

September 18, 2026 - September 24, 2026

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Whidbey Weekly

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bird festival

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Questions of Faith vs. Logic at The Outcast Theater



Theater review and photography by Jim Sovanski

"I want the opportunity to believe. I want the CHOICE to believe!" With those words, Mother Miriam lays out a central theme of "Agnes of God" at the Outcast Theater in Langley. Can we explain everything human through science and logic alone and can faith play into the equation? By the end of the play the question then becomes should we try to explain everything? Is that really the best solution for everyone involved? The unasked question then becomes, are we doing more harm than good by trying to understand and explain everything people do?

Heady and intense questions. Questions engendered by an intense story well told. Based on actual events, Agnes of God tells the story of a young nun, Sister Agnes, who gives birth to a child who is then found strangled to death in a trash can in her room. She claims no memory of the event or of even being pregnant but still is facing trial for murder. Psychiatrist Dr Livingstone is tasked with evaluating her fitness for trial, while Mother Miriam steadfastly defends her young charge.

"Agnes of God" by John Pieilmeier premiered in 1979 and opened on Broadway in 1982 and was adapted for the screen in 1985.

Director Christopher Jewell explains, "This isn't a play about faith. It's about finding truth and what we'll do and what we'll sacrifice to get to that truth. Too often we focus on our differences and question each others beliefs instead of listening and trying to find our similarities and desired outcomes"

He continues, "Logic versus faith. Reason versus belief. Truth versus lies."

The constant conflict between the Doctor and Mother Superior fighting for what they think is best for Agnes, the young nun, unfortunately ends up impacting Agnes the most. In their desire to be right, Agnes is left behind. It reminds me of the song lyric... "Nobody's right if everybody's wrong" by Buffalo Springfield."

Director Jewell has assembled a marvelous cast, including Sommer Harris as Dr. Livingstone, Nancy Pfeifer as Mother Superior Miriam Ruith and Elora Coble as Agnes. Each actor embarks on their perilous emotional journey to self-discovery. Pretense and self-delusion are eventually stripped away for all three women, leaving only awful truth in its aftermath. "Sommer, Nancy and Elora have done an amazing job bringing their charac-

ters to life. The play touches on a lot of sensitive issues and they embraced the journey and the vision as we worked together. I'm so thankful for their trust in me and being part of this experience!"

As Mother Miriam, Nancy Pfeiffer echoed those sentiments, "I've found working with a small cast intense and incredibly enlivening. Christopher has allowed each of us to discover our own character, giving us the space, while keeping the overall pace and movement of the whole play in mind."

Adding her thoughts, Elora Coble as Agnes said, "Christopher has guided this story with kindness, brilliance and open energy. Working with him and Kim has been a beauti-

ful journey. And I can only describe acting with Sommer and Nancy as pure magic. I'm beyond inspired by both of them!"

Elaborating on their motivation and connection to the story, Pfeiffer added, "Prior to the audition, I read the script and was immediately drawn into the story. The relational dynamics between the characters was so well written it allowed me, as an actor, to play with the finer nuances of character development." Coble shared her thoughts, "Stories with heavy themes and disturbed characters have always intrigued me. It feels thrilling to enter into a mind like Agnes'. A mind that has had to split itself up and distort reality in order to survive. I enjoy the discomfort and genuine curiosity I feel as I continue this walk in her



shoes. She has enough layers to keep me peeling for years, I'm sure."

Agnes of God is indeed one of those thought provoking shows that will stick with you, perhaps leaving more questions than answers.

Agnes of God opened at the Outcast Theater opened Friday, September 11th at 7:30 PM and runs weekends through September 27th. Evening shows are at 7:30 PM and matinee performances are at 4:00 PM. Theater information is available online at www.outcastproductions.net or by email at ocp@whidbey.com. Purchase online at: <https://events.ticketleap.com/tickets/outcast-productions/agnes-of-god>

OutCast Theater is located at the Whidbey Island Fairgrounds Black Box Theater, 819 Camano Avenue, Langley, WA.

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BITS & PIECES

Veterans Day Tribute Marks Two Major Transitions

The Oak Harbor community will present its 22nd annual Veterans Day tribute on Wednesday, November 11, at Oak Harbor High School. The program is sponsored by the Oak Harbor Chapter of the U.S. Navy League, in partnership with the Oak Harbor Chamber of Commerce.

This year’s program will mark two significant transitions in the history of the community tradition.

For the first time, the tribute will be held without its founder, former Pastor David Lura, who passed away earlier this year. Lura launched the annual Veterans Day program while serving as minister of Oak Harbor First Methodist Church and helped build it into one of the community’s most enduring observances.

Dave Williams, a former commanding officer of Naval Air Station Whidbey Island, led the program with Lura for many years and co-chairs this year’s effort again with army veteran George Saul.



Veterans Day holds special meaning on Whidbey Island. Veterans make up about 18% of Oak Harbor’s population. When even one family member is included for each veteran, at least 36% of the community has a direct veteran connection. By comparison, veterans represent about 9% of Washington state’s population. That close connection to military service has helped make the annual tribute an especially meaningful Oak Harbor tradition.

Music has long been at the heart of the program, with the Oak Harbor High School Harbor Singers and Wind Ensemble serving as its musical anchors.

Darren McCoy has led Oak Harbor’s award-winning choirs for the past 18 years, while Zachary Petty is in his third year directing the school’s highly decorated band programs. Together, their stirring vocal and instrumental performances bring the program’s themes of pride, remembrance and gratitude to life.

This year also marks another transition: retired Chief Bill Thiel will lead the Oak Harbor High School storied Junior ROTC contingent at the ceremony for the final time.

The cadets play an important ceremonial role each year, striking the memorial bell, posting the colors and setting the POW/MIA table. Their participation provides a visible link between those who have served in the past and the generations who may serve in the future. Over 22 years, Thiel has guided Oak Harbor’s cadets to countless awards and achievements.

This year’s featured speaker will be Naval Air Station Whidbey Island Commanding Officer Capt. Nathan J. Gammache.

Gammache began his Navy career as a seaman recruit and, through exceptional performance, earned an appointment to the United States Naval Academy. He previously served at Whidbey Island with VP-40 and later as commanding officer of the “Golden Swordsmen” of Patrol Squadron 47.

As Oak Harbor remembers those who built this Veterans Day tradition and recognizes those carrying it forward, the purpose of the program remains unchanged: to honor veterans past and present while inspiring future generations to understand the meaning of service — and perhaps one day to serve themselves.

St. Augustine’s in the Woods to Hold Annual Blessing of the Animals

St. Augustine’s in the Woods Episcopal Church will once again welcome Whidbey Island residents and their animal companions for its annual Blessing of the Animals, continuing a community tradition that has spanned more than 15 years.

Held in conjunction with the Feast Day of St. Francis of Assisi, the event celebrates the bond between people and animals and offers an opportunity to recognize the compassion, care and justice that all living beings deserve. The church’s message, “You Are Welcome Here,” reflects the spirit of the gathering and its commitment to serving the wider Whidbey Island community.

Last year’s celebration drew more than 50 people and 28 pets. Local animal organizations, including WAIF, Oasis and Critters & Co. Pet Center and Rescue, participated by providing information and animals for attendees to meet and learn about.

Following the Blessing of the Animals, St. Augustine’s offered its annual Spreading of the Ashes service for community members grieving the loss of beloved pets. The service provides a meaningful way to honor animals who have passed and acknowledge the important place they held in their families’ lives.

Last year, the church exceeded its previous record of 10 pet interments, which had stood for more than a decade, with the ashes of eight dogs and five cats interred. The ringing of the bell in the church’s columbarium preceded and concluded the service.

The Spreading of the Ashes service will be offered again this year. To accommodate the service, the church is limiting ashes to one-half cup per animal. Advance registration is required.

For more information or to RSVP, contact St. Augustine’s in the Woods at (360) 331-4887 or admin@staugustineswhidbey.org.

St. Augustine’s invites the community to join in honoring the animals who share our lives, remembering those we have lost, and celebrating the compassion and connection that animals bring to our community.

St. Augustine’s in the Woods Episcopal Church

Whidbey Island, Washington
(360) 331-4887
admin@staugustineswhidbey.org

Whidbey Audubon Society’s Wings over Whidbey Bird Festival



Join the celebration of birds at Whidbey Audubon Society’s Wings over Whidbey Bird Festival at the YMCA Camp Casey, near Coupeville, on Saturday, September 26, 2026 from 10:00 am - 4:00 pm. This is a family-friendly, free event featuring expert presentations, field trips, youth activities, and hands-on engagement with our Bird Specimen Collection. Local vendors, food trucks, and nonprofit booths will share our local community and a reason to stay all day.

Learn from presentations in Camp Casey’s auditorium by Eric Wagner (“Seabirds as Sentinels”), Connie Sidles (“Why Bother about Birds?”), and Tom Bancroft

(“Marvelous Wings: Reflections on Birds of the Pacific Northwest”), and see live raptors with presentations by NW Game Hawkers and Dr. Mark Borden. Sign up on-line for one of our field trips to Whidbey destinations like Deer Lagoon Preserve, Deception Pass, Fort Ebey, Fort Casey, around Camp Casey for native bees, or family-friendly birding around Camp Casey and Crockett Lake. Take the opportunity to see birds close-up, with specimens from our Bird Specimen Collection and to pose questions to bird experts Matt Klope and Connie Sidles.

Join us and learn about all of our local birds and the habitats we share on Whidbey and beyond!

Thank you to our community for making this free event possible, and a special thank you to our event sponsors: Rick Matsen, in loving memory of Anne Matsen, Tamara S. Lewis, Beth Heffernan, Suzanne Leisher of Keller Williams South Whidbey, Langley Dental, Front Street Realty, Wild Birds Unlimited, Greenbank Pantry and Deli, Prairie Center Market, Bayview Garden, Earth Sanctuary, Moonraker Books, Orchard Kitchen, Island Athletic Club, Whidbey Weekly, and Seattle Marathon Association.



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What's Going On!

FOR WRITERS & READERS: HISTORICAL FICTION REDEFINED
Friday, Sept. 18, 1-2 p.m.
Langley Library, 104 Second St., Langley

Author Kay Smith-Blum discusses the craft, research and writing journey behind her award-winning debut novel, "Tangles," a historical novel blending suspense, thriller and romance. Smith-Blum will explore techniques for creating authenticity, writing engaging dialogue and using dual narratives to build suspense. The program is geared toward both writers and readers interested in historical fiction and the creative process.

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BASICS OF PISTOL SHOOTING
Friday, Sept. 18, 6-9 p.m.;
Saturday, Sept. 19, 9 a.m.-5 p.m.
North Whidbey Sportsmen's Association, 886 Gun Club Road, Oak Harbor

Learn the fundamentals of owning and safely using a pistol in this two-day course led by NRA-certified instructors. The class covers handgun terminology, operation, safe handling and range procedures, followed by supervised range experience and coaching. Designed for new shooters and those looking to reinforce safe practices. Cost is \$50 per person and advance payment is required. Visit northwhidbeysportsmen.org.

HARVEST AT THE HARBOR
Saturday, Sept. 19, 11 a.m.-2 p.m.
Oak Harbor Marina, Oak Harbor

Celebrate fall on the waterfront with a free, family-friendly afternoon at the Oak Harbor Marina. Enjoy boat tours, a scavenger hunt, a Rain Gutter Regatta for kids and more seasonal activities. Admission is free. For more information, visit oakharbor.gov.

WHIDBEY ISLAND CIDER FESTIVAL
Saturday, Sept. 19, noon-6 p.m.
Pacific Rim Institute for Environmental Stewardship, 180 Parker Road, Coupeville

Celebrate the flavors of fall with cider tastings, live entertainment, local food, vendors and family-friendly activities. A Kids' Zone features giant bubbles, hoops, ribbons, juggling, games and prizes. The festival is Pacific Rim Institute's major annual fundraiser, supporting its work to preserve and restore endangered westside prairie habitat. Admission is free for non-drinkers and those under 21. Cider tasting tickets are \$35 in advance and include six tasting tokens and a logo glass. For tickets and information, visit pacificriminstitute.org/ciderfestival.

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 BRASS & PERCUSSION BONANZA
Sunday, Sept. 20, 2-4 p.m.
Coupeville Town Park Pavilion Stage, Coveland St. and Madrona Way, Coupeville

Saratoga Orchestra presents an afternoon celebrating the power and versatility of brass and percussion, joined by Penn Cove Brass and Mutiny Bay Brass Band. The program opens with Aaron Copland's "Fanfare for the Common Man" and spans Renaissance and Baroque music, Sousa marches, festive fanfares and Oktoberfest selections. Presented as part of the Coupeville Creative District's Summer Concert Series. Admission is free.

YACHT ROCK ON THE DOCK
Sunday, Sept. 20, 2-6 p.m.
Coupeville Wharf, Front Street NW, Coupeville

Spend an afternoon on the Coupeville waterfront with live music, community and views from the historic wharf. Crossed Arrow Brewery will have brews available for purchase, and visitors are encouraged to explore downtown Coupeville during the event. The historic steamship Virginia V will also be at the wharf Sept. 19-20 with cruises available separately. For more information, visit portoc.org.

WELCOME TO MEDICARE!
Tuesday, Sept. 22, 1-3 p.m.
Freeland Library, 5495 Harbor Ave., Freeland

Learn the basics of Medicare during a free seminar presented by Statewide Health Insurance Benefits Advisors (SHIBA). Volunteers will cover Medicare Parts A and B, enrollment, costs and coverage, supplemental and Medicare Advantage plans, prescription drug coverage and financial assistance for qualifying individuals. SHIBA provides free, confidential and impartial Medicare education and assistance. Registration is required. Call (360) 321-1600 to reserve a spot.

GLORIOUS GULLS
Wednesday, Sept. 23, 2:30-4 p.m.
Coupeville Library, 788 NW Alexander St., Coupeville

Explore the remarkable lives of gulls with master birder Constance Sidles, who will share insights into their intelligence, adaptability, communication and behavior. Sidles has recorded more than 600 North American bird species and has led birding trips and served in leadership roles with Birds Connect Seattle. The program is part of Sno-Isle Reads Together, celebrating the 2026 selection, "Remarkably Bright Creatures" by Shelby Van Pelt.

ADVANCE CARE PLANNING WITH WHIDBEY HEALTH
Thursday, Sept. 24, 2-3 p.m.
Oak Harbor Library, 1000 SE Regatta Drive,

Learn about advance care planning and how to communicate your goals and preferences for future health care with a multidisciplinary team from Whidbey Health. The informational session includes a brief presentation, Q&A and an opportunity to speak one-on-one with a social worker, provider or registered nurse. No medical care will be provided.

MY OCTOPUS TEACHER AT THE CLYDE THEATRE
Thursday, Sept. 24, 6:30-8 p.m.; doors open 6 p.m.
The Clyde Theatre, 217 First St., Langley

Sno-Isle Libraries and The Clyde Theatre present a free public screening of "My Octopus Teacher," the documentary following filmmaker Craig Foster and the relationship he develops with a wild octopus. The screening is part of Sno-Isle Reads Together, celebrating the 2026 selection, "Remarkably Bright Creatures" by Shelby Van Pelt. Seating is first come, first served.

WINGS OVER WHIDBEY BIRD FESTIVAL
Friday, Sept. 25-Saturday, Sept. 26
Camp Casey and locations throughout Central Whidbey

Whidbey Audubon Society's annual Wings Over Whidbey Bird Festival returns with two days of birding, education and community activities. Free guided field trips visit Deer Lagoon Preserve, Deception Pass, Fort Ebey and Fort Casey state parks, Camp Casey and other locations. Saturday's festival at Camp Casey features speakers, a live raptor presentation, bird specimen collection, local vendors, food trucks and nonprofit booths. A separate Friday evening dinner and presentation by Paul Bannick will be held at the Nordic Lodge in Coupeville. Field trips are free, but space is limited and advance registration is recommended. For the complete schedule and registration, visit whidbeyaudubonsociety.org.

STATE PARKS FREE DAY: NATIONAL PUBLIC LANDS DAY
Saturday, Sept. 26, 8 a.m.-5 p.m.
Washington State Parks, including Whidbey Island locations

Celebrate National Public Lands Day with free day-use parking at Washington state parks, including Deception Pass, Fort Casey and Fort Ebey state parks on Whidbey Island. A Discover Pass is not required for day-use parking on this designated free day. Enjoy hiking, beaches, scenic viewpoints and other outdoor recreation throughout the island's state parks.

BULL KELP: OUR REMARKABLE UNDERWATER FORESTS
Saturday, Sept. 26, 10 a.m.-5 p.m.
Sunday, Sept. 27, 10 a.m.-4 p.m.
Coupeville Library, 788 NW Alexander St., Coupeville

Explore the underwater world of the Salish Sea in this family-friendly traveling exhibit from the Port Townsend Marine Science Center. Step into a 3D bull kelp forest filled with marine creatures, illustrated displays, video and sound while learning about the importance of kelp forests and how to help protect them. Knowledgeable volunteers will be available throughout this all-ages, drop-in program.

EMERGENCY PREPAREDNESS FAIR
Saturday, Sept. 26, 10 a.m.-2 p.m.
855 E. Whidbey Ave., Oak Harbor

Learn how to prepare for emergencies and reduce the risks associated with disasters. The Emergency Preparedness Fair features information booths, guest speakers, disaster planning resources, advice, prizes, first responders and community organizations. Attendees can learn how to stay informed, make an emergency plan and build a preparedness kit. Fun for all ages.

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.

LET'S MAKE A SCARECROW!
Wednesday, Sept. 30, 2:30-4:30 p.m.
Coupeville Library, 788 NW Alexander St., Coupeville

Get crafty and help the Coupeville Library create a spooky scarecrow for the annual Haunting of Coupeville. Participants will work together to design a scarecrow inspired by this year's theme, "Season of the Witch," to be displayed outside the library throughout the festivities.

INVERTEBRATES IN THE SALISH SEA
Thursday, Oct. 1, 3-4 p.m.
Coupeville Library, 788 NW Alexander St., Coupeville

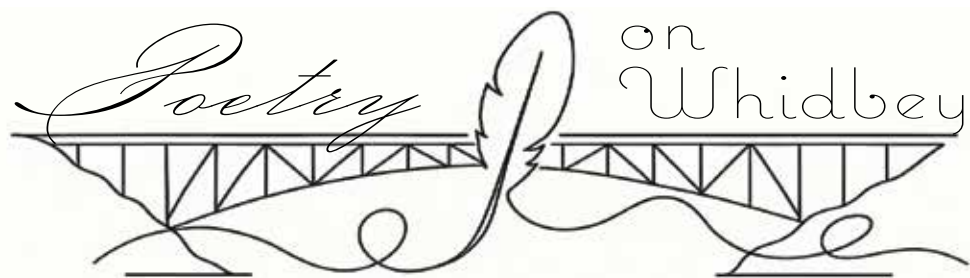
Explore the fascinating lives of invertebrates found throughout the Salish Sea, including their biology, behaviors and life histories. Dr. Brian Bingham, director of Marine and Coastal Science at Western Washington University, will share his expertise in marine invertebrate ecology. The program is part of Sno-Isle Reads Together, celebrating the 2026 selection, "Remarkably Bright Creatures" by Shelby Van Pelt.

DÍA DE FIESTA HISPANIC HERITAGE FESTIVAL
Friday, Oct. 2-Saturday, Oct. 3, 11 a.m.-6 p.m.
Downtown Oak Harbor

Celebrate Hispanic and Latin culture during a free, two-day community festival in downtown Oak Harbor. Día de Fiesta features mariachi performances, traditional dancing, live music and entertainment, local vendors and artisans, authentic Latin cuisine and family-friendly activities. The festival brings together neighbors, families and friends to celebrate the cultures and traditions of the Hispanic and Latin community. For more information, visit diadefiestawa.com.

SARATOGA ORCHESTRA OKTOBERFEST
Saturday, Oct. 3, 11 a.m.-7 p.m.
Greenbank Farm, Wonn Road, Greenbank

Celebrate Oktoberfest with Saratoga Orchestra at this 21-and-older event featuring traditional music, food, beer and cider. Entertainment includes The Oompah-sters, Puget Sound Alphorn Society and Eileen and Rick Webber, plus contests, games and the return of the wiener dog races. Dirndls and lederhosen are encouraged. Proceeds benefit Saratoga Orchestra's education and enrichment programs. Tickets are \$20 in advance or \$25 at the door. For tickets and information, visit sowhidbey.com or call (360) 929-3045.



Fall Dreams:
Acrostic

By Julianna Bozsik

Flaming red ignites the crisp fall air,
A shower of leaves blown off trees.
Locks from summer's golden hair
Laid to rest on empty leas.

Days that clock autumnal hours,
Reaped and gathered ghosts,
Each recalling long lost flowers
Amidst celebratory harvest toasts.

My heart grows older, this, for sure, I know.
Such is the light of Fall before the winter snow.

LOVELY WHIDBEY ISLAND

Lovely Whidbey Island, you're my Island home;
from the town of Clinton, northward I will go.
Past the driftwood beaches, rolling hills and farms,
evergreens and prairie follow along.

Lovely Whidbey Island, like a fantasy.
Quiet, misty mornings, rambling on the beach.
Warmed by light of campfires, families gathered 'round;
great escape for those who live in town.

Lovely Whidbey Island, you're my Island home;
from the town of Clinton, northward I will go.
Past the driftwood beaches, rolling hills and farms,
evergreens and prairie follow along.
Whidbey Island you're my Island home.

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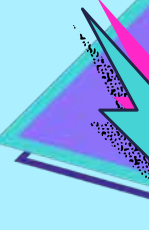
THE ILLUSTRATED BIBLE

Out of the ground the Lord God
formed every beast of the field
and every bird of the air
and brought them to Adam to see
what he would call them.
And whatever Adam called each
living creature, that was its name.

GENESIS 2:19



Detail of "Cats" by Karl Schmidt-Rottluff
(1919)



SOCK HOP
BUNCO BASH!

09/26/26

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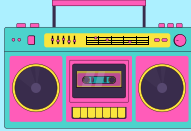
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A local radio feed, in-house, from the
stadiums and gyms, home and road.

Friday, September 18
Football – Oak Harbor @ Meadowdale - 8 p.m. kickoff

Tuesday, September 22
NWC Girls' Soccer – Blaine @ Oak Harbor - 7 p.m. kickoff

Friday, September 25
WESCO Football – Oak Harbor @ Mt. Vernon - 7 p.m. kickoff

Tuesday, September 29
NWC Girls' Soccer – Ferndale @ Oak Harbor - 7 p.m. kickoff

Wednesday, September 30
NWC Volleyball – Sedro-Woolley @ Oak Harbor - 7 p.m. first serve

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

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

Whidbey's
OKTOBERFEST
GREENBANK FARM
OCTOBER 3 11am-7pm
with
The OOMPAH-STERS!
Saratoga Orchestra's Own German Band

Admission:
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Eileen & Rick Webber



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Puget Sound Alphorns



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Masskrugstemmen
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Pretzels, Pizza
Currywurst
& more



Wiener Dog Races!



Beer Garden with
Münchner Bier
Local Brews
& Ciders



Saratoga
ORCHESTRA
Annual Fundraiser

TICKETS and INFO @ www.sowhidbey.com

REMOVING THE FANTASY -How to Make Our World Quieter

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

When I was a child, I visited a large castle with my family. Because I was a child and my parents had lofty discussions with our hosts, I wandered off into the rest of the house on my own, simply to explore the art, architecture, and furniture. The first floor was beautifully appointed and was meant to impress visitors. Indeed, we were all quite impressed, but because I wandered upstairs, I noticed something that I have never forgotten: the ceilings had brown stains on them, underneath which were buckets.

The fantastic approach to the house, lined with oak trees, opened into an astounding courtyard, with ornamental gardens and hedges carved into animals. The front door was massive, oak, six inches thick and studded with steel rivets in the form of lion heads, meant both to intimidate and impress. The first floor was stunningly beautiful, but the family was hiding the fact that the roof was leaking. There was very little furniture on the second and third floors.

The image has never left my mind. And the truth is, I think we all do this. We all want the people around us to perceive us in a certain way, and we signal the expression of those perceptions by the things we wear, the cars we drive, the homes in which we live, as well as the titles we hold, be they aristocratic, religious, or professional.

The work of Arthur Schopenhauer unfolds a philosophy interested in desire, perception, ego, and the ways human beings are driven by forces we don't fully understand. We are surrounded by the noise we have created with ourselves and are addicted to the chemicals our body produces when stressed.

The noise in our lives is not coming from other people. It is coming from the stories we tell ourselves about them and about ourselves.

The central tenet of Schopenhauer's work is that we very rarely encounter another person entirely as they are. We're encountering them through our desires, fears, expectations, and projections.

A key question of life is this: What if life became quieter because we stopped insisting that other people be the people we had imagined them to be?

We don't always want the truth; rather, we often want the story that makes us feel safe.

When we see someone who is powerful or projects that image, we imagine intelligence, wisdom, or virtue, when, in fact, they may have the emotional intelligence of a cobra or a rabid dog. To make ourselves feel comfortable and able to navigate the world around us, we put people in boxes and label them. Someone who's powerful, we unconsciously label

as important, competent, admirable, and worth knowing, when in fact they may be none of those things. And when we see someone who frightens us, we construct an entirely different story about them to attend to the threat we feel, but that person has not necessarily changed. The only thing that changed was our projection onto them.

The truth is personally and socially expensive while our illusions about people are cheap. Our brain likes "cheap" reactions because it conserves energy in case of fight or flight needs.

We love the illusions we create for others. We project what we fear most onto others.

The most Dangerous people are those convinced of their own innocence and humility. When we think we are seeking relationships, in fact we are seeking self-regulation within the groups of masks among whom we move. The ego will protect self-image at all costs. People who are centered and emotionally content tend to expose the roles played by others. Awareness makes others uncomfortable because they expose the games they are playing. Your authenticity will often threaten those whose insecurity or fears it exposes.

In my experience, when we let go of our temptation to refit everything into nostalgia or fantasy- the two great cancers of human life- we live in the awareness and truth of what's around us. The problem is that our brains have developed over millennia to seek and find threats in nature and with people – threats to our well-being and safety. So, when we rest, meditate, linger in long silences, take long walks in forests, connect with one other person we deeply love and respect, or pet the dog on our lap, we are re-regulating our neurology away from fight-or-flight and into the truth that almost all of the threats that surround us emerge from our own projections.

Discerning and telling the truth, both to others and to ourselves, is, well, just so much easier, quieting the monkeys screaming and jumping in the proverbial tree of our psyche. Sitting with a quiet mind is rare and healthy.

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

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THE WINDS OF LIFE



by Auston Reisman FATHER, FARMER, ARTIST, BUILDER, COMPOST CULTIVATOR PHOTO: DILLON REISMAN

At a recent music festival, I was reminded how much one person can influence the people around them. One small light can inspire another, and another, until suddenly there is a whole crowd shining together. It made me think about how our own actions and attitudes can affect others, even when we don't realize it. This idea connects surprisingly well with the Buddhist teaching of the **Eight Worldly Winds** about learning to stay grounded through life's constant ups and downs.

The Eight Worldly Winds describe the ups and downs everyone experiences throughout life. They include gain and loss, pleasure and pain, praise and blame, and status and disgrace. These things are unavoidable parts of being human. Life is constantly changing, whether we are ready for it or not. The problem isn't necessarily experiencing these things, but becoming too attached to the good ones or desperately trying to avoid the bad ones.

The first pair is **gain and loss**. We can gain or lose almost anything, including money, possessions, relationships, jobs, knowledge, confidence, or security. Getting a new job might make us feel like we're winning at life, while losing one can make everything feel like it's falling apart. We often worry about losing what we have or spend our time wanting something we don't have. The reality is that gain and loss are simply part of life. Unfortunately, there is no "keep everything forever" button.

The next pair is **pleasure and pain**. Pleasure can come from food, relationships, hobbies, music, traveling, adventures, or simply having a good day. Pain can come from stress, sickness, fear, aging, heartbreak, financial problems, or losing someone important. Buddhism doesn't say we should stop enjoying pleasure or pretend pain doesn't hurt. Instead, we learn not to cling too tightly to pleasure or constantly try to escape pain. Pain is already difficult without our minds making it even worse by asking, "Why is this happening to me?" A better question may be "Why should it not happen to you?"

The third pair is **praise and blame**. Most

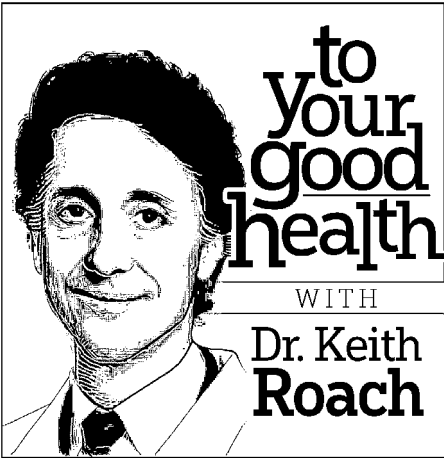
people enjoy being praised. Hearing that we did something well can make us feel proud and appreciated. Criticism or blame can make us angry, embarrassed, or defensive. Caring about what other people think is normal because humans are social creatures. However, depending on other people's approval for our happiness can become a problem. If we constantly need praise or fear criticism, we're basically handing someone else the remote control to our emotions.

The final pair is **status and disgrace**. Status can come from careers, money, achievements, popularity, power, or respect. Disgrace is the loss of that reputation or social standing. Social media can make this especially difficult because we constantly compare ourselves to others. Someone posts a dream vacation, expensive car, or amazing promotion, and suddenly our own life feels like it needs a major upgrade.

Many religious traditions teach that we get "blown around" by these winds when we forget that everything is temporary. We hold tightly to what we enjoy and push away what we don't like. The **Four Noble Truths** help us recognize suffering, understand where it comes from, realize it can end, and follow a path toward freedom from it.

This is where **equanimity** becomes important. Equanimity means staying balanced and grounded while life changes around us. It doesn't mean becoming emotionless or pretending nothing matters. Instead, it means enjoying good experiences without desperately holding onto them and facing difficult experiences without letting them completely control us.

We can't stop the Eight Worldly Winds from blowing, but we can choose how we respond to them. Just like one small light at a music festival can inspire many others, finding balance within ourselves can influence the people around us. The goal isn't to stop the winds from blowing. It's to grow deeper roots within ourselves so we can stay steady when life gets difficult—and maybe help someone else find their balance along the way.



Elder Gets Hospitalized Due to Hypercalcemia

DEAR DR. ROACH: A few years ago, at the age of 65, I was hospitalized and in critical condition with a calcium score of 14 mg/dL. After many tests, the diagnosis was hypercalcemia. After a 10-day hospital stay, I was discharged, and every test in the book was done to find the cause. All tests came back negative as to the cause, and still to this day, it isn't known what could've caused this. Any ideas? — G.V.

ANSWER: "Hypercalcemia" just means a high calcium level, and there are many causes — some of which are quite serious — including several cancers. A level of 14 mg/dL is very high. The many tests that they did makes a serious cause unlikely, and the fact that you're doing well years later confirms this.

The most common cause of high calcium is primary hyperparathyroidism, which should've been among the first tests they did. This is caused by a (usually) benign tumor in one of the parathyroid glands; there are usually four that sit on top of your thyroid gland (hence the name). Parathyroid hormone is the key regulator of calcium in the body.

I suspect that you had pseudohypercalcemia — an apparently high calcium level that is actually normal. This is caused by the abnormal protein binding of calcium, which, in turn, can be caused by abnormal protein levels in the blood. Some of these abnormal protein levels include high albumin (found with dehydration) and high immunoglobulin proteins (found with multiple myeloma). Again, since your tests are all normal now, a serious condition is very unlikely.

The classic cause of pseudohypercalcemia is leaving the tourniquet on too long when drawing blood. As the blood

um gets unbound from albumin, leading to an artifactually high number. This can be easily confirmed by measuring ionized calcium.

DEAR DR. ROACH: I'm very nervous to take any prescriptions with black-box warnings. My urine tested positive for *Pseudomonas aeruginosa*. My doctor prescribed 500 mg of Cipro. Everything I read says how terrible the side effects are and how they can be delayed or show up later on in the future.

After more research, I see that water pills (I take hydrochlorothiazide) aren't necessarily safe to take with Cipro, as it can cause additional kidney strain due to your electrolytes being off. I'm not a doctor, but not much is sitting well with me.

Would you please be so kind as to share your thoughts for alternatives that would be safer to take so that I can share them with my doctor? — L.W.

ANSWER: *Pseudomonas aeruginosa* are a dangerous bacteria, partially because of their extensive resistance to antibiotics. In fact, quinolones such as ciprofloxacin (Cipro) are the only reliable oral antibiotics to treat *Pseudomonas*. While I agree with you that quinolones are risky drugs that should only be used in limited circumstances, your only other option to treat your infection is an intravenous antibiotic.

Ciprofloxacin has several potential toxicities. I've seen hallucinations with this drug start after hours. Many people know that ciprofloxacin in particular can increase the risk of tendon ruptures. There may also be an increased risk of aortic aneurysms. However, the major risk is while the person's taking the medication, and the long-term risk after taking a week of antibiotics is quite low.

Before starting treatment, it's important to be sure that the urine is actually infected with, rather than colonized by, *Pseudomonas*. The presence of symptoms is critical when considering treatment.

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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Orchard mason bees

Shiny, dark-blue and smaller than a honey bee, the orchard mason bee can be encouraged to live in urban areas, as it is beneficial, non-aggressive and non-damaging to structures. Build it a bee house, by taking a 4x4 untreated block of wood, drilling smooth holes about 5/16" in diameter in a grid on one side, and at least 3" deep into the wood. Create an over-hanging roof, and hang it firmly at least 3 feet up.

— Brenda Weaver

Source: gardening.wsu.edu

Life Tributes

Nancy Lee Madsen

August 15, 1931 – September 5, 2026

Nancy Lee Madsen lived a long and full life centered around her faith and her family. She was a beloved wife, mother, grandmother, and GG, and she will be deeply missed.

Nancy was born in 1931 in Beach, North Dakota, to Glenn and Nan MacDonald. She worked in her parents' grocery store and enjoyed spending her free time at their lake cabin.

Nancy married her high school sweetheart, C.H. (Tack) Kossow, and followed him as he pursued a career in the Navy. They lived in Alaska on two separate occasions and otherwise spent their years together wherever the Navy sent them. Their first daughter, Gwendolyn, was born in Grand Rapids, Minnesota, followed by Cyndy, who was born in Deer River, Minnesota. They were next stationed at Whidbey Island, where their son Carroll (Mick) was born. Nancy was active with the wives' club and enjoyed creative pursuits such as pottery and sewing. She was even featured in the local newspaper.

The next chapter of Nancy's life included marrying Wilbur (Bud) Madsen, who had sons James and Robert. Bud and Nancy moved to Missouri, where their daughter Nancy was born. The family later moved to Southern California, where they lived for 11 years before retiring and moving to Oak Harbor, Washington. Retirement included square dancing, snow-birding to Arizona, playing bridge, and crafts.

Nancy was a beloved daughter, sister, friend, wife, mother, grandmother, and GG—known for her sense of style, kindness, and generosity. She was always up for an adventure and could be counted on to be there whenever you needed her. She was a regular at her children's and grandchildren's activities. She was "Mom" and "GG" to more than just her own children, grandchildren, and great-grandchildren.

Nancy loved Jesus and never understood how others could go through life without Him. Church attendance and activities were an important part of her life. Two of her favorite songs were "How Great Thou Art" and "My Tribute (To God Be the Glory)."

Even though she continued to light up any room she was in, Alzheimer's and dementia took their toll at the end of Nancy's life. She spent her last six years in Spokane, Washington; five of those years were in a wonderful, caring adult family home. Ultimately, a stroke was too much for her, and she departed this world for Heaven.

Nancy was preceded in death by her parents, brother, and husbands. She is survived by her children Gwen (Terry) Olcott, Cyndy (Tom) Smith, Mickie Kossow, and Nancy Humphries; grandchildren Carolyn Lagle, Tighe (Melissa) Smith, Justyn (Briana) Smith, Terah (William) Zabelka, Brandon (Debora) Smith, Jonathon, Joshua, Kirah (David), Danica, and Austin Crosby (Stephanie); and 20 great-grandchildren.

GG would always start a sentence with, "Say..." So, GG, we have one last thing to say:

Thank you for loving us. We miss you. We will remember you, laugh about the good times, and carry your love with us. We'll see you again soon.

There will be a Celebration of Life service at Wallin-Stucky Funeral Home on October 10 in Oak Harbor, WA, at 10:00 a.m. We would be honored to have you join us in celebrating her beautiful life.



BITS & PIECES

What Is a Dramaturge?

A behind-the-scenes angle for Whidbey Playhouse's *The Shawshank Redemption*

Most theatergoers have never heard the word "dramaturge," and most productions don't have one. For Whidbey Playhouse's upcoming run of *The Shawshank Redemption*, cast member Gary Gillespie took on the role, a job that sits somewhere between researcher, historian, and in-house resource for the rest of the company.

Gillespie previously served as dramaturge for Whidbey Playhouse's production of *The Sound of Music*. When he didn't land his preferred role in this production's casting, he offered to take on dramaturgy duties again. Kevin Meyer accepted the offer and later asked Gillespie to also serve as understudy for two roles, Warden Stammas and Brooks Hatlen, the elderly prison librarian.

On opening night, Gillespie takes the stage as Bateman, a non-speaking member of the prison ensemble.

"A dramaturge's job is to make sure nobody on stage is just reciting words," Gillespie said. "Every line exists because a character wants something in that exact moment. My job was giving the cast what they needed to find that."

Drawing on his background as a retired professor of communication, Gillespie built a public Drama Resource Center for the production, available at shawshankguide.blogspot.com. The site spans the 20 years the play's world covers, 1947 to 1967, and includes a Character Profiles & Acting Directory, a Historical Timeline, a Prison Slang & Glossary, a guide comparing the stage script against the 1994 film, and a broader Actor's Toolkit of stage best practices.

Among the toolkit's resources is a five-point acting checklist Gillespie titled "Cleared for Takeoff," grounded in the Stanislavski method and built around examples specific to this production, framed around a pilot's pre-flight routine: thorough preparation, run the same way every time, so real skill can show up reliably on stage.

He also built an interactive rehearsal tool that lets any cast member drill their own lines against the full script read aloud, covering all 24 scenes and every speaking role in the play.

"Every villain is the hero of his own story," Gillespie said of playing Stammas, the production's antagonist. "I think of him as someone who has spent years making decisions about men who have done real evil, and somewhere along the way decided he'd earned something for himself out of it."



"I checked the GPS and we're right here!"

Out on a Limb

by Gary Kopervas



PHONE: 360-682-8283 WHIDBEYWEELY.COM



Publisher/ Editor Samantha Goodman
Production Manager/ Editor..... Jacob Goodman

Contributing Writers
Jim Sovanski
JoAnn Hellmann
Auston Reisman

CONTRIBUTE TO WHIDBEY WEEKLY

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

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

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HEALTH CORNER

By Dr. Darlene Castle
Chiropractor

CHIROCHONDRIAC?

There is little difference between the hypochondriac and the chirochondriac. Both race to the doctor for the slightest ache. But there's a great deal of distance between constantly seeing the Chiropractor and going in for maintenance care.

When you begin Chiropractic care it's usual for your body to need several adjustments in a short period of time. This phase is known as intensive care and the length of time for it depends on many things.

How much inflammation is present?

What's the level of pain?

Is the pain right at the spine or is it radiating to another part of the body?

How old is the patient?

How long has this been going on?

No matter how gently it's done, correcting a vertebral misalignment (subluxation) can cause its own muscular soreness. Your body's muscles are moved with the adjustments and all of the tissues in the area have to get used to the new positions of the vertebrae. It then takes time for the area to heal.

All of this is why initially you'll likely need to visit your Chiropractor several times in a single week! As your body heals, that care will reduce.

Of course a patient who walks in under



his own power will get better faster than the one being carried in by two strong men!

Also of course, the reason you scheduled the appointment matters: did you fall downstairs? Did your dog pull you down a slippery slope when both of you took a walk? Were you in a car accident?

All the things that happened before you made the call go into the equation that adds up to when you can be better and feel better too.

Once you're at a single visit per week or month, why not preserve your gains? You've spent the time, effort, energy (and money) getting your spine in shape, why would you abandon it? It's far easier to maintain the health of your spine than regain it.

Chiropractic maintenance care is an extremely valuable insurance policy all its own. Your body loves it. You feel great. And you go about your activities of daily living without the aches, pains and worries that go along with them.

I can't imagine anything that makes more sense.

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 18-24 2026
Critical Conversations, Mercury in Libra Opposite Saturn in Aries

On **September 18**, Mercury in Libra opposes Saturn retrograde in Aries at 12°. This is a reality check around ideas, thoughts and communications. Mercury in Libra wants to compromise, to find the way that everyone can win, but Saturn says no. Loss, rejection or restriction have their place and serve important functions. Saturn in Aries will not allow things to continue that do not align with the truth of our desires or goals without consequences. That reality might land today via important exchanges, especially with authority figures or partners. A tough conversation can be had, and the way that it unfolds could be the reason a new decision is made. Are you willing to cooperate to find an updated and more accurate balance? Analyze where you feel limited or restricted. Are the blocks physical or is it all in your mind? There is a strategy available if we can open to it. Both Mercury and Saturn form a square to Ceres, the asteroid of nurturance. There is a tension around access to this energy, but we will be pressured to invite curiosities around how to remedy that. What element of nurturance is missing? More loving self-talk? How are we expressing to others what we need to feel nurtured in our relationships? Are we being direct in asking for what we need, or wanting others to just magically know? Whatever is so difficult to talk about today, our future selves will be glad we did. Say the thing. Let what is not working be addressed even if it is challenging or messy. Flip the mental. Working through conflict is a critical type of nurturance.

On the morning of **September 19**, the Moon moves through Capricorn squaring Neptune retrograde in Aries at 2° bringing some unfamiliar and even confusing feelings. It can be difficult to feel the reality and roots of our circumstances with this flavor of ambiguity. The Moon will spend the rest of the day moving through the sign of Capricorn, inviting some introspection, despite the tasks that we would like to accomplish. Capricorn Moon transits favor long-game choices. It's best to keep emotional impulses at bay. Just after midnight as September 20 arrives, the Capricorn Moon squares Saturn retrograde in Aries at 12°. If we failed to make it through the day without impulsive actions, Saturn will present some emotional consequences. At best, even if we held it down, Saturn is likely going to dampen the mood - but not without cause. This is a moment for self-reflection, to check in with any negative feelings or self-doubt. How can you show up for yourself, maintain a boundary, or practice patience?

On **September 21**, Mercury in Libra sextiles Jupiter in Leo at 17°. After important words were exchanged or influential information has surfaced, we are ready to broaden our lens on an issue. This aspect opens the mind, expands optimism and can-do attitudes. It smoothes out insecurities in conversations and creates an atmosphere that is less serious in relationships. As the Moon enters Aquarius, it conjuncts Pluto retrograde at 3°. Although this may amplify feelings, it offers a lens into our own personal underworld. Hidden feelings may rise to be felt and aid in our understanding of how to navigate the moment. The psychological roots of our feelings become illuminated and despite the intensity, we are supported by the ability to be objective. Discernment continues to be the assignment, but we can see a bit more clearly what elements are at play before making consequential moves.

The Autumnal Equinox arrives on **September 22**, as the Sun enters Libra until October 23. Happy Libra season! The Sun acts as a spotlight, highlighting the themes and areas of life of whatever zodiac sign it moves through. During Libra season, our attention is drawn toward relating, diplomacy, and cooperation. The ruler of this season is Venus. She is currently moving slowly through the sign of Scorpio preparing to station retrograde on October 3. Pay close attention to relationship dynamics, and what lies beneath. Much will be revealed in the coming weeks in regards to what we value and how we are valued (by both ourselves and others) through the events that unfold this season. We will notice imbalances and be pushed to make some important corrections. With the help of Mercury in Libra until September 30, we are willing to communicate our grievances or find new solutions to longstanding issues. Don't be fooled by the sweet and poised demeanor of Libra. After all, it is the sign that rules justice. Although it may take many weeks for the ruler of this season to work out the kinks, Venus in Scorpio will gather evidence and see to it that justice is served when she stations direct on November 13 back in her home sign of Libra. What relationship and intimacy patterns are up for rework? Compromising to keep the peace will not fly once October arrives. Transformational changes are loading in relationships and self-worth.

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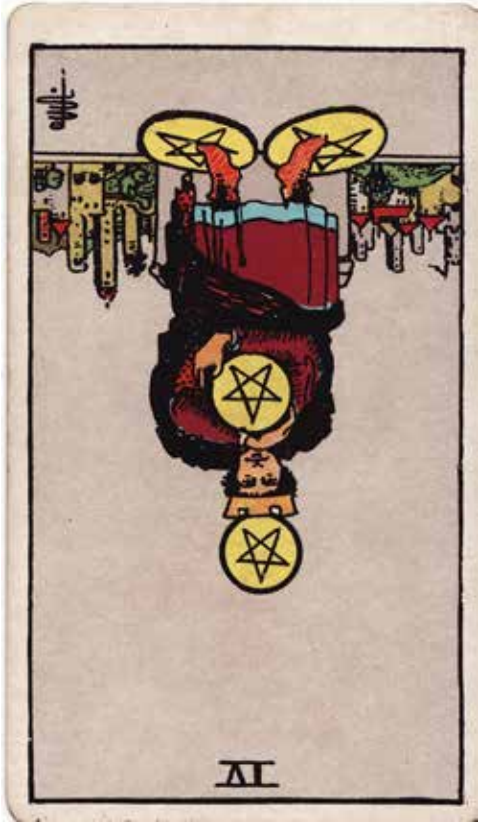
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September 18th – September 24th :
the Four of Pentacles Reversed.

Rotating radial from a fixed point, perceiving your grip on practical matters to equate being grounded, yet you don't see you've been turned on your head; instead, you've fiercely convinced yourself it is the world that has been turned upside down around you, believing if you just hold firm to the center-mast long enough then all will right itself around you, allowing you to move forward with your beloved status quo. Nailing your feet to the ceiling does not mean you're right side up. The pragmatic noun, home, career, investment, degree you've anchored your life to has you adamant that if you've the strength to weather the storm then your ship will remain intact, refusing to

contemplate the possibility that being swept up in the winds will shake you loose before depositing you where you're truly meant to be and grow at this point of your journey. Your rigid grasp on denial does not change the truth of change being inevitable and control the true illusion.

Unpopular hot take, but dogmatically refusing to relinquish control, frantically striving to hold all the pieces together, fervently proclaiming your knowledge of the course, is in fact cowardice disguised as courage. Your determination to hold dearly to what you've previously created or busted your arse for is the very stubbornness now keeping you small, boxed in, and avoidant of your capacity to build something even better aligned. Sharks grow to the size of their tank, and nature is resolute in making you aware that you're going to need a bigger tank.

Exhale. And please make some time this week to be within touching distance of the water and the wind. Dare I dare you to even dance in the rain? Tuesday and Thursday provide excellent opportunities to do just this, while easing yourself into the practice of loosening tf up with the added benefit of balancing the obstinate earth energy you've been clutching with the flow and guidance of water and air. I'm not worried about your fire; it's within you and what aided you to erect your empire you're now refusing to renovate, expand, or recreate. And recreate does not necessarily mean duplicate.

You are so much more loved than you realise. Will you bravely allow yourself to be the small shark in the temporary discomfort of the bigger tank while you discover more of your potential and chart the unknown? I believe in you. ~Xo, Tiffany

Cards are drawn from the classic Rider Waite Smith tarot deck.

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WEEKLY HOROSCOPES

ARIES - Mar 21/Apr 20

Take a moment to notice how far you've come instead of focusing on how far you still want to go. Not everything needs to be conquered. Some things deserve to simply be appreciated.

TAURUS - Apr 21/May 21

You may realize that something you once desperately wanted isn't as important anymore. That's not failure—it's growth. Be grateful for the wisdom that changed your priorities.

GEMINI - May 22/June 21

Your mind is usually busy looking for the next thing. This week, look back instead. An old experience may suddenly make more sense when you see how it shaped the person you've become.

CANCER - June 22/July 22

Think about the people who have quietly been there for you. You don't have to make a grand gesture. Sometimes a simple "I appreciate you" means more than you realize.

LEO - July 23/Aug 23

Recognition feels good, but your worth can't depend on being noticed. Ask yourself who you are when nobody is applauding. The answer may be more important than the praise.

VIRGO - Aug 24/Sept 22

You can always find something to improve, but constantly fixing yourself can become exhausting. Give yourself credit for what is already working. Perfection was never the assignment.

LIBRA - Sept 23/Oct 23

A relationship may teach you something about yourself this week. Instead of asking who was right, ask what the situation revealed. Self-awareness can be more valuable than winning.

SCORPIO - Oct 24/Nov 22

You don't have to carry every old hurt into the future. Some lessons have already been learned. Be grateful for what the past taught you, then give yourself permission to put it down.

SAGITTARIUS - Nov 23/Dec 21

You may catch yourself wanting more when you already have plenty to be thankful for. Ambition isn't the problem; forgetting to appreciate the present is. Don't miss your life while planning the next one.

CAPRICORN - Dec 22/Jan 20

You've accomplished things that once seemed impossible. Don't immediately turn the achievement into another obligation. Stop for a minute and actually acknowledge yourself.

AQUARIUS - Jan 21/Feb 18

Someone from your past may cross your mind unexpectedly. Rather than wondering what could have been, consider what that chapter taught you. Closure sometimes comes from understanding, not answers.

PISCES - Feb 19/Mar 20

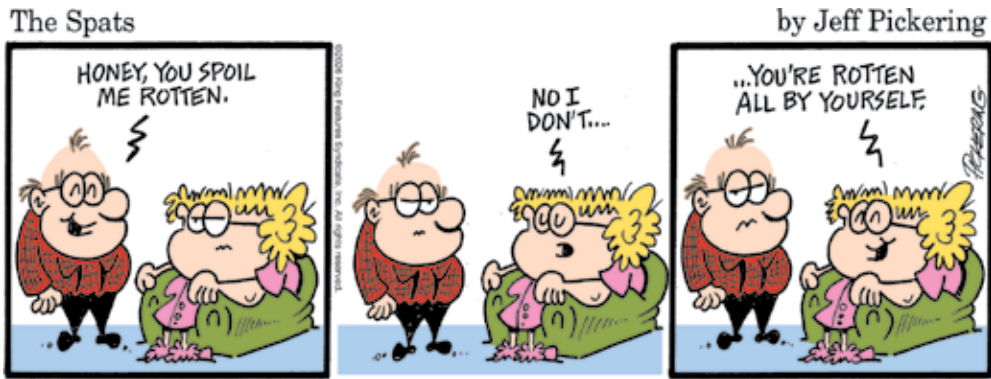
You've been giving a lot of energy to other people. This week, put some of it back into yourself. A little distance from the noise will help you think clearly.

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CLUES ACROSS												
1	Ashley and Wynonna											
6	Consumer protection agcy.											
9	Catchall abbr.											
12	Track star Bolt											
13	Tic-tac-toe win											
14	"The Matrix" character											
15	Refuse an offer											
16	Seattle suburb that's home to Microsoft											
18	Credit rating publisher											
20	Skin soother											
21	Corp. money exec											
23	Overly											
24	Part of LGBTQ											
25	Hit on the noggin											
27	Japanese fish dish											
29	Tranquil											
31	Sort of dive											
35	Police ID											
37	Employ											
38	Hairnet											
41	Moray, for one											
43	Past											
44	Plane-related											
45	Country song?											
47	Archbishop Tutu											
49	Stag											
52	Altar affirmative											
53	Reuben bread											
54	More practical											
55	Aachen article											
56	Rowing need											
57	Birch's kin											

CLUES DOWN												
1	Roast beef au --											
2	"Suits" network											
3	"Shark Tank" star -- John											
4	Flintstones' pet											
5	Stuffed shirt											
6	Gift giver's words											
7	Low digits											
8	Atlantic fish											
9	-- Holmes (Sherlock's sister)											
10	Mortise partner											
11	Encryptions											
17	"Butterfly" singer Carey											
19	Medicated											
21	"60 Minutes" ailer											
22	Nemesis											
24	Fill in -- blank											
26	Explosive sound											
28	Bed cover											
30	Wee bit											
32	Tiara stone											
33	Work unit											
34	Old Olds											
36	Census info											
38	"Sexy" Beatles girl											
39	"-- say more?"											
40	Director Welles											
42	-- apso (small dog)											
45	Novelist Seton											
46	Airline to Tel Aviv											
48	Spanish gold											
50	Born											
51	Blunder											

Answer on page 12



YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST							
	Fri, Sept 18	Sat, Sept 19	Sun, Sept 20	Mon, Sept 21	Tues, Sept 22	Wed, Sept 23	Thurs, Sept 24
North Isle	H-66° L-52° 10%	H-63° L-52° 10%	H-60° L-51° 10%	H-61° L-52° 15%	H-63° L-52° 5%	H-64° L-52° 10%	H-64° L-52° 10%
South Isle	H-65° L-53° 10%	H-62° L-53° 15%	H-60° L-52° 10%	H-59° L-52° 10%	H-61° L-54° 15%	H-62° L-53° 10%	H-63° L-53° 10%



OUR Community

An Upbeat Question of the week

By Helen Mosbrooker

What in your life gets you really excited?



Bret Medbury,
Oak Harbor

There are many really exciting elements to our lives, I must include my wife Laura as she is an integral part, but I would single out going for a ride in our 1964 mahogany Century Resorter on a lake in Maine.



Ben Markwart,
Oak Harbor

Growing up in New York my family has been involved in the sport of lacrosse for generations. When both of my sons made the decision to continue carrying on that tradition, I was ecstatic, from the moment they picked up a stick and started throwing around, to the first game they played and now watching them both compete in our local league and on a national level in tournaments across the United States, bring me the most joy. However, it's not just the competition, it's watching them grow on and off the field as young men and developing themselves through hard work and dedication.

My wife Gabrielle and I are very fortunate that we can be a part of their journey.



Joel Norris,
Coupeville

The things that get me really excited is spending time with my Grandkids as well as Colorado Avalanche Hockey



Jerome Moseley,
Oak Harbor

One of the things that gets me really excited is driving. I learned to drive at a very early age and it has always been a passion of mine. Being on the road and sitting behind the wheel of a vehicle is exciting and relaxing at the same time. It causes me to focus on what's going on in around my vehicle, and sort out my thoughts and ideas. Driving is something that I am good at, confident in, passionate about, and really enjoy doing. There is nothing exciting about being stuck in traffic, but I have learned to use it as a time to slow down, relax, be patient and enjoy the scenery. And it reminds me that even though I think I'm in control, my control is limited.

Joyful Saying of the Week

A flower blooms for its own joy.
- Oscar Wilde

Weekly SUDOKU

Answer on page 12

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

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
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No Job Too Small

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islandpaintingwa@gmail.com

Licensed · Bonded · Insured

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TILE INSTALLATION

Whidbey Tileworks, LLC

Bathrooms, Kitchens,
Flooring, and More!

360.929.1931

www.WhidbeyTileworks.com

Licensed, Bonded & Insured

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

FAMILY GARAGE SALE

Coming next week, Thurs-
day 9-24 to Saturday 9-26
in Coupeville

Men's & Women's Clothing,
Shoes, Accessories, Jewelry,
Crafting Vendor-going out
of business supplies, Lots of
books, Household, Decor,
Chairs and Much Much
More.

Details to come.

Look for the signs on Main
St. towards Penn Cove next
Thursday!

NEED HELP?

Need a Hand?

I'm Happy to Help.

Got a project you've been
needing to finish? Need to
get ready for the winter?
I can help **IN** or **OUT** doors.

Yard work, house work, help
with chores and **more!**

Call or text Jacob:
360-499-9157

***I will be hauling again once
my truck has new brakes.

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

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 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 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

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+

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.

No Cheating!

R	E	D	E	R		R	A	O		N	I	E
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			I		H	S		S		K	N	O
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How'd you do?

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