

September 4, 2026 - September 10, 2026

absolutely **FREE**

Whidbey Weekly

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

WOODPALOOZA 2026

Labor Day Weekend September 5-7



Zech Hall, WICA 565 Camano Ave., Langley
Saturday, 10am-5pm Sunday & Monday 12-5pm

Free Admission

www.woodpalooza.com



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www.whidbeyweekly.com

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Fri. Sept 4th - Sun., Sept 6th

Triple Feature

Coyote vs Acme,
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Thurs., Sept 10th Practical Magic 2 Premier

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THURSDAY, 08/06/26

20:35:09, IVY CT., SOUTH OF

Someone is using a chainsaw.

09:37:25, TORRENCE LN.

Reporting party advises a neighbor passed away and there have been squatters. The squatters have been encroaching on the reporting party's property more and more.

10:57:32, STATE ROUTE 20 & SW EAGLE VISTA AVE., SOUTHBOUND

Black Chevrolet passenger car, license plate CVR2976, tailgating the reporting party, honking and swerving into another lane of travel.

11:08:13, STATE ROUTE 20 & SOUNDVIEW LN., SOUTHBOUND

Red Ford pickup swerving and driving on the side of the road at 60 mph. The vehicle keeps brake-checking the reporting party and almost hit someone in front of it.

15:17:18, STATE ROUTE 20, NORTHBOUND

Vehicle weaving in and out of traffic. Gray Ford Super Duty truck.

16:01:16, STATE ROUTE 20 & AULT FIELD RD., SOUTHBOUND

Reporting party's vehicle died, and she is blocking traffic on State Route 20.

18:19:12, W. FAKKEMA RD. & WILSON RD.

Ford F-150 with white canopy heading toward State Route 20. Vehicle's lane travel is inconsistent.

19:13:04, STATE ROUTE 20, DECEPTION PASS STATE PARK

Open line sounds like two men talking and possibly hiking. Nothing sounds emergent.

19:21:45, STATE ROUTE 20, DECEPTION PASS BRIDGE

U.S. Coast Guard called to advise they received a radio transmission for a boat taking on water. No further information has been provided.

FRIDAY, 08/07/26

21:32:50, FAIRWAY LN.

Caller reports hearing a loud crash followed by a male yelling, "F*ck, f#ck!!" Caller could also see headlights.

SATURDAY, 08/08/26

07:48:00, MOBIUS LOOP

Caller reports locating his wife at the boat launch at Pass Lake. She is in a Ford Expedition, and the caller is afraid to approach her because she has been violent in the past.

12:44:22, RIDGEWAY DR.

Caller, the well manager, reports seeing a bicycle that may have been stolen. The bicycle had been at the location, disappeared and has now returned.

13:43:07, SW SWANTOWN AVE. & SW HELLER ST.

Caller requests extra patrol checks from Swantown Avenue at Heller Street to Golf Course Road due to an ongoing issue with vehicles speeding.

SUNDAY, 08/09/26

00:28:43, STATE ROUTE 20, MILES SAND & GRAVEL

Caller reports seeing a person near the front of the shop and requests that they be removed. The person was walking around and wearing light-colored clothing.

03:17:27, STATE ROUTE 20, HAGGEN

Caller reports a transient woman starting a fire with cardboard. The fire was reportedly stomped out by the same woman.

10:46:34, SPITFIRE LN.

Caller reports an excessive number of packages sitting outside the house and requests a welfare check.

14:06:01, FORT NUGENT RD. & BOON RD.

Caller reports a dog running in the middle of the road toward Oak Harbor. The dog may be a German shepherd and is running away from people. It does not appear aggressive.

23:02:25, STATE ROUTE 20, DECEPTION PASS BRIDGE

Caller reports being in a "bit of sticky situation here."

MONDAY, 08/10/26

08:04:25, TAYLOR RD.

Caller reports his soon-to-be ex-wife is packing up his belongings and taking them to a pawn shop to sell.

12:20:53, NEWELL DR.

Caller states she lives at the same location as her father and that he has now locked her out of the mailbox.

18:02:26, FORT NUGENT RD. & BOON RD.

Caller reports that someone appears to be burning something on the north side of Fort Nugent Road. An additional caller reported the same activity.

20:13:57, HIGHLAND DR.

Caller wants to report an animal bite. A family member's pit bull mix reportedly bit the caller's dog.

TUESDAY, 08/11/26

10:50:48, HELLER RD.

Caller reports a neighbor who has been trespassed from the property was caught on security cameras saying, "This is a good time to burn it down," referring to the caller's house.

11:31:00, KOONTZ RD.

Caller reports a neighbor is using a torch on dead grass. The activity is reportedly closer to Koontz Ranch, across the way in a wooded area.

11:36:50, LANGLEY BLVD.

Caller requests that the county take a person into custody for confirmation of a warrant. The person is reportedly being held at Pass Island.

12:20:19, HIGHLAND DR.

Caller reports needing to surrender a pit bull mix and requests a call.

13:58:30, YVONNE AVE.

Caller reports a neighbor is burning weeds.

BITS & PIECES

A Journey Through Space-time Among the Whidbey Forest

Among the forested acres of the Whidbey Institute, visitors can hear the exclamations of joy as island youth explore their connection to theatre. Part of the Whidbey Island Center for the Arts (WICA) Youth Summer Conservatory, offered in partnership with the Whidbey Institute, the three-week summer camp is a yearly tradition that melds the traditional theatre components—lighting, scene creation, and costume design—with the beauty of the Institute’s outdoor, forest stage. This year, the cohort of 18 island youth, ages 10 through 14, experienced the world of A Wrinkle in Time, traveling through “space-time” as they explored the classic that captured their hearts and their imagination.

“Our youth conservatory means the world to me. This was one of the early ideas I pitched to leadership when I first arrived at WICA in 2001,” said WICA Executive Artistic Director Deana Duncan. “I knew, fundamentally, that training in the arts means a full training. You have to be introduced to backstage, design, and direction. You can’t just be taught how to perform. That’s not a full, rounded education. And there were very few youth training camps that I saw that had the full conservatory feel. So we were allowed to begin the conservatory over a decade ago and saw, for many years, the kids who would come back summer after summer.”

The program was on hold during the COVID-19 pandemic, but was relaunched in 2024 and has grown over the years in both size and scope. The Whidbey Institute was brought in as a program partner three years ago and, through the three-week program, the students get to experience both nonprofits. For the students participating in the program, it’s an opportunity to blend the arts with a non-traditional, outdoor experience, giving them the chance to fully immerse themselves in artistic expression.

“I love that you get to work together and plan out, and it takes a while. But, in the end, you get a great play. It’s really cool and I like it a lot,” said one participant.

“I feel really grateful that we have this space and that there are people who care about teaching theatre to kids and in the woods,” said another student.

This year’s performances took place August 28-30 on the Institute’s Storyhouse Stage to an audience of family and friends, community members, and arts supporters.

“It’s a beautiful thing to see the culmination of the camp in such a holistic and authentic setting,” added Duncan. “We get to experience the joys that come with theatre and witness, firsthand, the impact this approach to learning can have on the next generation of artists. What can be better than that?”



To learn more about the Youth Summer Conservatory and other WICA education programs, visit WICAonline.org.

Deep birding in a rapidly changing climate

The Whidbey Audubon Society launches its first meeting and program of the season on Thursday, September 10. The public is welcome to this free program at the Nordic Lodge at 63 Jacobs Road off the highway south of Coupeville. Steve Hampton will explore the past, present and future of birds in a rapidly changing climate.

He says, “From large-scale habitat changes associated with European colonization to rapid climate change today, the birds of North America have faced, and will face, dramatically changing conditions across the continent.

Hampton is an award-winning writer who integrates stories of Indigenous history, climate change and birds. He has been birding since he was seven years old and has a PhD in natural resource economics. He worked for the California Department of Fish & Wildlife for 25 years, where he was involved in oil spill response, seabird restoration, and coordination with Native communities. He is an enrolled citizen of Cherokee Nation. He currently serves as the conservation chair and Christmas Bird Count compiler for Rainshadow Bird Alliance in Port Townsend. His article in the December 2022 issue of Birding magazine summarized the scientific research on birds and climate change.

This event will be held both on Zoom (link emailed upon registration) and in person. Please register at www.whidbeyaudubon.org/monthly-programs. Registration not necessary to attend in person. Doors open at 7 p.m. for refreshments and socializing, followed by a brief meeting at 7:15 p.m. The program is from 7:30 to 8:30 p.m.



Steve Hampton PhD

Penn Cove Gallery is excited to announce our Guest Artist, Katrina Hude

Katrina Hude: Nurture and Stewardship



Bowls by Katrina Hude

Discovery in the art making process comes with acceptance that learning happens by repeatedly failing and by possessing the courage to continue trying. Katrina believes deeply in the value of her commitment to search for meaning through art making. Katrina says “inspiration can often come in the simplest of words and gestures”. She is ravenously curious and always searching for meaning through creativity and adaptation. We invite you to please come see her work.



Canoes by Katrina Hude

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What's Going On!

OAK HARBOR MUSIC FESTIVAL
Friday, Sept. 4-Sunday, Sept. 6
Downtown Oak Harbor

Celebrate Labor Day weekend with three days of free live music and entertainment on four stages throughout downtown Oak Harbor. The festival also features more than 30 arts and crafts vendors, local businesses and organizations, a beer garden and a wide variety of food vendors. Admission is free. For schedules and more information, visit oakharborfestival.com.

FLYING FINGERS DEAF/HARD-OF-HEARING SOCIAL: 250TH ANNIVERSARY CELEBRATION
Friday, Sept. 4, 5:30 p.m.
Langley United Methodist Church, Fireside Room, 301 Anthes Ave., Langley

Join Flying Fingers for a beginner-friendly ASL social celebrating the nation's 250th anniversary. Learn to sign names, numbers, introductions and the birthday song while practicing with a welcoming group of learners. The gathering will also celebrate September birthdays with shared food and a surprise. Free parking is available across the street. For more information, contact Susan at (831) 334-6257.

STEPS ROCK 'N' ROLL STROLL
Saturday, Sept. 5, 9 a.m.-noon
Windjammer Park, Oak Harbor

Kick off Oak Harbor Music Festival week-end with the third annual Steps Rock 'n' Roll Stroll, a family-friendly 5K benefiting families caring for infants and toddlers with disabilities or developmental delays. Participants are encouraged to dress as their favorite rock stars and walk, run or dance along the waterfront course. A new free Baby Steps half-mile route welcomes young children, families and strollers. For registration and more information, visit runsignup.com/Race/WA/OakHarbor/StepsROCKnROLLSTROLL.

22ND ANNUAL WOODPALOOZA
Saturday, Sept. 5, 10 a.m.-5 p.m.
Sunday, Sept. 6, 10 a.m.-5 p.m.
Monday, Sept. 7, noon-5 p.m.
Whidbey Island Center for the Arts,
565 Camano Ave., Langley

The Whidbey Island Woodworkers Guild presents its 22nd annual Woodpalooza exhibition, showcasing fine woodworking by local craftspeople. Meet the makers, learn about their creative processes and explore handcrafted works up close throughout the three-day exhibition. For more information, visit wicaonline.org or call (360) 221-8268.

WHIDBEY WOMEN + ART
Saturday, Sept. 5, 11 a.m.-5 p.m.
Dancing Fish Vineyards,
1953 Newman Road, Freeland

Shop art created by local women artists while supporting educational opportunities for women and girls. Presented by Soroptimist International of South Whidbey Island, the event features a variety of artwork available for purchase, with proceeds supporting the

organization's mission.

HOW TO REPURPOSE REAL ESTATE TO CREATE COMMUNITY AND FUN HANGOUT SPOTS
Thursday, Sept. 10, 6 p.m.
The Langley Building, 630 Second St., Langley

Hear from the founders of Salad and The Machine Shop about transforming underused real estate into community gathering spaces. Andy Cook will share his vision for Salad, a new "third place" featuring a tiki bar, coffee shop, record and audiophile store, video games and events, while artist Tim Leonard will discuss the return of The Machine Shop pinball arcade. The free talk will also explore opportunities for future uses and collaborations within the Langley Building. Open to everyone. RSVP by calling or texting (206) 931-7524.

CHILDREN'S DAY 2026
Saturday, Sept. 12, 10 a.m.-2 p.m.
South Whidbey Community Park,
5495 Maxwellton Road, Langley

Children's Day returns to Whidbey after a five-year absence with a day of free family fun. Enjoy dancing, games, science, magic, face painting, animals and hands-on activities presented by local community organizations. Free and open to all.

LANGLEY SOUP BOX DERBY
Saturday, Sept. 12, 10 a.m.-noon
First Street Hill, Langley

The Langley Soup Box Derby returns for another round of this free community tradition dating back to 1972. Racers ages 7 and older take to the hill in homemade racecars while spectators of all ages line the course to cheer them on. Racer registration begins at 8:30 a.m., safety inspections at 9 a.m. and the first heats at 10 a.m. Presented by the Langley Community Club and Langley Main Street Association. Rain date is Sunday, Sept. 13. For racer rules, applications and more information, visit langleymainstreet.org.

SHRED-IT FUNDRAISER
Saturday, Sept. 12, 9 a.m.-noon
Whidbey Island Bank, 450 SW Bayshore Drive,
Oak Harbor

Protect yourself against fraud and identity theft by securely disposing of sensitive paperwork at Soroptimist Oak Harbor's Shred-It Fundraiser. A licensed and bonded shredding company will accept paper documents, including items with staples. All proceeds support local and global programs helping women and girls live their dreams.

HABITAT FOR HUMANITY OF ISLAND COUNTY'S ANNUAL UP CYCLE-IT! AUCTION
Saturday, Sept. 12, 4-7 p.m.
Holmes Harbor Rod & Gun Club
3334 Brooks Hill Road, Langley

Support Habitat for Humanity of Island County at its annual Up Cycle-it! Auction, featuring creatively transformed furniture and housewares donated by local artists and community members. Enjoy local wine and beer, hors d'oeuvres, silent and live auctions, and opportunities to bid on local experiences and

packages. Proceeds support Habitat's work building safe and sustainable homes. Early-bird tickets through Aug. 31 are \$50 general admission and \$100 VIP. For tickets and information, visit upcycleit2026.auctria.events.

HARVEST MOON DINNER & AUCTION
Saturday, Sept. 19, 5-9 p.m.
Oak Harbor Elks Lodge,
155 NE Ernst St., Oak Harbor

Support the Oak Harbor Boys & Girls Club at the 2026 Harvest Moon Dinner & Auction. Funds raised will support enriching programs, healthy meals and snacks, and scholarships that help more local youth participate in Boys & Girls Club programs. Tickets are \$125. For more information and tickets, visit bgcsc.org/oak-harbor-auction or call (360) 240-9273.

SARATOGA ORCHESTRA'S BRASS & PERCUSSION BONANZA
Sunday, Sept. 20, 2-4 p.m.
Coupeville Town Park, Coupeville

Celebrate the sounds of brass and percussion with Saratoga Orchestra, award-winning youth ensemble Penn Cove Brass and Whidbey Island's Mutiny Bay Brass Band. The program spans Renaissance and Baroque music, Sousa marches, festive fanfares and selections celebrating Oktoberfest. Presented as part of the Coupeville Creative District's Summer Concert Series. Admission is free. Bring a chair or blanket. For more information, visit sowhidbey.com or call (360) 929-3045.

BUNCO FUNDRAISER
Saturday, Sept. 26, 5pm
Useless Bay Country Club
5725 S. Country Club Dr. Langley

Support Providence General Children's Association (PGCA) at a Sock Hop-themed fundraiser hosted by Whidbey Island Guild #21. Shake, Rattle and Roll for a great cause while enjoying appetizers, a costume contest, prizes and a silent auction. Proceeds help meet the healthcare needs of children on Whidbey Island. Past PGCA recipients include Mother Mentors, Readiness to Learn and Whidbey Norishes (WIN).

Tickets are \$35 in advance. For tickets and information, call Pat at (360) 305-2529 or Penny at (360) 320-5767. Tickets are also available during business hours at the Porter Insurance front desk or from Naomi at Insurance Whidbey.

2026 EMERGENCY PREPAREDNESS FAIR
Saturday, September 26, 10 a.m.-2 p.m.
Oak Harbor Fire Department – Station 81
855 E. Whidbey Ave., Oak Harbor

Free event with preparedness resources, demonstrations, emergency equipment displays, fire station tours and family activities.



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Whidbey Women + Art

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Saturday & Sunday 11-5
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HEALTH CORNER

By Dr. Darlene Castle
Chiropractor

UNKNOWN RAYS IN 1895

We tend to think of the 1800s as ancient times and the people who lived in that era as being less sophisticated than we are today. In reality, a lot of discoveries were made back then!

DD Palmer discovered Chiropractic Sept 18, 1895.

Wilhelm Conrad Röntgen discovered x-rays Nov 8, 1895. He called them "X" rays because "X" stood for the unknown nature of the radiation.

Nikola Tesla also began experimenting with what he called "shadowgraphs" around the same time as Röntgen.

Thomas Edison was concurrently researching the x-ray phenomenon.

Those "unknown rays" weren't without dangers and of course the original discoverers didn't know serious health problems could result from their use.

Röntgen avoided injury by using protective shielding, Tesla warned the scientific community early on about the dangers and Thomas Edison abandoned all x-ray research entirely, stating he was "afraid of them."

Several groups wanted to use x-rays as a gimmick to sell goods or services. Many seniors today can recall the "fluoroscopes" used by stores to measure feet in order to sell shoes. An exact fitting was guaranteed because the actual foot could be viewed on a screen and it was such a great selling point, parents took their children in to those shops to get new shoes at the beginning of every school year.



Some even used x-radiation to remove unwanted facial hair, studios offered "x-ray portraits" to the public as souvenirs, and women who worked for radium companies often wore their best dresses to work so the radium dust coating would glow in the dark that night at a party.

Originally the techniques for seeing inside the body were very crude. Doctors using x-rays required their patients to sit perfectly still for up to 90 minutes.

The Chiropractic profession inherited the use of x-rays in 1910. Dr. B.J. Palmer, son of chiropractic founder D.D. Palmer, purchased their first x-ray machine and integrated it into the curriculum at the Palmer School of Chiropractic in Davenport, Iowa.

Since then, Chiropractors have invented many safeguards to the x-ray process. Today, a spinal x-ray is taken digitally and exposes a patient to 1,500 times less radiation than those earlier times.

There is enormous value in having a spinal x-ray of a Chiropractic patient. The more information a doctor has of his patient the better he can serve them.

And a picture is often better than a thousand stories of aches and pains.

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."

Community Chiropractor

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LIVE MUSIC

CEREMONY
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2026 SOUP BOX DERBY

SATURDAY, SEPTEMBER 12TH

(ALTERNATE DATE IN CASE OF RAIN: SEPTEMBER 13TH)

RACES START AT 10 AM

ZIPPER RACEWAY
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LANGLEY

SCAN FOR INFO

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Fun Fact

Card games have been around for centuries!

A German monk named Johannes wrote a manuscript while he lived in a Swiss monastery in 1377. In it, he described the history of playing cards, and the many games they could be used for.



Source: www.vanishingincmagic.com

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THE POWER AND PRIVILEGE OF DISAPPOINTING PEOPLE



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

One of the challenges of living within a family, or on a small island, is that we are constantly among our neighbors, families, co-workers, friends, and organizations, and are therefore constantly negotiating one another's hopes and expectations.

The counterintuitive truth is that not only is it inevitable that we will disappoint people, sometimes it is our responsibility to do so. The emotionally intelligent question is not "How can I make sure nobody's disappointed?" But rather, the question is, "How can I tell the truth kindly and then allow another person to have their feelings about it?"

The thing is that disappointment is not just a noun. It's also a verb. The danger is confusing the two. We all grew up differently and in different households, but many of us grew up learning never to disappoint our parents, our teachers, our legal system, our patriarchy, or our superiors. And yet, disappointment will happen from time to time, and it's not our job to repair it. Our job is simply to let it happen.

Disappointment is simply the natural emotional consequence of hearing something we do not want to hear. It could be as small a thing as being told that the dishwasher we thought was clean was still full of dirty dishes. It could be as big as telling a partner that the marriage is over or telling a patient that the chemo is not working.

I remember one day hiking on Mount Athos in Greece. It was a bucket list trip to hike among the 20 monasteries and dozens of sketes on Mount Athos and its peninsula. It took two years and a lot of paperwork to get an invitation from the Patriarchs of the Greek and Russian Churches. Then it was a massive pilgrimage to get to an island that hasn't changed much since

the sixth century. One particular experience felt like the culmination of the entire pilgrimage: the 3 a.m. choral event at Simonos Petros Monastery. The music had been written and was being performed by a small group of monks I had been talking with about the trip, and I was so looking forward to meeting them and hearing their 3:00 AM chanting. I awoke at 5:00 AM - I simply overslept.

I didn't hear the 3:00 a.m. wake-up bells, so I slept through the service, only to wake in time for breakfast. I was so deeply disappointed that I wanted to lash out at myself or someone else to get that energy out of my body. But one of my pilgrimage traveling companions took me aside and said, "I know you're disappointed, and there's nothing any of us can do about your disappointment. It was not our job to wake you up because we knew you were exhausted. It's our job to let you be disappointed. Why don't you hike behind us today and spend some time alone, metabolizing your pain?"

And that was the answer. I just needed to curl up a bit and feel the pain of disappointment without attributing it to someone else through blame. The bells of Mt. Athos at 3:00 in the morning pierce the night with a call to wake, and yet my body was simply not able to do so. I slept past the bells. I missed the experience. I felt the disappointment. I metabolized the disappointment. And after a vigorous, sweaty day of hiking and fasting, we arrived at the next monastery, and my equilibrium had returned.

Sometimes the most respectful response to another person's disappointment is to give it room to exist.

I've been a professional fundraiser for 44 years, and I watched my parents raise money for 20 years before that. Fundraising is simply about asking people to give to something that needs to happen, but the problem is that not everybody around me agrees with what I think

needs to happen. Five to twenty times a day, I ask someone to support a non-profit, and then I have to wait to see if they say yes or no. The request might be for money, but it may just as well be for time or voice. My job is to experience rejection of my request at least half the time. So, in fact, all day long, I experience microbursts of disappointment when some say "no" and yet that disappointment is usually overcome by microbursts of elation when other people say "yes- I will fund that island need."

Those are the ups and downs - the waves - of the oceans on which we live day to day. Throughout history, humans have used the boat as a metaphor for life on an ocean of waves or calm waters. Our boat is Whidbey Island - our boat is life here. The "boat" of life is an apt metaphor. Life has ups and downs: friendships, marriages, the vagaries of weather, deadlines, national politics, and international peace.

We want the world around us to do what we tell it to do, but again, that's not an emotionally intelligent expectation. All we can do is take care of ourselves and our feelings - even bring peace to the world, by metabolizing our disappointments in the quietude of our meditation, our journaling, our physical exercise, and our conversations with our closest friends. Every one of us walks the planet with the choice to be either a bomb - exploding at any time, sending shrapnel through the innocent people around us, or we have the choice to live with emotional intelligence, presenting to the world a life that feels, to others, more like a bouquet of flowers or a bowl of cold water - bringing peace and comfort to the people around us.

My life changed the day I was told a Native American proverb. A small boy came home after a long walk in the forest. He complained to his mother and father about how hard, jagged, and sharp the rocks and roots were that he had been walking on. He showed them his wounded feet with blisters and cuts and wailed that there should be no such sharpness on a forest walk. As his mother washed, massaged and put healing ointment on his feet, wrapping them in leather, she looked up at him and said, "Sweetheart, here are only two choices in life. You can demand that the world be covered in leather so that you never harm your feet, but if you do that, the planet will die, and all of us will starve. The other option, my beloved, is that you cover your own feet with moccasins instead of covering the world with leather."

For YouTube videos, go to
Charles LaFond@
CharlesDLaFond
where these essays will soon
become short films.



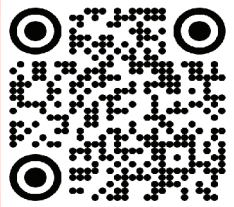
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WASHINGTON: TURNING WASTE TO RESOURCE



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

Washington State has been making a pretty serious effort to deal with one of the biggest problems hiding in plain sight: food and organic waste. Instead of sending tons of food scraps, yard waste, and other organic materials to landfills, the state is trying to turn that waste into something useful, like compost, while also making sure edible food gets to people who actually need it. Basically, Washington looked at its overflowing landfills and said “Maybe we should stop putting perfectly useful stuff in there.”

A major step happened in 2022 when Washington passed House Bill 1799. The law created new goals for reducing organic waste and improving composting and food recovery. One of the biggest goals is to reduce the amount of organic material going to landfills by 75 percent by 2030 compared with 2015 levels. The state also wants at least 20 percent of edible food that would have been wasted to instead be recovered and given to people. These goals are connected to two major problems: climate change and food insecurity.

Washington has continued adding to these rules. In 2024, House Bill 2301 increased funding opportunities and strengthened some of the requirements. Businesses that produce large amounts of organic waste have been required to arrange for proper organic waste management. Then in 2025 House Bill 1497 expanded collection requirements and created more consistent rules for waste containers. Apparently, even trash cans needed a little organization in their lives.

Businesses have specific responsibilities under these laws. Starting in 2024, businesses producing eight cubic yards or more of organic waste each week had to arrange for organic waste collection. In 2025, that limit dropped to four cubic yards, meaning more businesses became responsible for separating and managing their organic waste.

Residential buildings are also being brought into the system. Beginning in 2028, certain areas will have to provide smaller organic waste containers for apartment buildings, businesses, government buildings, and other locations. Multifamily buildings will also need enough space for recycling and organic waste bins, along with clear signs and information to help residents sort their trash correctly. Because apparently

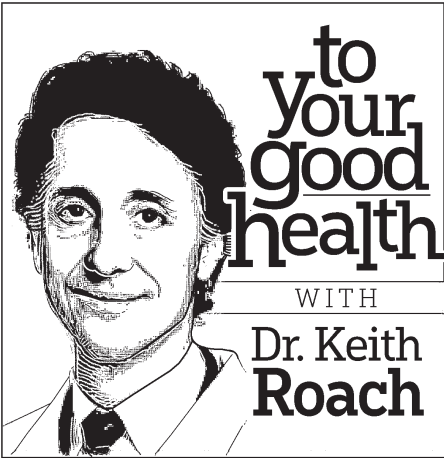
telling someone “put it in the green bin” is sometimes not enough.

Money is another important part of Washington’s strategy. House Bill 2301 created grants to help farmers, schools, and organizations work on composting and waste reduction. Schools can receive up to \$10,000 through Waste Not Washington awards beginning in 2026. The state also increased compost reimbursement for large farms from \$10,000 to \$20,000 per year. On top of that, \$1.6 million from the Climate Commitment Act is being used to help move unsold produce to communities experiencing food insecurity. That means food can feed people instead of sitting around until it becomes a questionable science experiment.

Washington has also created programs to make food recovery easier. Programs like Use Food Well Washington and the Washington Food Rescue Map connect businesses with hunger-relief organizations and provide information about reducing food waste, donating food, meal planning, and composting.

Unfortunately rules without consequences are sometimes treated more like suggestions. Penalties were implemented for businesses that do not follow the rules. Starting in July 2026, violations can result in daily fines ranging from \$500 for a first violation to \$1,000 for repeated violations. The state has also standardized bin colors: black or gray for landfill waste, blue for recycling, and green or brown for compost. In other words, trash cans officially have a dress code now.

Washington’s approach combines laws, funding, education, composting, and food recovery. Reaching the state’s 2030 goals will take time and cooperation, but the basic idea is pretty simple: waste less, recover more, and turn food scraps into something useful. Saving the planet may sound like a huge job, but sometimes it starts with something as small as remembering where your banana peel goes.



Word-Recall Difficulty Causes Concern in 70-Year-Old Female

DEAR DR. ROACH: I’m a healthy 70-year-old female who still works full-time and plays tennis regularly. I’m 5 feet, 6 inches tall and weigh 140 pounds. My concern is my memory, especially my speech. English is my second language, but I’ve been in the United States for over 40 years. Words often disappear from me when I need them and come back later when the subject is closed.

When I shared my concern with my friend, I was told that nicotine patches are helpful for memory loss, even though I’m no longer a smoker. I quit smoking 15 years ago after decades of smoking. What’s your opinion on nicotine patches for memory loss? — M.M.

ANSWER: First, occasional word-recall difficulty isn’t abnormal for healthy 70-year-olds, even native English speakers. Many people who are aging normally have tip-of-the-tongue word-recall problems and usually find the word that they’re looking for later. Unless you have significant progression with this problem or have other memory or thinking problems, this may be nothing to worry about.

To answer your question, nicotine patches were shown to have small improvements in memory and attention in healthy older people and in people with mild cognitive impairment (some but not all of whom will develop dementia later). But they aren’t approved by the Food and Drug Administration for this purpose.

These findings are small and aren’t replicated. An ongoing trial is underway and may be published soon. In the mean-

time, I don’t recommend nicotine patches for memory, attention or word recall.

DEAR DR. ROACH: I’m a 76-year-old man, and I have to urinate at least every 2 hours every night. My urologist did a digital check on my prostate and found that it was of normal size. He recommended a cystoscopy. He said that they numb the penis beforehand, but I’m concerned about the pain. I forgot to ask the doctor if I could be given a strong sedative. Can they give me a sedative before this procedure? — K.O.B.

ANSWER: They absolutely can give you sedation for this procedure. I personally think that people shouldn’t feel compelled to try to get through medical procedures without medication to make the procedure less painful, uncomfortable or scary, especially because procedures can sometimes seem this way.

Men in particular seem to have a hard time asking for relief. On the other hand, physicians are less likely to offer pain relief to women during procedures. Both men and women deserve a discussion about their options to reduce pain and discomfort.

You should discuss this well ahead of time with your urologist, who may want to have an anesthesiologist administer the sedative. People who undergo moderate sedation should have someone to help them get home and get information about how the procedure went. The sedative can make it hard for a patient to form new memories for a while, meaning that patients may forget some of the explanation they get after the procedure.

Additionally, your urologist can take steps to make the procedure more comfortable, such as adjusting the pressure of the fluid that flows through the cystoscope; allowing you to watch what’s happening on the screen if you want; and allowing you to choose the music that you’d like during the procedure. These are relatively simple steps that have been proven to reduce pain, discomfort and anxiety.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Gomphrena

This compact and colorful plant produces flowerheads that brighten any garden. It is excellent for use in freshly-cut bouquets, or dried to use in dried flower arrangements. Gomphrena likes well-drained soil in full sun, typically growing about 12” to 24” tall. It may need support for its stems. These plants show good tolerance for drought and high heat, and do very well in borders, rock gardens or cutting gardens.

Source: www.gardening.cornell.edu

– Brenda Weaver



Strange BUT TRUE

By Lucie Winborne

- Many quilts made by military soldiers were known as “convalescent quilts,” since they made them while recuperating from wounds received in the line of duty.
- Nuclear rain from the Chernobyl disaster fell as far west as Ireland.
- The word LEGO comes from the first two letters of the Danish words “leg” and “godt,” or “play well.”
- More than half a million pet owners worldwide have chosen to implant their pets with “neuticles,” which are testicular implants for a neutered pet.
- Egyptian butchers wore high heels to keep their feet free of blood and debris on the floor.
- Early in her career, model Gisele Bundchen was told she’d never achieve success without cosmetic surgery to decrease her nose size. She refused and later had the last laugh by becoming one of the most highly paid models in history.
- It is thought that 80% of the world’s gold is still in the ground.
- While screening around 2 million airline passengers per day, TSA officers are accustomed to confiscating items such as full water bottles and too-large toiletries, but their more astonishing finds include grenades, cannonballs and even a samurai sword.
- The fear of vegetables is called “lachanophobia.”
- Actor Daniel Craig, as a reward for playing James Bond, can choose any Aston Martin from the factory for the rest of his life.
- All organ donations will inevitably fail, since transplanted organs “scar” over time, which eventually renders them unusable.
- In 2019, Forbes named Kylie Jenner the world’s youngest self-made billionaire at age 21.
- Around 400 B.C., the Greek inventor Archytas of Tarentum built an early “robot” — a wooden pigeon that flew on a steam-powered arm.

Thought for the Day: “Don’t find fault, find a remedy.” — Henry Ford

VETERANS POST

by Freddy Groves

Successes at the VA

The VA is making great progress in serving veterans. The latest score card shows things going in the right direction.

For example, since the beginning of January 2025, they’ve opened 40 new healthcare facilities and completed 82 million direct care appointments. During that time they reduced the backlog of veterans waiting for benefits by over 70%.

When it comes to community care appointments, they completed 59 million in 2025. A big push, started at the end of 2025, cleared the backlog of healthcare applications for 900,000 veteran spouses, survivors, caregivers and dependents.

They managed to provide over 3 million appointments outside of normal hours, giving veterans the option of early morning, evening and weekend appointments.

Over 215,000 veterans have been enrolled in VA healthcare just this year alone.

For 2026 they’ve earmarked \$4.8 billion to fix and repair healthcare facilities, to include modernization of the electronic health record systems and building upgrades such as elevators and boiler plants.

More than 51,000 homeless veterans were helped into permanent housing last year.

The VA managed to save \$24 million per year just by centralizing the payroll system for VA employees, money that can now be spent in other areas.

But the big-ticket item, one that will have a major impact, is that the VA managed to get \$10.44 billion in drug price reductions this year alone -- the biggest price reduction they’ve ever had. This started with President Trump and his push for lower drug costs. For the civilian population, they just announced the largest drug price reduction in over 60 years after requesting the world’s 17 largest drugmakers to lower prices to what they charge other countries. It’s said this could save \$529 billion over the next 10 years.

I’ll be the first in line to point the finger of blame at the VA for things that go wrong, but seeing this list, it’s clear they’re doing many, many things right.

BITS & PIECES

Experience the Power of Brass and Percussion in Saratoga Orchestra’s Bonanza Concert

Celebrate the brilliance of brass and percussion as the Saratoga Orchestra presents its Brass and Percussion Bonanza on Sunday, September 20, from 2:00–4:00 p.m. in Coupeville as part of the Coupeville Creative District’s 2026 Summer Concert Series. The afternoon will feature the brass and percussion members of Whidbey’s professional orchestra alongside two outstanding local guest ensembles in a lively program that spans centuries of musical tradition.



The concert opens with Aaron Copland’s stirring Fanfare for the Common Man, performed in honor of the 250th Anniversary of the Declaration of Independence. Premiered on March 12, 1943, the work became one of America’s most enduring patriotic compositions. Reflecting on the title, Copland wrote, “It was the common man, after all, who was doing all the dirty work in the war and the army. They deserved a fanfare.” More than 80 years later, the piece continues to inspire audiences with its majestic power and timeless message of courage and resilience.

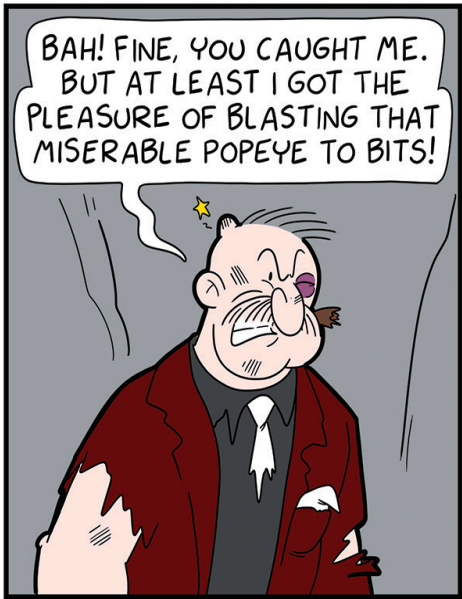
The program also showcases the remarkable versatility of brass and percussion with music spanning the Renaissance and Baroque eras, spirited Sousa marches, and festive selections celebrating the Oktoberfest season. Audiences can expect an afternoon filled with rich musical traditions, brilliant fanfares, and toe-tapping favorites.

A special highlight of the concert is a performance by Penn Cove Brass, directed by Sean Brown. This award-winning youth ensemble features some of the island’s most talented young musicians and has consistently earned top honors at statewide ensemble competitions. Brown, a Whidbey Island native and Coupeville High School graduate, recently returned to his alma mater as the newly appointed Director of Bands at Coupeville High School.

Adding even more energy and local flair is Whidbey Island’s own Mutiny Bay Brass Band, a colorful “Honk!” band known for its infectious rhythms, lively performances, and eclectic repertoire. From festive arrangements to beloved community favorites, the band brings audiences to their feet wherever they perform. A familiar sight at parades, farmers markets, and community celebrations across the island, the Mutiny Bay Brass Band is sure to delight concertgoers with its signature blend of music, fun, and hometown spirit.

SARATOGA ORCHESTRA of Whidbey Island was formed as an expansion of the Saratoga Chamber Players, founded by Whidbey Island’s legendary violinist and arts supporter, Michael Nutt. Previously known as Saratoga Chamber Orchestra, the name is derived from the beautiful Saratoga Passage that flanks the east side of Whidbey Island and the stand of trees known as the Saratoga Woods.

In 2007, Legh W. Burns, Music Director Emeritus, began a regular concert series performing throughout the island for Whidbey audiences. Anna Edwards has led the orchestra as Music Director since 2015 and has brought national attention to the ensemble for its innovative programming, especially championing women and BIPOC composers.



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WHIDBEY ISLAND PREPAREDNESS GUIDE

Prepare now. Know your hazards. Have a plan.

Whidbey Island's geography can make resupply difficult after a major disaster. Roads, ferries, power, fuel and emergency services may be disrupted. Island County recommends residents prepare to be ****self-sufficient for at least two weeks****, with enough food, water, shelter, first aid and sanitation supplies for their household.

KNOW YOUR HAZARDS

Whidbey Island faces ****earthquakes, tsunamis, flooding, landslides, wildfires, windstorms, winter storms, extreme heat and volcanic hazards. Risk varies by location. Check Island County's hazard maps to learn what could affect your home, workplace and evacuation routes.**

BUILD YOUR TWO-WEEK KIT

Keep supplies at home, at work and in your vehicle:

- Water and two weeks of nonperishable food
- First-aid supplies and prescription medications
- Flashlights/headlamps, extra batteries and a battery or hand-crank radio
- Phone power banks
- Warm clothing, blankets and sanitation supplies
- Manual can opener, basic tools and fire extinguisher
- Cash, important documents and emergency contacts
- Baby/child supplies and supplies for household members with accessibility needs
- Pet and livestock supplies, carriers for pets

WIND, WINTER & POWER OUTAGES

Extended power outages are a realistic concern on Whidbey. A portable or standby generator and adequate fuel can help keep essential appliances, refrigeration, communications and heating equipment operating during prolonged outages.

Before an emergency: Choose a generator large enough for the appliances you need most, test and maintain it regularly, and keep an appropriate supply of gasoline in approved, properly labeled fuel containers stored safely outside living areas and away from heat, flames and other ignition sources. Check local fire regulations for fuel-storage limits.

To extend gasoline's useful life, add fuel stabilizer according to the manufacturer's directions and rotate stored fuel regularly by using older gasoline and replacing it with fresh fuel. Follow the storage instructions for your generator and fuel containers.

GENERATOR SAFETY: Operate generators outdoors and well away from buildings, doors, windows and ventilation openings. Never use a generator, propane grill or charcoal grill inside a home, garage or other enclosed space. Turn the generator off and allow it to cool before refueling. Improper use can cause carbon monoxide poisoning, fire or electrocution.

During an outage, keep refrigerators and freezers closed, charge phones and power banks, and have backup plans for heat and cooking. If someone in your household depends on electrically powered medical equipment, make a specific backup plan before an outage.

EARTHQUAKE

When shaking begins: **DROP, COVER, HOLD ON.** Get beneath a sturdy table or desk if possible and protect your head and neck.

Beforehand, secure bookcases, televisions, appliances and water heaters. Know where your gas, water and electrical shutoffs are, and keep sturdy shoes and a flashlight near your bed.

If you are near the shoreline and experience strong or prolonged shaking, move inland or to higher ground immediately. Do not wait for a text, siren or official evacuation order.

TSUNAMI

Know whether your home or workplace is in a tsunami inundation zone. Identify two evacuation routes, walk them and determine how long they take. Know alternative routes in case roads are blocked.

FLOODING

Know your evacuation route and consider flood insurance. Protect important documents and valuables from water damage, and keep vehicles fueled.

Never walk or drive through floodwater. Even shallow moving water can be dangerous. Homeowners insurance generally does not cover flood damage.

WILDFIRE

Remember **READY — SET — GO.**

READY: Prepare supplies and maintain vegetation around structures.

SET: Monitor conditions and be ready to leave.

GO: Evacuate immediately when ordered or when conditions become unsafe.

Keep access clear for fire engines, know multiple ways out and take pets with you. Don't wait until the last minute.

STAY CONNECTED

Sign up for Island County emergency alerts and have multiple ways to receive information, including radio and NOAA Weather Radio. Do not depend entirely on your cellphone.

MAKE A PLAN

Choose a meeting place near home and another outside your neighborhood. Designate an out-of-area contact and record school/daycare and workplace information.

Know your primary and alternate evacuation routes, nearest high ground and utility shutoffs. Plan for pets, livestock and household members who may need additional assistance.

KNOW YOUR NEIGHBORS. Identify who may have medical training, generators, equipment, vehicles or other resources—and who may need help.

LOCAL RESOURCES

- Island County Department of Emergency Management: 360-679-7370
- Emergency Alerts & Warnings: islandcountywa.gov
- Hazard Maps & Preparedness Resources: islandcountywa.gov
- Washington Emergency Management: mil.wa.gov/emergency-management-division

Prepare now. Know your hazards. Have a plan.

Attend: Emergency Preparedness Fair: Saturday, Sept. 26, 10 a.m.–2 p.m., Oak Harbor Fire Department Station 81, 855 E. Whidbey Ave.; free event with preparedness resources, demonstrations, emergency equipment displays, fire station tours and family activities.



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Astrology for September 4-10 2026
New Moon in Virgo 18°

This week contains a relatively quiet sky, however on September 10, four major transits hit within hours. This signals a major shift, perhaps the most potent day of the entire month.

On **September 10**, Venus in Libra trines the North Node in Aquarius at 29° and then enters Scorpio until stationing retrograde on October 3. Venus will station direct in Libra on November 13, and will not exit the sign of Scorpio until January 7, 2027. Get your shovel ready, Venus in Scorpio demands that we dig deep. We've had enough. We are less concerned with small talk and niceties and want to get right to the truth. In matters of relationships, we are more aware of what lies beneath the surface. This can manifest in many ways. It can lean obsessive and suspicious or intuitive and loyal. Scorpio is the sign of intensity, secrets, and the taboo. If there are skeletons in the closet, the upcoming retrograde will bring them out. Liars and pretenders beware. This includes the ways we may be lying and pretending with ourselves. Venus rules pleasure, what we genuinely enjoy. Pay attention to what happens - and with whom - during the pre-shadow period from August 31-October 2. We will be revisiting these topics in the months ahead so we can release outdated behaviors in relationships. How are you participating within relational connection? Is it honest? What are you hiding? What are you holding onto so that you may avoid being abandoned by another? But is that same hold a commitment to abandoning yourself? We all will be dissecting the psychology of our choices in intimacy. What fears are harbored within emotional bonds? What truly brings you pleasure? Let's get to the bottom of it.

Get all them ducks in a row! The new Moon in Virgo arrives on **September 10** at 18°. This is a potent time for plans! Planting seeds, stating intentions, organizing materials, delineating tasks - it's time to plan the work and work the plan. Virgo is the sign of details and order, and the new Moon is a time of beginnings. What would you like to see grow in the next 28+ days? What projects need completing? There is momentum here for creating a balanced strategy that considers all angles, as Mercury, the ruler of this new Moon, enters the sign of Libra. This lunation has the help of Mars in Cancer via sextile and Black Moon Lilith in Capricorn via trine. There is a strong sense of conviction about what we are inspired to move forward with. And if we are dedicated to our new routines, success is promised. This is a very potent new Moon for taking care of business, but with a holistic approach. Lay out the practical steps. Consider the one-on-one alliances that may contribute or lend support towards these goals. Virgo rules the mind-body connection. Be realistic about what it will take to achieve your aims without omitting necessary rest and recovery.

Just after the new Moon on **September 10**, Mercury enters Libra until September 30. The ruler of the mind and communication shifts its focus to the realm of relationships and diplomacy. Partnerships and relational patterns are heavy on our minds, and we are more curious about analyzing them. There is a natural affinity towards cooperation, finding balance, and establishing a fair and just order within systems. Coupled with Venus moving into Scorpio, it's very safe to say that the focus of much of our time will be on the dynamics we have with others and how that influences our thinking and communication habits. The key word here is compromise. Are we compromising to find a true balance, or compromising just to keep the peace? It's great that we can consider infinite options and find multiple solutions, but are we committing to any of them? Working through issues via conversation is helpful until it distracts us from taking action. Make the call. Ask the question. State your opinion. Just pick a restaurant.

Also on **September 10**, Uranus in Gemini stations retrograde at 5° until February 8, 2027. When planets change signs they pull focus. Uranus, the planet of innovation, shock and revolution in Gemini, the sign of communication and learning, is making waves. This transit is also ruled by Mercury that just arrived in Libra. This can stimulate a lot of unexpected conversations with others - business partners, collaborators, lovers, friends, etc. All of our relationships are vulnerable to unexpected twists and turns today. Stay open to learning something new. There are positive aspects involved here with planets like a trine to Pluto retrograde in Aquarius and a sextile to Neptune retrograde in Aries. Although it may not be comfortable in the moment, the lightning that strikes may indeed be for a good cause down the line. Forces are at work in our favor. If we can remain adaptable we can reap the benefits. Look to the area where you have Gemini in your birth chart, the themes of that house are where you need to stay on your toes. Expect the unexpected. Change is happening. It can arrive in many forms; important information that hits out of nowhere or a shift in mental perspective like the snap of a light switch.

There is a lot happening this week due to the potency of the transits that all land on **September 10**. Remember the goal, but stay on a swivel. New opportunities and next developments are arriving now.

Mala Sooknanan

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Jaylynn Sybrant

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Friday, September 4

Football - Mercer Island @ Oak Harbor - 7 p.m. kickoff

Monday, September 7

NWC Girls' Soccer - Lakewood @ Oak Harbor - 7 p.m. kickoff

Tuesday, September 8

NWC Volleyball - Sehome @ Oak Harbor - 7 p.m. first serve

Friday, September 11

Football - Oak Harbor @ Mountlake Terrace - 5 p.m. kickoff

Monday, September 14

NWC Volleyball - Nooksack Valley @ Oak Harbor - 7 p.m. first serve

Wednesday, September 16

NWC Volleyball - Lynden Christian @ Oak Harbor - 7 p.m. first serve

Friday, September 18

Football - Oak Harbor @ Meadowdale - 8 p.m. kickoff

Audiocasts start 90 minutes prior to start for football, one hour prior to start for all other sports in fall.

<https://www.soundsportsnet.com/>

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WEEKLY HOROSCOPES

ARIES - Mar 21/Apr 20
You may be ready to move on from something that has run its course. Don't keep forcing it just because you've invested time in it. Make room for what's next.

TAURUS - Apr 21/May 21
A practical opportunity deserves your attention. Look at the long-term benefits instead of focusing only on what's convenient right now.

GEMINI - May 22/Jun 21
Your attention is scattered. Pick one thing and finish it before chasing the next idea. You'll accomplish more by doing less, but doing it well.

CANCER - Jun 22/Jul 22
Someone may need your support, but don't automatically take on their problems. Be helpful without becoming responsible for everything.

LEO - Jul 23/Aug 23
It's time to put some confidence behind your plans. You've spent enough time wondering whether you're ready. Start, and let experience teach you the rest.

VIRGO - Aug 24/Sept 22
Your eye for detail is useful, but perfection is slowing you down. Get the important things right and let the minor imperfections go.

LIBRA - Sept 23/Oct 23
A social situation may require you to be more direct than usual. Say what you actually think instead of telling people what they want to hear.

SCORPIO - Oct 24/Nov 22
Something you've been keeping quiet about may need to come out. Choose your words carefully, but don't avoid the conversation altogether.

SAGITTARIUS - Nov 23/Dec 21
You're ready for a change, but make sure you're moving toward something rather than simply running away from something. A little planning will make your next adventure better.

CAPRICORN - Dec 22/Jan 20
A work or family obligation may test your patience. Handle what truly belongs to you, then leave the rest where it belongs. You don't have to carry everyone's load.

AQUARIUS - Jan 21/Feb 18
An unusual idea could turn into something useful. Don't dismiss it just because it doesn't fit your usual approach. Experiment a little.

PISCES - Feb 19/Mar 20
You've been giving a lot of energy to other people. This week, put some of it back into yourself. A little distance from the noise will help you think clearly.

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
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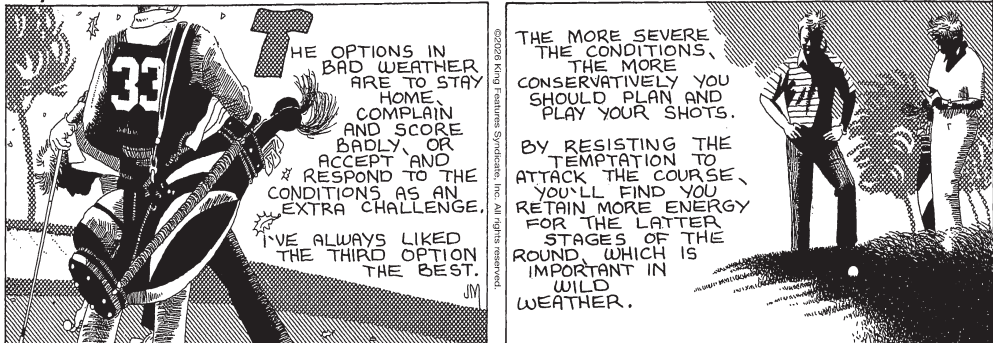
- CLUES ACROSS**

 - 1 Actor Sharif
 - 5 "Humbug!"
 - 8 JFK guesses
 - 12 Cape --, Portugal
 - 13 In the style of
 - 14 Seniors' gp.
 - 15 Manhattan, for one
 - 17 China (Pref.)
 - 18 "The Sopranos" restaurateur
 - 19 Brunch fare
 - 21 Thick chunk
 - 24 TV spots
 - 25 Ancient invader
 - 28 Uber competitors
 - 30 Mas' mates
 - 33 Chef Garten
 - 34 Bo of "10"
 - 35 Pen filler
 - 36 -- chi
 - 37 Location
 - 38 -- B'rith
 - 39 Young fellow
 - 41 "Absolutely!"
 - 43 Texas city
 - 46 Caravan stops
 - 50 Big rackets
 - 51 Pulled-back hairdo
 - 54 Icelandic epic
 - 55 Chang's brother
 - 56 "Andor" actor Diego --
 - 57 Optimistic
 - 58 Tic-tac-toe loser
 - 59 Mountain ht.
- CLUES DOWN**

 - 1 Sea predator
 - 2 Heath
 - 3 Ad agcy. client
 - 4 Debonair
 - 5 Sheep call
 - 6 Boxer Laila
 - 7 Angelic light
 - 8 Allayed
 - 9 Severe decline
 - 10 "Rule, Britannia!" composer
 - 11 Espy
 - 16 Aviv preceder
 - 20 Mardi Gras wear
 - 22 Computer brand
 - 23 Exposures
 - 25 "Shoo!"
 - 26 -- tear (raging)
 - 27 Hindmost parts
 - 29 Boyfriend
 - 31 Comic Gasteyer
 - 32 Enjoy Aspen
 - 34 June honorees
 - 38 Ringo, for one
 - 40 Analyze
 - 42 Trigger's rider
 - 43 Baltic feeder
 - 44 Queen of Carthage
 - 45 Pinnacle
 - 47 Biblical king
 - 48 Aachen article
 - 49 Serb or Croat
 - 52 Musician Yoko
 - 53 Private aid gp.

Answer on page 12

Play Better Golf with JACK NICKLAUS



YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST							
	Fri, Sept 4	Sat, Sept 5	Sun, Sept 6	Mon, Sept 7	Tues, Sept 8	Wed, Sept 9	Thurs, Sept 10
North Isle	H-63° L-51° 85%	H-62° L-49° 20%	H-65° L-51° 15%	H-70° L-54° 55%	H-64° L-49° 15%	H-61° L-5° 0%	H-62° L-52° 55%
South Isle	H-65° L-50° 85%	H-66° L-52° 25%	H-68° L-52° 25%	H-70° L-54° 55%	H-69° L-52° 15%	H-72° L-53° 0%	H-70° L-55° 60%

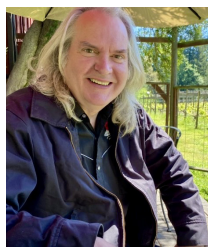


OUR Community

An Upbeat Question of the week

By Helen Mosbrooker

What led you to do the work you are now doing?



Sid Olson,
Langley

After working over 30 years in retail management I found myself working 14 hour days as a mail carrier for the Post Office just as Covid was starting to really spread. I've been an avid thrifter most of my life, so when I saw an ad for Store Manager at WAIF Thrift Store in Freeland I jumped on it. The work they do to support Whidbey Island's homeless pet population was something I was passionate about as we've adopted several cats from them over the years. The interview went well and I was hired. The variety of items that come through the store keeps it fun and exciting, although overwhelming at times, and knowing that all profits go to help find forever homes for adorable animals is extremely rewarding.



Pastor Drew Barnhart,
Oak Harbor, Living Word Four Square Church

I originally went to school to become an optometrist. Following in my father's footsteps in a small farming community in Michigan made a lot of sense. But a cross-country move, an opportunity to serve in a local church, and the encouragement of several pastors opened the door to ministry. I also credit the unwavering support of my family and the prayers of the faith community I grew up in. Together, these influences created space for me to see and hear God's call to be a pastor. In 2007, I took a leap of faith and left my job working for an ophthalmologist in Bellevue, Washington, without knowing what was next. The following week, I was offered an opportunity to start my journey in ministry.



Stachia Gomes-Sugiura, RDH
Oak Harbor

When I was a little girl, I absolutely loved watching people smile. I was extremely fortunate to have one of the best dentists growing up, and I loved watching him help people achieve healthy and beautiful smiles. He would joke, "We brush at night to keep our teeth, we brush in the morning to keep our friends!" In high school, I worked in his office filing charts and confirming appointments.

After receiving my dental assisting certification, I was encouraged to further my education and become a dental hygienist. I've now been in the dental field for 30 years and a hygienist for almost 20 years.

I love my job and the relationships I've had the pleasure of building with patients. I'm grateful to work with an amazing team at Acorn Dental, helping our patients feel comfortable in the dental chair. Helping someone brighten their smile is such a blessing. A smile truly is the universal language



Preston Merritt,
Oak Harbor

I decided to apply for the role of Office Coordinator at Life Church as a way to align my professional life with a greater purpose: serving our local community while faithfully serving God. Throughout my career, I have found that I get the most satisfaction from helping others and make lasting connections that make a difference in people's lives. When the opportunity at Life Church presented itself, it felt like the perfect alignment of my professional skill set and my desire to serve the Lord. Supporting the daily operations of the church allows me to serve the congregation and leadership. Ultimately, this position is far more than a job to me; it is a chance to love God and love people by serving the community every single day.

Weekly SUDOKU

Answer on page 12

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					6		4	
		6		7		5	8	3

COMMUNITY BULLETIN BOARD

To place an ad, email classifieds@whidbeyweekly.com

SERVICE DIRECTORY

FIREWOOD

Firewood

(360) 320-4316

Cut, Split, Delivered
and Ready to Burn

KABAR'S

STIHL REPAIR SHOP
SMALL ENGINE REPAIR

360-429-9986

PAINTER

Island Painting WA

Interior & Exterior Painting
Handyman Services

No Job Too Small

360-637-0782

islandpaintingwa@gmail.com

Licensed · Bonded · Insured

ISLANP**758JD

PUBLIC BOARD

BARN SALE

Barn Sale This Weekend and
every weekend at
Salmagundi Farms

19162 SR 20 3 miles South of
the Coupeville overpass on
Hwy 20
9am to 4pm

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

Something for everyone.
Welcome Friends!

WE BUY SELL & TRADE
VINTAGE AND ANTIQUE
ITEMS

360-678-5888

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

REPURPOSING REAL ESTATE TO
CREATE COMMUNITY

Andy Cook shares how he is
turning an empty commercial
space into a cool hangout spot
for the entire community, in-
cluding tiki bar, records, video
games, fun decor, and events.

Tim Leonard will provide a
sneak peek on how he is bring-
ing back the beloved Machine
Shop pinball arcade. Th Sep 10
6:00pm at 630 2nd St, Langley.
Free and open to all.

BUSINESS FORMING

Whidbey Tree Farms is
forming in on Whidbey to
sell young Cedar Trees. For
information email: jimmy@
whidbey.com

WORK FOR STUDENTS

Work available, ideal for
students. Part-time casual
laborer as landscapers and
more. Paid daily. 8-hour
workday. 1 hour lunch.
Immediate opening for two
people. Must have a cell
phone and transportation.
Any question or further
information call Jim at
(360) 730-1526.

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 Meet-
ings are in Coupeville, Freeland,
Langley, Clinton, and Oak Harbor.
There are no age or education re-
quirements to participate. Mem-
bership is open to anyone who
wants to do something about
their drinking problem. A.A.'s pri-
mary purpose is to help alcoholics
to achieve sobriety. We're here to
help. For local meetings search
aa.org or call 888-360-1564

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

Bothered by someone's
drinking? AlAnon can help!
Langley Family AlAnon
Group, Wednesdays 9:30 AM
to 10:30 AM, Langley Meth-
odist Church, 301 Anthes
Ave, Langley. Fireside room
Information: (206) 898-2771.

Gamblers Anonymous Meeting.
Every Tuesday at 6:30 p.m. at the
Mount Vernon Senior Center.
Mount Vernon Senior Center,
1401 Cleveland Ave, Mount Ver-
non Any questions, call Washing-
ton State Gamblers Anonymous
hotline at 855-222-5542, or visit
<https://gawashington.org/>

OVEREATERS ANONYMOUS
Tuesdays 7 PM to 8 PM
Langley United Method-
ist Church 301 Anthes Ave.
Room 224
Langley, Washington 98260
For local meeting information and
support call: Kevin 206-395-9622

Adult Children of Alcoholic and
Dysfunctional Families meeting,
Tuesdays 2-3 pm, Langley Meth-
odist Church - 301 Anthes Ave,
Langley - Fireside room. Contact:
acawhidbey@gmail.com

WEEKLY MEETINGS

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

MONTHLY MEETING

Monthly 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 do-
mestic violence/sexual assault/
stalking. This is NOT a homeless
shelter. Office: 360-675-7057
Crisis Line: 360-675-2232 Toll
Free: 800-215-5669

Island County Housing Sup-
port – 105 NW 1st St., Coupe-
ville 360-678-8284
For homeless or at risk of losing
housing. Mon-Thurs, 9 a.m.-3
p.m.

Ryan's House for Youth –
19777 SR 20, Coupeville 360-
331-4575
For at-risk adults ages 18-24

Whidbey Homeless Coalition
– Serving Island County 360-
900-3077

The Haven Overnight Shelter is
a night-to-night shelter for up to
30 individuals. Must follow check
in rules and must register daily
between 4:00 and 4:30pm Mon.
thru Fri. and 3:45 pm to 4:00 pm
on Saturdays and Sundays at the
SPIN Café, 1241 SW Barlow St.,
Oak Harbor.

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

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

Last week's answer

Go Figure!

answers

9	-	3	÷	2	=	3
+		+		+		
1	+	6	+	8	=	15
÷		-		+		
5	+	7	÷	4	=	3
=		=		=		
2		2		14		

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 clas-
sified is accepted without phone number. We reserve
the right to not publish classifieds that are in bad taste
or of questionable content. All free classifieds will be
published twice consecutively. If you would like your
ad to be published more often, you must resubmit it.
Deadline for all submissions is one week prior to issue date.

CryptoQuip

answer

When a particular
coniferous tree felt a
freaky prickly sensation,
that was pine-tingling.

How'd you do?

£	8	9	2	7	4	9	1	6
7	4	6	9	1	9	8	2	£
2	9	1	8	6	£	9	7	4
6	1	9	9	2	8	4	£	7
9	£	7	4	9	1	6	8	2
4	2	8	7	£	6	1	9	9
9	6	£	1	8	2	7	4	9
1	7	4	£	9	9	2	6	8
8	9	2	6	4	7	£	9	1

No Cheating!

V	E	L	E		O	O	X		Y	S	O	R
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