand, ask questions, and make educated decisions.

Water Quality - Lead

What is it? Lead is a harmful, naturally occurring metal found in our environment and in household products, like pipes and faucets. Lead can enter drinking water when plumbing materials that contain lead corrode. Because of health concerns, the use of lead in household products has dramatically decreased. Lead pipes are more likely to be found in older cities and homes built before 1986. Among homes without lead pipes, the most common problem is with brass or chrome-plated brass faucets and plumbing with lead solder.

How it impacts you: consuming lead may be harmful to your health. Most people have no obvious, immediate symptoms of exposure to lead. Drinking water with even small amounts of lead over a long period of time can result in lead poisoning. Children are more vulnerable to lead poisoning because their bodies absorb lead more readily than adults. Although lead can affect almost every organ and system in your body, the nervous system is the main target for lead poisoning in children and adults. Because lead in drinking water is colorless, odorless, and tasteless, testing is the only way to ensure that lead is not present.

How to test for it: water samples should be sent to a state accredited lab to be analyzed for lead. Eurofins-Edge Analytical in Burlington provides sample bottles at the Island County Public Health offices in Coupeville and on Camano Island. Other state accredited labs nearby include those located in Ferndale and Everett. Please ensure you follow the sampling method for lead.

How to understand the test results: the lab report will show lead as the analyte and either ND or a number for the result. ND means that lead was not detected by the lab equipment. Any number indicates that lead is present. No safe level of lead has been found.

Next steps: if lead is present, simple actions can reduce your exposure: use cold water for drinking and cooking, flush your pipes before drinking, use a water filter that removes lead, and talk to your water system about service lines. Find out if you have lead pipes in your home with the Protect Your Tap: A Quick Check for Lead guide. Consider replacing plumbing components with products certified to be lead free.

Public Water Systems Group B Water Systems

Island County has NEW resources for Group B Water Systems. Need to update your Water Facilities Inventory form (WFI)? Easily update your WFI with our new online form: WFI EZ Update. Need guidance on managing your water system? Check out our new Group B Water System Management Plan. Find additional resources on our website.

Group A & Group B Water Systems

Monitoring to check if seawater is intruding into our freshwater aquifers at your water source(s) helps protect the drinking water in Island County. Water sources located in medium, high, and very high risk areas are required to be sampled for chloride and conductivity every year in April and August. Make sure to let the lab know this is for compliance so your results will be submitted for seawater intrusion monitoring in Island County.

Want to find information about your well or water system? Scan QR>>



Need to measure the water level in your well? A water level tape is available to borrow from Island County Public Health.

Have drinking water questions? Scan here>>



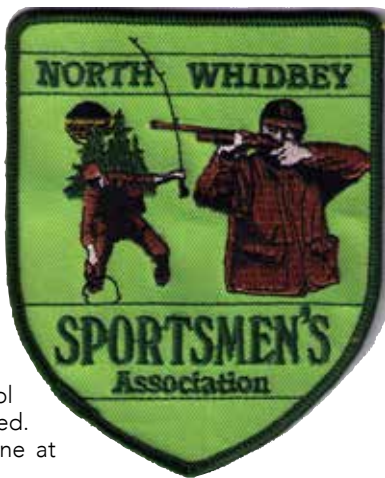
NRA Basics of Pistol Shooting course offered

The North Whidbey Sportsmen's Association (NWSA) is offering a series of monthly safety classes to the general public.

The next course -- NRA Basics of Pistol Shooting -- will be held Friday August 14th from 6pm to 9pm, continuing on August 15th from 9am to 5pm at the NWSA range located at 886 Gun Club Rd., off Oak Harbor Rd. This course introduces students to the knowledge, skills and attitude necessary for owning and using a pistol safely. The pistol handling and shooting portion is completed at the NWSA range where students will learn about safe gun handling, pistol shooting fundamentals, and pistol shooting activities. The Basics of Pistol Course will also help prepare the student for participation in other NRA courses. This class includes shooting on the NWSA Pistol Range. NWSA will furnish a pistol for student use if requested. The cost of the class is \$50. Students can register online at <http://www.nrainstructors.org>

For questions or to register email NWSA.Training@gmail.com Additional information can be found at www.northwhidbeysportsmen.org.

NWSA is an organization of men and women who support, encourage and engage in the responsible use of the outdoors, including hunting, fishing, and the shooting sports: archery, shotgun, rifle and pistol.



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What's Going On!

ISLAND SHAKESPEARE FESTIVAL 2026: MACBETH AND ROBIN HOOD OF SHERWOOD FOREST
Now through Sept. 6; various dates and times. Island Shakespeare Festival, 5476 Maxwellton Road, Langley.

Island Shakespeare Festival presents Macbeth by William Shakespeare and the world premiere of Erin Murray's Robin Hood of Sherwood Forest. Performances run through Sept. 6, with 6 p.m. evening shows and 1 p.m. matinees on select dates. Audiences are invited to arrive early for pre-show activities, including Shakes & Bakes and Swordplay Saturdays. The season also features ISF Beyond performances, including Red Eagle Soaring, James Donlon Physical Theatre, King John: A Solo Performance and Sound & Fury: An Improvised Shakespeareance. Beer, wine and concessions are available, and patrons are welcome to bring a picnic. For tickets and performance schedules, visit islandshakespearefest.org.

MEAN GIRLS JR.
Now through-Aug. 2; Fridays and Saturdays at 7 p.m., Sundays at 2 p.m. Whidbey Playhouse, 730 SE Midway Blvd., Oak Harbor.

Whidbey Playhouse presents Mean Girls Jr., a high-energy musical following the challenges of friendship, identity and fitting in during high school. Featuring a talented cast of young performers, the production includes rotating featured casts throughout the run. Tickets and performance schedule are available through the Whidbey Playhouse box office.

FRIENDS OF THE OAK HARBOR LIBRARY BOOK SALE
Friday-Saturday, July 24-25
10 a.m.-5 p.m.
Oak Harbor Library, 1000 SE Regatta Drive, Oak Harbor

Browse a wide selection of gently used books and DVDs for children, teens and adults during the Friends of the Oak Harbor Library Book Sale. Proceeds support library programs, services and materials.

A SUMMER PORCH CONCERT
Friday, July 24, 7 p.m.
5510 Langley Road, Langley.

Violinist Linda Vogt and pianist Sheila Weidendorf present an intimate summer porch concert featuring special guests Andre Feriante and Nick Toombs. Bring a blanket or lawn chair, your favorite beverage and enjoy an evening of live music in an outdoor setting. Carpooling is encouraged to maximize parking. A freewill offering will be accepted. For more information, visit sheilamakesmusic.com.

FRIENDS OF THE COUPEVILLE LIBRARY FARMERS MARKET BOOK SALE
Saturday, July 25, 10 a.m.-2 p.m.
Coupeville Library, 788 NW Alexander St., Coupeville.

Browse a wide selection of books during the Friends of the Coupeville Library Farmers Market Book Sale, held on the community green behind the library in conjunction with the Coupeville Farmers Market. Books are available by donation, with cash and checks accepted. Proceeds benefit the Coupeville Library, and children receive a free book. The next sale will be held Saturday, Aug. 1.

SALMON ENCHANTED EVENING
Saturday, July 25, 5:30-8 p.m.
Whidbey Watershed Stewards, Langley

Support Whidbey Watershed Stewards at Salmon Enchanted Evening, an annual fundraiser featuring Orlando's Southern barbecue picnic, artisan pies, Ott & Hunter wines, Double Bluff Brewing beer, a live auction and special guest Dave Parent. Tickets are \$80 per person.

AMERICAN ROOTS CONCERT SERIES: SURLLAJTA
Saturday, July 25, 7-8 p.m.
Deception Pass Amphitheater, Deception Pass State Park, Oak Harbor.

Experience the vibrant sounds of the South American Andes with SurLlajta, performing traditional and festive music featuring guitar,

charango, panpipes, quena, bombo, bass, keyboard and vocals in Spanish and Quechua. Presented in partnership with Early Music Seattle as part of the American Roots Concert Series. Admission is free; a Discover Pass is required for vehicle access.

WHIDBEY ISLAND GUITAR FESTIVAL
Sunday, July 26, 1-9 p.m.
Royal Alvin Hall, 1694 E. Main St., Freeland.

The Whidbey Island Guitar Festival returns with a full day of live performances showcasing guitarists and string musicians from across the Pacific Northwest. The lineup spans jazz, classical, flamenco, world music, acoustic and electric guitar, with performances by Troy Chapman, Honza Kourimsky, Keith Bowers, Andre Feriante, Tyler Richart, Elisabeth Brown, Charlie Solbrig and Nick Mardon. Half-day and full-day tickets are available. For tickets and information, visit littlebigfest.org/wiguitarfest.

OKK TAIKO AT THE LIBRARY
Tuesday, July 28, 2-3 p.m.
Oak Harbor Library, 1000 SE Regatta Drive, Oak Harbor.

Experience the powerful rhythms of Okinawan taiko drumming with Oak Harbor's own OKK Taiko. This high-energy performance features dynamic choreography and traditional drumming that is sure to inspire audiences of all ages. Free and open to the public.

TIDEPOLS AND TRIVIA
Wednesday, July 29, 2-3 p.m.
Coupeville Library, 788 NW Alexander St., Coupeville.

Kids ages 5 and older are invited to test their knowledge of ocean life during an interactive trivia program featuring stories, photos and fun facts about Puget Sound marine creatures. Washington State Parks Interpretive Ranger Tabitha will lead the program, with prizes awarded to participants. Supported by the Friends of the Coupeville Library.

LEGO® SCIENCE: DERBY CARS
Wednesday, July 29, 2-3 p.m.
Langley Library, 104 Second St., Langley.

Kids ages 5-14 are invited to build and race LEGO® derby cars while exploring engineering and science concepts during this hands-on STEAM workshop. Using LEGO® Education Science Kits, participants will learn through creative play. Space is limited to the first 20 participants.

MARINE MAMMALS OF THE SALISH SEA
Wednesday, July 29, 4-5 p.m.
Freeland Library, 5495 Harbor Ave., Freeland.

Learn about the marine mammals of the Salish Sea with Garry Heinrich, response coordinator and investigator for the Central Puget Sound Marine Mammal Stranding Network. Discover how to identify seals, sea lions, whales, dolphins and porpoises, and what to do if you encounter a stranded marine mammal. This program is part of Sno-Isle Reads Together, featuring the 2026 selection Remarkably Bright Creatures by Shelby Van Pelt.

WALK WITH WEAN: EBEBY'S LANDING
Wednesday, July 29, 5:30-6:30 p.m.
Ebey's Landing Trailhead, 162 Cemetery Road, Coupeville.

Join the Whidbey Environmental Action Network (WEAN) for a guided walk at Ebey's Landing. Meet at the trailhead parking lot west of Sunnyside Cemetery for a scenic walk and conversation. Participants should wear comfortable clothing and walking shoes, as the trail includes gentle elevation changes. RSVP is requested. For more information, visit whidbeyenvironment.org/events.

FULL MOON SALON
Wednesday, July 29, 6:30-8:30 p.m.
Eternal Spring Church, 3095 Hunt Road, Oak Harbor.

Celebrate the peak of the lunar cycle with an evening of reflection, community and seasonal observance. The gathering includes scripture, cosmic insights, runes, moon-themed practices, group discussion, goal setting and a release ritual. Bring a notebook and a dish to share for the community potluck. All are welcome. Monthly gatherings begin at 6:30 p.m.



Two Great Musical Events for Whidbey Island

PNWCI ORCHESTRA Festival Concert

**FRIDAY AUG 7
7:30pm**
Whidbey Island Center for the Arts
Langley



Ludwig van Beethoven
Coriolan Overture, Op. 62

Gabriela Lena Frank
Elegia Andina

Ethel Smyth
Serenade in D Major

Felix Mendelssohn
Symphony No. 4 "Italian"

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www.wicaonline.com
Box Office: 360-221-8268

Festival of GLOBAL TRADITIONS

**SATURDAY AUG 15
1:00pm**
Oak Harbor
United Methodist Church



The PERCUSSIVE ARTS world comes to the Rock with a vibrant program blending Western chamber music and global rhythms from Africa. Highlights include music for the Gyl xylophone from Ghana and a rare opportunity to experience the monumental Embaire, a massive wooden log xylophone and one of only a handful found outside Uganda.

Free Admission
Donations Encouraged

info @ www.sowhidbey.com

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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

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OAK HARBOR MUSIC FESTIVAL

OAK HARBOR MAIN STREET

Whidbey Weekly

The Spats

by Jeff Pickering

The Garden Bug

Bolting

Bolting, or “going to seed,” is the stage of crop plant growth that produces flowers and seeds. If the crop plant is harvested after bolting, it’s likely to taste bitter. Crops well-known for bolting as summer heat sets in are lettuce, spinach, arugula, broccoli, cabbages, kale, collards, carrots, radishes, beets, turnips and herbs such as cilantro, dill and parsley. A bolted plant may not taste very good, but its flowers can attract many pollinators to your garden. – Brenda Weaver

Sources: gardeningsolutions.ifas.ufl.edu, www.civicgardencenter.org

BEYOND THE HONEYBEE



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

“Save the bees” has become a message we see almost everywhere on tote bags, coffee mugs, garden signs, and social media. It’s done a great job of getting people to care about pollinators, but there’s one important detail that often gets overlooked. Honeybees aren’t the whole story.

There are more than 20,000 species of bees around the world and over 4,000 in North America. While the Western honeybee gets most of the attention, many of our native bees quietly go about their work without much recognition. Among the most fascinating are bumblebees, those fuzzy, slow-moving pollinators that seem to float from flower to flower in no particular hurry.

Unfortunately, many of these native bees are in trouble. Nearly a quarter of North America’s bumblebee species are considered at risk due to habitat loss, pesticides, disease, and climate change. Their decline matters because bumblebees are more than just pollinators; they’re indicators of a healthy environment. When bumblebee populations struggle, it’s often a sign that nature is struggling too.

They’re also incredibly important for our food supply. Bumblebees pollinate more than 100 crops, including tomatoes, blueberries, peppers, cranberries, and eggplants. Thanks to a unique behavior called buzz pollination, they can release pollen that many other bees can’t reach, making them especially valuable in both natural ecosystems and agriculture.

I didn’t learn to appreciate bumblebees from a textbook. It happened while building a permaculture garden in my own backyard.

As the garden grew, so did the wildlife. Birds, butterflies, dragonflies, frogs, and eventually the bees all found their way into the space. Before long, gardening became less about pulling weeds and more about simply sitting still and watching what was happening around me.

One thing I quickly noticed was that bumblebees don’t seem to rush.

Unlike honeybees that dart quickly from flower to flower, bumblebees move at a slower pace. They linger inside blossoms, almost as though they’re taking their time. Watching them has become one of my favorite parts of summer.

My children love it too. We’ll often stop what we’re doing to follow a bumblebee around the garden, guessing which flower she’ll visit

next. It’s become one of those simple family traditions that costs nothing but creates lasting memories.

Watching a bumblebee work is surprisingly mesmerizing. She climbs deep into a flower, grabs hold, and vibrates her flight muscles to shake loose pollen. You can actually hear the buzz change as she works. When she’s finished, she’ll pause to brush bright yellow pollen from her fuzzy face into the pollen baskets on her legs before heading off to the next bloom.

Moments like these have taught us something we don’t always make time for: how to slow down and pay attention.

When I first started keeping bees, I assumed honeybees were native to North America. I was surprised to learn they originated in Afro-Asia and were brought here by European settlers centuries ago to help pollinate crops. They’re still incredibly important to agriculture today, but learning that history opened my eyes to the amazing diversity of native bees that had been here long before honeybees arrived.

Both honeybees and bumblebees face many of the same threats, but I was surprised to discover that large numbers of managed honeybees can sometimes compete with native bees for nectar and pollen. It reminded me that conservation isn’t always as simple as choosing one species to protect. Healthy ecosystems depend on balance.

The good news is that helping bees doesn’t require a huge backyard or expensive conservation project. Planting native flowers, avoiding pesticides, leaving a few wild corners in the garden, and supporting sustainable farming are all simple ways to make a difference.

The more time I spend watching bumblebees, the more they remind me that small actions matter. They move through the world one flower at a time, quietly doing work that benefits us all. Maybe there’s a lesson in that. If we slow down, pay attention, and make small choices that support the natural world, those little actions can add up to something much bigger.

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On The Two Delightful Things



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

Summer on Whidbey Island is just about as good as it gets. Those of us who live here year-round and are trying to scrape out a living to be able to afford to live here. We are stunned to see thousands of people migrating to this island for the summer on their vacations.

I know that often I will come over the rise of a hill and see the mountains off in the distance, just beyond an ocean and an old-growth forest, and think to myself, "I must be living in Narnia." On the one hand, as the saying goes, "It never gets old." Yet, at the same time, our lives can go so fast with their duties and chores that we can't pause long enough to see how beautiful it is to live here if one has enough income and physical health.

We live in an ADHD society with so many chores needed to keep up our appearances, so many tasks needed to keep life going, so many job responsibilities to keep up with the Joneses or at least keep up with the rent. It can sometimes feel hard to focus and even harder to rest. What I've noticed about living in this relatively insane culture that we call the West is that slowing things down and paying attention are both made very difficult by our technological and social situation. They are also made difficult by the sheer grind of working so hard just to survive and pay the bills.

I'm genuinely curious about life hacks and spend the first two hours of each day with hot brick-layer tea and sausage rolls, just trying to get my act together for the day. I call this time between 4:00 AM and 6:00 AM "Charles University" because I spend those two hours watching YouTube videos on various topics I want to learn about. Today, for example, I did a deep dive into Claude because I hope to open an account and teach myself how to use it effectively. Yesterday, I studied Asian pottery techniques because this weekend I hope to make a new kind of bowl.

I asked a life skills expert how to deal with the work addiction that plagues not only me but most of American society, and she gave me the most wonderful answer. She said, "The most important thing is that twice a week you do something that is absolutely for yourself and that is pure delight." She went on to say that you can't just do two beautiful things, but you also have to notice that you're doing them. In other words, slow the action down so that you're mindful of the delightful choices you make twice a week – choices that are just about enjoying life to its fullest. But this life skill is harder than it seems. I've gone through entire weeks doing

absolutely nothing purely for my own delight, nothing except my chores: taking care of my body, cleaning my body, walking, caring for my dog, paying my bills.

But in a good week, I will find two specific things that I would like to do on this gorgeous holiday-destination-island that will purely and utterly delight me, and I'll give you two examples from last week. On Saturday, I went over to Bayview to give myself the delicious and wonderful experience of having authentic French buckwheat crepes at the new creperie Merriweather Creperie, next to the flower house. I ordered my usual, which is technically off the menu, although Joan makes it for me, which is a great kindness. She'll make me two simple buckwheat crepes and add extra butter, which I eat with a cup of tea on a slow Saturday morning. This one act is important to me because when I was a child, my parents and I spent most springtime in Paris for my father's work. At the age of eight, onward, I had to fend for myself for breakfast each day, so I left the hotel at Place de Concord, and went down the street to a buckwheat crepe shop and ordered two buckwheat crepes with extra butter and a cup of tea. This little act that I do on weekends on Whidbey is connected to a delight from my entire lifespan.

The second act of pure delight was meeting a friend at my pottery studio for a tour and explaining my process of making pots. She was so kind and interested, and I watched myself become overwhelmed with joy at giving her this little tour of my tea bowls and pots. She picked out five or six that she liked a lot, and when she went to pay me, I asked her to receive them as a gift because she had done so much for me over the last few years. It was a mutual exchange that had nothing to do with money, and it was two people connecting. She loves the tea ceremony, and I love making bowls for the tea ceremony. Together in that one little hour, we delighted each other.

So, my challenge to you, dear reader, is to put on your calendar two things this week, and every week, that are utterly and only about pure delight, if there's any way you can manage it. Hold yourself accountable to doing them, because one day you will be on your deathbed, and you will not wish you had done more work. You will wish you had done more delightful, enjoyable things instead.

"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.



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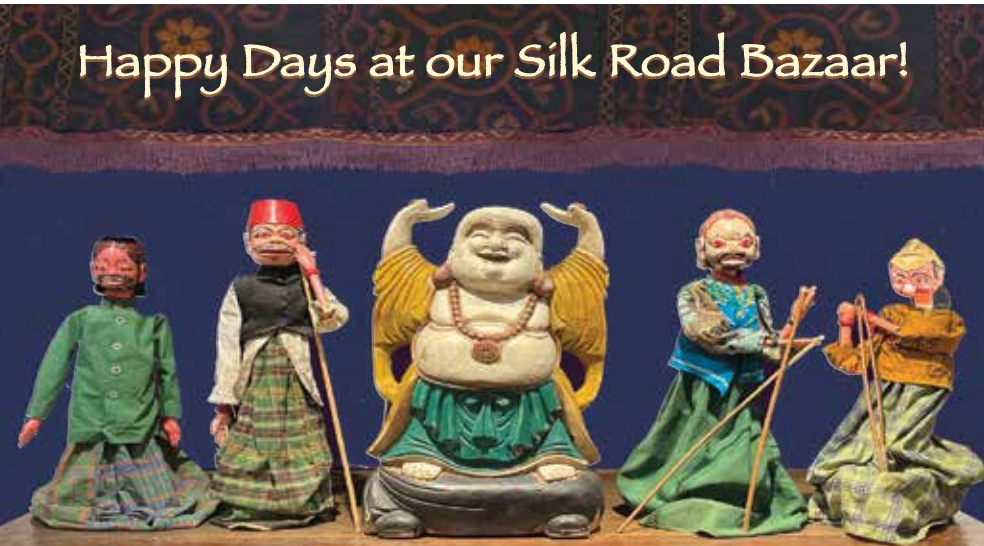
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HERE ON WHIDBEY ISLE

Here on Whidbey Isle, everywhere's a smile
Even though the fog's still in the morn.
Low the waters roar, beneath the cliffs and shore;
And above the windswept trees an osprey's soarin.'

The tide will be out by Noon, and the sun will too;
Children scamper with their little pails
Gathering rocks and shells, (while seagulls cry and wail)
And watch the many boats with pretty sails.

As dusk comes 'round the trees there'll be an evening breeze;
Campfires are the beacons in the park.
The families circle 'round their campsite on the ground
Getting ready, soon it will be dark.

Here on Whidbey Isle, everywhere's a smile
Even though today is almost past.
Memories will go home of beaches that you roamed;
Whidbey Island memories that will last.

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Americanisms

“Friend something better
than chocolate ice cream ...
Maybe friend somebody
you give up last cookie for.”
— Cookie Monster

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By Dr. Darlene Castle
Chiropractor

CONVERSATION STOPPER

“How are you today?”

“Not so good...I've got this pain...didn't sleep well at all last night...I really don't think this is just a common cold... they say there's a new virus going around....”

When you get under Chiropractic care it's surprising to look back and realize just how much of your life has been spent talking about symptoms. We humans seem to be devoted to discussing our aches and pains. Hours are spent relating bouts with chapped lips, dry skin, running noses and smelly feet.

Are we just that way? Or have we had a little help?

Statisticians tell us the average person will have watched about 20,000 hours of television by the age of 18. Each of those hours contains an average of nine relief-oriented commercials.

Nine commercials per hour, selling relief from bottle or tube, in tablet, capsule or liquid form, cherry flavor or orange. Each is a little different, but all guarantee fast, fast, fast relief.

And of course everyone knows how to spell relief.

Think about those commercials. Hour after hour, TV people sneezing, aching, paining, itching, chapping, sniffing and scratching, day after day, all looking for relief.

We've been around it so long we don't even question it anymore. We have an ache or pain, allergy or inflammation, we don't ask why, don't look for the cause, we just grab the bottle that advertises the fastest relief. And tomorrow or next week when we have a similar discomfort, we pop another pill. Why not: it worked great the last time!

What are the alternatives? What is the cause?



Your body has the intelligence within it to produce every chemical you will ever need throughout life. It produces pain killers, histamines, antihistamines, insulin, adrenaline, cortisone – all in just the right quantities and qualities – everything made-to-order, tailored to the needs of your body.

Then why is it those things aren't made? What is causing all these symptoms?

The answer to this could very well be a body that isn't working right. And the quickest way to cause a body to not function properly is to interfere with its brain's ability to control bodily functions. Put pressure on a nerve, interrupt the controlling orders from brain to body and you have the perfect condition for malfunction and disease.

Chiropractors have known it for years and we've been advising that it is of utmost importance to remove interferences with the nerve system to allow the body to function properly and then maintain that body in good health through regular spinal care.

It's all very simple and not half as glamorous as any TV commercial. As a matter of fact, it's a conversation stopper.

“How are to today?”

“Just great! Just got back from my Chiropractor and I don't have any nerve interference, so I know I'm just as great as I can be right now!”

“Oh.”

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

ABOUT: Dr. Darlene Castle attended Palmer College of Chiropractic and graduated with a Doctor of Chiropractic degree in 1972.

“I knew I wanted to become a Chiropractor while still in high school. I made the right choice – 50 plus years in practice and I'm still helping people with Chiropractic care.”



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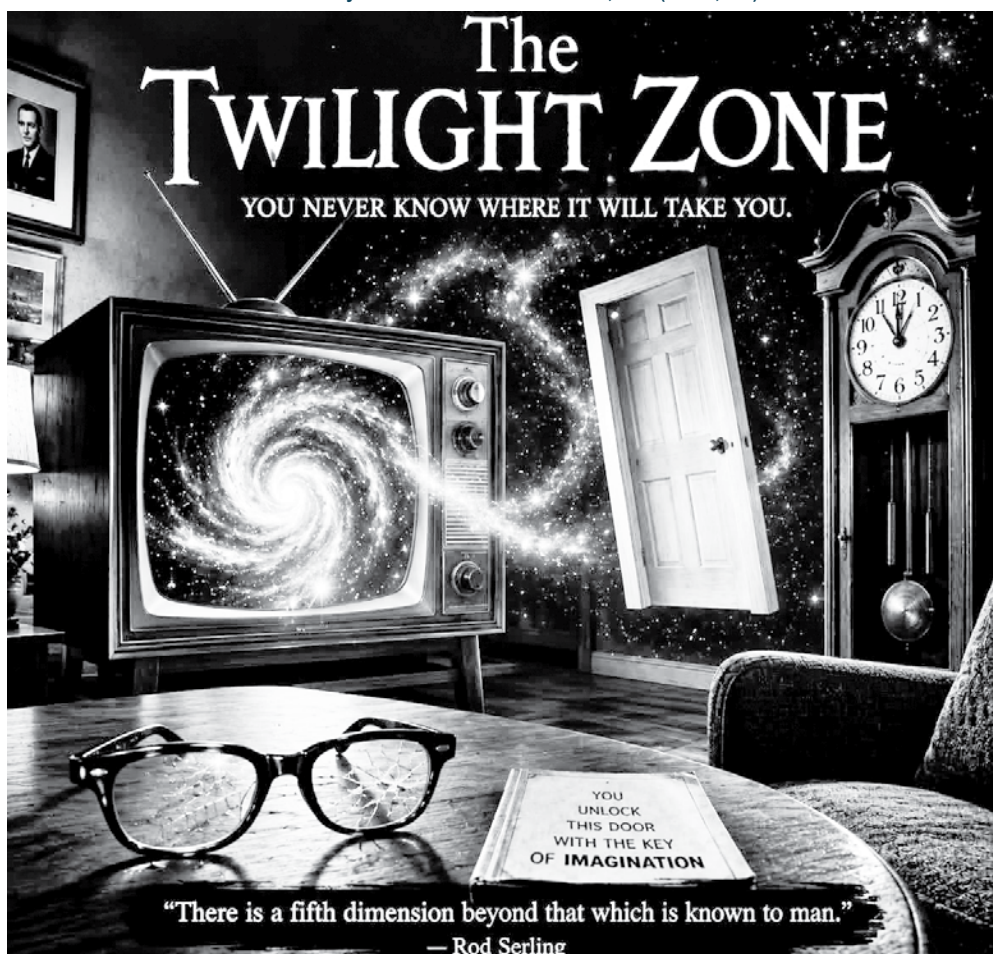
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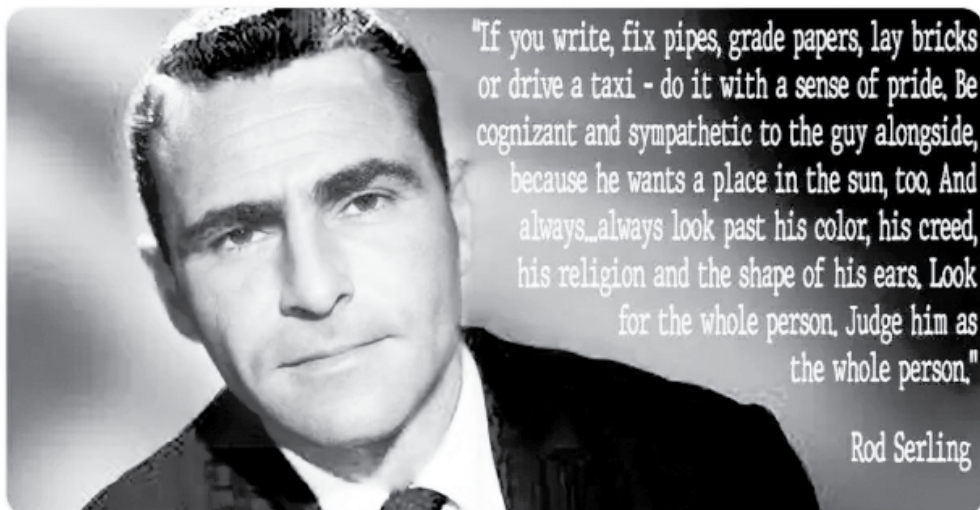


Dr. Darlene Castle
Chiropractor
50+ years experience

*** You're traveling through another dimension. ***
The Whidbey Wordsmith / JoAnn Hellmann, JOC (USNR, ret.)



Some of the things that he and the other TZ writers tried to warn us about still exist in American culture. People can be suspicious of their neighbors. Differences too often divide rather than bring us together. People at times more concerned with what they've got than helping their neighbors. Maybe that's why the show keeps coming back; every generation needs to learn its lesson. That's just a little bit of introspection, courtesy of The Twilight Zone.



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.

Answer in next week's edition!
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by Gary Kopervas



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Astrology for July 24-30 2026

Nodes Enter Aquarius/Leo until 2028, Full Moon in Aquarius 6°

On **July 24**, Mercury direct in Cancer sextile Venus in Virgo at 16°. After a long Mercury retrograde cycle that began on June 29, information is starting to become clear. Mercury rules the mind, our mental framework and in Cancer, the mind has softened, memories have resurfaced, and conclusions are being drawn now based on the truth of our hearts. This is a beautiful day for communicating our feelings, connecting with loved ones, and expressing our affections. With the Moon moving through the sign of Sagittarius, there is emotional optimism in the air. Good times.

On **July 25**, Neptune retrograde in Aries sextiles Pluto retrograde in Aquarius at 4°. Neptune, the planet of dreams, visions, escapism, and spirituality offers support to Pluto, the planet of transformation and evolution. When outer planets meet the energy works as an ongoing backdrop to the more immediately noticeable phenomena, but nonetheless we may see signs of these two power players at work today. Notice what internal reflections are being prompted. This transit is pushing us to consider new avenues, to dream new dreams unprecedented. This is encouraging us to ask deeper questions, dig into the inner workings of our psychology. What has been blocking the way forward? Where is a path starting to open? Tomorrow's transit will ask that we meet these reflections with prudence and integrity. This is a transit that signals a lot of social change. The confidence we have built as individuals over time is now being channeled toward collective aims.

On **July 26**, Saturn stations retrograde in Aries at 14° until December 10. Saturn, the planet of discipline and boundaries has a lot of pull today. It will ask us to focus our energies inward and review where we have skirted responsibilities, especially with ourselves. How are you showing up for your desires? Your commitments? Are those levels balanced? The pace may feel that it has slowed down, or that we are blocked from passing go. Circumstances that give us pause. Its an important moment to temper impulses and think critically about next moves. They will be consequential. Hold the line. Create the boundary. Be direct. Don't forget to look in the mirror.

On **July 26**, the Nodes of Fate leave Pisces/Virgo and move into Aquarius/Leo until March 2028. We made it. We have completed 1.5 years of lessons concerning the functionality of our boundaries and the strength of our faith. We worked through fated lessons about giving and receiving, work vs play, and even had to confront old routines, habits and patterns when it came to schedules, diets, and health matters. With all that we have learned, we progress onwards to a new chapter that shifts the collective focus toward our communities, new technologies, and humanity as a whole. We will be asked to release old ego trips and make room for new versions of togetherness. What changes would you like to see in your own personal groups and associations? How will you make a concerted effort in a cause you believe in or are a part of? What elements of past creative practices are due for a reboot, an adjustment? The next year and a half will reveal next steps, tests, and twists of fate in these areas. Feeling stagnant? Make new friends.

July 29 brings the full Moon in Aquarius at 6°. This full Moon features a conjunction to Pluto retrograde in Aquarius opposing the Sun conjunct Jupiter in Leo. This is a standoff between self-expression and the need to evolve, a challenge between the self and the collective. The Sun in Leo wants to shine, to roar, to play, while Pluto in Aquarius bluntly pinpoints just how out of touch or outdated the approach. When you lead, is it inclusive? When you express, is it authentic? Any holes in fabricated stories or fake traits in personalities will likely be exposed under this sky. Inauthentic acts of charity, lies, cheating, or once well-hidden shadows of people in power are due for a reckoning. Power dynamics will be challenged. Falls from grace may be very apparent and even public. The collective voice shows further signs of unification. Are you walking your talk? Phonies beware. Remember the power dynamics that recently surfaced on July 20? The information that was revealed around Mercury station direct on July 23? The full Moon is bringing it all together and putting it under the penetrating spotlight of both luminaries. There are no more secrets. Nowhere to hide. We must face what has been illuminated, consequences and all.

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July 24th – July 30th:
Eight of Pentacles

In many modalities you'll find that eights exude messages of abundance and pentacles represent the practical and tangible materialization of alchemized gold. This is paycheck energy, as well as harvested cornucopia energy. And this week's card specifically froths forth the understanding of prosperity both simply in existence around you and steadfastly beneath you, as well as reliably and consistently rolling to you while you rhythmically toil away at work that only ever feels like peaceful hyperfocus upon hobbies. Imagine trusting the finances to settle around you without overthinking about every detail; the epitome of 'just let me do what I want to do' being the whole vibe.

And loves, if just reading this last paragraph spikes anxiety or derision, consider this an excellent invitation to begin to stretch gently into the discomfort of this exercise. Ask yourself which aspects of your day-to-day you dread, have you a reliable alternative to delegate these bits, and after how long of enjoyable activity you find yourself feeling pressured toward expected responsibility. In this reflection you now know where to focus adaptation.

Have you ever been so absorbed in a task (or your own thoughts) that all concept is lost of where you are or who may be endeavoring to communicate with you? That'll be this week in a nutshell: many of you will be the engrossed while some of you will have those tender spots of despising feeling ignored triggered something fierce by your enamored loved ones. Try not to lean into anger at these moments. Take the begotten one gently by the hands and lovingly tell them you'd like a bit of attention. Or just as enriching, consider sitting with these shadows and inquiring what these triggers are seeking to tell you and what you can provide yourself to feel more whole inside. Both paths require courage, and encourages you to expand in growth a bit beyond your routine comfort zone, which is far more preferable than an alternative of potential resentment brewing.

It's often when our hands are busy and our minds are diverted that our subconscious can begin to unravel the knots of complications we'd stuck in our craw, having not yet riddled out solutions.

So indulge your vocation, and then maybe go shoe shopping, because self-presentation IS self-care, which is it's own abundance practice.

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

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



WEEKLY HOROSCOPES

ARIES - Mar 21/Apr 20
Stop trying to do everything yourself. Someone is willing to help, but only if you let them. This week is about working smarter, not harder.

TAURUS - Apr 21/May 21
You've been playing it safe for a while. That's fine—but don't let comfort become an excuse for avoiding change. One small risk could pay off.

GEMINI - May 22/Jun 21
You're full of ideas, but not every one needs to become a project. Pick the one that excites you most and give it your full attention.

CANCER - Jun 22/Jul 22
Quit second-guessing yourself. You already know the right answer—you've just been hoping someone else would confirm it. Trust your instincts.

LEO - Jul 23/Aug 23
The spotlight is on you, but don't mistake attention for progress. Focus on substance instead of appearances, and the recognition will last.

VIRGO - Aug 24/Sep 22
Not every problem needs fixing this week. Sometimes the best move is to leave things alone and let them unfold naturally.

LIBRA - Sept 23/Oct 23
You've been keeping the peace for everyone else. It's time to ask whether your own needs are getting equal attention. A little honesty goes a long way.

SCORPIO - Oct 24/Nov 22
Holding onto old frustrations is costing you more than you realize. Letting go isn't giving up—it's making room for something better.

SAGITTARIUS - Nov 23/Dec 21
You don't need a big adventure to shake things up. Try something different, even if it's small. A change in routine could change your outlook.

CAPRICORN - Dec 22/Jan 20
You've earned the right to slow down for a minute. Constant productivity isn't the only measure of success. Recharge before the next push.

AQUARIUS - Jan 21/Feb 18
Your ideas are solid. Stop waiting for unanimous approval and start moving forward. The right people will catch up.

PISCES - Feb 19/Mar 20
Don't ignore what your gut has been telling you. If something feels off, look closer. If something feels right, stop talking yourself out of it.

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56					57					58		
59					60					61		

- CLUES ACROSS

1

Efron of "Parkland"

4

"For -- the Bell Tolls"

8

Maui's -- Highway

12

Rock's Brian

13

Continental coin

14

Petri dish gel

15

Scrape (out)

16

Shakable paperweight

18

Egypt's Anwar

20

Quibble

21

Composer Bartok

24

Informative

28

Hall & Oates ballad of 1976

32

Scarce

33

Galley item

34

Must, casually

36

Plant seeds

37

Radar dot

39

"Gems" found on a beach

41

"Bye!"

43

Poetry contest

44

Vat

46

Foolish

50

Scott Evil actor in the Austin Powers films

55

Blue bird

56

Saab model

57

Nest egg choices

58

Broad st.

59

Wee songbird

60

Lacking slack

61

Wine choice
- CLUES DOWN

1

Dazzling duo?

2

"Diana" singer

3

Not single-sex

4

Locale in "The Great Gatsby"

5

Attila, e.g.

6

Acapulco gold

7

Cut, as a lawn

8

Summer top

9

Previously

10

Collar

11

Common verb

17

Tonic's mixer

19

Six-pack muscles

22

Novelist Anita

23

Poker pot starters

25

"That -- close one!"

26

"No seats" signs

27

Evergreens

28

Weeps

29

Robust

30

Buffalo's lake

31

List-ending abbr.

35

Not for

38

Large constrictor

40

Run after K

42

Summer mo.

45

Telly watcher

47

Slightly open

48

Cathedral area

49

Kept tabs on

50

Cutting tool

51

Chariot trailer

52

Three, in Rome

53

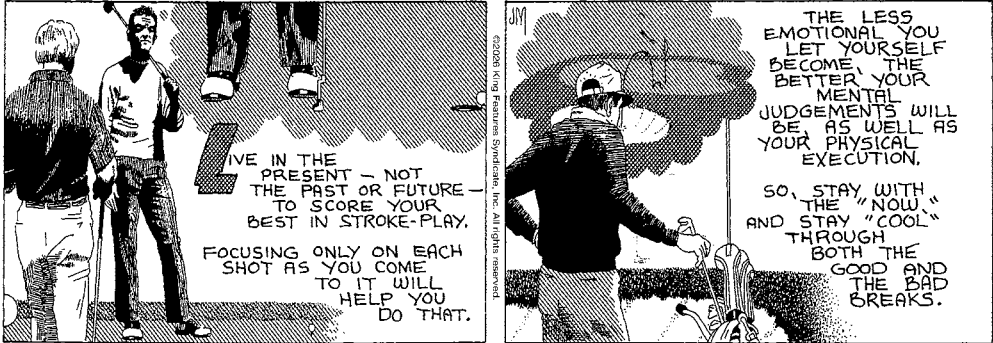
Notable time

54

Vichy water

Answer on page 12

Play Better Golf with JACK NICKLAUS



YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST							
	Fri, July 24	Sat, July 25	Sun, July 26	Mon, July 27	Tues, July 28	Wed, July 29	Thurs, July 30
North Isle	H-71° L-59° 5%	H-68° L-59° 25%	H-64° L-59° 40%	H-68° L-58° 15%	H-68° L-55° 0%	H-71° L-56° 5%	H-71° L-56° 0%
South Isle	H-72° L-60° 5%	H-68° L-61° 10%	H-65° L-60° 25%	H-68° L-59° 20%	H-68° L-56° 0%	H-71° L-57° 0%	H-72° L-57° 0%



OUR

Community

An Upbeat Question of the week

By Helen Mosbrooker

What would surprise a first time visitor to Freeland?



Kathy Habel,

Freeland

I think most visitors would be surprised at how friendly and helpful the Whidbey Islanders are! Must be because it is such a beautiful place to live. The island also has a full component of organizations dedicated to meeting the needs of all our citizens. Lots of recreational opportunities as well.



Kim Glandon,

Freeland

My husband and I moved to Freeland 15 years ago from "the other side". We knew we wanted to retire here and thought we would end up closer to the Clinton ferry. I'm so delighted we moved to Freeland!! It is so much more than a major stop light on the highway! Our community is enriched by having a town center with an amazing library, a helpful hardware store, grocery store, and the best thrift stores!! Our public beaches are wonderful and it feels very unique to have Nichols Brothers Boat Builders in our backyard. Two years ago, I had my husband's memorial at Freeland Hall. It was the perfect place to gather together. The tribe of women I've gathered in Freeland were all there to help! I'm grateful to call Freeland my home.



Chuck Petti,

Freeland

Freeland is the commercial heart of South Whidbey, where everyday convenience meets the island's relaxed pace of life. Freeland has nearly everything residents and visitors need for everyday life. You'll find a supermarket, a pharmacy, medical offices, and a variety of restaurants, not to mention five banks. For home improvement projects, local businesses offer flooring, cabinetry, lumber, building supplies, windows, and doors. There are also a few delightful surprises, including a specialty cheese shop, music store, and a Meadery.

Just minutes away, the bustle of town gives way to the quiet magic of Earth Sanctuary. This extraordinary sculpture park and nature reserve invites visitors to slow down and reconnect with the natural world. Wander two miles of peaceful forest trails around three bird-filled ponds, leading to stone circles, a labyrinth, Medicine Wheels, and sacred spaces designed for contemplation and renewal.



Donna Hunter,

Freeland

My recommendation for a surprise in Freeland would be the Glacial Erratic Boulder in the Earth Sanctuary on Newman Road. It's kind of an adorable little one. Have fun, while keeping the wildlife and signage while visiting. It is a precious place to many Islanders.

Joyful Saying of the Week

Where there is love, There is joy.
- Mother Teresa

Weekly SUDOKU

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7	1	7		3	5			

Answer on page 12

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NEED HELP?

Need a Hand?
I'm Happy to Help.
Got a project you've been meaning to finish? Cleaning out a room, organizing a space, or hauling a load to the dump? I offer friendly, reliable help with clean-outs, detailed cleaning, organizing, and junk removal and **more!**
Call or text Jacob: 360-499-9157

IN SEARCH OF

Collecting Old American Money
Retired Police Officer whose hobby is Collecting Old American Money
360-320-8544

Art, Antiques & Collectibles. Cash paid for quality items. Call or text 360-661-7298
Was your Dad or Gramps in Japan or Germany? I collect old 35 mm cameras and lenses. Oak Harbor. Call 970-823-0002

FREE CLASS

NOXIOUS WEEDS
Join Seth Lugnbill
Island County Noxious Weed Coordinator
Saturday, July 25th
3:00pm - 4:30pm
at Hanson's Garden Center

GARAGE SALE

Aug, 1-2,
10:00 - 3:00.
Power tools, hand tools, hardware, coolers, duffles, license plates (US and foreign), Xmas decorations, Hess trucks, books, collector plates, recliner, odds and ends, and free stuff.

351 NW Ensign Dr., Oak Harbor.

STARLINK FOR SALE

Brand new in box. I paid \$900.00 for it will sell for \$630.00. Couldn't use because rental is not aligned to satellite and cant cut trees down.

INTERESTED IN ZUMBA?

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

ISR EVENTS

Apply Now for Senior Farmer's Market Nutrition Program Cards
Fresh food. Local farms. Healthier seniors. The Senior Farmer's Market Nutrition Program is a win-win! Low-income seniors get fresh, organic fruits & veggies while local farmers sell produce. Apply now for an \$80 2026 season debit card. Cards valid 6/1-10/31 at participating ls. County markets. Learn more & apply: senior-resources.org/sfmnp

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 Monday 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. 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 Mental Health Meeting 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. whibeyvrc.org
Veterans Services
360-632-2496
105 NW 1st, Coupeville
Monday - Friday, 8:00 a.m. - 4:30 p.m.

MORE RESOURCES

Basic Food Benefits Community Services Office: 275 Pioneer Way #201, Oak Harbor 877-501-2233

Food Banks:
Gifts From the Heart
108 SW Terry Road
Monetary donations, they should be sent to:
PO Box 155, Coupeville 98239
Distribution on 2nd and 4th Wednesdays, 2-5 p.m.
Good Cheer:
2812 Grimm Rd., Langley 360-221-4868
Mon-Fri, 10 a.m.-4 p.m.
North Whidbey Help House: 1091 SE Hathaway St.
Oak Harbor 360-675-0681
Mon-Fri, 9 a.m.-4 p.m. (5 p.m. on Tues)
Closed 12-1 p.m. for lunch
Island Church of Whidbey Soup Kitchen: 503 Cascade Ave., Langley 360-221-0969
Tues & Thurs 11:30 a.m.-1 p.m.
SPIN Café: 1241 SW Barlow St., Oak Harbor
Daily, 6:30 a.m.-5:30 p.m.
St. Hubert's Catholic Church
Wednesday Soup Kitchen
All are Welcome!
11 a.m.-12:30 p.m.
804 3rd St., Langley 360-221-5303
Ask about our Thursday Dinner
HUB After School: 301 Anthes Ave., Langley 360-221-0969
Food and activities for middle and high school youth. Mon, Tues, Thurs, Friday 2-6 p.m., Wed 1-6 p.m.
Ryans House for Youth:
Food, fun, support, 19777 SR 20, Coupeville 360-331-4575
Drop-in center for adults ages 18-24; Daily 6 a.m.- 8:30 p.m., 35 SE Ely St., Oak Harbor 360-682-5098
Drop-in center for youth ages 12-21; Mon-Fri 11 a.m.-7 p.m.
Women, Infants & Children (WIC):
-Oak Harbor/North Whidbey: 1791 NE 1st Ave. Mon-Thurs 360-240-5554
Text: 360-544-2239

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 360-1331-4575
For at-risk adults ages 18-24
Whidbey Homeless Coalition – Serving Island County 360-900-3077
The Haven Overnight Shelter is a night-to-night shelter for up to 30 individuals. Must follow check in rules and must register daily between 4:00 and 4:30pm Mon. thru Fri. and 3:45 pm to 4:00 pm on Saturdays and Sundays at the SPIN Café, 1241 SW Barlow St., Oak Harbor.
House of Hope Emergency Housing, Langley, 360-708-4533. Transitional housing for families and adults at severe risk of homelessness; to apply, contact the Housing Support Center or call the number above.
Oxford Houses – Recovery housing oxfordhouse.org
-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!

answers

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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!

EDRETNW
EAVASIROR
YAJNENEGH
ENAVNI
MVLSTV
SSAVLGAV
WOSATTOGR
EVAREREN
YSWENAL
TIN
EBLOGLW
RAGAVOR
ANAHMOM

How'd you do?

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