

October 2, 2026 - October 8, 2026

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Whidbey Weekiy

Your Source For "What's Happening" On Whidbey Island
NEWS • BITS • WHATS GOING ON • PUZZLES
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DIA DE FIESTA

A HISPANIC/LATIN HERITAGE FESTIVAL

presented by:

Friday, October 2 | 4pm to 10pm
Saturday, October 3 | 11am to 6pm

LIVE MARIACHI, BALLET FOLKLORICO, AZTECA DANCERS, BEER GARDEN, LIVE BANDS, AUTHENTIC FOOD, PINATAS, VENDORS, & MORE!

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SEE LINE UP ON PAGE 3!

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Sunday, 08/16/26

01:25:28, Degraff Rd.

Reporting party advises her renter just threatened her. "They've been harassing me." "They're being obnoxious."

05:18:45, Haven Pl., in the area
Noise complaint. Very low volume.

08:02:25, Meadowood Ln.

Reporting party advises he will be at the top of the driveway in 30 minutes in case someone follows him. Reporting party advises he just wanted to inform someone that is where he will be.

10:42:15, Denneboom Rd.

Reporting party advises a FedEx driver dropped off a package, defecated next to it and left baby wipes as well.

13:59:56, S. Camano Ridge Rd. & Cook Rd.

Injured owl in the area. Transferred to WildCom.

14:14:21, Sandy Beach Dr.

Reporting party states there are people digging on the private beach. Two women digging.

15:33:08, State Route 525, Island Recycling

911 hang-up. Open wireless line with no TTY response and no response to call taker. Can hear what seems like a pleasant conversation.

15:46:05, Harbor Sands Ln.

Reporting party advises this is an ongoing issue. Neighbor's chickens are in the reporting party's yard and she would like them removed.

16:17:25, Ryan Way

Open line, nothing heard. Call taker heard "fuck you."

17:22:31, NE Regatta Dr. & NE 16th Ave.

Reporting party advises a raccoon was hit by a vehicle and is in need of dispatch.

18:05:28, State Route 20 & Ault Field Rd., northbound

Black Subaru Impreza passed reporting party and almost ran a red light. Passenger was sitting on the window and hanging out of it.

18:36:25, Crestview Pl.

Reporting party advises a fawn has a bone sticking out of its leg and is in need of dispatch.

18:52:21, Rocky Point Rd., Rocky Point RV Park

Dog bite at the location. No medical attention needed.

20:07:52, Valley Rd.

Reporting party advises neighbors have a dog in a crate yelping over the weekend. Advises the location is the reporting party's residence and the neighbors are directly east.

20:35:04, Ault Field Rd. & Heller Rd.

Honda just crashed. Two subjects walking away from it.

22:57:59, State Route 20 & State Route 525, beach park and ride

Advises it is still going. Dog is really high-pitched and "doesn't sound right." Advises there are people trying to sleep.

Monday, 08/17/26

06:01:38, Haven Pl.

Reporting "animal disturbance," reporting chickens and roosters making noise.

06:40:15, Mobius Loop

Reference report number omitted. Requests to know where his car is. Advises he was arrested for driving under the influence last night.

07:46:41, Van Dee Ave.

Reporting party states he received notification that thousands of dollars were spent on Walmart's online site, though no charges can be seen on his bank statement. Now also receiving scam phone calls.

09:25:38, N. Main St., Whidbey Health

Reporting party states two patients in the emergency room are both drunk. They drove intoxicated to the emergency room with a 13-year-old in the vehicle as well. Patients are still in the emergency room for treatment of a fall in the parking lot.

09:53:10, NW Krueger St.

Reporting party requests a call regarding what to do with shotgun ammunition.

10:19:49, Tillicum Beach Dr.

Reporting party advises neighbors have a portable fireplace. Unknown if it is propane.

10:20:04, N. Sunrise Blvd.

Reporting party states horses belonging to neighbors are at the location. One is contained and the other is not. Reporting party is calling on behalf of her daughter, who has the contained horse.

11:42:03, Taylor Rd.

Reporting party advises people are flying by going 80-plus mph. Not happening now.

**The above incident reports are provided by the Island County Sheriff's Office. The reports have not been altered or edited for content; names, street numbers, phone numbers, and other identifying information have been redacted for publication. Paid for by the Whidbey Weekly.

BITS & PIECES

SPORTSMEN'S GROUP OFFERS PISTOL SAFETY CLASS

The North Whidbey Sportsmen's Association (NWSA) is inviting the public to participate in a series of monthly firearm safety courses designed to promote the safe and responsible use of firearms.

The next course, NRA Basics of Pistol Shooting, will be held from 6-9 p.m. Friday Oct. 16 and continue from 9 a.m to 5 p.m. Saturday Oct. 17 at the NWSA range at 886 Gun Club Road, off Oak Harbor Road. This course is intended for beginning shooters and anyone interested in learning the fundamentals of pistol ownership and safe firearm handling. Students will receive classroom instruction covering firearm safety, operation, storage and shooting fundamentals before completing a live-fire session on NWSA's pistol range. The class is designed to provide participants with the knowledge, skills and attitude necessary to safely own and use a pistol. It also serves as a foundation for those interested in taking additional National Rifle Association training courses.

Students may use their own handgun or request that the association provide one for the class. The registration fee is \$50. To register, which must be done no later than Oct.9, visit <https://www.nrainstructors.org/CourseDetails.aspx?Courseid=935863>. For questions, email NWSA.Training@gmail.com. Additional information about the North Whidbey Sportsmen's Association and its training programs is available at <https://northwhidbeysportsmen.org/>

North Whidbey Sportsmen's Association is a non-profit organization of men and women dedicated to promoting safe, responsible participation in outdoor recreation, including hunting, fishing, archery and the shooting sports, rifle and pistol.

ISLAND SHAKESPEARE FESTIVAL

Rehearsals are underway for Davion Tynarius Brown's new play *Marcellus Andronicus: The Curse of House Andronici*, produced by Island Shakespeare Festival (ISF), and ISF is PUMPED!

This show will travel up and down the island with performances in Langley and Oak Harbor for the deliciously spooky Halloween season from Oct. 9 through Nov. 1 at Whidbey Children's Theatre in Langley and at Whidbey Playhouse in October. (See link for times, days and venues here: ticketsource.com/island-shakespeare-festival)

ISF Executive Artistic Director Olena Hodges had an epiphany about the horror genre and its connection to *Titus Andronicus*, which Brown's play follows as a sequel.

"Horror gives us a way to really dig into some of our most awful and confusing experiences and gives us a tool for investigation and catharsis. Shakespeare's *Titus Andronicus* exists somewhere in this genre, I think, and Davion's sequel certainly follows suit," Hodges said.

"I've always been super gassed up about what happens next in *Titus Andronicus*," says the Australian-born playwright and actor, Brown.

The obsession began in his undergrad days and later, when he understudied the part of Aaron for ISF's 2022 production of *Titus Andronicus*. Brown looked at his idea again and produced a script for ISF, which Hodges welcomed immediately.

In Marcellus Andronicus: The Curse of House Andronici, Lucius Andronicus, the current emperor of Rome, is on his deathbed. Throughout his rule, Lucius sought to strengthen Rome and restore the House Andronici's name through diplomacy. His vision for the family's future lands on Marcellus Andronicus, his adopted mixed-race son, whom he intends as his successor. Young Marcellus pokes a former enemy nation. Tensions between the nations are high, but the emperor is certain Marcellus will succeed.

Privately, Marcellus has grown curious of his true origins, which have been withheld from him. Before he can consider assuming the seat of Emperor on the world stage, he must uncover the roots of his personal identity and is disturbed to discover that his true bloodline is more warmongers than peacemakers.

The play begs the question, is it nature or nurture that decides one's destiny?

Director Brandon Dion Gregory describes Marcellus' journey in the play as one very human experience.

"It's about how what you inherit impacts you. Identity, deep and dark places, traumas, death, revenge, anger and how do these reveal themselves to you and impact your place in the rest of the world," asks Gregory.

"Marcellus is trying to fill a hole in his heart and he goes on a journey to fill that hole," says Gregory.

What the director loves and thinks so brilliant about this play is Brown's use of characters from Shakespeare to represent the modern world.

Hodges agrees. "I think it's a beautiful and poignant (and genuinely spooky) investigation of identity, race, adoption, family, love and humanity," she said.

Check the website for exact dates, times and venue information at islandshakespearefest.org.

Following the Whidbey Island performances, the team will head to Tokyo, Japan, hosted by the Yokohama Theatre Group, for a limited run Nov. 20-22. ISF is delighted and thrilled to participate in this international partnership, made possible by supporters of playwright Davion Tynarious Brown.



DIA DE FIESTA

October 2 & 3, 2026 | Downtown Oak Harbor | FREE

Friday, October 2 4:00pm - 10:00 pm  DJ Smokey All Night  Shannon Patino Live Performance 4:00-6:00 pm  Dance Lessons with Mackenzie 6:00 - 7:30 pm  Estado Verde Live band 7:00-8:00 pm  Adult Piñata 7:30 pm  Grupo Estilo Formados Live Band 8:00-10:00 pm      	Saturday, October 3 11:00am - 6:00 pm  Line dancing with Gigi 11:00 am  Piñata (kids all ages welcome) 12:00 pm  Aztec Dancers 1:00 pm  Line dancing with Gigi 1:30 pm  Mariachi Hermanas Rosario 2:00-4:00 pm  Piñata (kids all ages welcome) 3:00 pm  Ballet Folklorico 4:00 pm  Elementos de Guerrero Live Band 4:00-6:00 pm   
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www.DiaDeFiestaWA.com

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Thank you to our event partners!





What's Going On?!

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 daidefiestawa.com.

DEAF/HARD-OF-HEARING SOCIAL
Friday, Oct. 2, 5:30 p.m.
Langley United Methodist Church, Fireside Room, 301 Anthes Ave.

We have a lovely evening of community, conversation and learning. We start our evening with a friendly lesson on American Sign Language, holiday signs, numbers and learning how to read each others hands. We have a surprise celebration if someone has birthday. All are welcomed. Free parking across the street in church parking lot. Watch for poster in the back part of church. For infor connect with Susan at (831)334-6257.

SHRED-IT FUNDRAISER
Saturday, October 3, 10 a.m.-2 p.m.
Whidbey Island Bank, 5590 S. Harbor Ave., Freeland

Securely dispose of personal and financial records at this Shred-It fundraiser benefiting Soroptimist International of South Whidbey Scholarship Programs. Paper only; staples are okay. Suggested donations are \$5 per shopping bag, \$10 per banker box or \$15 per oversized box or bag. A licensed and bonded shredding company will provide the service.

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.

HAPPY HOUR FUN-RAISER FOR WIN
Saturday, Oct. 3, 4:30-6:30 p.m.
Useless Bay Country Club, Langley

Whidbey Island Nourishes hosts a Happy Hour Fun-Raiser supporting its food programs for South Whidbey youth. Enjoy hors d'oeuvres, a complimentary drink and live and silent auctions featuring dinners, art experiences, classes and vacation stays. Local auctioneer Mike McInerney will lead the live auction, with guests also hearing from people served by WIN programs. Tickets are available at whidbeyislandnourishes.org.

LANGLEY FIRST SATURDAY ART WALK
Saturday, Oct. 3, 5-7 p.m.
Downtown Langley

Explore Langley's galleries during the monthly First Saturday Art Walk. Galleries stay open late, giving visitors an opportunity to stroll through town, meet artists and discover new exhibitions and installations. Participating locations include Artworks Gallery, Lasher Gallery at WICA, Museo Gallery, Rob Schouten Gallery and Whidbey Art Gallery.

BLESSING OF THE ANIMALS & SCATTERING OF PET ASHES
Sunday, Oct. 4, 3 p.m.
St. Augustine's in-the-Woods Episcopal Church, 5217 S. Honeymoon Bay Road, Freeland

St. Augustine's annual Blessing of the Animals honors the Feast of St. Francis and the bond

between people and their animals. A scattering of ashes service for pets that have died will follow. Pet ashes are limited to one-half cup per animal and require an RSVP. Call (360) 331-4887 or email admin@staugustineswhidbey.org.

LUNCH 'N LEARN: TECH TIME WITH WHIDBEY TELECOM & ISLAND SENIOR RESOURCES
Monday, Oct. 5, lunch 11:45 a.m.-12:30 p.m.; Tech Time 12:30-1 p.m.
Island Senior Resources Bayview Center, 14594 State Route 525, Langley

Bring a phone, tablet or laptop for one-on-one help from Whidbey Telecom professionals with everyday technology questions, including device settings, apps, Wi-Fi and useful shortcuts. Tech Time follows Island Senior Resources' Community Meal. Meals are by donation; suggested donation is \$8 for ages 60 and older and \$10 for those under 60. No one will be turned away.

DANCE: CAN EXERCISE BE SELF-EXPRESSION?
Tuesday, Oct. 6, 3-4 p.m.
Coupeville Library, 788 NW Alexander St., Coupeville

Explore movement as both exercise and creative expression in this all-levels dance workshop. Using familiar exercise movements and varying musical tempos, participants will work on strength, stability and endurance while exploring rhythm, connection and self-expression. All fitness and mobility levels are welcome. Presented by SilverKite teaching artist Susan Wickett-Ford.

WORKING TOGETHER FOR SPOTTED OWL RESILIENCE IN WASHINGTON
Thursday, Oct. 8, 7:30-8:30 p.m.; doors open 7 p.m.
Coupeville High School Performing Arts Center, 501 S. Main St., Coupeville

Whidbey Audubon Society welcomes Washington Department of Fish and Wildlife conservation biologist Emilie Kohler for a presentation on Northern Spotted Owls and their competitive relationship with Barred Owls. Learn about impacts on Pacific Northwest food webs, current conservation challenges and efforts to support Spotted Owl recovery in Washington. Free and open to the public, with in-person and Zoom options. Visit whidbeyaudubonsociety.org for Zoom registration.

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FRASER'S
GOURMET HIDEAWAY

Life Tributes

Norman Bedford

June 8, 1937 - September 3, 2026

Norman Bedford, Dad, Norm, Papa Norm, passed away, leaving behind a life lived more fully than most people would dare to attempt.

Norman was born and grew up in Montreal, and his life eventually carried him around the world, ultimately building a life between Whidbey Island and the Bay Area in California. He studied civil engineering at McGill, earned his MBA at Queen's, where he met his loving wife, Norma, and later completed his PhD in Business Administration at Golden Gate University.

Norman was, above all, a family man: a devoted father, husband, grandfather, and uncle who held those relationships close throughout his life. For over 30 years, he was a professor at St. Mary's College in California, a career he loved so much that he didn't retire until he was 80, and even then, only because he had to. First and always, he was a teacher and a listener; the research came second, though he relished collaborating with colleagues from around the world on his papers. But it was in the classroom that he found his truest joy. He often said his students kept him young, and it showed. His teaching evaluations stayed glowing right to the end, and many students came by his office just to talk, knowing he'd actually listen.

That same warmth extended to everyone he met. Norman was endlessly social and endlessly curious about people. A walk, a dinner out, or a family gathering could never simply happen; it would stretch on for hours because he insisted on stopping to talk, to ask questions, to really find out how someone was doing. And he didn't forget. Weeks or months later, he'd circle back: "How did that turn out?" "How's your daughter doing at her new job?" He was really interested and cared.

Norman loved life more than anybody. He half-believed, in the most hopeful way, that he might simply go on forever, and his love of travel and seeing the world never dimmed, even in his final years, when his spirit remained ready for adventure his body could no longer chase. He also loved a good glass of wine paired with good cheese, shared with friends and family gathered in the house he built on Whidbey Island, a pleasure he carried with him right up to his last night.

Norman is survived by his wife, Norma, and their children: Kurt and his wife, Elzmari, and their children, Matthew and Kristina; Garth and his wife, Sofie, and their children, Kaj and Kira; Shaunagh and her children, Tane and Ian; and Slade and his wife, Kristen, and their children, Liam and Theo. He is also fondly remembered by his nieces and nephews.

Norman will be deeply missed by his family and by everyone lucky enough to have had one of his long, unhurried conversations. So raise a glass of good wine to Norm. He would appreciate it.



Eugene Clayton Phelps Jr.

"Gene" of Gene's Art and Frame

April 16, 1922 - September 22, 2026

Gene died peacefully at home with loving family at his side - both human & canine. The following poem was written by Eric Esker for Gene's 100th birthday.

Celebrating 100 Years of Gene Phelps

100 years of living must conjure up emotion

The memories stored in your heart could probably fill an ocean

To recollect a few, I'll give it my best shot

To forget these precious stories, I promise we will not

Your dad was instrumental in sculpting your own soul Amusing you and neighbor kids with a Punch & Judy Show Driving down Canal Street in a streetcar for his pay

Your love for him was evident as I hear the family say

The summer heat was brutal, feeling dried up like a raisin Providing some relief was a dip in the town basin

Raining watermelons from the workers on the barge
Luckily they floated and for you they would not charge
A special dog befriended you, Bruno was his name
Is it any wonder that your daughter bore the same?

You questioned Uncle Henry with his hearing aid down low He followed up by saying this is what you need to know:

One day you'll understand what it takes to dodge the wrath It's surviving your Aunt Mabel when she's on the old warpath! New Orleans raw oysters and shrimp Po' Boys you devoured But there was another snack that gave you strength and power When you came home from the war it was either God or luck That you would find Manuel's Hot Tamale Truck

You built your mom and dad a house - that's really quite a feat Biting more than you could chew, you had to rest your seat

It was Uncle Henry to the rescue who lived across the street And helped you finish what you started until it was complete You were quite the camper and fisherman, I hear

Your kids enjoyed the outings and remember them so clear You made it fun for everyone, I picture a campfire

Telling funny stories as the flames grew ever higher Appreciating nature was your theme in life

Giving you some peace of mind from all the world's strife With a garden full of vegetables, you loved to dig the soil Your flowers and your roses resulting from your toil

Later on in life your furry friend was Tigger

You trained him how to play dead when you pulled the imaginary trigger We got to know you better every Friday afternoon

As you'd drop by for a visit when we'd arrive in June
Having conversation while our dogs were acting silly
Laughing as you're trying to eat a bowl of Wendy's chili

Your art shop was a mercantile for artisans galore
And with a few exceptions, you never closed the door

50 years and counting, weathered by the rain
Your handy-dandy son-in-law would paint the sign again

When the colors in your life start to fade away
Jesus Christ your Savior will begin anew that day

When we've been there 10,000 years, bright shining as the sun
We've no less days to sing God's praise, you blessed centenarian.





SOROPTIMIST

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THE ILLUSTRATED BIBLE

Now I am about to go the way of all the earth. You know with all your heart and soul that not one of all the good promises the Lord your God gave you has failed. Every promise has been fulfilled; not one has failed.

JOSHUA 23:14

Detail of "The Exhortation of Joshua" by Marc Chagall (1956)

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Friday, October 2

WESCO Football – Stanwood @ Oak Harbor - 7 p.m. kickoff

Tuesday, October 6

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

Wednesday, October 7

NWC Volleyball – Mt. Vernon @ Oak Harbor - 7 p.m. first serve

Friday, October 9

WESCO Football – Oak Harbor @ Ferndale - 7 p.m. kickoff

Monday, October 12

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

Tuesday, October 13

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

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

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

THE SPICE OF LIFE



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

Way back in the day, when I was the senior clergy person at the Cathedral of St. John in Denver, Colorado, my favorite activity was the children's sermon. The cathedral sat more than a thousand people, so when it was time for the children's sermon, we would sometimes invite them all up to the front of the nave to sit on the marble floor on pillows. With my microphone in place around my ear and in front of my mouth, I could go anywhere and be heard. I would sit on the floor with the kids, eye to eye, and we would talk together while their parents, grandparents, families, and friends would listen in from the pews.

I call these my Shrek sermons. I call them that because the Shrek movie franchise is based on the same principle. The movie is designed for children - to amuse, to delight, to entertain, to inspire curiosity about life-lessons and also a little bit of silliness. Some of the messages of the Shrek movie franchise were designed for parents. They went above the heads of the kids- literally and figuratively. The kids didn't really understand some of the double-entendre jokes, but the parents did, and they laughed out loud, quickly trying to recover themselves in case their children understood the double meaning of the humor. These children's sermons did the same thing. Everyone thought I was preaching to the kids, but actually, I was preaching through the kids, to the adults.

My church days and my preaching days are long since past. I guess what I believe in now is the beauty of life and the power of nature to heal it. But I've never forgotten the power of those Shrek sermons.

Sometimes I would mix it up by bringing a big wooden box in among the 60 or so kids - letting one of them reach in and pull something out. The game was that I had to preach using that item as a metaphor. The kids thought this was very exciting because they knew that I knew nothing about what they would choose. One day I had assembled such a box of things that included:

- a yo-yo
- a golf ball
- a bottle of apple pie spices
- a corkscrew
- a cross, and
- a candle

The kids blindfolded me, and I reached my hand into the box and pulled out the bottle of mace and allspice to uproarious laughter from 1,000 people. The kids glared at me as if daring me to preach a sermon on apple pie spice, and their parents smirked as if to join them.

Happily, it was autumn, and I held up the bottle of apple pie spices and said, "A big mouthful of these spices will not taste very good. They will taste bitter, powdery and chalky, but I know from my experience in Haiti that nothing will settle your stomach faster than a spoonful of ground cloves and mace."

I asked the kids to put their hand up if their

family ever baked an apple pie. The hands shot up with vigor. I asked the congregation to put their hands up if they've ever used cloves, mace or allspice in the baking of an apple pie, and their hands went up as well.

I explained then, and still find it valuable to explain now, that those bitter spices, when taken too much at once, will cause a person to wince at the bitter taste in their mouth. At the same time, those very spices, missing from an apple pie, will make the pie taste bland and dull, as a Hostess Pocket apple pie in a sleeve by the cash register – dull, cheap and unsatisfying.

What followed was a discussion of why bad things happen to good people. I am not going to say that the pain and suffering of life is fun or easy. Nor do I suggest for a moment that there aren't some people in the world who experience too much pain and suffering, more than their fair share. But what I am saying is that, just like the apple pie, which is bland and dull without those powerful brown spices, we humans are not designed to live lives free of suffering. The suffering we experience is what forges our soul and our goodness on the anvil of life. Show me someone who's never suffered, and I will show you a person without humor, laughter, depth, comedy, irony, or real joy.

It is fall, and many of us are baking apple pies. In fact, literally, as I'm writing this essay, an apple pie with mace, cloves, and allspice is in the oven, baking, for my breakfast. I keep a little bottle of allspice on my writing desk, not because I need allspice when I'm writing essays, but because it's a constant reminder to welcome what's hard so that I can appreciate what's beautiful.



For YouTube videos, go to
Charles LaFond@CharlesDLaFond
where these essays will soon become
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HALLOWEEN: FROM SKITTLES BACK TO SPIRITS



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

Halloween is one of those holidays I remember for eating more candy in one night than I ate during the rest of the year. I'm sure I had some exposure to the meaning behind the holiday, but most of it was probably lost somewhere between the candy wrappers and the sugar rush. As I got older, Halloween changed for me. It went from dressing up and collecting candy to dressing up and using it as an excuse to party, with the candy being replaced by alcohol. Eventually, the excitement wore off, and I stopped participating. Now that I have children, I'm seeing holidays through a different lens. I get to experience holidays again through my kids while also thinking more about why we celebrate them in the first place.

When October rolls around it is hard to miss Halloween. Stores fill up with costumes and candy, and suddenly everything is pumpkin spice. At the same time, many people celebrate Día de los Muertos, or Day of the Dead. While these holidays are not the same, both have connections to ancient traditions involving death, spirits, and the relationship between the living and the dead.

One of the oldest traditions connected to Halloween is the Celtic festival of Samhain, pronounced "saw-win." Celebrated around October 31 and November 1, Samhain marked the end of fall and the beginning of winter. The pre-Christian Celts believed the boundary between the living and the dead weakened during this time, allowing spirits to enter the world of the living. People held feasts, left food for spirits and deceased relatives, and sometimes wore masks or costumes. What started with protecting themselves from spirits eventually became one of the most recognizable parts of Halloween today, mostly fueled by an economy of "sales for the season between Halloween and New Year's. In modern America, these fall and winter "holidays" are more about money than spirits, spirituality or celebration. Nowadays, these American holidays are about our Gross National Product – the GNP - money and profits.

Día de los Muertos also has ancient roots in traditions in honoring the dead. Long before modern Mexico existed, the Aztecs held celebrations for those who had passed away.

Food, dancing, and other activities honored the dead and recognized their place in the cycle of life. Instead of viewing death only as something frightening, these traditions treated it as a natural part of existence.

Christianity later profoundly reshaped both holidays. Halloween became intertwined with All Hallows' Eve, the night before All Saints' Day. Meanwhile, Spanish colonization brought Catholic traditions to Mexico, fusing with Indigenous customs to forge the modern Día de los Muertos celebrations we know today.

The symbols of both holidays also tell only part of their stories. Halloween has the jack-o'-lantern, which comes from the legend of Stingy Jack. Día de los Muertos has La Catrina, the famous skeleton woman created by Mexican artist José Guadalupe Posada. Although the symbols look different, both use images of death to communicate something deeper about life and mortality.

Today, Halloween is mostly associated with costumes, candy, parties, decorations, and spooky entertainment. Día de los Muertos focuses more on family, memories, and honoring loved ones who have died. Families may visit graves, prepare special foods, create colorful ofrendas, and display photographs of relatives. One holiday may focus more on making death scary, while the other focuses on remembering and celebrating those who came before us.

Looking at these traditions differently now, has made celebrating this month more meaningful to me. As a kid, I mostly saw it as a chance to collect as much candy as possible. As a parent, I see an opportunity to teach my children that holidays can be more than costumes and decorations. They can connect us to history, culture, family, and the people who came before us.

The candy, pumpkins, costumes, and skeletons are still fun, but beneath it all is something much older. Halloween and Día de los Muertos remind us that people have always tried to understand and cope with death while staying connected to those who came before us. Maybe that is the part worth passing on. Not just how we celebrate a holiday, but why we celebrate it in the first place.

TICKETS NOW ON SALE FOR OAK HARBOR EDUCATIONAL FOUNDATION'S FESTIVAL OF TREES FUNDRAISER

The Oak Harbor Educational Foundation (OHEF) is excited to announce the return of Oak Harbor's premier holiday fundraiser, Festival of Trees. The event will take place on Friday, December 4, 2026, beginning at 6:00 PM at the Oak Harbor Elks Lodge. Tickets are now on sale for \$125 per person, with full table reservations available through October 31, or until sold out.

This dressy night out features a dinner served by Frasers Gourmet Hideaway and the opportunity for guests to bid on and win beautifully decorated holiday trees with home delivery, as well as many other live and silent auction items.

Proceeds from the Festival of Trees support OHEF's mission to empower Oak Harbor School District students and educators. Funds raised will help support OHEF in awarding scholarships, administering teacher grants, and distributing funds to support students and families in need.

OHEF extends its gratitude to its early event sponsors: Island Thrift, The Seaside Spa & Salon, Oak Harbor Real Estate & Property Management, The Ballet Slipper Conservatory, P&L General Contractors, Specialty Welding & Technique, Posh Puppies, Whidbey Island Bank, and Ramsett Mechanical.

For more information visit www.ohedfoundation.org or email executive director Lisa Jones at lisa@ohedfoundation.org

About Oak Harbor Educational Foundation Since 1992, the Oak Harbor Educational Foundation (OHEF) has empowered students and educators in Oak Harbor Public Schools by creating opportunities for students to thrive and supporting innovative, engaging learning experiences. OHEF provides scholarships for college and vocational programs, teacher grants, Stay-in-Schools support, and other programs that address the needs of students and educators.

VETERANS ★ POST ★

by Freddy Groves

Speeding up the process

An executive order was recently signed that will reduce the time it takes to secure our benefits. The order, signed by President Trump, is titled "Accelerating Access to Veterans' Benefits and Employment Opportunities." It accomplishes this by requiring the Department of Defense and the VA to work together and share records from the first day a veteran joins the military.

In the past there have been delays in accessing benefits -- education, job training, healthcare and all the others -- when a veteran leaves active-duty service, mostly due to antiquated records management.

Now, within 180 days, the order requires the VA and the Department of Defense to update the information technology that will let them share information from day one of a veteran's service.

Also within 180 days they will create digital tools to streamline the process of a veteran applying for benefits and training offered by the Department of Labor.

Within one month they need to be able to share all the health files and records of a veteran immediately when they are discharged from military service.

Within 120 days, working with Health and Human Services (HHS), the Office of Management and Budget (OMB) and others, the various departments will review any current contracts for information technology to ensure that the contracts include the requirement that any systems with veteran files and health records be compatible with the technology and systems used by the VA and the Department of Defense.

Have you ever known any government activity to move this fast? And that's not all.

Within 180 days every veteran leaving the service will either be hooked up with jobs in their field (if desired), enrolled in career and tech education or training (again, if desired), and connected with a veteran's rep who will help with applications for home loans, job placement, education benefits, disability compensation or healthcare.

One thing not to miss is the Department of Defense's Project Patriot Pipeline (www.mypatriotcareer.mil). This huge website has a wealth of information for veterans, service members and military spouses looking for career development and opportunities.



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HEALTH CORNER

By Dr. Darlene Castle
Chiropractor

SCIATIC? WHAT'S THAT?

Patients often arrive at a health provider's office complaining of Sciatic pain or Sciatica. In reality, there's more to lower back pain than just the single nerve called the Sciatic nerve.

Have you ever heard of the Pudendal nerve? Cluneal Superior Nerve? Femoral Nerve? They're all located in your lower back and each have a specific function and location in the body. Each also produces different symptoms when interfered with.

In fact, whichever nerve is actually involved determines the medical treatment of the condition.

Tracking a patient's problem by following a pain pathway is a common medical practice. That's how medical practitioners know how to treat the symptoms. So patients would be better off just explaining where the pain is and how it radiates, rather than diagnosing the problem themselves.

Patients who have been treated for low back pain in the past readily assume a recurrence of low back pain equates to the same exact problem and often proceed to using the same treatment advice, which may or may not produce similar results.

As for Dr. Google, be careful what you wish for: if you tell the site you have sciatica, it will spit out the exact course of treatment for that condition. Thinking it through, that might not be the best action.

Stretching the hamstrings, Piriformis muscles, doing the cat stretch—each may help alleviate the pain caused by a particular problem, however, automatically beginning a stretching program because that's what a previous provider has recommended is generally not a good idea.

From a Chiropractic viewpoint, a patient's symptoms aren't the definitive method of determining the method of care. This is because Chiropractic care isn't about alleviating pain. It's about locating and correcting the cause of nerve pressure occurring at the spine. That spinal nerve pressure is called a "vertebral subluxation."

Can you have low back pain without having a vertebral subluxation? Absolutely. Nerves can be damaged or aggravated by numerous sources.

The the only way to isolate a vertebral subluxation is by having your spine checked by a Chiropractor.

It takes very little time and is totally painless.

In Chiropractic, the named nerve isn't important. Locating the vertebra that is actually putting pressure against it is the real goal, and produces the best results.

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

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

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

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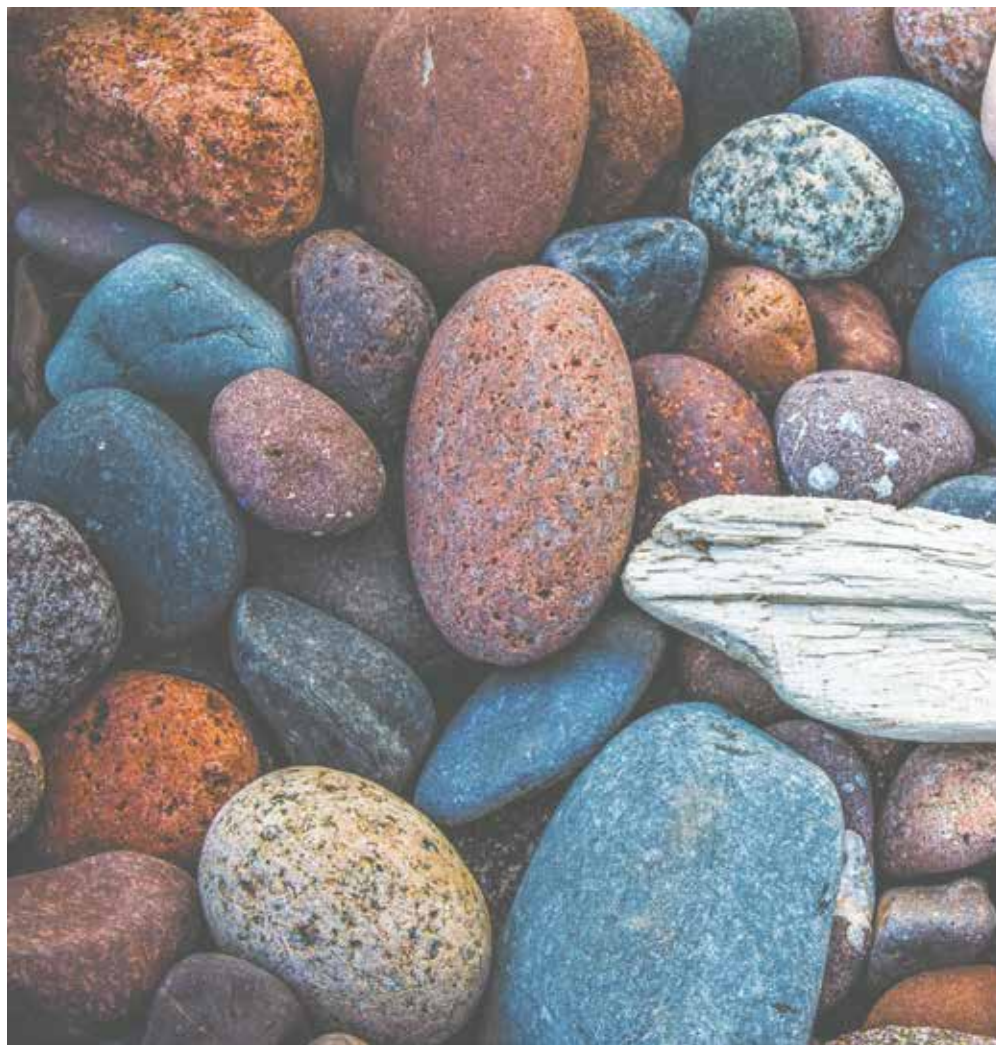
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Whidbey Island Rocks

A Journey of Understanding



My wife and I have been blessed with living on our amazing Island for just under 11 years. There are many treasures this Island has given to us over time. Our island is magical. It has helped us become more than we are, since we have embraced her gifts.

The silent beauty of the forests, the awe in each sunrise and sunset, the howl of the wind purifying the air we breathe, the scent of the Salish Sea and the sound and power of the waves that constantly renew our shores. The people.... our neighbors and friends...sharing their diversity and love for one another. And then there are "rocks." Whidbey Island potatoes.

I have run on our beaches at least 3 times a week since coming here, not really paying much attention to what I was running on. Occasionally when running next to the water's edge, I would spy an exceptionally shiny rock, appreciate its beauty, maybe even pick it up, and then continue on my run, not yet aware of the gift the Island was starting to give me.

Fast forward to the spring of 2026. My wife and I took on a project of collecting small shiny rocks as we traveled along the seaside. We polished these rocks and offered them to others as they passed by. It started with a few simple questions from others, where do the rocks come from and how old are they? This started us out on a gift of understanding, a nudge from our Island to learn more.

I learned that the rocks came down from "Canada Aye" around 18 thousand years ago, pushed by glaciers depositing them here. But where did Canada get the rocks and how long ago. My mind started to open up to one of the mysteries of the universe.

About 4.5 billion years ago our planet was formed out of the same space debris as our Sun. All of the rocks on our planet are at least 4.5 billion years old. But where did the debris that formed our solar system come from?

We are told that around 14 billion years ago there was a moment in time when the energy that created all the matter in our vast universe came into being. BANG! So, it would seem that our rocks are now at least 14 billion years old! But where did that big bang energy come from?

Rene Descartes advanced the theory of the early Greek Parmenides that you cannot create something from nothing. And that you cannot make something more out of something less. So how old are our rocks? How old is all matter and energy on this planet? How old are the atoms in our bodies? And can matter ever truly end? Matter can change, as we do, but can it ever become nothing.

The universe gives us the perfect example on Whidbey Island of the never beginning never ending of matter. The universe gives; it does not take away. What more evidence do we need to understand that we are also well-nigh infinite. Matter, mind, spirit, personality had to come from somewhere, some act of Infinite creation. And that creation will never end. Our bodies may change form, but our material essence will continue.

Now, when I pick up the gift of any unique, truly amazing stone from our shores, I think of where they may have come from. Perhaps they were torn from a larger body a long time ago by forces beyond our comprehension? They ended up as part of the crust of the planet we live on. Then the shifting of the tectonic plates, the heat and pressure of volcanic action, erosion through water and ice and earthquakes and life, left these wonderful stones to be gathered up by the glaciers, broken down, rounded, polished and left on a very special place, Whidbey Island, for us to find on their journey to who knows where.

I now walk on the beach and am amazed by the age of these wonderful stones, their journey, their diversity, their beauty, their numbers, what they have experienced on their way to our shores, to remind us of the never beginning, never ending presence of God. Another gift of our majestic island.

May we all grow in recognizing the blessings we are given daily.

-Love Tom

VETERANS DAY

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Astrology for October 2-8 2026
Frustration and Confrontation, Venus
Stations Retrograde in Scorpio 8°

On **October 2**, Mercury in Scorpio squares Pluto retrograde in Aquarius at 3°. This is an intense transit, where the mind is at odds with an underlying truth. Strong words are exchanged. Conflict is likely to erupt in the realm of communication, or this can be a day where we have some very serious conversations involving themes such as innovating intimacy, confronting secrets, or investigating obsessions. This is a great transit for research and getting to the bottom of controversial matters. Unfortunately, this can involve intellectual power struggles if you or others resist facing what needs to be discussed. We are prompted to confront the shadows of certain impulses or the secrets we keep. Similar themes and conversations will continue throughout the week. It's time to look under the surface. It's time for shadow work.

On **October 2**, Mars in Leo trines Neptune retrograde in Aries at 2°. Mars is the planet that rules action, follow through, and going after it. It is strong and well equip to make moves in Leo, a fire sign known for creativity, confidence and showmanship. When it gets support from Neptune, the planet of the muses, spirituality, and higher love, the actions we are inspired to take lean into these themes. This is great energy for the arts, when taking creative risks can move projects forward. An opportunity to channel the intensity of the week into any medium. This is a time to follow intuitive hits, to listen for the whispers and respond with inspired action. Imagination is flowing. Our sense of self-expression wants to be explored, so it is easier to let things out rather than hold things in - for better or worse. Here's where we might want to monitor the free-flowing faucet of yes vibes. Who is your audience? Who are you performing for? Is everyone granted access to the show? Depending on how this lands in your own personal chart, consider that workshopping concepts and throwing paint privately might be better suited. Does having an audience or a camera in the room affect the purity of the art or the action you would like to take? The things you want to say? The natural movement between inspiration and action is high at this time. Where would you like to direct such a potent channel? Aim the fire in that direction. The shadow of this aspect is getting lost through escapism or fantasy. Abandoning 3D and engaging with ideals can be healthy if we remember how to apply the fruits of our daydreams to reality upon return.

On **October 3**, Venus stations retrograde in Scorpio at 8° until November 13 where it will station direct in Libra at 22°. This is not a light and fluffy transit. Venus rules relationships, finances, sensuality and the style in which we receive. In the sign of Scorpio, ruler of unseen realms, psychology, the taboo, secrets and sex, Venus shifts the focus of relationships and finances toward an all or nothing mentality. Things become very black and white with Venus in this sign. All in or all out. Hard yes or absolutely not. Try to remember that life has nuance. Pay attention to what happens today and this week. We will be returning to the topics and themes that surface, recovering information that was previously hidden in relationships, diving into power dynamics between partners, rewriting agreements or ending relationships altogether. Themes of jealousy, obsession, and the deeper psychological roots of relating will be loud and we will be encouraged to play detective. What's been done in the dark will come to light, and we will be tasked with reconsidering where we stand as a result. A big review on self-value, and self-worth. Updates in relationship values and our own ability to release obsession, outdated emotional bonds, and toxic behaviors. Wishy-washy feelings will fold. Fakers found out.

Healthy connections willing to dive into uncomfortable conversations head on and with humility will deepen considerably. Ride or dies will be illuminated and those bonds will strengthen through this process. Major relationship transformations are underway.

Also on **October 3**, Mars in Leo opposes Pluto retrograde in Aquarius at 3°. Power dynamics that are up for analysis can become explosive. Mars/Pluto contacts generally signify violence and conflict, but what does intense activation and confrontation really reveal? Conviction, passion, and what we truly desire will rise and push to be asserted, despite how others may feel. Pick your battles. This is not the day to make a mountain out of a mole hill. Conflict is likely to escalate, so make sure it's something worth the fight. Check yourself. Look beneath the battle. Is it ego? Is there something or someone that wants recognition, to be chosen or to be right? What are we really fighting for here? Pluto, even in a retrograde position wins the brawl, and in Aquarius it will demand that we consider the needs of the group over solely individual gain.

On October 4, the Sun in Libra opposes Saturn retrograde in Aries at 11°. This opposition is similar to yesterday's stand off. On the heels of the Mars/Pluto opposition, the battle continues but takes on another angle. The Sun in Libra is open to collaboration, ready to work it out, but is confronted by Saturn in Aries and the responsibility we have to individual desires. It creates somewhat of a stalemate that can make self-expression more difficult to access and a lack of confidence in engagement. Things are not flowing easily. There is a lull in energy and vitality. It may be best for all parties to go to their corners and process alone. Tap out. Create space. The next few transits are more helpful for returning to the subject and finding resolution.

On **October 6**, Mercury conjuncts Venus retrograde in Scorpio at 8°. Insights on how we need to reorient in relationships arrive in a variety of ways. A message from an old lover hits the text home screen, emails from the past mysteriously surface on your desktop, repressed thoughts return while driving by a familiar place, past pleasures or obsessions reappear, etc. Remember, the point of these occurrences is the information they bring to light. Don't trip about what it once was or used to be. What is true now? Whether its late night cheese snacks or ye olde booty call. Don't fall for the relapse. (We are all human, but if you cave, a whole lot of shadow work awaits, so sit with it.)

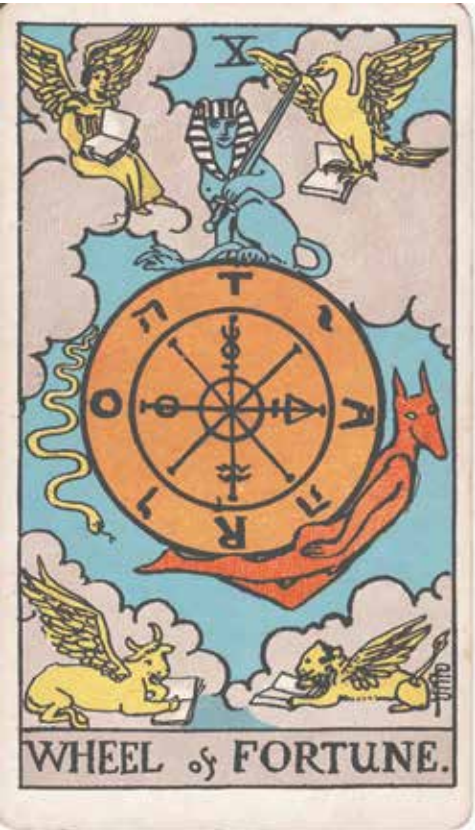
On **October 7**, Mars in Leo sextiles Uranus retrograde in Gemini at 5°. Here's our day for potential breakthrough. Mars is drive, passion, ambition, and Uranus sparks the fire via wild card hits and ideas. Watch for impulsivity, as it can be on high, but it may be just the energy that inspires taking a healthy risk. Invite spontaneity. It is here to shake us loose of frustrations and all the stalemate energies of the week. There is in fact a way forward if we stay open to change.

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October 2nd – October 8th :
the Wheel of Fortune

Loves, the ending isn't written yet, and you've been in the possession of the iron pen all along. Since you can write your own happy ending, how would you like it all to play out? Hemmed up and not liking what's filled the folios prior? Turn the page and start fresh. Every moment you have the opportunity to redefine yourself, to reimagine your life, regardless of your age or preceding dedications.

And just what tf is the 'higher self' or a 'higher purpose'? No worries, love; I've got you. It's not hierarchical or gatekept for some on-high most-deserving. Your soul, your divine spark within, the magnanimity that is you concentrated into human form is what is referred to

contemporarily as your higher self, regardless of religious affiliation. And you are born into each life with goals you desire to fulfill which are transcribed onto your very heart; these etchings and pulls you hunger to deliver upon are commonly consigned as your higher purpose, not because they are superior to devotions others pursue, but rather because this undertaking persists throughout the noise of life's valleys and hills. Further, quests for sainthood and presidential standing are no more noble or lauded than introducing your local community to your specialty salt water taffy recipe, inspiring others toward love and gratitude with your presence in a differently-abled body, or even a simple life well-lived quietly. A 'higher purpose' comes in all shapes and sizes, just like us mere mortals. What matters most is honoring your intuition and making that cake with whatsoever ingredients to which you have access.

The original definition of sin was to miss the mark, as in an archer's arrow erring from true at a given target; this knowledge shifts a few perceptions, tempting you toward curiosity in regards to the subject matter, but also other words which may have drifted from their defining origins, granting you authority to reclassify what your vocabularies signify for you individually, because, love, the rules are all made up anyhow.

All that you seek is already accessible through the card catalogue within you.

This week, if you're willing to listen, you can hear yourself more clearly than perhaps ever prior.

~Xo, Tiffany

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

More goodies offered here:
linktr.ee/tiffanyfitzpatrick

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WEEKLY HOROSCOPES

ARIES – Mar 21/Apr 20
Something isn't working the way it used to. Instead of forcing it, start over with a cleaner approach. A fresh start can be smarter than another repair job.

TAURUS – Apr 21/May 21
Someone may give you credit when you least expect it. Don't brush it off or immediately explain why you don't deserve it. Just say thank you.

GEMINI – May 22/Jun 21
You may not have all the answers this week, and that's okay. Resist the urge to fill in the blanks with assumptions. Let things reveal themselves.

CANCER – Jun 22/Jul 22
Your surroundings may be affecting your mood more than you realize. Clean something, rearrange something or simply make your space feel more like yours.

LEO – Jul 23/Aug 23
If you owe someone an apology, don't turn it into a speech about why you did what you did. Own your part, say you're sorry and let that be enough.

VIRGO – Aug 24/Sep 22
You could spend another month preparing—or finally try the thing. It doesn't have to be perfect before you begin. Sometimes experience is the missing preparation.

LIBRA – Sept 23/Oct 23
Someone may ask for more than you're willing to give. You don't need a dramatic explanation. A simple "I can't do that" is a complete sentence.

SCORPIO – Oct 24/Nov 22
An old memory may come back with a different meaning. You've changed since then. Give yourself permission to see your younger self with a little more compassion.

SAGITTARIUS – Nov 23/Dec 21
Take the unfamiliar route. Try the restaurant you've never noticed. Talk to somebody outside your usual circle. A small change of scenery could shake loose a surprisingly good idea.

CAPRICORN – Dec 22/Jan 20
You don't have to immediately solve the next problem. Take a breath before responding, especially when you're tired. A slower answer may be a better one.

AQUARIUS – Jan 21/Feb 18
That strange idea you've been dismissing might actually have something to it. Don't commit to it yet—just explore it. Curiosity costs less than regret.

PISCES – Feb 19/Mar 20
Before worrying about what you don't have, look at what has quietly gone right. Not every blessing arrives with fireworks. Some of the best ones simply become part of everyday life.

	1	2	3	4	5		6	7	8	9	10	
11							12					13
14							15					
16				17		18				19		
20			21		22				23			
24				25		26		27				
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31	32	33				34		35		36	37	38
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51							52					
	53						54					

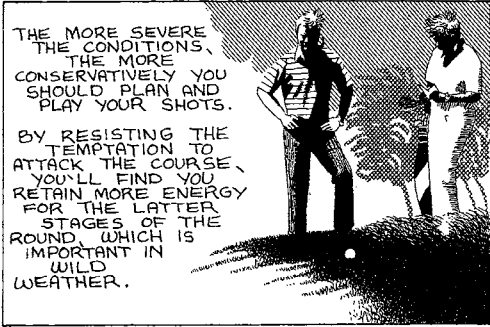
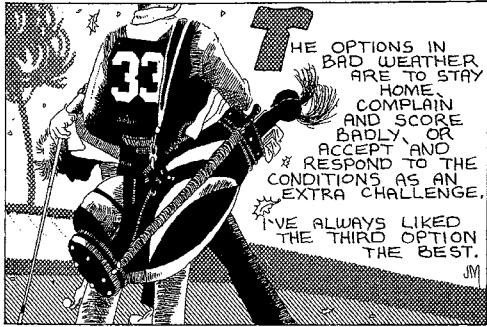
CLUES ACROSS

- 1 Bath powders
- 6 Selected
- 11 Patronize, as a bistro
- 12 Cuts at an angle
- 14 Long-haired cat
- 15 Rise in defiance
- 16 Montmartre Mrs.
- 17 Wide
- 19 Big fuss
- 20 -- ale
- 22 Rocker Nugent
- 23 Raced
- 24 Nosh at midnight
- 26 Bishop's district
- 28 Free (of)
- 30 Spanish gold
- 31 Pianist Arrau
- 35 Slowpoke
- 39 Fireplace shelves
- 40 Ump's call
- 42 Old U.S. gas brand
- 43 Balloon filler
- 44 Impetus
- 46 Weeding tool
- 47 Roma's land
- 49 Pub perches
- 51 Pay off
- 52 Digital greetings
- 53 Lasso
- 54 Afternoon hour

CLUES DOWN

- 1 Dorothy's friend
- 2 Germany's Merkel
- 3 Sign before Virgo
- 4 Keto restriction
- 5 Kick off
- 6 Trucker's device
- 7 Obey
- 8 Eggs
- 9 Mexican shawl
- 10 Shakes off
- 11 Muffles
- 13 Fine china brand
- 18 British ref. work
- 21 Beige shades
- 23 Tea biscuit
- 25 Tease
- 27 Choice words?
- 29 Museum display
- 31 Desk go-with
- 32 Hang around
- 33 Rub the wrong way
- 34 Gigi's "yes"
- 36 On the beach
- 37 Tristan's love
- 38 Windblown soil
- 41 Sports bar fixture
- 44 Food regimen
- 45 Engrave
- 48 Meadow
- 50 Rowing need

Play Better Golf with JACK NICKLAUS



Answer on page 12

YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST							
	Fri, Oct 2	Sat, Oct 3	Sun, Oct 4	Mon, Oct 5	Tues, Oct 6	Wed, Oct 7	Thurs, Oct 8
North Isle	H-65° L-52° 10%	H-64° L-50° 10%	H-64° L-50° 10%	H-63° L-51° 10%	H-62° L-49° 10%	H-61° L-48° 10%	H-61° L-48° 5%
South Isle	H-64° L-53° 10%	H-62° L-52° 10%	H-63° L-52° 10%	H-61° L-52° 10%	H-60° L-51° 15%	H-59° L-51° 10%	H-60° L-50° 10%



OUR Community
An Upbeat Question of the week
By Helen Mosbrooker

What was the most fun thing you did all last summer ?



Eli M.,
Oak Harbor

My favorite thing I did this past summer was going to Whistler with my family. We went mountain biking and it was fun! I liked going fast down the trails and jumps. We also rode the gondola, and I got to see the mountains. It was really cool! We went swimming in the pool and I had fun playing in the water with my brothers. We also ate lots of chocolate and pizza. I loved spending time with my family and doing all these fun things. Whistler was a fun place to visit. I wish we could have stayed longer because there was so much to do. I want to go back again next summer. It was the best part of my summer, and I had so fun.



Ferryn Y.,
Oak Harbor

The most fun thing I did this summer was spend 3 weeks with my Titi and my cousins. We made [mosaic] glass art. We went to the aquarium. And I got pink hair. I love it because my favorite color is pink.



Levi B.,
Oak Harbor

The most fun thing I got to do this summer is go camping in Oregon and hang out with my cousins. We got to play at the park, ride bikes, swim at the lake and hang out at the beach!



Reagan B.,
Oak Harbor

After I moved to Greenbank last year I found the lack of sirens and traffic the most surprising. It took a while to get used to the relative silence after living in Seattle by the freeway. I think first timers will be amazed at the green surroundings and views, the tiny post office and best sandwiches on the island!



Lilly B.,
Oak Harbor

This summer, we went on a hiking adventure at Fort Ebey. I liked the climbing and break we got to take with snacks, and especially liked getting back down! I liked playing on the beach with my dog Koda!!

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

Answer on page 12

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

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Bathrooms, Kitchens, Flooring, and More!

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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

Huge Garage Sale in Coupeville. Friday and Saturday 10-2 & 10-3. (Weather permitting)

Look for signs on Main Street north of Hwy 20.

Huge variety, men's and women's clothes, shoes, accessories, all sorts of household, chairs, books, tools, jewelry, and much, much more.

Wide variety of Seasonal and holiday decor and crafts.

Wide variety of crafting supplies (retiring from crafting)

Did we say huge selection of books?

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.

How'd you do?

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

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

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? AIAAnon can help! Langley Family AIAAnon 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+

CLASSIFIED INFORMATION

US Postal Mail

Whidbey Weekly Classified Department

PO Box 1098

Oak Harbor, WA 98277

E-Mail classifieds@whidbeyweekly.com

Telephone360-682-8283

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.