

October 9, 2026 - October 15, 2026

Whidbey Weekly

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NEWS • BITS • WHATS GOING ON • PUZZLES • COLUMNISTS • CLASSIFIEDS

3RD ANNUAL COUPEVILLE ***HARVEST FAIR***

OCTOBER 10, 2026 10 AM - 4 PM

ON THE COMMUNITY GREEN
788 NW ALEXANDER ST, COUPEVILLE, WA

HAYBALE MAZE
PENNY CARNIVAL

PUMPKIN PATCH
FACE PAINTING



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Monthly Rent (includes water, sewer & garbage):
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Generations Place is federally and state-supported affordable housing for moderately low-income households with minor children. Eligibility is based on household income and size

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Walk to Langley village & Island
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children's playground



Sunday, 08/30/26

13:00:15, Harbor Sands Ln.

Reporting party states neighbors' chickens and goats came to the location this morning. Goats are now back at their residence, but chickens are still on reporting party's property.

13:09:57, State Route 20 & W. Welcher Rd.

Reporting party states her daughter was driving and was tailgated by another vehicle, which then brake-checked her daughter. Mid-size black pickup truck, possibly with an unknown state license plate. Occurred approximately 5-10 minutes ago.

15:58:09, Boulder Meadow Ln.

Reporting party advises she found a golden retriever on State Route 20 and is home now. Wants to know what to do with the dog.

21:15:38, Columbia Beach Dr.

Reporting party advises her mother had a man come and ask for a key to the property yesterday. The man came back today and "bullied" her mother into giving him a key.

21:22:10, Swiss Alps Loop

Reporting party advises juveniles are ding-dong ditching in the neighborhood. "Boys are usually up to no good."

22:19:56, Lewis Ln. & W. Camano Hill Rd., in the area

Reporting party states they called a couple weeks ago about a motorcycle racing around. Reporting party now knows it to be a car with a "modified" exhaust that is loud.

23:18:06, State Route 20 & Cornet Bay Rd., in the area

Reporting party advises they found a dog on the highway. Dog walked into the highway across Deception Pass.

Monday, 08/31/26

06:40:56, Haven Pl.

Noise disturbance. Roosters crowing in the morning as early

as 03:30. Requests a call back from a deputy about it.

08:17:23, E. Henmi Rd.

Reporting party advises someone dropped off a group of chickens a few weeks ago.

12:48:07, Crescent Dr.

Reporting party requests a call. Advises she gave a deposit for landscaping work and the work has not been done. The company advises they do not have the money to refund her.

13:16:23, Country Club Dr.

Open wireless line. Seemed like an automated Spanish voice on the line. When the call taker asked if the caller needed a translator, there was no clear yes or no.

15:00:47, Donald Ave.

Advises ongoing issues of people going in and around her property. Claimed they were picking blackberries.

16:45:42, Harbor Ave., U.S. Bank

Reporting party advises she drove up on a fence at the location. No injuries. Advises she is simply extremely stuck.

17:24:23, State Route 525, Clinton Ferry Terminal

Advises third-party report of a passenger acting really weird in a white Bentley.

20:48:18, Sunset Vista Ln.

Reporting party advises she returned home and the door was locked. Also advises a light was left on that she believes was turned off before she left.

21:56:34, Meadowood Ln.

Reporting party advises a child is on the property messing with his radio and changing channels. "He's been trespassing on our property, so they need to tell that to the deputies."

22:45:45, State Route 20 & S. Quail Trail Ln., southbound

Reporting party advises a male in all black walked into the road and flipped reporting party off. "Probably in middle of road."

**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.

TRUEX

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- ▶ ENGINE/ TRANSMISSION REPLACEMENT
- ▶ HEAD & BLOCK RESURFACING
- ▶ MINOR & MAJOR ENGINE REPAIR
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Letter to the Editor

During my time serving in local government, I came to understand how the County Sheriff's style of communication and collaboration can either strengthen or weaken our community.

I see how Tavier Wasser leads. He is very visible in the community. Tavier shows up. He's responsive and respectful. He listens, he answers the tough questions, he builds trust, and strengthens the relationships that will hold our community together.

Tavier demonstrates a dedication to our safety and security, protecting our neighborhoods by participating in our community. We need this people-centered approach to law enforcement across Island County.

I proudly endorse Tavier Wasser for Island County Sheriff and will be marking my ballot for him. I urge you to join me.

Helen Price Johnson
Former Island County Commissioner
Clinton, WA

Why the crab? Grant Shaw's campaign signs tell an Island County story

A crab might seem more at home in a pot off Whidbey or Camano than on a campaign sign. But for Island County Commissioner candidate Grant Shaw, it's become a conversation starter.

Shaw said one of the questions he hears most often while campaigning isn't about taxes, roads, or county government. It's a simple one: Why the crab?

The answer starts on the water.

"I love crabbing," Shaw said. "If you live in Island County, you know there's just something special about being out on the water early in the morning, checking pots with family and friends, and enjoying everything this place has to offer."

That familiar island pastime offered inspiration for a campaign design with a little personality. Shaw said he wanted something that reflected the place he calls home and gave people a reason to smile.

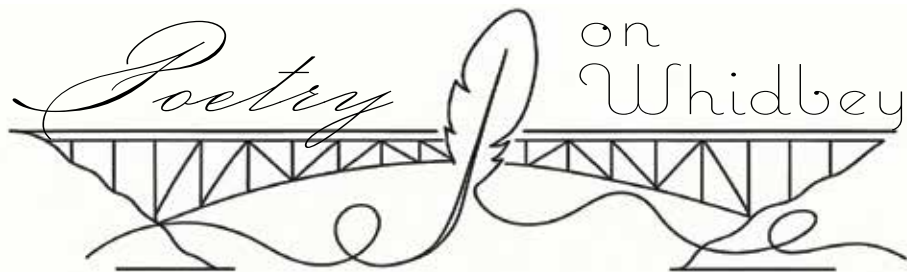
"Politics doesn't always have to feel stiff and overly serious," Shaw said. "The crab became a way to show a little creativity, celebrate Island County life, and hopefully make people smile when they see it."

The idea has since taken several artistic forms. Artists Tim Jeffs and Rob Kramer each created their own interpretations of the crab, helping turn a favorite hobby into a recognizable campaign symbol. But behind the playful artwork is a connection to how Shaw said he would approach county government.

"Crabs are resilient. They adapt when conditions change. They're protective of what matters and aren't afraid to hold their ground when they need to," Shaw said. "I think those are good qualities in both people and public service."

But the crab's appeal can be simpler, too. In a season filled with campaign signs, this one gives neighbors something a little different to talk about.

"At the end of the day, the crab is more than just a logo," Shaw said. "It's a reflection of the community I love, the resilience I admire, and a reminder that it's OK to have a little fun along the way."



THE PUMPKIN PATCH

CHORUS

ROWS, ROWS, ROWS OF ORANGE IN THE PUMPKIN PATCH
SILENTLY AWAITING THE CHILDREN WHO WILL RUN AND DASH
A-LOOKIN' FOR THE PERFECT ONE, NOT TOO BIG OR SMALL
"IT'S THE ONE, THE VERY BEST, THE BESTEST ONE OF ALL."

DO YOU REMEMBER BACK, WHEN YOU WERE JUST A KID?
REMEMBER ALL THE SEASONS,
AND ALL THE FUN YOU HAD IN AUTUMN
WHEN YOU GOT TO GO, TO SHERMAN'S PUMPKIN PATCH
AND PICK THE "BESTEST" ONE THERE WAS
YOU KNEW THERE WAS NO MATCH

CHORUS

AND WHEN YOU GOT IT HOME, AND TURNED IT 'ROUND AND 'ROUND
TO FIND THE SPOT TO DRAW THE FACE
THE SPOT THAT HAD NO BUMPS OR WRINKLES
RULER IN YOUR HAND, MEASURING CAREFULLY
YOU DREW THE LINES FOR EYES AND NOSE
AND MOUTH WITH JAGGED TEETH

CHORUS

AND AS OUR SEASONS CHANGE, OUR SUMMERS INTO FALL
LET'S PASS DOWN THROUGH FAMILY
THE HAPPY TIMES WE KNEW AS CHILDREN
AND LET'S TAKE THE KIDS, TO THE PUMPKIN PATCH
SO THEY CAN PICK THE "BESTEST" ONE
WE KNOW THERE'LL BE NO MATCH

CHORUS

© 1996 TERRY FENGLER (HAYDEN) CASE



OAK HARBOR EDUCATIONAL FOUNDATION

Festival OF TREES

A fundraising dinner and auction for the Oak Harbor Educational Foundation

FRIDAY DEC. 4, 2026
6 PM. OAK HARBOR ELKS LODGE

www.ohedfoundation.org • lisa@ohedfoundation.org



TICKETS : \$ 125

Dinner service by 

What's Going On?!

OCTO-PURR-FEST

Friday, Oct. 9-Saturday, Oct. 10, by appointment
WAIF Animal Shelter, 60 Rhododendron Park Road, Coupeville

WAIF offers a two-day low-cost spay and neuter clinic for cats. The \$50 fee includes surgery, rabies and FVRCP vaccinations, microchip, dewormer and flea control. Appointments are required; no walk-ins. Call (360) 678-8900 or visit [waifanimals.org](#).

COME FROM AWAY

Friday, Oct. 9-Saturday, Oct. 24
Thursdays-Saturdays, 7:30 p.m.; Sundays, 2 p.m.
Whidbey Island Center for the Arts, 565 Camano Ave., Langley

WICA presents “Come From Away,” the acclaimed musical based on the true story of nearly 7,000 airline passengers stranded in Gander, Newfoundland, after 38 planes were grounded on Sept. 11, 2001. The production celebrates the compassion of a small community that opened its homes and hearts to thousands of unexpected visitors. Tickets are \$30-\$45. Visit [wicaonline.org](#).

MARCELLUS ANDRONICUS: THE CURSE OF HOUSE ANDRONICI

Friday, Oct. 9-Sunday, Nov. 1
Whidbey Children’s Theatre, Langley; Whidbey Playhouse, Oak Harbor

Island Shakespeare Festival presents Davion Tynarious Brown’s “Marcellus Andronicus: The Curse of House Andronici,” a new play exploring family legacy, identity and the struggle between nature and nurture. Performances take place in Langley and Oak Harbor throughout the Halloween season. Admission is pay what you will. Visit [islandshakespearefest.org](#) for performance dates, times and venues.

CRAFT SUPPLY SWAP

Friday, Oct. 9, 3-4:30 p.m.
Langley Library, 104 Second St., Langley

Give unused arts and crafts supplies a new home at the Langley Library’s Craft Supply Swap. Bring excess materials to trade for something new to you while helping make creative hobbies more affordable and sustainable.

STATE PARK FREE DAY: WORLD MENTAL HEALTH DAY

Saturday, Oct. 10, 8 a.m.-5 p.m.
Washington State Parks, including Whidbey and Camano island locations

Enjoy Washington state parks without a Discover Pass during the World Mental Health Day free day. Day-use parking is free at participating parks, including popular island destinations such as Deception Pass, Fort Casey, Fort Ebey and Camano Island state parks.

COUPEVILLE HARVEST FAIR

Saturday, Oct. 10, 10 a.m.-4 p.m.
Community Green, NW Alexander St.

Celebrate the season at the Coupeville Harvest Fair and the final day of the North Central Whidbey Farmers Market. The free, family-friendly event features a pumpkin patch, hay bale maze, penny carnival, face painting and more. Queen-Bee Pantry will also collect canned and shelf-stable Thanksgiving foods throughout the event.

COMMUNITY IS THE BEST MEDICINE

Saturday, Oct. 10, 4 p.m.
Oak Harbor Elks Lodge, 155 NE Ernst St.,

The Island County Historical Society hosts its annual fall fundraiser honoring the Bishop family and generations of service to the Whidbey Island community. Social hour begins at 4 p.m., followed by dinner at 5 p.m. and an auction at 6 p.m. Tickets are \$90 and include dinner and two drink tickets. Visit [islandhistory.org/auction-2026](#).

HALLOWEEN B MOVIES IN THE BARN

Saturdays, Oct. 10, 17 and 24, 7-9 p.m.;
Saturday, Oct. 31, 6-10 p.m.
Greenbank Farm, Wonn Road, Greenbank

The historic barn at Greenbank Farm becomes a Halloween movie house for four nights of classic B-movie thrills and campy horror. Films include “The Last Man on Earth” Oct. 10, “House on Haunted Hill” Oct. 17 and “The Little Shop of Horrors” Oct. 24. Halloween features a double bill of “Night of the Living Dead” and “Nosferatu.” Entry is by donation; outside food is welcome.

JOHN PRINE: AN 80TH BIRTHDAY TRIBUTE

Saturday, Oct. 10, 6:30-8 p.m.
Langley Library, 104 Second St., Langley

Kevin Fristad and Michael Laslett of Fret & Fire celebrate the life and music of John Prine with stories, historical context and more than 15 songs. The program highlights Prine’s humor, compassion and observations of everyday people while exploring his life and songwriting.

“WARMLY, THE WILD” AUTHOR EVENT

Sunday, Oct. 11, 11 a.m.-2 p.m.
Langley Whale Center, 105 Anthes Ave., Langley

Author Emily Iris Degn presents “Warmly, The Wild,” her full-length eco-poetry collection exploring wildness, sense of place and our relationship with nature. The event includes an introduction from Orca Network, poetry readings, a Q&A and book signing. Copies will be available for purchase from Moonraker Books. Suggested donation is \$5-\$15.

TOPGUN, BEYOND THE MOVIE

Sunday, Oct. 11, noon-2 p.m.
Pacific Northwest Naval Air Museum, 545 Ault Field Road, Bldg. D, Oak Harbor

The Pacific Northwest Naval Air Museum opens “TOPGUN, Beyond The Movie: The Real Navy Fighter Weapons School,” featuring Dave “Bio” Baranek, a former aerial combat instructor at the Navy Fighter Weapons School who also worked as a dialogue advisor on “Top Gun.” The exhibit runs through May 31. Museum admission is \$15 adults, \$13 seniors and veterans, and \$8 youth and students ages 6-17.

HOW TALL SHIPS CONNECTED WHIDBEY TO THE WORLD

Thursday, Oct. 15, 1-2:30 p.m.
Freeland Library, 5495 Harbor Ave., Freeland

Former tall ship captain Garry Heinrich explores how sailing vessels connected Whidbey Island to the wider world through exploration, trade and cultural exchange. Heinrich spent more than a decade captaining tall ships along the West Coast, including the 110-foot brigantine Irving Johnson. Free; registration required through Sno-Isle Libraries.

WHIDBEY WONDERS: THE ART OF RECREATING HISTORY

Thursday, Oct. 15, 4-5 p.m.
Oak Harbor Library, 1000 SE Regatta Drive

Island artist and food stylist Paul A. McClintock explores the craftsmanship behind historically accurate maps, documents, handmade books and faux food created for museums, historic sites and living history programs. See examples of his work for Ken Burns’ “The American Revolution,” including maps and historical documents created for the PBS documentary.

SPOOKY DIORAMAS

Friday, Oct. 16, 3-4:30 p.m.
Langley Library, 104 Second St., Langley

Create a creepy miniature terrarium during an afternoon of spooky crafting. Supplies are limited and available on a first-come, first-served basis, and participants are welcome to bring their own additions for their scenes. For ages 8 and older. Snacks provided by the Friends of the Langley Library.

THE STORM – EURYTHMY DANCE PERFORMANCE

Monday, Oct. 19, 6:30 p.m.
Royal Alvin Hall at the Freeland Music Hub, 1694 E. Main St., Freeland

Eurythmy Spring Valley Ensemble presents “The Storm,” a eurythmy dance performance combining movement, spoken-word poetry and live classical music to tell the story of environmental activist Julia Butterfly Hill and her stand to protect the ancient redwood Luna. The program features works by Langston Hughes, Frédéric Chopin, Antonín Dvořák and others. Suggested donation is \$20 or more.

2025-2045 COMPREHENSIVE PLAN UPDATE: DRAFT EIS OPEN HOUSE

Wednesday, Oct. 21, 4-6 p.m.
The Center, 51 SE Jerome St., Oak Harbor

The City of Oak Harbor hosts a free public open house on the Draft Environmental Impact Statement for its 2045 Comprehensive Plan update. Community members can review informational exhibits, learn about the alternatives being considered, ask questions and provide feedback. The Draft EIS public comment period runs Sept. 28-Oct. 29.

BLACK CAT BALL HALLOWEEN CELEBRATIONS

Wednesday, Oct. 21, 6-9 p.m.; Saturday, Oct. 24, 7-11:55 p.m.; Saturday, Oct. 31, 8-11:55 p.m.
Bayview Community Hall, 5642 Bayview Road, Langley

Bayview Community Hall and Whidbey Island Music Portal present three nights of Halloween festivities. Oct. 21 features a Spooky Food Potluck and Black Cat Bake-off; Oct. 24 brings the circus-themed Black Cat Ball; and Oct. 31 closes the series with a Halloween Night Encore featuring music, dancing, beer, wine and sideshow curiosities. All ages; bar is 21+. Donations appreciated.

PRACTICALLY MAGIC HALLOWEEND

Thursday, Oct. 22-Saturday, Oct. 24, doors open 6 p.m., movie 8 p.m.
Coupeville Recreation Hall, 901 NW Alexander St., Coupeville

Celebrate “Practical Magic” in the town where the 1998 film was brought to life with three nights of screenings at the Coupeville Recreation Hall. Costumes are encouraged, with margaritas, beer and wine available for purchase. Movie nights are for ages 21 and older and valid ID is required. The celebration is part of a weekend of witchy festivities throughout Coupeville, including an October-long scavenger hunt, brew garden and Saturday’s Torchlight Parade and Street Dance. For tickets and information, visit [practicallymagichalloween.com](#).

WHERE ARE ALL THE GREEN MEN? PROSPECTS FOR ALIEN LIFE IN OUR UNIVERSE

Friday, Oct. 23, 2:30-3:30 a.m.
Freeland Library, 5495 Harbor Ave., Freeland

NASA/JPL Solar System Ambassador Greg Donohue explores what current science says about the possibility of extraterrestrial life, from our own solar system to the wider universe. The program examines UAPs, UFOs and the enduring question, “Are we alone in the universe?” Registration is required. Register through Sno-Isle Libraries, call (360) 331-7323 or email [askus@sno-isle.libanswers.com](#)

LIBRARY LOCK-IN SPOOKTACULAR!

Friday, Oct. 23, 5:30-7 p.m.
Coupeville Library, 788 NW Alexander St.

Explore the library after dark during this special event for ages 10-18. Build forts, play hide-and-seek among the books and enjoy glowsticks, snacks and ghost stories. Bring a friend and a flashlight.

IDENTITY CRISIS! SECRET IDENTITIES, MISTAKEN IDENTITIES & MASQUERADES

Friday, October 23, 7 p.m.
Trinity Lutheran Church, 18341 WA-525
Freeland

Whidbey Island Orchestra invites you to hear music of those who are not what they seem, featuring Haydn’s “Miracle Symphony,” selections from “Phantom of the Opera” and other music of villains and superheroes. Donations accepted and greatly appreciated!

MEDICARE OPEN ENROLLMENT INFO

Saturday, Oct. 24, 2-4 p.m.
Coupeville Library, 788 NW Alexander St.

SHIBA volunteers offer information and assistance navigating Medicare during open enrollment. Learn about available options and how to compare plans based on individual needs.

TORCHLIGHT PARADE & STREET DANCE

Saturday, Oct. 24, 5:30-7 p.m.
Historic Downtown Coupeville

Celebrate Halloween with a torchlight parade through historic Coupeville followed by a street dance at the Coupeville Wharf. Costumed participants can line up at Cook’s Corner Park at 5 p.m. before the parade begins at 5:30 p.m., with local businesses and organizations handing out candy along the route. DJ Moose will keep the celebration going with a street dance until 7 p.m. An Ales and Apothecary Brew Garden will also be open from 2-6 p.m. at Front and Coveland streets. The event is free and family-friendly.

THE GREAT COUPEVILLE PUMPKIN RACE

Sunday, Oct. 25, 2-3:30 p.m.
NW Coveland Street by Town Park, Coupeville

Practically Magic concludes with the Great Coupeville Pumpkin Race, a family-friendly competition open to all ages. Racers can compete in the rule-following Iron Gourd category or embrace creative chaos in Pumpkin Pandemonium, where anything goes. Bring a racing pumpkin and join the fun in historic Coupeville. Registration and details are available at [practicallymagichalloween.com](#).

WEIRDBEY ISLAND WRITING WORKSHOP WITH ELDRITCH BLACK

Wednesday, Oct. 28, 3-4 p.m.
Coupeville Library, 788 NW Alexander St.

Young writers can create a monster using all five senses with guidance from “Weirdbey Island” author Eldritch Black. This spooky creative writing workshop is designed for tweens and teens ages 10 and older.

REGENCY HALLOWEEN TRICK-OR-TREAT

Friday, Oct. 30, 3-5 p.m.
Regency Coupeville, 311 NE Third St., Coupeville
Regency on Whidbey, 1040 SW Kimball Drive, Oak Harbor

Regency invites families to celebrate Halloween with trick-or-treating at its Coupeville and Oak Harbor locations. Bring the kids for treats and music by DJ Moose Moran. For more information, call (360) 279-0933.

SPOOKTACULAR LANGLEY

Saturday, Oct. 31, 2:30-5 p.m.
Downtown Langley

Celebrate Halloween with an afternoon of family-friendly trick-or-treating throughout downtown Langley. Local merchants will welcome costumed children and families with treats from 2:30-5 p.m. Visitors can also keep an eye out for the many whimsical crows displayed around town, created by local artists Scott Alexander and Mike McVay.

HALLOWEEN TRUNK & TREAT: FREELAND

Saturday, Oct. 31, 3-6 p.m.
Downtown Freeland, Harbor Avenue, Main Street and Scott Road, Freeland

Celebrate Halloween with the Freeland Chamber of Commerce’s annual Trunk & Treat. Local businesses transform decorated vehicles into trick-or-treating stops, creating a safe, family-friendly afternoon for costumed kids and their families. Enjoy candy, entertainment for all ages and other Halloween surprises throughout downtown Freeland. For more information, visit [freelandchamber.org](#).





SALT TO FRESH

30 September marked the end of the saltwater salmon season in most Marine Areas in the Puget Sound. There will be a couple exceptions that will be open until the middle of October, (check state regulations), we will have no choice but to shift our fishing tackle over to freshwater rods and reels. Time to put away the “360 flashers” and “cookies and cream” salmon spoons and pick out the pink, purple, and black spinners and spoons; then shelve the saltwater how-to-books and pick up the river tips and tactics bibles.

Coho, Chums, Steelhead, and Rainbow trout will be our targets through the winter months until spring pushes out the cold and escorts the next run of bright chrome salmon into the Puget Sound. I like fishing the rivers for salmon as much as I like the challenge of catching them in the open waters around Whidbey Island. River fishing has its challenges as well, everything from overnight fishing closures to heavy rains blowing out the emerald-colored fishable waters in exchange for chalky, muddy, water filled with wood and debris.

Coho are already in the surrounding rivers in good numbers, chums will be right behind them in late October and into November, followed by wonderful winter steelhead after that. Finding salmon in the rivers can be productive from the banks and of course from a drift-boat or jet-sled. Each has their advantages and disadvantages, bank fishing is simple and generally easy fishing, however, the challenge is getting to the water, river banks can be brushy with steep banks filled with blackberry briars. Many miles of river banks are private owned, or restricted making access difficult. Fishing from a boat removes the task of breaking brush to get to the fishing holes, however, there can be boat launch fees and of course the cost of running a boat, license, gas, and maintenance.

No matter which way you choose to fish the rivers, it is all worth it when you hook into a hard fighting fish and build memories with friends and family. Here are what I use to catch salmon in the surrounding rivers:

- Blue Fox style spinners in the #4 or#5 size in pink, purple, black, and chrome colors.
- Little Cleo style casting spoons in 2/5 and 2/3 ounce sizes, in fire-tiger, chrome and orange, or 50/50 chrome and gold (brass) colors.
- Hoochie spinners with pink skirts and either a purple or chartreuse blade with a 1/2 ounce inline sinker or a three way swivel and with a 4 inch dropper and 1/2 ounce weight.
- 3/8 ounce lead head twitching jig with a white or chartreuse head with a pink, purple, red, black, or chartreuse body, made of Rabbit, Marabou, or synthetic materials.
- Lipped crank-baits like wiggle warts in the small to medium size in orange, fuchsia purple, or fire-tiger colors (use a duo-snap with the crankbaits it lets the baits move more freely in the water).
- Bobber and bait is a time proven way to catch salmon in the rivers. I don't fish bait very much but I have friends that do, and they do very well with cured roe, sand shrimp, or tuna belly strips.



Bluefox spinners are a sure bet to catch coho



This Wiggle Wart crank-bait works great in deep slower pocket water, be careful, they dig deep and can get hung on sunken structures.

Gear and tackle rules are very convoluted and there are week-day closures to allow for uninterrupted tribal gillnetting, and avoid what the Washington Department of Fish and Wildlife (WDFW) calls “gear conflicts” so be sure to check the state rule book and WDFW web-site for hook and gear restrictions and closures. River fishing is exciting and can be very rewarding so dig-in and go fishing whenever possible! There is a very good chance we can save a Salmon for the table on Thanksgiving. The weather is getting cold and wet so plan accordingly, give yourself a little extra time and be safe out there!!

Out on a Limb



IN PARTNERSHIP WITH
LITTLEBIG FEST
GOOD CHEER PRESENTS

Sweater Weather
FESTIVAL

Crisp air, cozy sweaters, and campfire tunes. Join us for games, crafts, and tasty bites at our Sweater Weather Festival! Let's celebrate fall together at Good Cheer. All are welcome. FREE ENTRANCE.

SATURDAY
OCTOBER 17, 2026

1:00 PM - 8:00 PM
2812 Grimm Road
Langley, WA 98239

SPECIAL PERFORMANCES BY
THE SWEATER WEATHER STRING BAND
AUTUMN NORTH
EMILY MCVICKER
NATHANIEL TALBOT TRIO

SPECIAL THANKS TO
HIEROPHANT MEADERY | BLUE SOUND MUSIC



The Garden Bug

Pillbugs

These creatures are not insects; they are actually tiny crustaceans that have adapted to living on land. They have gills, and are closely related to lobsters, shrimp, and crayfish. They are usually less than ½ an inch long and are dark grey with seven pairs of legs. They can roll into a ball when disturbed, hence their common name “roly-polies.” They are experts at converting decaying organic matter, so you can gently relocate them to your compost pile.

– Brenda Weaver

Source: missouribotanicalgarden.org



Island Fundraiser, Potter, Author, and Essayist

Charles in chair by Budha

A dozen years ago, I was embroiled in church politics reminiscent of an Anthony Trollope novel, on acid. I remember telling a close friend that I was tired of fighting the fight when resistance seemed to come at every turn. I expected and hoped he would come out roaring with helpful platitudes about how very, very right I was to fight the good fight. "Get into 'good trouble,' as they say. But instead, he just looked at me with eyelids at half-mast and, with a slight twinkle in his eye, asked, "What if you just drop the rope?"

It was a mind-exploding moment for me when the light bulb above my head gleamed with one of its brightest surges. What if I just drop the rope? In other words, what if I just stop fighting, go loose, and be receptive rather than being hard and on the offensive? What if I just drop the rope so that we're no longer playing tug-of-war? What if I drop the rope long enough to flush out the fight-or-flight hormones raging on my blood cells like an expert surfer on massive waves off the northern coast of Hawaii's islands? In a hurricane.

As I have aged since that moment, I keep this self-reminder in mind: "What if you drop the rope?" Sometimes it's a mantra, or something I write in the margin of my notebook, just to remind myself which ditches I want to die in and which not. What if I stopped imagining that everybody around me is a threat? What if I assumed a posture, internal and external, of equanimity?

Doesn't the Borg Nation in the Star Trek franchise often use the phrase "Resistance is futile" when encountering an enemy? And is not the premise of the story that the enemy is absolutely and automatically everyone else?

Things are about to get kind of crazy. There is talk of a recession, of war, of AI takeovers, of a baking sun, of icebergs melting, of white pants after Labor Day...I mean, the list of horrors is long. Perhaps it has been for every generation. When should one take a stand and when not?

What I needed to learn about resistance, I am learning from forgiveness, oddly enough. To forgive is to drop the rope. Interestingly, doing so in conflict can give one an advantage in the struggle. Whether in a marriage, a

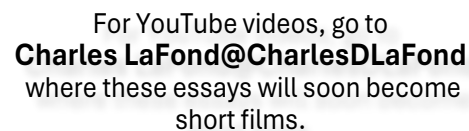
friendship, a neighborhood acquaintance – we all face conflict from time to time.

Some people live, even exist, on adrenaline. And that addiction is hard to drop because the chemical one craves is always inside one's own body, ready to be called forth with the slightest fear of threat. We know these people. Hurt people tend to hurt people.

As an agnostic (one not absolutely sure about a mystery), I no longer give religious weight to the word "forgive," and yet I do not throw the baby out with the bathwater. To forgive is not resistance, but it's not collapse either. To forgive another person is to drop the rope. But it's not the rope that they have tied to you. It's the rope you have tied to them as a form of permanent biological drug availability. To be angry at all times is to always get access to my drug of choice, adrenaline. That means all I need to do, all day, is create situations in my life that make adrenaline pump through my body, because that drug my body makes and delivers on a dime- that drug is what makes me feel normal or okay.

Not only are we in challenging times, but we're also facing the closing of winter doors and the drama of festivals over these next three months. My family used the term "Happy Holidays" as I was growing up. I've always wanted to reinvent it to say "Gentle Holidays." If we are gentle with ourselves, we will generally be gentle with others. When we forgive ourselves, we will suddenly forget the resentments we held for others.

Resistance may be futile. But perhaps resistance is less like a stoplight and more like a puzzle; less inspiring of frustration and more inspiring of curiosity



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Life Tributes

George K. Jensen, Jr. July 19, 1944 - September 29, 2026

George Jensen, 82, of Whidbey Island, WA and Gustavus, AK, passed away peacefully on Tuesday, Sept 29, 2026 in his Whidbey home with his loving wife by his side. George was able to say good-bye to many of his friends and family during his final weeks.

George was born in Arlington, VA to George and Elsie Jensen, and later moved to CA where he graduated from Fremont High School and San Francisco State University. He traveled to Alaska where he taught school in Wrangell, Juneau, Fresh Water Bay Logging Camp, and Gustavus, starting as janitor in Gustavus and finishing as the principal. George is survived by his wife, Lynne; his brother, Rick (Lisette) Jensen, niece Jade, and nephews Jason, Erik, and Alex. He was preceded in death by his parents and sister, Louise Jensen.



George married the love of his life, Lynne Jensen, in Gustavus, Alaska at the cabin they had built together in 1981. He was a beloved member of two communities, Gustavus and Whidbey. As a teacher, George positively influenced many students in subjects ranging from music, to science, English, math, and shop. He heard from many of his students in his final weeks about the difference he had made in their lives.

He was a boat and log cabin builder and carpenter. He enjoyed playing classical piano, running, bicycling, and driving his Model A Ford cars. He was renowned for repeatedly winning the annual 4th of July slow bike race in Gustavus. In Gustavus he had served as President of the Board for Friends of Glacier Bay and played piano for many musical events. On Whidbey he volunteered with BirdNote, The Saratoga Symphony, and Hearts and Hammers. He was a member of the Whidbey A's car club and Whidbey Audubon. George was known as someone who was always willing to help people in need and a good friend to many. His Gustavus friends gathered to honor George by crafting 29 original prayer flags with a heartfelt note tucked in the back of each. They now hang in the Jensen's Whidbey home.

A graveside service for George will be held at 1:00 at Langley Cemetery on Saturday, October 10th with Wallin-Stucky Funeral home in charge of arrangements. A gathering to remember George and share laughter, tears, and stories of his life will follow at Langley United Methodist Church fellowship hall at 2:00. A celebration of George's life will be held in Gustavus next summer.

In lieu of flowers, memorials may be made to Whidbey Camano Land Trust or Southeast Alaska Conservation Council.

VETERANS ★ POST ★

by Freddy Groves

Insurance premium holiday

Here's an early holiday gift for 457,000 veterans -- three months of no payments due on their life insurance policies.

Those veterans who have policies under the Veterans' Group Life Insurance program (VGLI) will not have to make their payments in November, December and January, freeing up that cash over the holidays.

The policies under the VGLI program can be a good deal and carry over after a veteran leaves the service, as long as they keep making the payments.

The policies themselves range from \$10,000 to \$500,000. Here are two examples of the monthly premium amounts: A \$200,000 policy for a 30-year-old veteran is \$16 and a \$250,000 policy for a 55-year-old veteran is \$125 per month.

Are you eligible for VGLI? There are varying requirements, but at the top of the list is whether you had Servicemembers' Group Life Insurance (SGLI) while you were active duty AND you're within one year and 120 days of being released from an active duty period that ran for 31 days or more. Then if you sign up within 240 days, you don't have to prove you're in good health. After that 240 days, you need to prove it.

Check the complete details at www.va.gov/life-insurance/options-eligibility/vgli for information on eligibility, premiums, changing beneficiaries and more.

For all the information on the premium holiday, see www.benefits.va.gov/insurance/vgli_premium_holiday_faqs.asp. It covers important facts like how to handle it if you have auto pay for the premium or if the payments come out of your disability compensation pay. If you've paid in advance you'll have the opportunity to get a refund or have a credit applied to your account. One note: You won't be eligible for the premium holiday if either you cancel your coverage or it lapses on or before Oct. 31, 2026.

Keep an eye on your mail and email for notification about the premium holiday.

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Tuesday, October 13
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7 p.m. kickoff

Friday, October 16
WESCO Football – 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/>

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HEALTH CORNER

By Dr. Darlene Castle
Chiropractor

CHILDREN AND YOUNG ADULTS

Do kids need Chiropractic care?

The short answer is: were they born?

The birth process is a natural yet grueling process. And a cesarean section delivery is no easier with the infant being pulled—however gently—through a 4-6" incision in the mother's abdomen. Whichever method is used, an infant's spine is challenged right from the start.

Birth process aside, from the moment children begin to crawl, pull themselves up on furniture, to finally standing, walking, and running, gravity begins to enter the picture. And all the jolts and jars get harder.

It's amazing the amount of trauma a young body can experience without immediate side effects.

Picture this: when an infant falls head first off the back of a couch, we race over and pick up a squalling baby, soothing it until the crying stops. But the child has just fallen his entire length, landing on his head! If this happened to an adult, he'd be hospitalized!

Riding bikes, sliding into home plate, getting tackled at the goal line: it's all part of growing up.

Gymnastics, cheer-leading routines, even ballet can take a toll on an immature body.

And how many kids have had a chair pulled out just as he was about to sit down—what a joke.

Usually, not just often, but usually, parents don't consider taking their children to a Chiropractor. Oh sure, if there happened to be an accident or the child complains

about back or neck pain for a long time, they might investigate it, but it's highly unusual.

And there are two reasons for that. First is ignorance: moms and dads just don't know their sons and daughters might have a spinal problem, why it's important to their overall health and that Chiropractic would help.

Secondly, there's the financial consideration. If mom and dad get care, what monies are left over for the kids? Even if the amount is a co-pay, it all adds up.

Children's bodies don't get born completely put together. Muscles need to develop. Organs need to grow. Bones need to form and harden. The spine, for instance, isn't totally formed until age 25.

What better time to correct spinal misalignments: while the body is creating itself, so muscles strengthen and expand equally along all sides of a bone or organ.

Thomas Wolfe's famous quote was meant to deal with the mental and emotional aspects of growing up, however a being's physical trials and tribulations can also be summed up in his line:

"We are the sum of all the moments in our lives—all that is ours is in them; we cannot escape it or conceal it."

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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Frequent MRIs and Cancer Surveillance Cause Patient Anxiety

DEAR DR. ROACH: I'm writing to seek your perspective on a diagnosis that has caused me significant anxiety. A recent incidental finding on an MRI, followed by an endoscopic ultrasound, revealed a cluster of several small cysts (3-7 mm) in my pancreas. They're suspected to be branch-duct intraductal papillary mucinous neoplasms (IPMNs). My main pancreatic duct is mildly enlarged.

My doctors have recommended an MRI/MRCP with and without contrast in six months, followed by ongoing monitoring every six months to two years. I've been told that IPMNs are precancerous but usually don't progress to cancer. The thought of frequent, lengthy MRIs and long-term cancer surveillance is overwhelming.

Is this intense level of monitoring truly necessary for cysts that are this small, or is it overly aggressive? Are there any safe alternatives such as shorter, non-contrast scans to help me manage the burden of testing? I'd deeply appreciate any guidance you can provide on how to balance medical safety with peace of mind. — J.D.

ANSWER: As you say, IPMNs can progress to pancreatic cancer, which is why your doctors want to keep a careful eye on them. There are several guidelines on the management of these cysts. The main risk factor in a person developing cancer is the size of the cyst; however, a dilated main pancreatic duct is also a worrisome feature, according to the guidelines.

Because of the dilated duct, the risk for developing cancer in the next five years is about 10%. Even though this means

that 90% of the time you won't develop cancer, doctors can find and potentially cure one person for every 10 people who agree to a careful follow-up.

CT scans aren't as accurate and have the downside of ionizing radiation. I do understand that MRIs do take a long time (and can be very noisy), but your risk is high enough that I'd add my recommendation to your doctors' to get the follow-up scans.

You should also get CA19-9 blood testing. If the main pancreatic duct enlarges over time (by more than 2 mm per year), then it's time to consult a surgeon. It's your body and your choice; however, an MRI is a time-consuming but safe way of checking the stability of these cysts.

DR. ROACH WRITES: A recent column on vertigo led many readers to question whether the reader had Meniere's disease, rather than benign paroxysmal positional vertigo (BPPV). The information provided wasn't enough to be sure, but the reader noted that a BPPV diagnosis had been confirmed.

There are several ways that a clinician can help separate these two diagnoses. In people with BPPV, vertigo is usually triggered by a change in head position; whereas with Meniere's, vertigo is spontaneous. Attacks last for seconds to at most 1 minute in BPPV, but with Meniere's, they can last anywhere from 20 minutes up to 12 hours.

In addition, Meniere's disease causes hearing loss, which isn't always noticed by the patient. Tinnitus and a sense of fullness in the ear are common with Meniere's. Maneuvers that are done by clinicians in the office can also help separate the conditions.

People can also have both BPPV and Meniere's, which complicates things. When I'm not certain, I often order audiology testing or send my patient to an expert in the diagnosis and treatment of vertigo. Another reader wrote in to tell me that I should've mentioned that neurologists and ENT physicians often have expertise in managing cases of dizziness, if the problem can't be solved by the primary physician. Receiving the right diagnosis is essential to getting the right 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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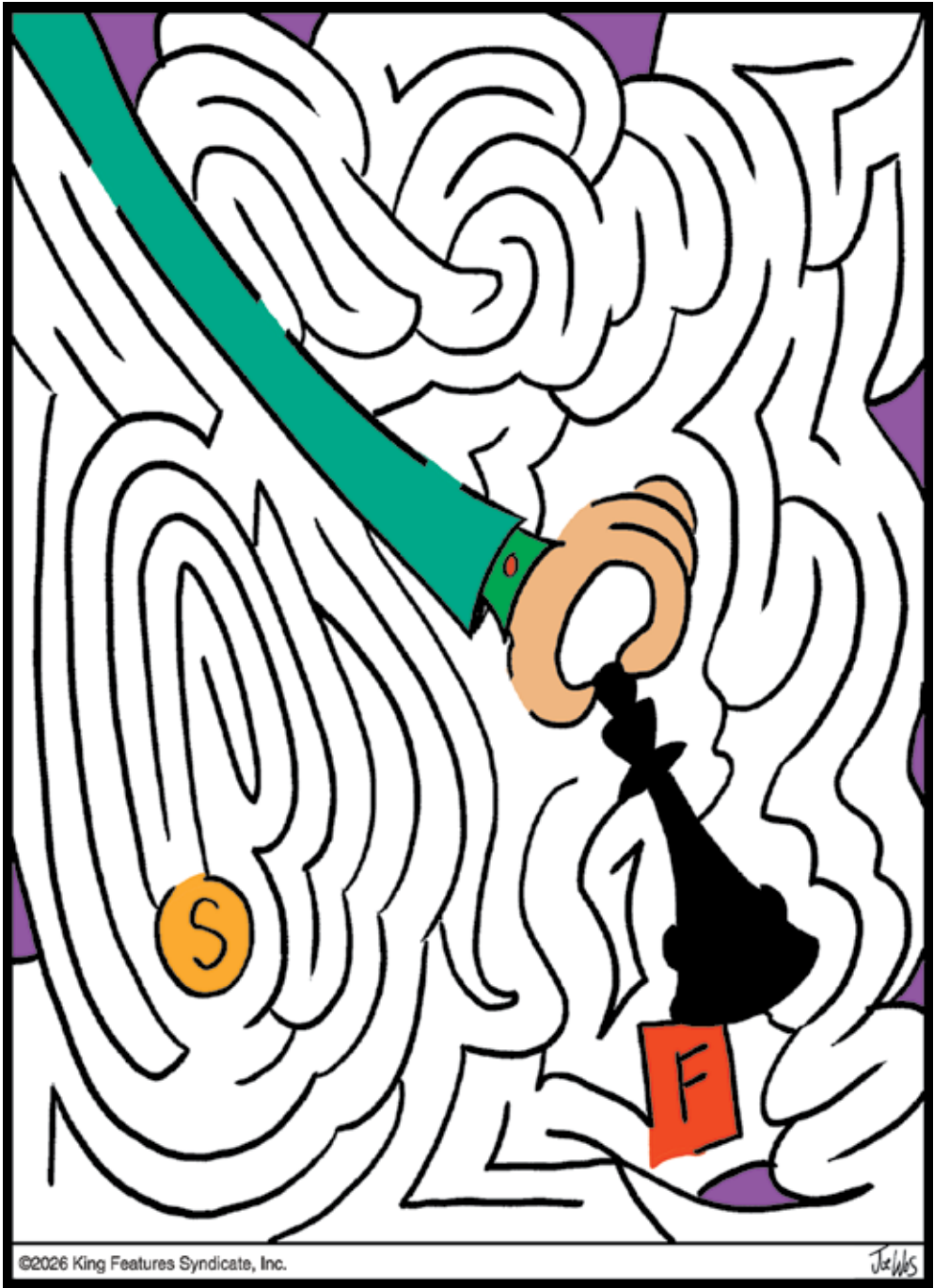
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Moments in time

- On Oct. 19, 1216, England’s King John (younger brother to Richard the Lionhearted) died of dysentery at Newark Castle during a civil war with his barons and was succeeded by his 9-year-old son, Henry III, just over a week later. The boy was crowned with a simple golden band belonging to his mother because the royal crown had been lost.
- On Oct. 20, 1910, the cork-centered baseball, invented and patented by Benjamin F. Shibe, executive director and part owner of the Philadelphia Athletics, made its debut in the World Series between the Athletics and the Chicago Cubs.
- On Oct. 21, 1867, the Medicine Lodge Treaty was signed. Consisting of three treaties following talks attended by more than 5,000 prominent chiefs and warriors near Medicine Lodge, Kansas, its aim was to bring peace by relocating Native Americans to reservations in Indian Territory.
- On Oct. 22, 2018, actress Selma Blair revealed that she’d been diagnosed with multiple sclerosis. In her book “Mean Baby: A Memoir of Growing Up,” Blair recounted how the announcement by doctors, after years of incorrectly attributed symptoms, “felt like giving birth” and gave her an overwhelming sense of relief.
- On Oct. 23, 1947, Gerty and Carl Cori became the first spouses to win a joint Nobel Prize in Physiology or Medicine, for their discovery of how the body breaks down, builds up and stores glycogen as an energy source.
- On Oct. 24, 1901, her 63rd birthday, widowed American schoolteacher Annie Edson Taylor became the first person to survive a plunge over Niagara Falls in a barrel, accompanied by her lucky heart-shaped pillow. Sadly, while she wrote a memoir and briefly earned money talking about her experience, she ended up dying penniless and in poor health at age 82.
- On Oct. 25, 1920, Greece’s King Alexander died at age 27 from wounds he received after a Barbary macaque attacked and bit him several times a few weeks earlier, as he walked on the grounds outside the castle with his dog. The monkey had first gone after the dog, and the king had stepped in to separate the animals.


October
Business of the Month





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Fun Fact

Philadelphia’s Fairmount Park Commission distributed the first U.S. license plates in 1900, in the form of leather tags.

In the last few years, specialty license plate design options number in the thousands, reflecting all kinds of interests.

Source: history.com



Readings by NOA

Astrology for October 9-15 2026 New Moon in Libra 17°

October 10, brings the new Moon in Libra at 17°. On the same day, the ruler of this new Moon, Venus retrograde in Scorpio squares Mars in Leo at 7°. There are a lot of beautiful opportunities with this new Moon, a time for fresh starts and new beginnings when it comes to relationships, finances, self-worth, and contracts. We are in the season of Venus retrograde, the time reserved for reflection an review in these areas. The square with Mars may be exciting and create the perfect type of tension to make a move, but also may create the type of tension that brings conflict to the surface and highlights what is not working. In either case, we are presented with the opportunity to “do relationships differently.” To start a new cycle. Plant these seeds with intention. What adjustments need to be made? What agreements need to be renegotiated? Where are you compromising your desires to please a partner, just so the relationship stays alive? Although this hits most prominently in romantic relationships, all one-on-one relating patterns are on the table for an update (business, friendship, coworkers, etc.) In Libra, the sign of diplomacy, we will be encouraged to initiate conversations and include all parties and their perspectives. This new Moon favors dating, romance, flirtation, but it will be difficult to utilize autopilot or past and unconscious patterns in these areas without conflict or pushback. Cue that Beyonce joint because this new Moon challenges all of us to upgrade. How do your relationship patterns speak to your own level of self-value? Want a different outcome in your relationships? Its time to make new choices.

On **October 15**, Pluto stations direct in Aquarius at 3°. When planets appear to change direction they pull a lot of focus and become very influential. Pluto is retrograde every year for about five months. Look to your personal birth chart to find the first few degrees of Aquarius, where Pluto has been moving retrograde since May. All the inner work that has been churning since that time will now take center stage in the outer world. Pluto is the planet of evolution, of death and rebirth, the planet that ends what is not working so that something new can emerge from the depths. In the sign of Aquarius, these traits target our friend groups, social circles, and communities. What are you doing with your time? How are you participating in the world? In community? In society? With humanity? Are the friends you surround yourself with actually your friends? What kind of friend are you? How are these patterns contributing to outcomes you no longer desire in relationships? These areas are applying pressure to evolve. This is a major element of the Venus retrograde season we are in (October 3-November 13), as Venus is currently retrograde in Scorpio and the ruler of Scorpio is Pluto. Because Pluto is far from the Earth and moves very slowly, this pull in focus will be felt all week - in the days leading up to Pluto’s station direct and in the days thereafter. Because of its current ties to Venus, Pluto will be doubling down on questions regarding value, and hidden elements of those values rising to the surface. It certainly throws gasoline on the fire of collective issues surrounding autonomy, surveillance, privacy, freedom, belonging, and utilizing individual and collective power for change. The vibe is rebellious, and in both relationships and society we are less likely to blindly abide by unjust regulations or abuse of power.

Also on **October 15**, the Sun in Libra sextiles Jupiter in Leo at 22°. This adds a lovely balm to what might otherwise be a tumultuous and rebellious day. The Sun in Libra favors cooperation and in a positive aspect to Jupiter, the planet of expansion and higher learning, we are all more likely to engage in conversations that strive to see other perspectives and arrive at solutions. The push to assert our values and stand up for our desires leans positive and optimistic despite any clash. There is encouragement, and even advancement, as we apply skill, talent, curiosity and self-expression. Technically, this is one of the most fortunate aspects in astrology, as the Sun represents our vitality and Jupiter expands whatever it comes into contact with. This aspect aids us in feeling able to go after our hearts’ desires, with optimism and conviction. This combination is incredible for social interactions and creates the capacity to really hang, but in the context of the other transits of the week, its advised to do so consciously. Pay attention. If you attend the gathering with awareness, the relationship and social dynamics will be obvious. What would you like to expand and what needs to evolve? What are you choosing? The power is in your hands now.

 **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.

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CLUES ACROSS

- 1 Use a squeegee
- 5 ACLU concerns
- 8 Oodles
- 12 Valhalla VIP
- 13 -- Jima
- 14 Slightly
- 15 Reveals by accident
- 17 California valley
- 18 LAX and JFK overseer
- 19 Bad spell
- 20 Playful sea critter
- 21 Young bloke
- 22 Used to be
- 23 Skewered Thai recipe
- 26 Beach robes
- 30 Four Corners st.
- 31 Gearwheel tooth
- 32 Barrett or Jaffe
- 33 Pond floater
- 35 Unclothed
- 36 Long lunch?
- 37 Tier
- 38 Teapot feature
- 41 Binge
- 42 Hiatus
- 45 Galley gear
- 46 Legendary gossip columnist
- 48 Vicinity
- 49 Soul, to Sartre
- 50 Eager
- 51 Drudge
- 52 PX patrons
- 53 Trawler gear

CLUES DOWN

- 1 Wild canine
- 2 Concept
- 3 Pocket bread
- 4 Em halves
- 5 Ticked off
- 6 Candy sold in twos
- 7 Soak (up)
- 8 Breaking point
- 9 Final notice
- 10 Clock reading
- 11 Swizzle
- 16 Horse-drawn carriage
- 20 Klutz
- 21 Revolving tray
- 22 Witty one
- 23 Bando of baseball
- 24 "Exodus" hero
- 25 Up to
- 26 Massachusetts cape
- 27 Fine, to NASA
- 28 Compass dir.
- 29 Blue
- 31 Taxi
- 34 Impose
- 35 Eggy drinks
- 37 Demolishes
- 38 Daytime drama
- 39 Rid of rind
- 40 Sweet sandwich
- 41 Rock's Hendrix
- 42 Donate
- 43 Bickering
- 44 Profs' degrees
- 46 Trail the pack
- 47 "Sheesh!"

Answer on page 12

Play Better Golf with JACK NICKLAUS

EVERYTHING IN GOLF IS A TRADE-OFF.

FOR INSTANCE, DRIVE THE BALL HIGH AND YOU HAVE BETTER CONTROL OVER ITS LANDING BUT LOSE DISTANCE THROUGH REDUCED ROLL. DRIVE LOW AND YOU GET THE DISTANCE BUT LOSE SOME CONTROL.

MY ADVICE IS PLAY THE HIGH BALL IF YOU ARE POWERFUL AND THE LOW ONE IF YOU NEED DISTANCE. REMEMBER THAT THE TYPE OF DRIVER YOU USE WILL AFFECT YOUR FLIGHT SO GET YOUR PRO'S ADVICE.

YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST							
	Fri, Oct 9	Sat, Oct 10	Sun, Oct 11	Mon, Oct 12	Tues, Oct 13	Wed, Oct 14	Thurs, Oct 15
North Isle	H-60° L-49° 65%	H-57° L-43° 15%	H-60° L-39° 0%	H-63° L-51° 0%	H-56° L-48° 60%	H-58° L-43° 30%	H-59° L-43° 5%
South Isle	H-64° L-53° 55%	H-62° L-52° 15%	H-63° L-52° 0%	H-61° L-52° 5%	H-60° L-51° 60%	H-59° L-51° 15%	H-60° L-50° 10%



OUR Community

An Upbeat Question of the week
By Helen Mosbrooker

What was the turning point in your life, and how did that change you?



William, "Skip" Pohtilla,
Oak Harbor

Marrying my wife K.C., 49 1/2 years ago would have to be the most influential turning point for me. She provided us with four wonderful children, four grandchildren and two great grandchildren, got me to quit drinking alcoholic beverages once we were married, encouraged our living overseas for most of my Navy career that resulted in many amazing adventures, got me to be more open and accepting of others, and was responsible for getting me to be involved in so many community events and organizations; such as Navy League, North Whidbey Community Harvest, Pig Fest, being on the North Whidbey Help House Board of Directors, the OH Arts Commission, and various other community boards, meetings, and citizen action groups. I have been fortunate to have her as a major part of my life.



Captain Mark Saia,
Coupeville

When I first came to Whidbey Island in 2006, I thought I was simply beginning a new chapter a season of sailing charters in Penn Cove and the Salish Sea, sharing the water with visitors who wanted to feel the wind, the tide, and the quiet magic of this place. I didn't know then that the island had plans for me. I didn't know it would become home, or that the sea would give me back a part of myself I hadn't realized I'd lost.

For years I sailed those waters, teaching, exploring, and watching the community slowly knit itself around the work. Penn Cove became more than a charter route; it became a classroom, a sanctuary, and a reminder that the simplest moments on the water can change people.

Then came 2014 the year everything shifted.

I found Schooner Suva the way you find something you were always meant to discover: suddenly, unmistakably, and with a feeling that hits you right in the chest. She wasn't just a vessel. She was history, craftsmanship, and soul. She was a story waiting for someone to carry it forward.

That someone turned out to be me.

Forming the Coupeville Maritime Heritage Foundation now the Whidbey Island Maritime Heritage Foundation wasn't a business decision. It was a calling. A promise. A commitment to preserve Suva, to honor her past, and to make sure she would sail into the future with purpose.

And the community answered. Kids learned to tie their first knots. Families learned to sail together. Volunteers discovered the joy of caring for a historic vessel. Suva became a floating classroom, a time machine, and a gathering place for anyone who felt the pull of the sea.

Looking back, the turning point wasn't a single moment. It was a tide slow, steady, and unstoppable. Moving to Whidbey in 2006 set me on the water. Finding Suva in 2014 gave me a mission. And teaching this small community to sail, to care for her, and to love the sea the way I do... that's the part that made it all matter.

It's still happening.

It's still growing.

And Suva is still carrying us forward.

Cheers.



Kate Cooper,
Oak Harbor

The turning point in my life is when I had my daughter. She gave my life meaning deeper than I could have found myself. I shifted from surviving to truly wanting to live life and thrive for her.

Weekly SUDOKU

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			8					2
			5		6	2	8	
8	2	6		7		5		4
		5		8				

Answer on page 12

COMMUNITY BULLETIN BOARD

To place an ad, email classifieds@whidbeyweekly.com

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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

WORK FOR STUDENTS

Work available, ideal for students. Part-time casual laborer as landscapers and more. Paid daily. 8-hour work-day. 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.

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

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

Lunch & Learn with Whidbey Telecom

Interested in learning how to get the right internet speed for you? Join us for Whidbey Telecom's Lunch 'n Learn: Fiber Internet Installations. Monday 10/19/26

ISR Bayview Center, Langley

Lunch: 11:45a.m.-12:30p.m. Learning: 12:30-1:30p.m.

Enjoy lunch from ISR's kitchen and learning from Whidbey Telecom volunteers. Lunch by donation

Learn more: senior-resources.org/news/lunchn-learn-with-whidbey-telecom

Medicare Open Enrollment: Oct. 15- Dec. 7

With Medicare Open Enrollment approaching, now is the perfect time to learn about your coverage options and get your questions answered. How can you be prepared?

-Schedule an appointment with a SHIBA advisor & review your options.

-Join an Informational Medicare class from SHIBA.

Learn more and schedule an appointment: senior-resources.org/services/shiba

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? **AlAnon** may be for you. **AL-ANON:** Tuesdays at 5:30-6:30 Oak Harbor Lutheran Church Library 1253 NW 2nd Ave. There is help and hope: Contact for more info: Rebecca 425-773-6937

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

Gamblers Anonymous Meeting.

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

OVEREATERS ANONYMOUS

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

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

WEEKLY MEETINGS

Memory Support and Connection

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

MONTHLY MEETING

Monthly Meeting for Mental Health

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

RESOURCES

Family Resource Center

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

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

Mother Mentors

360-321-1484 . info@whidbeymothermentors.org

Carregiving mentoring and play support, mothermentors.org

I Support the Girls

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

Essential health and hygiene items for women and girls.

Island Senior Resources

360-321-1600

14594 SR 525, Langley

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

Pamoja Place

pamojaplace.org

721 Camano Ave, Langley

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

Veterans Resource Center

360-331-2496

723 Camano Ave, Langley

Events, Support, and Benefits help

Monday 10 a.m. - 3:30 p.m. Tues - Thurs 1:00 - 4:30 p.m. Saturday by Appointment. whibeyvrc.org

Veterans Services

360-632-2496

105 NW 1st, Coupeville

Monday - Friday, 8:00 a.m. - 4:30 p.m.

MORE RESOURCES

Basic Food Benefits Community Services

Office: 275 Pioneer Way #201, Oak Harbor 877-501-2233

Food Banks:

Gifts From the Heart

108 SW Terry Road

Monetary donations, they should be sent to:

PO Box 155, Coupeville 98239

Distribution on 2nd and 4th Wednesdays, 2-5 p.m.

Good Cheer:

2812 Grimm Rd., Langley 360-221-4868

Mon-Fri, 10 a.m.-4 p.m.

North Whidbey Help House:

1091 SE Hathaway St.

Oak Harbor 360-675-0681

Mon-Fri, 9 a.m.-4 p.m. (5 p.m. on Tues)

Closed 12-1 p.m. for lunch

Island Church of Whidbey Soup Kitchen:

503 Cascade Ave., Langley 360-221-0969

Tues & Thurs 11:30 a.m.-1 p.m.

SPIN Café:

1241 SW Barlow St., Oak Harbor

Daily, 6:30 a.m.-5:30 p.m.

St. Hubert's Catholic Church

Wednesday Soup Kitchen

All are Welcome!

11 a.m.-12:30 p.m.

804 3rd St., Langley 360-221-5303

Ask about our Thursday Dinner

HUB After School:

301 Anthes Ave., Langley 360-221-0969

Food and activities for middle and high school youth. Mon, Tues, Thurs, Friday 2-6 p.m., Wed 1-6 p.m.

Ryans House for Youth:

Food, fun, support, 19777 SR 20, Coupeville 360-331-4575

Drop-in center for adults ages 18-24; Daily 6 a.m.- 8:30 p.m., 35 SE Ely St., Oak Harbor 360-682-5098

Drop-in center for youth ages 12-21; Mon-Fri 11 a.m.-7 p.m.

Women, Infants & Children (WIC):

-Oak Harbor/North Whidbey: 1791 NE 1st Ave. Mon-Thurs 360-240-5554

Text: 360-544-2239

SHELTERS/HOUSING

CADA Emergency Shelter –

Confidential crisis shelter for women and children fleeing domestic violence/sexual assault/ stalking. This is NOT a homeless shelter. Office: 360-675-7057

Crisis Line: 360-675-2232 Toll Free: 800-215-5669

Island County Housing Support –

105 NW 1st St., Coupeville 360-678-8284

For homeless or at risk of losing housing. Mon-Thurs, 9 a.m.-3 p.m.

Ryan's House for Youth –

19777 SR 20, Coupeville 360-331-4575

For at-risk adults ages 18-24

Whidbey Homeless Coalition

– Serving Island County 360-900-3077

The Haven Overnight Shelter

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

House of Hope Emergency Housing,

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

Oxford Houses –

Recovery housing oxfordhouse.org

-Men:360-246-4101

- Women & Children: 360-682-5773

CRISIS LINES

9-1-1: Call for threats to life, fire, accident or crime

-Non-emergency lines: Oak Harbor Police Department-360-279-4600

-Island Communications Dispatch (ICOM) - 360-679-9567

9-8-8: Suicide and crisis lifeline, free & confidential

- 741-741: 24/7 Crisis Text Line

-800-584-3578:

24/7 Northwest Washington Crisis Services

- 360-678-7880: Island County Behavioral Health

866-488-7386 Trevor Project: 24/7 support for LGBTQIA2S+

CLASSIFIED INFORMATION

US Postal Mail

Whidbey Weekly Classified Department

PO Box 1098

Oak Harbor, WA 98277

E-Mail classifieds@whidbeyweekly.com

Telephone360-682-8283

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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.

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