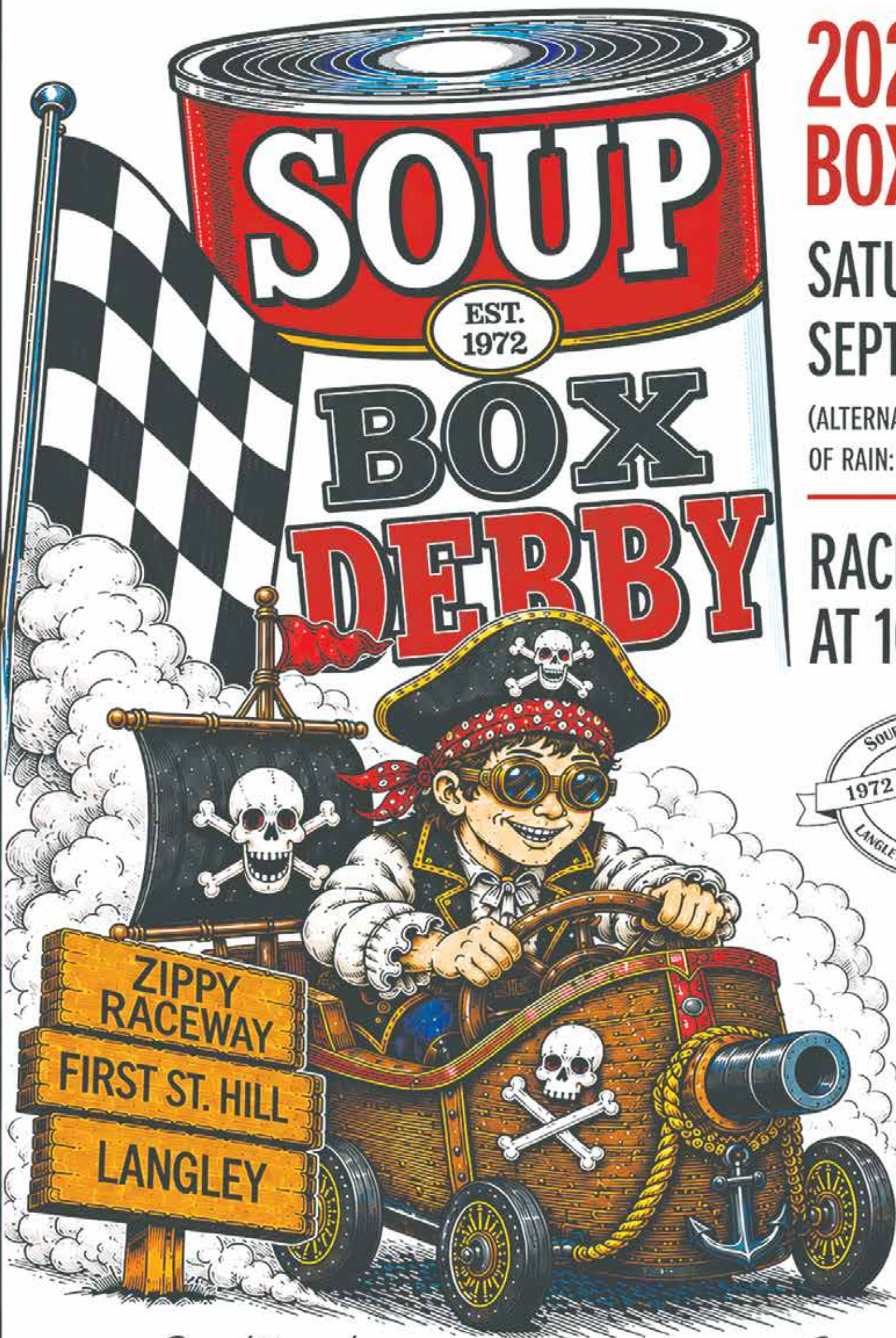


September 11, 2026 - September 17, 2026

absolutely **FREE**

Whidbey Weekly

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



2026 SOUP BOX DERBY

SATURDAY,
SEPTEMBER 12TH

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

RACES START
AT 10 AM



SCAN FOR INFO



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OakHarborFestival.com

The Oak Harbor Music Festival is powered by music, community, and the many people who help keep the rhythm of the weekend running safely. We are deeply grateful for the essential members of our festival family: City of Oak Harbor Public Works, City of Oak Harbor Police Department, City of Oak Harbor Fire Department, and Chris Tumblin & Team at Whidbey Health EMS. Their care, commitment, and protection provide the steady beat behind the scenes, helping ensure that every note, every gathering, and every festival moment can be enjoyed safely.

You'll Like It It's About a Jailbreak



Theater review and photos by Jim Sovanski

Not all the great lines from the 1994 movie version of "The Shawshank Redemption" came from Stephen King's 1982 novella. Not all the great moments from the movie made it into the 2009 theatrical adaptation either. It doesn't matter. The Whidbey Playhouse production will sweep you into its brutal world of survival and triumph, brilliantly staged by director Kevin Wm Meyer and powerfully led by Playhouse newcomers Jason Rasmussen as Red, the man who can get things and David Owsley as the wrongfully convicted ex-banker, Andy Dufresne.

It's a story of hope. The story of an initially awkward friendship, tempered by the cautious need to survive the brutal confines of Shawshank Prison. As a true fish out of water, innocent yet convicted murderer Andy Dufresne does not fit into the prison world of hard men and harder life. The quiet, intellectual Andy somehow survives the savage environment with his dignity and humanity intact impacting the lives of all around him.

The Shawshank Redemption has woven itself into the fabric of our world. It's a universal story that gets under your skin. As a reviewer I submit questions to the players in advance of seeing the show. I have never had the response like



I have for this show. Everyone, cast and crew alike, had a unique connection to tell or a thought to share. Many more than I could ever use, but nevertheless a testament to the influence of this story. Their words speak more eloquently than I can.

"Why this show?"

Producer Sarah Russell wrote:

"I suppose the reason I chose this show is because of its message of hope."

"I prepared myself for the role of producer to be ready to communicate and collaborate with other production team members and to help with promoting the production in our community. I watched the movie multiple times, listened to Stephen King's novella, read and analyzed the play and drove over 80 miles one way to watch the Cascade Community Theater perform their stage production. You might even say I'm one of the many cult followers of this dramatic masterpiece."

What drew you to this part?

"I was especially excited by the possibility of playing Red," shared Jason Rasmussen. "At the same time, I was painfully aware that audiences would inevitably have the image of Morgan Freeman in their minds, and that's a pretty intimidating standard to live up to. But as I dug deeper into the character as he is written by Stephen King and adapted for the stage, I found that I related to Red in ways that went well beyond our age. In the book and the play, Red is a blue-collar Irish salesman who is convicted when he is young and spends most of his life in a New England prison. At its heart, The Shawshank Redemption is an inspiring story about hope. When your environment becomes brutal and difficult to endure, you eventually have a choice: you can "get busy living, or get busy dying." Hope is what makes you choose living."

How do you relate to your character?

"Before taking this role, I wouldn't have said I had much in common with Andy Dufresne," commented Owsley, "But after living with this character for about



What does the show mean to you?

Director Kevin Wm Meyer shared his thoughts.

"Anytime you get to put your mark on a story that people know, that's a challenge. I like doing that."

"Whether it's the novella or the movie, people have their own connections to it." He continued, "The two earlier sources are two different animals. The book is theatre of the mind, the movie a heavily visual medium that relies on the interpretation of the director and the screenwriter. In the book you can have multitudes of characters. In the movie you can have characters and plot points eliminated or several characters rolled into one for simplicity or to improve the pace of the film. The play does a little of both. Some characters are changed or combined and some locations changed because of the limitations of a stage production. But what the first two don't have is the visceral quality of living breathing people right in front of you bringing this story to life."

As such, drama works best when it is shared. When it's up close and personal. In an unusual staging for the Playhouse, director Meyer has chosen to mount a thrust stage extending the playing area to floor level to bring the audience close, into the action. The institutional claustrophobic effect is maximized by the moody, directional and dramatic lighting.

a month, I'm seeing more similarities than I expected —the way we both try to lift people up and give them hope. That's my day job as a pastor:preaching hope, especially in hard times, not just from the pulpit but in conversations with people about their trials and triumphs"



As a warning, this show portrays the brutality of prison life through intense situations, mature themes and strong language.

The Shawshank Redemption runs weekends **September 11 through October 3** at Whidbey Playhouse,
730 SE Midway Blvd, Oak Harbor, WA 98277
Tickets and showtimes are available at **whidbeyplayhouse.com** or by calling the box office at **(360) 679-2237**

BITS & PIECES

WHIDBEY CAMANO LAND TRUST, PACIFIC RIM INSTITUTE AND CENTRAL WHIDBEY ISLAND FIRE AND RESCUE TO CONDUCT PRESCRIBED BURNS FOR WILDLAND FIRE TRAINING AND ECOLOGICAL RESTORATION

This summer, the Whidbey Camano Land Trust and Pacific Rim Institute will be using prescribed fire on prairie habitats at Admiralty Inlet Natural Area Preserve and the Pacific Rim Institute, both in Ebey's Landing National Historical Reserve near Coupeville. Carried out in partnership with Central Whidbey Island Fire and Rescue, these burns are critical to maintaining the ecological health of these rare eco-systems and will provide valuable training opportunities for our local firefighters.

Both burns will be conducted by an experienced wildland fire crew from Central Whidbey Island Fire and Rescue that is certified to conduct a prescribed fire operation. Prescribed fire allows our local firefighters to maintain and hone their wildland fire skills, to enhance readiness in the event of a wild-fire in our community. Fire apparatuses will be on site to ensure the fire does not leave the burn area boundaries. These small burns, measuring 2.5 acres and 8 acres respectively, will only take place if fire safety conditions meet criteria set by the Washington State Department of Natural Resources. Public safety and smoke management are the top priorities for both burns.

Weather conditions and other burn criteria (including wind speed and direction, relative humidity, site moisture, etc.) must fall within the approved burn parameters before fire ignition can take place. If safety and smoke management conditions can't be met, the burn will not occur, and the operation will be postponed for another day or pushed to the following year. If conditions are met, we expect each burn to last between two to three hours.

Locally, fire has been used by Indigenous People for millennia to maintain open, grassy areas and to enhance the growth of preferred food sources such as camas. Through this cycle of burning, unique prairie habitats developed. The removal of Indigenous People and the corresponding loss of cultural burn practices, and the subsequent conversion of these prairies to other uses, has led many of the prairie species to become rare on Whidbey Island and across the greater Pacific Northwest. Among these species is the golden paintbrush, a state listed plant which occurs only in a small handful of places on Whidbey Island, including Admiralty Inlet Preserve and the Pacific Rim Institute. Research has shown that fire is critical to maintaining the habitat necessary for this species and its associated pollinators.

For more information on the project, contact Jessica Larson at the Whidbey Camano Land Trust (360-222-3310 or jessica@wclt.org).

The Whidbey Camano Land Trust mission is to protect, restore and create access to forests, shorelines, farmlands and other habitats in Island County and the Salish Sea, for ecological and community resilience and the benefit of all living things.

The Pacific Rim Institute partners with scientific and academic institutions, federal, state, local, and tribal organizations to understand, protect, and restore endangered westside prairies, beginning with our 175-acre site, and expanding to areas around the Salish Sea.

Central Whidbey Island Fire & Rescue serves residents and visitors to the Town of Coupeville, the community of Greenbank, and unincorporated Whidbey Island from just north of Mutiny Bay Road to just south of Libbey Road. We are an all-hazards fire and rescue agency staffed with a combination of volunteer, part-time, and full-time members.



TUESDAY, 08/04/26

07:01:22, WILSON RD.

Reporting party reports a loose brindle pit bull in the reporting party's yard. The reporting party could not contain the dog. The dog had a leash on, as if it had been let out and got loose.

09:29:21, SPITFIRE LN.

Reporting party states the residence where they deliver has a large number of packages on the porch. An elderly woman lives at the residence.

11:06:06, WILDFLOWER LN.

Reporting party reports an injured coyote pup on the side of State Route 20, in the ditch on the southbound side.

11:07:32, WHITECAP LN.

Audible alarm indicating glass break in the master bedroom. No answer at the residence.

12:59:03, OAK ST.

Reporting party requests a phone call regarding her landlord allegedly stealing from her.

13:50:25, STATE ROUTE 20

Reporting party reports fraud on behalf of her mother. The reporting party and her mother are in the police department lobby and request contact.

20:50:23, SNOWFLAKE RD.

Reporting party states her father is on life support. Advises another family member is advising her that she cannot enter the house.

22:18:42, SW HELLER ST.

Reporting party advises a subject hit multiple trash cans in front of the location and drove away. Vehicle description unknown.

WEDNESDAY, 08/05/26

02:03:02, WEST BEACH RD., IN THE AREA

Reporting party called back very upset and was yelling at the call taker.

08:06:06, SWANTOWN RD.

Reporting party states that around 07:50, a man jogging with a stroller ran by the reporting party's house. The reporting party's dog got loose. Reporting party advises the man said, "If your dog bites me I will fucking kill your dog and kill you."

08:16:51, ZYLSTRA RD. & COZY PL.

Reporting party advises they hit a deer. Reporting party is not injured. Deer is partially blocking the roadway. No airbags deployed.

11:51:09, OLD CEDAR LN.

Reporting party wants to know if law enforcement knows a woman. States he has information about her husband's accident that "the Navy probably never told her about."

16:58:13, STATE ROUTE 20, DECEPTION PASS BRIDGE

Reporting party states a kayaker in the bay just before Deception Pass Bridge appears to be in distress.

18:15:14, SIDNEY ST.

Reporting party requests a phone call regarding being harassed and slandered online.

19:56:52, OAK HARBOR RD., VALLEY HIGH MOBILE HOME PARK

Reporting party states a neighbor is throwing crackle fireworks on the ground and is concerned due to the fire threat level.

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Whidbey's
OKTOBERFEST
GREENBANK FARM
2026

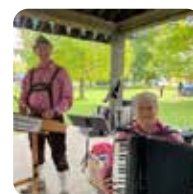
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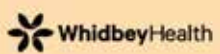
Monday, September 21
10 a.m.-1 p.m.

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"TROUT NOT... COHO HOT..."

Labor Day is behind us and so are all of the seasonal rainbow trout lakes that brought fun and hopefully your young anglers first fish on the end of their line. Fishing for stocked rainbow trout with my Dad and family when I was a young angler is the fish that cemented the fishing bug into my soul, and sparked the unstoppable urge to fish that will remain with me for the rest of my life! Even though the seasonal lakes will be closed until April of next year there are a few local lakes that will remain open all year like Lake Campbell, and Lone Lake, the state will stock these lakes occasionally through the winter months, so check the Washington department of Fish and Wildlife (WDFW) web-site for stocking numbers and dates.

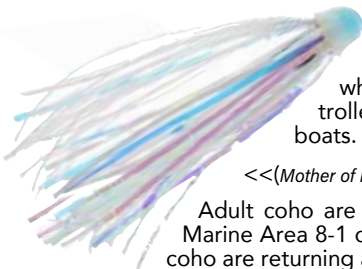


<<(Rainbow's, fun to catch and great tasting)

If you enjoy smoked salmon, smoked rainbow trout is dynamite! The oily flesh of the trout grabs and holds the sweet and salty brine, then add the flavor of smokey alder chips and you have fish that is on the same taste level as bacon. With increasing winter salmon restrictions and opportunities,

catching winter trout can help dull the painful frustration and continue the love of fishing until spring and summer arrive once again.

Before we dedicate our time to winter trout, the fall coho salmon bite is in full swing right now, limits of coho between 4 and 14 pounds are being caught from Possession Point on the far South end of Whidbey Island to Deception Pass on the North end from both the beaches and boats. Chartreuse colored Buzz-Bombs and Rotators are getting bit from shore, white spoons or hoochies, or mother-of-pearl flies and hoochies trolled behind rotating flashers are triggering takedowns from the boats.



<<(Mother of Pearl is a great color to catch coho)

Adult coho are in the Oak harbor Marina right now and can be kept until Marine Area 8-1 closes around the 12th of October. These close-in (back yard) coho are returning as a result of the successful Coho Recovery and Enhancement Program that has been in place for the last 5 years at the Oak Harbor Marina. These fish will strike Buzz-Bombs, spinners, wobbling spoons, and herring under a float. One thing to remember about these fish is the longer they mingle in our local waters the harder they will be to catch so get after them at first signs of activity.

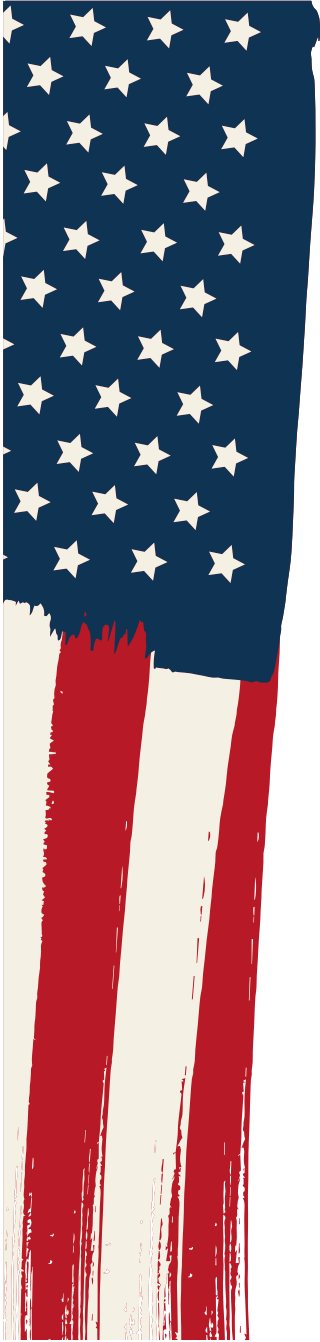
(Oak Harbor coho are kept for 4 months then released into the wild)>>

The surrounding saltwater is feeling the effects of this year's large El 'Nino (warm water) event which could also hold back the heavy fall rains a little longer than normal, if this happens the coho will hold off committing to enter the rivers to spawn. This could give us a few more days or weeks to catch them in saltwater, however, they will not wait forever and will head up to spawn regardless. Once in the rivers they will not eat again, they will still strike our lures and bait out of aggression and territorial protection, the bite can be furious when the coho are in this state of mind, even better than when they are feeding in the Puget Sound to store up their fat reserves.



<<(Wiggle Wart style plugs like this work well on river coho)

Spinners, casting spoons, Wiggle Warts and small Mag-Lip plugs, roe under a float, and jigs will all catch these fish in the rivers. Learning to read the moving water of the river will help you locate the most likely areas the fish are holding. Some of the consistent productive areas will be the fast and slow water convergence seams (concentrate on the slow side), slow water with sunken logs and root balls (do your best to fish close to the structure without getting snagged), walking speed water from 2-to-8 feet in depth (the fish will be 6-to-18 inches off the bottom), and rippling (frog) water at gravel bars and protruding points of land. For me, catching coho in the rivers is more exciting than trolling for them in the saltwater, the act of cast-and-retrieve with a light rig (spoon or jig) is unforgettable when a 12-pound hard fighting coho is on the end of the line! The DNA of the coho salmon allows them to stay chrome bright for weeks after entering the freshwater and are still excellent table fare. Once they turn into their firetruck (black and red) colors they will strike lures and are still fun to catch but should be released after a group photo with family and fishing buddies. Coho salmon are on center stage right now and will be through mid-November, so get out and catch some fantastic fighting fish! Be safe and GOOD LUCK out there!!



SUICIDE
AWARENESS AND
PREVENTION
Panel

A event to help raise awareness for our veterans and community members in need of support.

Panel discussion with Q&A featuring
Dwight Lundstrom, OHSD
Pat McMahon, SWFD
Dave Konkler, Nine9Line

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WALKING: A HEALING ACT



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

When we walk in the beautiful spaces of Whidbey Island, whether it's on a pebbled beach along the ocean side, in an old-growth forest, or on ancient prairie lands, we are walking ourselves back to equilibrium. Life leaves us carrying things, heavy things, in our soul, such as grief, fear, conflict, exhaustion, and disappointment. Although we try to think our way out of these heavy feelings, our nervous system needs healing. One of the oldest remedies for the weight of pain is walking outside.

Summer is over, and we are conditioned to go back indoors for the long, dark, rainy winter, but that's the worst thing we could do. The term "forest bathing" emerged in Japan in the 1980s. Scientific research suggests that time in forests can reduce psychological markers associated with stress, heart rate, blood pressure, and cortisol. Trees release smells called phytoncides, which researchers are studying for their effects on the human immune system and stress responses. Walking in natural environments gives the brain a rest.

Trauma and chronic stress, whether it's from work or a stressful home situation, struggles with addiction, or innumerable such psychological difficulties, can leave the nervous system stuck in patterns of alertness, always in fight-or-flight mode. But walking provides a natural rhythm of left foot, right foot, breathe, and repeat. This rhythm tricks our nervous system into calming down. We're not thinking our way into calm; rather, our brain responds to our body, knowing we are safe.

Whidbey Island has this astounding menu of walks. Walking the beach lets the horizon widen the mind, while the rhythm of the waves soothes the soul. Old-growth forests provide the majesty of enormous trees with their powerful grounded-ness, while the dappled light through leaves gives the psyche a sense of calm. Farmland and prairies can

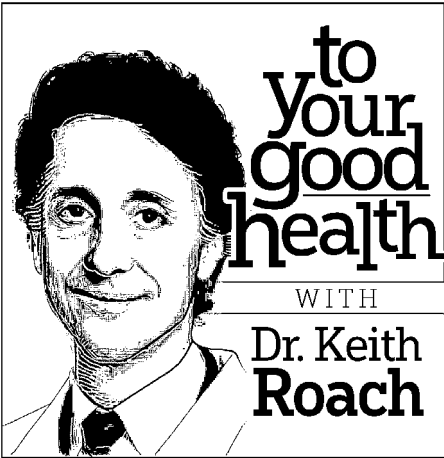
create spaciousness for the eyes, which can translate into a sense of spaciousness inside us. Conservation land, such as that provided by the Whidbey Camano Land Trust, offers walking therapy that reminds us not everything needs to be used, purchased, solved, or conquered.

A walk will never replace talking therapy, which is profoundly healing, but walking on beautiful landscapes can bring us back to ourselves so that we can process our pain rather than exploding emotional shrapnel into the people around us. Native cultures teach us to participate in a living landscape rather than observing nature. As human beings, our well-being is bound up with our relationship to the land, water, animals, seasons, and community despite our tendency to create lives that remove our feet from the land in shoes, cars and buildings.

I believe that forest bathing and long walks in Whidbey Island's beautiful spaces can help heal our wounds even in cold and darkened seasons – perhaps especially in them. We can walk until our breathing slows. We can walk until our shoulders drop. We can walk until the horizon gets larger, and we can walk until our nervous system remembers something that our troubled mind has forgotten - that I am here, that I am alive, and that I belong to this island, and not it to me. The land cannot remove our scars, but if we walk the land enough, it can teach us how to carry them, less like a simple pathway and more like a loving mother.

YouTube
youtube.com/@CharlesLaFond

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



RA Patient Hasn't Found a Medication That Alleviates Joint Pain

DEAR DR. ROACH: I was diagnosed with rheumatoid arthritis (RA), but my rheumatologist hasn't been helpful in finding a medication that I'm not allergic to for alleviating joint pain. (I seem to be allergic to most meds that I've tried.) I'm only 68. I saw the phrase "biological medication" for RA in one of your recent columns. What is this, and do you have any advice? — *B.R.*

ANSWER: RA is an autoimmune disease that may affect other organs besides the joints, including the heart and lungs. While initial treatment for RA may include powerful conventional medicines against the immune and inflammatory systems (such as methotrexate or hydroxychloroquine), a "biological" medication is made from live-cell systems. These medicines mostly include monoclonal antibodies that bind to active biological molecules (called "cytokines"), but they also include fusion proteins that block cytokines before they bind to their receptors.

For RA, the major biological medications bind to important cytokines such as tumor necrosis factor (TNF), interleukin-6, and interleukin-1. But they may also act on stimulants to antibody-producing cells ("B cells"), as well as T cells, which are the other major part of the immune system that's responsible for cell-based immunity.

Biologicals have the potential for serious side effects, including infections (especially tuberculosis but also pneumonia, skin infections, hepatitis B and sepsis). For this reason, biologicals are generally used after a person has failed other treatments. Allergic reactions are uncommon with biologicals.

treated early enough. For this reason, I can't say whether a biological is appropriate for you. Your rheumatologist is monitoring your blood tests and clinical findings to balance the damage from RA against the potential side effects of treatment. It's really the disease activity that determines whether a powerful agent is necessary.

DEAR DR. ROACH: I'm a 99-year-old man in good health who suffered a heart attack in 2014, which was caused by an artery blockage. After inserting a stent in my artery, my cardiologist recommended statin drugs. I tried a few, but they were so painful that my insurance company finally authorized me to use a PCSK9 inhibitor.

The inhibitor worked well for a couple of years, but then I started experiencing terrible hip pain upon standing or walking. The good news was that there wasn't any pain when I was sitting or lying down. So, the question for me became: Should I keep using the PCSK9 inhibitor despite the hip pain, or should I stop using the inhibitor and risk another heart attack or maybe even a stroke? — *M.F.*

ANSWER: Congratulations on doing so well at age 99! Because PCSK9 inhibitors rarely cause muscle or joint pains, I'd first try to be sure that the medicine really is the cause behind your pain. I hope your doctor did X-rays to look for arthritis or even an MRI, since conditions like a torn labrum should be considered.

If there isn't another cause, and the pain stops when you pause the medication, then it'd be likely that the medicine is causing it. Since there are three PCSK9 inhibitors (evolocumab, alirocumab and inclisiran), I recommend trying a different one. If they still cause problems, then I recommend trying something else entirely.

At age 99, your quality of life seems to be the most important issue to me. I'd also give you a trial of bempedoic acid, which works similarly to a statin without the muscle aches that some people experience.

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@

GO FIGURE!

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

	+		÷		= 6			
+		+		+				
	+		+		= 19			
÷		×		×				
	+		-		= 2			
=		=		=				
17		42		45				
1	2	3	4	5	6	7	8	9

Ailanthus altissima, known as Chinese sumac or Tree-of-Heaven, is native to China. In the late 1700s, it was brought to the U.S. as an attractive, fast-growing ornamental tree. Since then it has spread throughout North America and displaced many native species. Dense thickets of it entrench fields and forests, destroy habitats and crowd agricultural fields and roadsides.

It regrows vigorously even when thought to be removed, and it is tolerant of poor soil and drought.

Not so heavenly!

— Brenda Weaver

Sources:
www.invasive.org
www.nature.org
www.lewisginter.org



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VETERANS
★ POST ★
by Freddy Groves

Requesting records is easier now

Requesting your records from the VA used to be a nightmare requiring you to wade through text and instructions that were difficult to understand. FOIA (Freedom of Information Act) requests required you to understand the layout of government agencies and know in advance who specifically had the information you sought before you even started your request. Too often your request for one type of information could end up in a pile in the wrong office, which meant delays.

Now the whole process has been redesigned and requests that go astray have been reduced by 90%, which helps everyone from office staff who handle all the requests to the veterans who are waiting on their information. Everybody, in various departments across the VA, participated in creating the new request page to be sure it works well for all.

If you need to make a records or FOIA request, go to department.va.gov/foia. Scroll down the page and read the sample info for each VA department. Each has a long list of types of information you can get from that department. For example, if you want to know about home loans, click on the submit button for Veterans Benefits Administration. If you need to replace medals or a DD214, click on the submit button for Military Service Records and Next of Kin Requests.

There is a note on the page: "Submitting a FOIA request to obtain personal records could delay overall processing." Instead, locate the appropriate department on the page and use the link provided.

Additionally, at the bottom of the page is a drop-down menu of sample questions you might be asking, like "How do I appeal my FOIA response if I disagree with the results?" or "How do I get an employment verification from the VA?"

If you need it, there's a button called "Learn About Whistleblower Protection." The link goes to department.va.gov/accountability. Or call the Office of Accountability and Whistleblower Protection at 855-429-6669.

BITS & PIECES

DjangoFest Northwest Celebrates 26 Years on Whidbey

In less than two weeks, the Whidbey Island Center for the Arts (WICA) will once again bring the toe-tapping rhythms of the iconic Django Reinhardt-style of jazz to North America's largest and most celebrated Django festival. Now in its 26th year, DjangoFest Northwest features legendary artists from around the globe in six extraordinary days of world-class gypsy jazz, manouche swing, and beyond. Headlined by the internationally acclaimed Gismo Graf Quintet and with performances by beloved returning musicians like Pearl Django and Eric Vanderbilt-Mathews All-Stars, the festival has something for everyone.

The lineup for the six festival days is as follows:

- September 15: 3 Parts Bourbon & Café Impromptu
- September 16: Hot Club of Troy & Pearl Django
- September 17: Eric Vanderbilt-Mathews All-Stars & Leah and I
- September 18: A matinee performance with John Jorgenson Trio and an evening performance with Gonzalo Bergara Quintet
- September 19: Matinee performances with Pino Noir & Grappelli's Django and an evening performance with Gismo Graf Quintet
- September 20: A matinee performance with Stella Heath followed by The Nick Lehr Memorial Performer Djam

"We're so excited to welcome returning and new Django artists to WICA," says WICA Executive Artistic Director Deana Duncan. "For more than two decades, DjangoFest Northwest has brought the magic of Django to our Pacific Northwest shores and we're thrilled to be able to share it, once again, with this wonderful community of artists and supporters. It's been 26 years of musical memories and this year won't disappoint."

The WICA Second Stage will be open throughout the festival, featuring free Django performances with well-known groups like Ranger and the Re-Arrangers and The Lone Fir Hot Club. The festival lounge will also be open daily, with must-have merchandise, a specialty cocktail, and Django vibes. Tickets are still available for most of the performances, but they're selling fast.

To learn more about the festival and to purchase tickets, visit djangofest.com/schedule2026.



Economic Development Council for Island County Announces Sarah Bishop as New Executive Director

Experienced Nonprofit and Business Development Leader to Spearhead Organization's Work Across Whidbey and Camano Islands

The Economic Development Council for Island County (EDC) has named Sarah Bishop as its new Executive Director.

A South Whidbey Island resident and community leader, Bishop brings more than 20 years of experience in strategic partnerships, business development and nonprofit leadership to the role. Most recently, she served as Director of Business Development at brick&batten, where she built and scaled a strategic partner network and led cross-functional revenue growth initiatives. Her career has spanned both startup and established organizations, with experience across media licensing, real estate and technology.

Earlier in her career, Bishop managed high-profile corporate partnerships at the Tribeca Film Festival, stewarding multi-year relationships with organizations including Delta Air Lines, NBCUniversal, AT&T and The New York Times.



Bishop is deeply rooted in the Island County community. She currently serves as President of the Board of Directors of the South Whidbey Parks and Aquatics Foundation and volunteers with Whidbey Island Nourishes. She holds a Bachelor of Arts in Communication Arts from the University of Wisconsin-Madison.

"Sarah brings the experience, perspective and community commitment to strengthen partnerships and expand the EDC's reach across Island County," said Jeffery Pleet, president of the EDC Board. "We're excited about what's ahead and confident her leadership will help build on the strong work already underway."

Bishop joins the EDC at a time of continued collaboration and opportunity across Island County. As Executive Director, she will lead the organization's work to support businesses and entrepreneurs, advancing opportunities throughout Whidbey and Camano Islands, working alongside elected officials, public agencies, educational institutions and community partners.

"Sarah Bishop was a clear choice for the next ED throughout our hiring process. Her passion for this community emanates from the moment you meet her," said Marie Shimada Haynes, vice president, EDC Board. "As the EDC is involved in a diverse realm of stakeholders and businesses, Sarah's background also demonstrates a career of diverse leadership and successes that position her to lead with a clear, collaborative vision. Our last director left very large shoes to fill, and Sarah showed no hesitation in lacing up those metaphorical shoes to help us all move forward together."

"I am proud to call Island County home, and I could not be more excited to put my experience to work for this community," said Bishop. "The EDC plays a vital role in the future of Island County. I look forward to working alongside our business leaders, elected officials, and community partners to drive innovation, sustainable growth, and a truly thriving community."

About the Economic Development Council for Island County

The Economic Development Council for Island County (EDC) is dedicated to strengthening the economic vitality of Whidbey and Camano Islands. An independent member-supported nonprofit and Island County's designated Associate Development Organization (ADO) with the Washington State Department of Commerce, the EDC works closely with businesses, elected officials, government agencies and community organizations. Together, these partnerships strengthen economic resilience, support local businesses, improve regional infrastructure and foster collaborative opportunities that create jobs and promote equitable and sustainable prosperity while preserving the islands' exceptional quality of life. Learn more at: <https://www.edcislandcounty.org>

Submitted by Graham

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HEALTH CORNER

By Dr. Darlene Castle
Chiropractor

5 MOST DANGEROUS WORDS

Maybe it will go away.

How many times have we all thought that? And we always give reasons!

- It's just a little pain anyway.
- It's not really pain, it's only sore
- Just a pulled muscle
- Probably happened when I mowed the lawn yesterday
- I must have slept wrong
- Maybe the weather is going to change

It goes on and on. Most of us who aren't hypochondriacs just wait and see if the body will somehow fix it. And usually it does—or at least the symptoms go away.

That's where the mix-up happens: we relate symptoms going away with "the body fixed it."

The brain acts as a gatekeeper when it comes to pain. It can turn down pain signals or decide not to sound the alarm at all.

If the brain decides you aren't in that much danger, it can slow or even stop pain signals. And if a greater survival issue occurs elsewhere in the body it may decide not to trigger the pain alarm at all.

Another problem is something called "nerve burnout." When pressure on a nerve is either severe or happens over a long period of time, that nerve can stop emitting pain because it becomes exhausted.

Finally, your body is great at finding workarounds! It finds a way to



compensate and that can cause the brain to stop sending pain signals because it figures the problem is fixed.

If your hand gets cut, your brain will tell you about it, right now! There is tissue damage and you need to do something. That's pretty straightforward. But if your spine hurts—just a little bit and then feels better in the morning, you may still have that problem and not know it.

A back or neck pain that comes and goes, may be your brain telling you it's finally time to do something about it.

If vertebrae are out of alignment, putting pressure on surrounding nerves, muscles and organs can be malfunctioning, so it's not just the localized area that you need to be concerned about.

Pain does not indicate how you are. The presence of pain doesn't mean you are sick. And absence of pain doesn't mean you are healthy.

But spinal pain always means you should get checked out. A Chiropractor can easily determine if you have vertebral misalignments which are putting pressure on nerves.

And once you know the cause, you won't have to invent reasons for that annoying little pain anymore.

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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Astrology for September 11-17 2026

The First of Three Passes, Venus in Scorpio Square Pluto Retrograde in Aries

On **September 12**, Mercury in Libra trines Pluto retrograde in Aquarius and opposes Neptune retrograde in Aries at 3°. Mercury has the mind focused on relationships, agreements, and all the ways that we interact with others. It has us weighing out the balance, determining if our current agreements are fair. We are considering where adjustments need to be made, often via discussions and debates with friends and partners. When Mercury creates a positive aspect to Pluto, dialogue is encouraged. We are able to access deeper layers of information and insight with relative ease. We can be more persuasive - and so can others. And with an opposition to Neptune, this is something to pay attention to. Mercury in Libra is skilled at seeing all sides of an issue, but can be challenged to arrive at a final answer. It is easy to get carried away with an idea, something that seems good in the moment, but later reveals that key details were overlooked. Neptune's presence can fog our perception. Be aware that although we may be onto something, not all the facts are clear. Whether intentionally or unintentionally, information exchanged may be misleading, false, or manipulated. Despite the clouds, Neptune does help access creative and non-linear realms. Here is where this transit can shine.

On **September 13**, Mercury in Libra trines Uranus retrograde in Gemini at 5°. This is future-forward thinking at its finest. There is a cooperative and innovative edge to our perspective today. We want to move forward, and we are inspired to build in a new direction. This energy is conducive to out-of-the box thinking and brilliant ideas. Synapses are firing as new angles arrive. There is a hot spark in the changes that have popped off since the recent Pisces lunar eclipse that squared Uranus in Gemini on August 27. Wild ideas and opportunities that we did not foresee can all of a sudden be feasible options. Stay open and curious.

On **September 14**, the Sun in Virgo sextiles Mars in Cancer at 21°. This is an energized day.

The Sun in Virgo is shining its light over our daily habits and routines, our health regiments and organization skills. Mars represents our will, our motivation and ambition. When these two connect, we have a lot of support to get things accomplished. Activate. Even with Mars in the emotional sign of Cancer, we can achieve a tremendous amount via the motivation to make things feel better. What's the task you are avoiding? Handle that one today. With the signs of Virgo and Cancer working together, that task may include self-care, inner work, tending to the house, sorting our personal environment, private matters, etc. Whatever needs your attention today, you can handle it in spades. Listen to the emotional and physical cues of the body for what should be at the top of the to-do list.

On **September 15**, Venus in Scorpio squares Pluto retrograde in Aquarius at 3°. It is the first of three squares that will occur during the Venus retrograde season, preceding the squares on October 19 and December 9. Squares incite action. Get ready to transform. Venus represents our personal finances and relationships, and Pluto represents evolution. Like it or not, relationships and relationship patterns are evolving. This is a tough challenge point. Venus in Scorpio is ruled by Pluto retrograde in Aquarius, and these are both fixed signs, the energy of holding down a season. Power struggles arise and it is likely that both parties do not want to surrender their position. Pluto in Aquarius is asking Venus in Scorpio to look at the bigger picture. Passion can intensify, but don't mistake it for surface level. Who or what does this desire truly serve? Ego? Addiction? Obsession? Wounds around self-worth and the psychology behind our relating patterns are the underlying lesson of whatever conflict erupts today. We are in a multiple month-long story of breaking free of old relationship habits. If we are willing to face fears with courage and honesty, exhilarating transformation awaits.

Also on **September 15**, Neptune retrograde in Aries sextiles Pluto retrograde in Aquarius at 3°. This outer planet transit has been ongoing for many weeks and finally exacts today. Since their orbit is so slow, outer planet transits work their magic quietly over long spans of time and in the background, but as it hits exact, it may indeed play a role in the events that unfold today. Neptune retrograde in Aries is sending spiritual support to an already very strong Pluto and its transformational agenda. Neptune's influence will help focus on the bigger picture by dissolving stubborn and selfish demands. It's like the grease that releases the grip. On a grand scale, this energy is welcoming the next evolutionary level for humanity. Occurring on the same day as the first Venus/Pluto square, this transit invites new imagination. With root motives and personal vulnerabilities revealed, what truly is the best move for all parties involved?

On **September 17**, Chiron retrograde slides back in to Aries at 29°. As Chiron re-enters Aries, it maintains a tight conjunction with the South Node in Leo at 29°. Although the conjunction never quite exacts, the orb is tight and its effects can be strongly felt through the rest of the month. This is yet another aspect signifying reflection and release. This is the last stretch of a long transit. Chiron has been excavating and healing this part of our chart since 2018. How have you grown since then in matters of self-worth and self-confidence? Have you healed any anger? Have you adjusted the ways in which you self-identify? Chiron/South Node in fire signs creates an opening, a gateway for self-liberation from past versions of self. We can finally let go of a stubborn way of presenting to the world, healing a false performance, or any action we've participated in that isn't authentic. Something familiar doesn't feel applicable anymore. It has served its purpose, its okay to put it down now.

Mala Sooknanan

Whidbey Yard Cards

Jaylynn Sybrant

Imagination Cove

Children's Museum

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Monday, September 14

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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

Tuesday, September 22

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

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WEEKLY HOROSCOPES

ARIES - Mar 21/Apr 20

LIBRA - Sept 23/Oct 23

TAURUS - Apr 21/May 21

GEMINI - May 22/Jun 21

CANCER - Jun 22/Jul 22

LEO - Jul 23/Aug 23

VIRGO - Aug 24/Sept 22

SCORPIO - Oct 24/Nov 22

SAGITTARIUS - Nov 23/Dec 21

CAPRICORN - Dec 22/Jan 20

AQUARIUS - Jan 21/Feb 18

PISCES - Feb 19/Mar 20

You don't need another pep talk—you need to make a decision. Pick a direction and stop giving yourself excuses to change your mind every five minutes.

Someone may test your patience, and honestly, you may be right to be annoyed. Don't explode, though. Say what needs to be said, then let their reaction be their problem.

A surprise opportunity could show up in a place you weren't expecting. Don't overthink whether you're qualified. Sometimes you learn by jumping in before you feel ready.

Quit apologizing for having boundaries. People who benefited from you always being available may not like the new arrangement. That's not necessarily your problem.

Your ego could get you into a stupid argument this week. Not every challenge requires a comeback. Walk away when winning the argument would only make your life harder.

You can analyze a situation to death, but eventually you have to live with your choice. Make the call. If it turns out imperfect, deal with it and keep moving.

Someone may finally tell you what they really think. Good. You may not like hearing it, but honest information is more useful than another round of polite nonsense.

Your suspicion radar is working overtime. Before you decide someone is hiding something, make sure you aren't filling in the blanks yourself. Facts first, theories second.

You may be tempted to make a dramatic change just because you're restless. Sleep on it. If you still want the change tomorrow, start making a real plan instead of making an announcement.

You've been responsible for too long and may be overdue for some fun. Not everything has to be productive. Do something pointless simply because you enjoy it.

Your next good idea may sound ridiculous to somebody else. That's fine. Test it before you dismiss it—or before you spend a fortune proving everybody wrong.

Stop trying to read between the lines when the answer is sitting right in front of you. If someone wants you to know something, let them say it. Protect your peace and move on.

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CLUES ACROSS

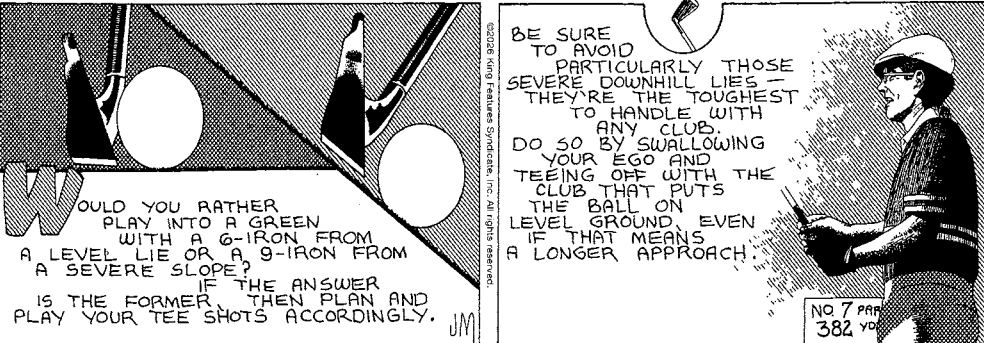
- 1 Grass clump
- 5 Pampering, for short
- 8 Bay Area force, briefly
- 12 Beige
- 13 Taunting laugh
- 14 -- Minor
- 15 Airline to Tel Aviv
- 16 Greek vowel
- 17 Endure
- 18 Lustrous fabrics
- 20 Ascribe
- 22 Soda
- 23 Abysmal
- 24 Fairy tale figures
- 27 Surname of Judas
- 32 Terre Haute sch.
- 33 From -- Z
- 34 Ruckus
- 35 Element No. 78
- 38 Recognized
- 39 Train lines (Abbr.)
- 40 CBS logo
- 42 More like Unger
- 45 Signed over
- 49 China setting
- 50 Here (Fr.)
- 52 Mani counterpart
- 53 Not naked
- 54 Darjeeling, e.g.
- 55 "-- to differ!"
- 56 Earth tones
- 57 Buddhist sect
- 58 Metal boxes

CLUES DOWN

- 1 Golf props
- 2 Golden State sch.
- 3 Dorm alternative
- 4 Dutch exports
- 5 Actor
- 6 Long. crosser
- 7 Spiced drink
- 8 Inferior
- 9 Follower of Sigmund's methods
- 10 Jr.-year exam
- 11 Challenge
- 19 Rejection
- 21 CEO's degree, maybe
- 24 Trendy
- 25 Visual communication syst.
- 26 Protector
- 28 "Rugrats" dad
- 29 Late-night host, usually
- 30 Poetic tribute
- 31 AAA job
- 36 Three-note chords
- 37 British verb ending
- 38 "Consider this a gift"
- 41 Old pronoun
- 42 Diplomacy
- 43 "La -- Bonita"
- 44 Cracker name
- 46 Mazar of "Younger"
- 47 Idyllic place
- 48 Uses a shovel
- 51 Bee follower

Answer on page 12

Play Better Golf with JACK NICKLAUS



YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST							
	Fri, Sept 11	Sat, Sept 12	Sun, Sept 13	Mon, Sept 14	Tues, Sept 15	Wed, Sept 16	Thurs, Sept 17
North Isle	H-65° L-54° 15%	H-62° L-54° 35%	H-61° L-55° 65%	H-65° L-52° 10%	H-66° L-52° 5%	H-69° L-51° 15%	H-70° L-51° 5%
South Isle	H-63° L-54° 10%	H-61° L-54° 30%	H-60° L-54° 70%	H-63° L-54° 10%	H-64° L-54° 10%	H-66° L-54° 15%	H-69° L-54° 0%

OUR Community

An Upbeat Question of the week

By Helen Mosbrooker

As Someone who works at the Pacific NW Naval Air Museum, what do you think would surprise a first time visitor to the new location on Ault Field Rd?



Donna Moore, Oak Harbor

What I would say about the museum is the knowledge that Kelly carries with her over the years regarding our community and what an asset she is to the museum. The museum holds several free events which allows the public to come in to enjoy the museum. The docents are very knowledgeable. While working at the museum I have met more people that have traveled across the world taking the time to stop by our museum on their visits through Oak Harbor. Hearing their stories are interesting and fun. Our museum carries a variety of different displays along with our gift shop, which is very popular. I'm proud to be a part of the Pacific Northwest Naval air Museum. I feel it's a huge asset to the history of Whidbey Island, which I can appreciate as I was born and raised here.



Justine Farago, Oak Harbor

I think what would surprise guests most about our museum is just how much time, dedication, and passion all the volunteers and staff have for preserving the exhibits that have been donated to us. I mostly work with our volunteer Don, and I have heard from a lot of guests that his knowledge of the island and our exhibits is extremely helpful to them when they visit. I have only started working at the museum a few months ago but it's always a treat for me when I talk to our museum director Barry. His passion for the museum and the naval aviation history of the island makes me want to be passionate and learn more about it myself!



CDR Bill Loomis, USCGR (retired), Oak Harbor

I'm a Patrol Plane sailor, having served with VP-69 (2722, RAG) fifty years ago. That experience was sandwiched in between my Air Force and Coast Guard service. So, to answer your question:

As a docent, I find a high amount of interest among visitors in our "World Watchers" exhibit, especially the story from 25 years ago of the Hainan Incident. It's really rewarding to tell that story, and discuss. Most folks have a vague recollection - and are very fascinated to look at that P-3 propeller blade, and what unfolded in the moments and days after it introduced itself to the Chinese fighter that was part of the Interception Flight. This is a well laid out exhibit visually, and the details are well told. People generally know the role of the Orion, few know of the EP-3E Aires II.



Scott D. Oram, AMEC (retired), Oak Harbor

I think the biggest surprise people find is about the illustrious history of our PBY. While she had an honorable career in the Navy, many people are surprised to hear about her adventures and exploits in the years following World War II and how she found her way to our museum. What are those? Well, I guess they will have to stop by the museum and find out for themselves!

If you would like to volunteer at the museum, please call 360-240-9500.



Weekly SUDOKU

Answer on page 12

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SENIOR RESOURCES

Join us for Aging Well: Balance - A Resource Fair

Balance, mobility, and confidence play a bigger role in healthy aging than many people realize. This resource Fair offers tips, advice, balance screenings, movement activities, and resources to help you stay independent. September 21 10 am-1 pm 14594 SR 525 Langley Stay for a delicious lunch afterwards. senior-resources.org/aging-well-balance/

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

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

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 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 Meeting for Mental Health

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

RESOURCES

Family Resource Center

723 Camano Ave, Langley. 360-221-6808 ext 4321

School supplies, coats, warm clothing, resource connections. Mon-Wed 9 a.m. - 5 p.m. Thurs 9 a.m. - 12 noon, or by appt. readinesstolearn.org

Mother Mentors

360-321-1484 · info@whidbeymothermentors.org

Carregiving mentoring and play support, mothermentors.org

I Support the Girls

360-678-2090 · isupportthegirls.org/affiliates/whidbey-island

Essential health and hygiene items for women and girls.

Island Senior Resources

360-321-1600

14594 SR 525, Langley

Multiple 50+ programs and services. Mon-Fri, 8:30 a.m. - 4:00 p.m. senior-resources.org

Pamoja Place pamojaplace.org

721 Camano Ave, Langley

Safe space for BIPOC people and allies to connect, collaborate, and celebrate.

Veterans Resource Center

360-331-2496

723 Camano Ave, Langley

Events, Support, and Benefits help

Monday 10 a.m. - 3:30 p.m. Tues - Thurs 1:00 - 4:30 p.m. Saturday by Appointment. 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 360-331-4575

For at-risk adults ages 18-24

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

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

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

Oxford Houses – Recovery housing oxfordhouse.org

-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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÷		×		×		
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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!

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