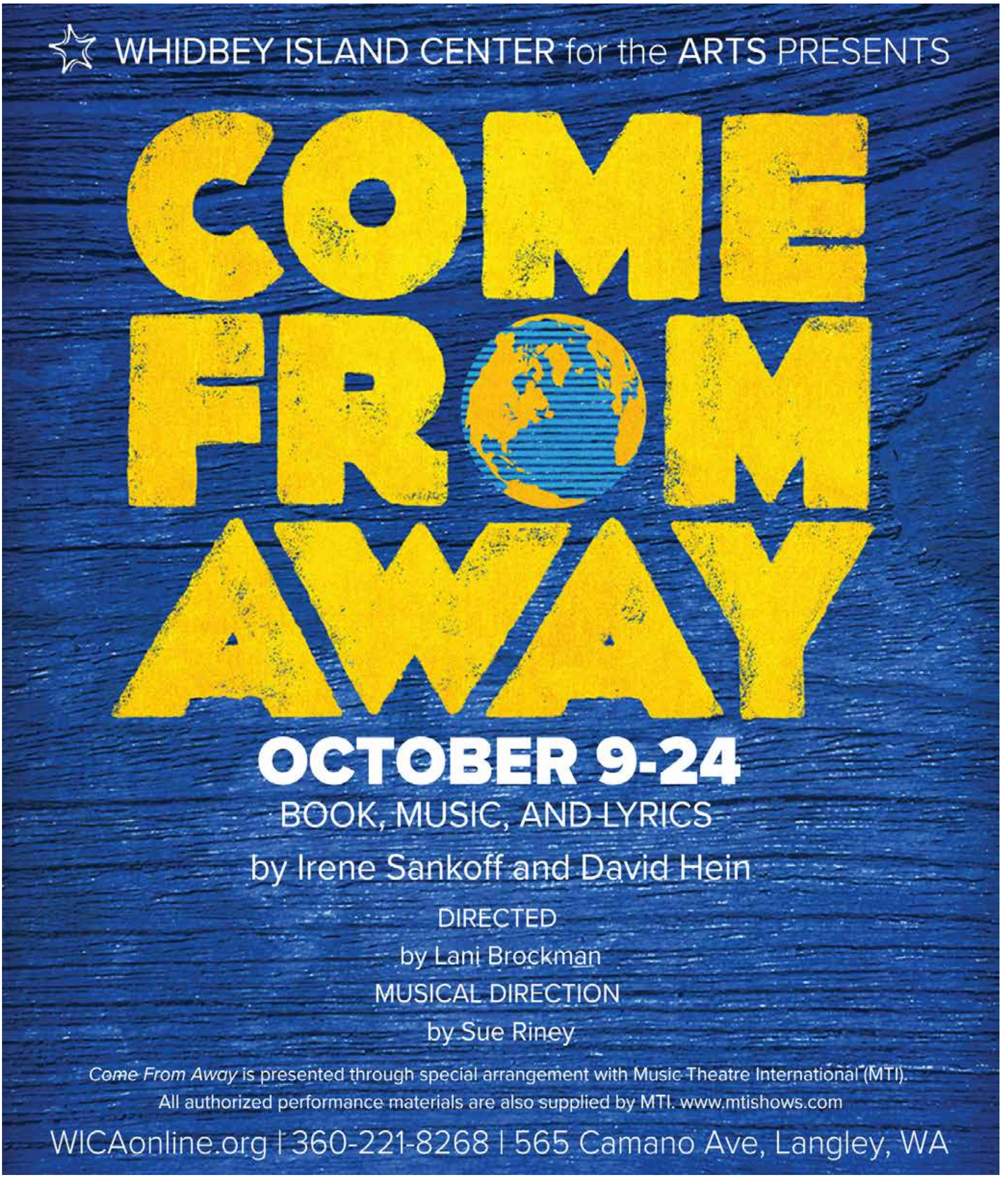
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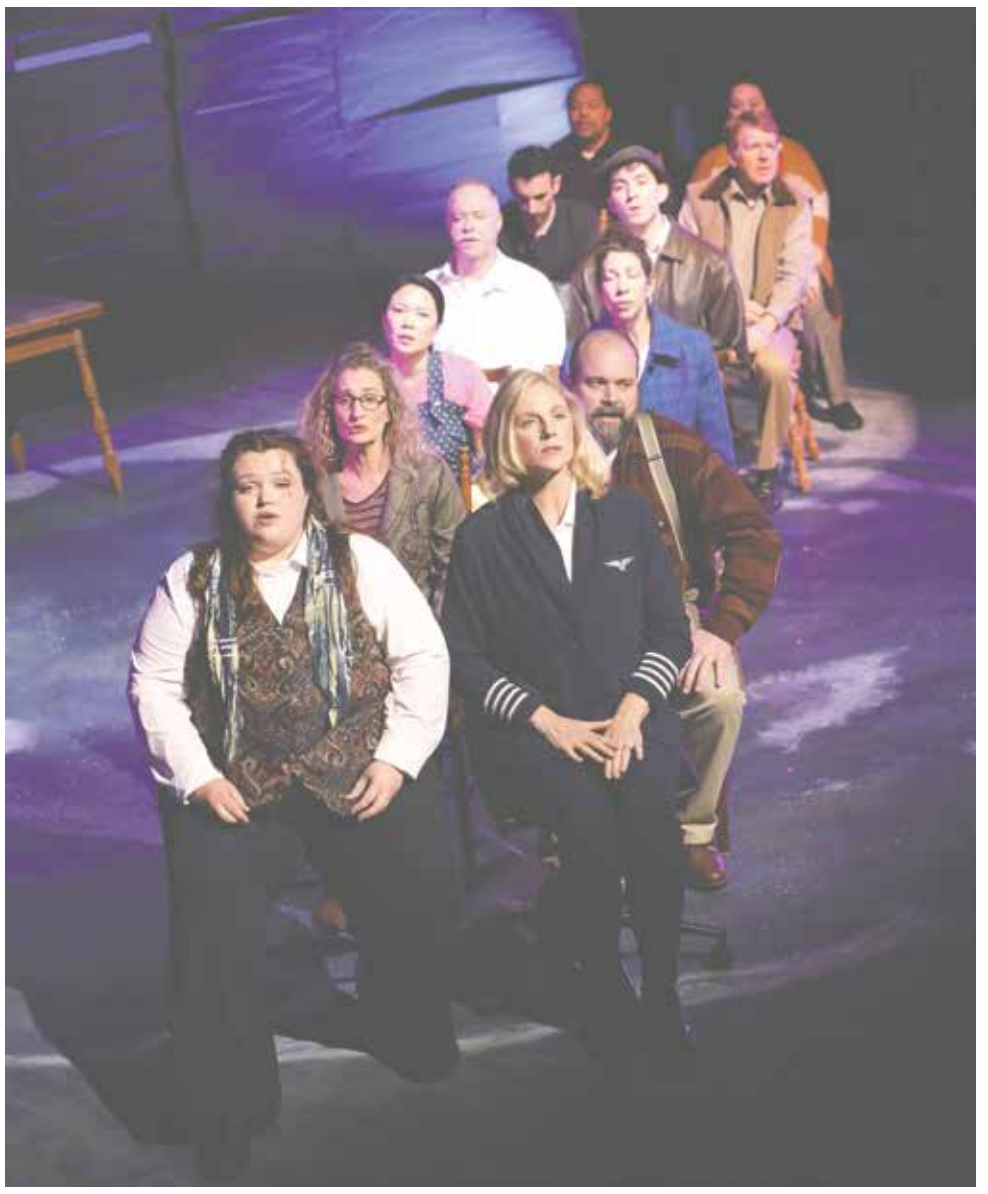
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WELCOME TO THE ROCK!

"Come From Away" to WICA in Langley



Theater review by Jim Sovanski

Submitted photos

Newfoundlanders lovingly call their home "The Rock." Newfoundland is a large Canadian island on the eastern edge of North America. Gander International Airport is a relic of the early days of trans-Atlantic jet transport when flights needed to refuel after crossing the Atlantic from Europe. On September 11, 2001 it was also the only airport open to international flights after the US closed its airspace that day.

"Come From Away" playing at the Whidbey Island Center for the Arts, (WICA) tells the story of the small Newfoundland town of Gander, population around 10,000, that ended up hosting 38 international flights and over 7000 passengers stranded at their international airport that fateful week. "This is a story about resilience and humanity in the face of unimaginable circumstances," said WICA Executive Artistic Director Deana Duncan. "The themes explored in Come From Away focus on our shared responsibility to look out for one another and reinforce the importance of community, whether that is in a small town in Newfoundland or on a global scale."

During five remarkable days, the people of Gander welcomed the travelers, providing food, shelter and most importantly, friendship. "Community is the heart of the show," Director Lani Brockman said. "Trust is what the people of Gander extended first. They had no way of knowing who was stepping off those planes and the passengers had no way of knowing who was waiting for them. Friendship is what remained. Strangers became lifelong friends. It reminds us that the people who come into our lives, even by accident, even for a few days, can change us forever."

For 100 thrilling minutes, we are transported by this marvelous production to a world initially defined by confusion and fear, yet ultimately redefined by love and compassion. "This is the definition of a true ensemble piece—there is no traditional 'chorus' or lead character. The cast of 12 is constantly switching characters, dialects, chair and table configurations, costume pieces, and vocal harmonies" says Sue Riney, Musical Director. Watching them tackle the demands of this show non-stop for 100 minutes has been so inspiring."

Actors are drawn to a show for a huge variety of reasons. Sometimes it's the challenge of playing a character, for others the fulfilling of a life long dream. Sometimes it's a personal connection to the story. "I saw the show in Seattle before it went to Broadway, and it hit me hard," shares Lara Allan who plays Captain Beverly Bass, Anette and others. "I was in the air on 9/11, on my way to Thailand alone, when one of the planes hit the Pentagon — in Washington, D.C., where I lived and worked at the Kennedy Center. People wanted me to turn around and come home, but I remember thinking: I can't, they're using planes as bombs in my town."

Coming together as a community to tell this communal story, their passion for it permeates the show and their portrayals. "I saw Come From Away in Seattle back in 2015. It was, and remains, the ONLY show that has ever made me laugh out loud, and cry uncontrollably, at the same time for the same reasons. This show absolutely fills my heart while simultaneously breaking it," said Nathan McCartney who plays Claude Elliott. "I've been in dozens of theatrical productions and played some absolute dream roles, but I NEVER thought I'd be in a production of Come From Away, let alone the first one staged in Washington State.... Let alone here on Whidbey Island!"

Karl Borja, who plays Oz Fudge, a Newfoundlander cop and others, says "I love how this show takes a prominent day in our history and tells the story of how humanity responded. It's a beautifully written musical, played with no intermission, performed at a pace that never lets you down, where the various scenes run the gamut of human emotion. An artist's dream." The actor assigned to play Oz Fudge also plays seven other characters, all with different accents, costumes, and perspectives. That alone intrigued me as an actor.

One of the challenges of the show is its dedication to authenticity, hence the changing dialects and accents. The job of dialect coach is masterfully handled by Adrienne MacIain who does double duty as towns-person Hannah.

Cris Matochi, who plays Ali, Kevin and others, reflected on the relevance of the show, "I love that Come From Away refuses to be just one thing. There is tremendous grief and fear underneath the story, but there is also kindness, friendship, romance, music, laughter, and extraordinary generosity. One moment can be heartbreaking and the next genuinely hilarious. That feels very true to how people actually survive difficult things. I also think its message is incredibly relevant right now. We hear so much about what divides us—where we come from, what we believe, how we look, who we love. Come From Away asks us to spend a couple of hours thinking instead about what connects us."



The powerhouse ensemble cast is rounded out by Danny Miller as Kevin T, Evan Sykes as Bob, Dianna Gruenwald as Beulah, Ashley Rose Klimper as Janice, Ruth Yeo Peterman as Bonnie, Rob Scott as Nick and Marta Mulholland as Diane.

"Come From Away" at the Whidbey Island Center for the Arts (WICA) continues *Thursday, October 15th at 7:30 p.m.* and runs *Thursday to Sunday* through *October 24th* with an additional performance Wednesday, *October 21st.* Evening shows are at *7:30 p.m.* and matinee performances are at *2:00 p.m.*
WICA is located at 565 Camano Avenue, Langley, WA 98260 Ticket sales and further information at info@wicaonline.org or call the box office at (360) 221-8268. Box office hours are Tuesday-Friday 12:00 PM - 5:30 PM and one hour before every show.





BITS & PIECES

Oak Harbor Seeks Community Input on the Draft Environmental Impact Statement for the 2045 Comprehensive Plan

Public comment period is currently open and continues through October 29; a public open house scheduled for October 21st at the The Center 4-6pm

The City of Oak Harbor is inviting residents, businesses, agencies, Tribes, and other interested community members to review and comment on the Draft Environmental Impact Statement (Draft EIS) for the City's 2045 Comprehensive Plan Update. The Draft EIS was released on September 28 and evaluates how three alternative approaches to future growth could affect Oak Harbor over the next 20 years. The public comment period remains open until October 29, 2026.

The Comprehensive Plan is the City's long-range guide for decisions about housing, land use, transportation, public facilities and utilities, parks and open space, the environment, economic development, and other community priorities. Washington's Growth Management Act requires cities and counties to periodically update their comprehensive plans to address projected growth and changes in state law.

Planning for Oak Harbor's Future Growth –

As part of the update, Island County has allocated Oak Harbor growth through 2045 of approximately 9,860 additional people, 3,992 housing units, and 1,219 jobs. The City's land capacity analysis found that existing plans and regulations provide capacity for approximately 7,342 people, 3,160 housing units, and 1,999 jobs. While employment capacity is sufficient, additional capacity is needed to accommodate projected population and housing growth.

Housing affordability is also an important part of the update. The analysis identified an overall housing capacity shortfall of 832 units under existing regulations, including a shortage of housing capacity serving households earning 80 percent or less of the area median income.

The Comprehensive Plan Update is intended to bring the City's plan and development regulations into consistency with state requirements, accommodate Oak Harbor's share of regional growth, and provide greater opportunities for housing at a range of income levels. Potential changes include updates to Comprehensive Plan policies, future land use and zoning maps, development regulations, and the addition of a new climate element.

The Draft EIS evaluates three alternatives representing different approaches to future growth:

- Alternative 1 – No Action / Lower Growth: Continues the existing Comprehensive Plan, zoning, and development regulations. This alternative would not provide enough housing or population capacity to meet Oak Harbor's 2045 growth allocation.
- Alternative 2 – Focused Growth / Medium Growth: Provides additional housing capacity primarily through targeted land use changes, increased densities, additional middle and multifamily housing opportunities, and updates to development regulations and Comprehensive Plan policies.
- Alternative 3 – Additional Housing Options / Higher Growth: Builds on Alternative 2 by considering additional land use and zoning changes that would create more housing capacity, including additional opportunities for housing affordable to households earning below 80 percent of area median income.

The Draft EIS estimates housing capacity of approximately 3,160 units under Alternative 1, 6,085 units under Alternative 2, and 7,376 units under Alternative 3. Alternatives 2 and 3 both provide sufficient overall capacity to accommodate the City's Island County growth allocation.

The Draft EIS evaluates potential effects associated with each alternative, including changes related to:

Housing and population growth; land use; displacement; earth resources; water and shoreline resources; air quality and greenhouse gas emissions; plants and animals; environmental health and noise; transportation; public services; parks and open space; and utilities.

The Draft EIS is a programmatic, non-project environmental review. It examines potential impacts of broad policy, land-use, and regulatory decisions across the City rather than analyzing individual development projects. Future projects may still require separate environmental review.

The City will hold a public Open House to help residents learn about the alternatives, review maps and exhibits, ask questions, and provide feedback.

Wednesday, October 21, 2026, from 4:00–6:00 p.m.

Location = The Center | 51 SE Jerome Street, Oak Harbor

The open-house format will include introductory information followed by opportunities for participants to move through exhibits, review information about the alternatives and environmental analysis, and provide comments and feedback.

Comments on the Draft EIS will be accepted through *October 29, 2026.*

Comments may be submitted:

By email: **oakharbor2045@oakharbor.org**

By mail or delivery:
City of Oak Harbor
Department of Community Development
865 SE Barrington Drive
Oak Harbor, WA 98277

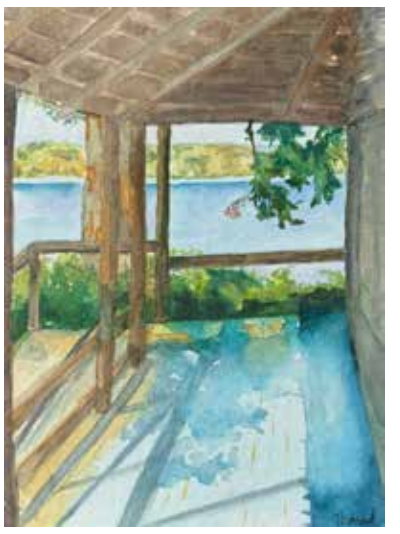
Oak Harbor Comprehensive Plan Update webpage:
https://www.oakharbor.gov/808/Oak-Harbor-Comprehensive-Plan

More **BITS** on page 9



November 2026 at Penn Cove Gallery

We are pleased to announce that our November Featured Artist is Pamela Good. Pamela is inspired by light and shadow. Most of her watercolor paintings are local landscapes, local flowers, and local birds. Please come in and visit her original artwork, prints, and cards as you prepare for the holidays.







What's Going On?!

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.

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.

OCTOBER 19 CANDIDATE FORUM
Monday, October 19, 6:30–8:30 p.m.
(doors open at 6 p.m.),
Clinton Community Hall, 6411 S. Central Ave.

Meet local candidates for county auditor, assessor, sheriff and prosecutor at an in-person community forum. Community members may submit questions by Oct. 2 to info@clintoncommunitycouncil.org. No questions will be accepted at the forum.

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 HALLOWEEKEND
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 practicallymagichalloweekend.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 practicallymagichalloweekend.com.

AMERICAN CLASSICAL GUITAR DUO
Sunday, October 25, 3 p.m.
St. Augustine's in-the-Woods, 5217 S Honeymoon Bay Rd., Freeland

Free

Neil and Tamara Caulkins perform new music written for classical guitar duo by American composers Michael Young, Michael R. Daugherty, Martin Kennedy and Bruce Reiprich. Admission is free; donations accepted. For details, visit caulkinsguitarduo.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.

NO TRICKS SAFE TREATS
Saturday, Oct. 31, 3:30-6:30 p.m.
Historic Downtown Oak Harbor, SE Pioneer Way, Oak Harbor

Celebrate Halloween with free, family-friendly trick-or-treating throughout historic downtown Oak Harbor. Downtown merchants and local businesses will hand out candy along Pioneer Way, with music, face painting, costume contests, dancing and more. Pioneer Way will be closed during the event to create a safe space for families to enjoy the festivities. For more information, visit oakharbormainstreet.org.

OAK HARBOR VETERANS DAY PARADE
Wednesday, Nov. 11, 2-3 p.m.
SE Pioneer Way, Midway Boulevard to Ely Street, Oak Harbor

Honor veterans and the military community at Oak Harbor's annual Veterans Day Parade. Veterans, marching bands, community groups, floats and other participants will travel along Pioneer Way in a community tribute to those who have served. The parade begins at 2 p.m. and will take place rain or shine. For more information, visit oakharbormainstreet.org.

FESTIVAL OF TREES
Friday, Dec. 4
Oak Harbor

You're Invited to Join us at Festival of Trees!

On Friday, December 4, 2026, the Oak Harbor Educational Foundation will be hosting the return of Festival of Trees in Oak Harbor! Join us for an upscale evening that will include dinner service provided by Chef Scott Fraser and the staff of Frasers Gourmet Hideaway, an exciting live auction, silent auction, raffle, and the opportunity to have a fully decorated tree delivered to your home for the holidays!

Festival of Trees is a fundraiser and will support OHEF's mission to empower Oak Harbor School District's students and educators by providing scholarships for post-secondary education and funding that enables teachers and schools to deliver supportive and innovative learning experiences.

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THANK YOU FOR YOUR SUPPORT | TURN ME INTO AN ENVELOPE

…but What Happened Next?

An Original Thriller Inspired by Shakespeare's "Titus Andronicus'



Theater review by Jim Sovanski

Submitted photos

Have you ever read a story or seen a show and when it's over, wondered "what happens next?" Born of that very question, the original play "Marcellus Andronicus: The Curse of House Andronici" by Davion Tynarious Brown answers the question by imagining a daring sequel to Shakespeare's bloody tragedy, "Titus Andronicus."

The story is set in ancient Rome, 20 years after the bloody conclusion of the story of Titus Andronicus. There is one survivor, the child of Aaron the Moor, Marcellus. Emperor Lucius Andronicus saves the child, adopts him and raises him as his own son. Over the years he has grown in wisdom and leadership and stands poised to be named Emperor of Rome. His spirit should be overjoyed except for the two questions that have haunted him his whole life. "Who am I and where did I come from?" Lucius has shielded Marcellus from the truth, but there is a funny thing about truth…. Seasoned theater goers know asking those kinds of questions seldom foreshadow smooth sailing in Act II.

Part family / revenge fantasy, Shakespeare fan-boy tribute and supernatural thriller, "Marcellus Andronicus takes the world Shakespeare left behind and asks what the next generation does with the blood, trauma, prejudice, and unfinished business it inherits," says the promo blurb for the show. It sounds a bit overwhelming. If you'll pardon my popular movie analogies, imagine a mashup of family themes from the movies "Gladiator," "The 10 Commandments" and a bit of "A Knight's Tale" for good measure. Then toss in asking "Who's your daddy?" based on one of Sheakespeare's most despicable characters and what could go wrong? For the members of the House of Andronici, pretty much everything. Aaron the Moor was not a nice person and he's had 20 years to stew about it. Marcellus's innocent questions to an oracle set off a horrific chain of events as the Revenant Spirit of Aaron the Moor, his father, returns, hell bent on getting payback.

As all drama should,"Marcellus Andronicus" raises many questions then leaves us to find our own answers. Is a man defined by nature or nurture? Does evil follow us, hewn into our very spirit? Can we break the chains of past tragedy and forge a better future? Are we doomed to repeat our ancestor's mistakes? Can good and evil co-exist in the same being? Playwright Brown responds thusly, "Like any work of art it's subjective to the individual viewing it. What one person gleans from a piece of art may not be what another person takes away, or even what the artist intended. And the only way to find out what your takeaway is, is to come see the show."

Brown explains his inspiration for Marcellus Andronicus, " It started as far back as 2013 when I was in undergrad, we'd done a reading of Titus for a class and I walked away with a burning question; What happens next? All throughout the rest of undergrad and even into grad school the question still haunted me. I scoured scholarly documents, met with professors who held doctoral degrees in historical literature, but no one could answer that question for me. And obviously I couldn't ask Shakespeare himself, so I was at a loss. Then I understudied ISF's production of Titus in 2022, and the question sparked up again for me. So gaining no satisfactory answers from outside sources, I decided to answer it myself, thus I wrote Marcellus Andronicus: The Curse of House Andronici."

Working on an original theatrical piece is a combination leap of faith and labor of love. The actors are plowing new ground with no guarantee of satisfactory results. They are tasked with taking the author's words and crafting a visually compelling, intellectually satisfying work of theatrical art. And in this case, do it in three short weeks.

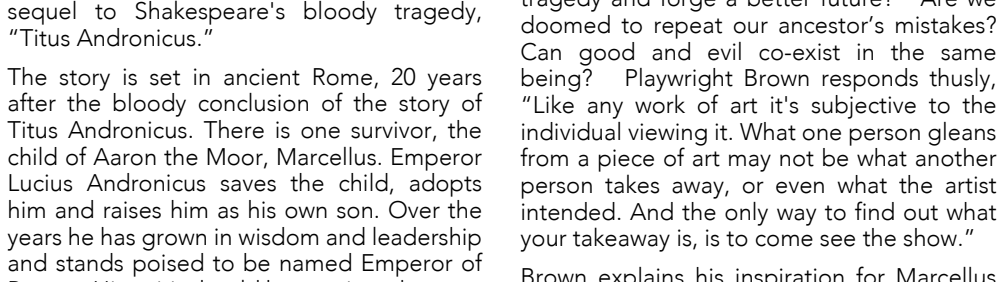
No easy task, but one wonderfully realized by the outstanding cast and under the inspired direction of Brandon Dion Gregory. He shared, "What excites me is the opportunity to explore a world where the past refuses to stay in the past. I didn't think I was making a scary story. I thought I was just telling the truth, but watching opening night, I finally saw the scary life that so many people live everyday."

ISF veteran Christopher Atchison stars as Marcellus. He shared his thoughts."It is special being directed by one of my best friends in the world (Brandon Dion Gregory) and acting alongside my real-life love (Nicole Lawrie.)" He continued, "I personally struggled learning more about who my own biological father was. It can be a hard journey to cope with. To know you come from someone you may not personally align with. You may even feel as if others that knew your father may see him in yourself. It makes you wonder if you are like that person at all. How much do you look like him? And can you rewrite his legacy by being better than that man ever was. Because of those things this story is deeply important to me. I believe it is a universal story that will move others."

Both the Island Shakespeare Festival and Outcast Productions premiered original works this season and "Marcellus Andronicus" joins that amazing lineup. As such, our little island of Whidbey has become quite the center for original theater this past year. Treat yourself to another thought-provoking and highly original show."Marcellus Andronicus: The Curse of House Andronici" continues Thursdays to Sundays through November 1st.



Most performances are at **Whidbey Children's Theater Black Box**, 723 Camano Ave, Langley, with 2 special performances *September 17th & 18th* at **The Whidbey Playhouse**, 730 SE Midway Blvd, Oak Harbor ISF operates on a pay-what-you-will model because they believe theater should be for everyone—no exceptions. For tickets and more information, visit www.islandshakespearefest.org.



Editor of the Whidbey Weekly,

I am endorsing Tavier Wasser for Island County Sheriff. My endorsement reflects no negativity towards the current Sheriff. The office is simply ready for a change in leadership.

Chief Wasser has extensive military service with the Marines, some in a special detail for the U.S. President. He served as an Island County Deputy under Mark Brown and Rick Felici until he was hired by the City of Langley in 2022. There he brought order to a department that had been without leadership for several months by improving officer training, fixing an outdated policy manual, providing a responsible budget, implementing an emergency response plan, forming procedures for City functions involving law enforcement, recruiting officers, assuring secure possession of police property, starting up the initial National Night Out for South Whidbey, and acting in conjunction with the Fire Department & EMS crews, and County Sheriff (in emergency situations). He made himself known in the community as one who gets involved.

He persuades people to work together as a team. He is an excellent negotiator. He cares about people - he walks among them.

As Langley's Finance Director for 22 months, I worked with Chief Wasser and found him to be intelligent, ethical, fiscally responsible, conscientious, and reliable. He has been aggressively recruited for Chief of Police of nearby cities, but Island County is his home. I encouraged him to run for public office because I believe he will represent the people of Island County, both those he serves, and those he serves with, in the best way possible.

He is well qualified to handle all of the responsibilities of the Island County Sheriff's Office. The County needs a new face for Sheriff, and it belongs to Tavier Wasser.

Wanda J. Grone
Former Island County Treasurer
Former Langley Finance Director
Tucson, Arizona











On stillness



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

As the days shorten and a chill moves across the land, one can feel nature slowing down. Animals and even plants curl in on themselves while people move indoors next to their wood stoves. The gaping vortex of holidays looms ahead in an uneasy détente of excitement and exhaustion. It is a time to go back to stillness.

We are a culture that celebrates busyness, productivity, and constant stimulation, but stillness is a quiet act of resistance and an essential practice of being human. It restores our equilibrium, lets buried thoughts surface, and reminds us that a good life isn't necessarily a busy life. Sometimes the most productive thing we can do is to just sit and feel our feelings.

What I notice at restaurants and in the lines at the grocery store is people staring down at their phones. The paradox is that stepping away from the world's constant movement can help us to see the world more clearly. We seem addicted not only to stimulation but also to the hunt for it. We are often so hungry, even ravenous, to get to where we're going that we don't actually ever know where we are. I see so many people climbing, climbing, climbing the ladder, only to find out they chose the wrong ladder and arrived at the wrong destination.

One of the things that life in a monastery taught me is that solitude, silence, and contemplation can explore the difference between being alone and being disconnected. Stillness can expose the thoughts we have been avoiding, the resentment we carry, the grief we haven't acknowledged, and the decision we keep postponing. Distraction is easier than honesty.

I've noticed that silence doesn't always give us answers, but it can help us hear the questions we've been too busy to ask. The saying is often quoted that, in a crisis, with only an hour left to figure out what to do, the best strategy is to spend 55 minutes deciding what the right question is. Once you have the right question, it's easy to figure out what to do next in the last 5 minutes.

It even feels like we have a culture of suspicion around boredom. We treat boredom as a problem to be solved, an inconvenience to be eliminated, or evidence that something more exciting should be happening. When we stop consuming information, our minds have the room to wander, connect ideas, notice beauty, and discover what we feel. Perhaps boredom is not the absence of something interesting, but the presence of enough time to consider it.

As we enter into the chilly months of fall and winter, I hope we can embrace the practical art of doing nothing. I hope we can leave our phones in the car when we go for a walk and enjoy the stunning silence and stillness of nature on this island, which is, in most cases, why we came here in the first place. Yet we get so busy paying the bills so that we can live here that we sometimes miss the actual act of living here. I hope we can take a walk without headphones, eat a meal without a TV screen, or sit by a window and watch the weather without needing to plan around it.

One day a week, I fast from all technology, except the electricity that turns my pottery wheel. I leave my cell phone in the glove compartment, and I literally unplug my television from the wall. I don't do this to scold myself or to starve myself of interesting things to do and see. Instead, I do this to force myself to go deep into my psyche and ask myself what questions are waiting there for me.

Life is about to speed up as we prepare for the tasks of Halloween and Thanksgiving. There will be things to purchase and foods to buy. But I hope that we can create a practice of stillness so that when we do get to that Thanksgiving Day, we actually know what we are thankful for.



HOT, COLD, AND A LITTLE CRAZY



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

As the weather cools down and soup season begins, there's nothing quite like finding ways to stay warm and comfortable. A sauna seems like the perfect escape from the chill, but following it with a plunge into icy water takes things in a completely different direction. Going from extreme heat to freezing water might sound a little crazy, but many people swear by the combination. So, does this hot-and-cold routine actually improve our health, or does it just feel good? Research suggests there may be real benefits, along with a few drawbacks.

Saunas expose the body to temperatures between 180 and 212 degrees Fahrenheit. During a session, blood vessels widen, sweating increases, and blood pressure may temporarily decrease. Some people then cool down with a cold shower or ice bath. This practice, known as contrast therapy, switches the body between hot and cold environments. It's basically four seasons packed into a few minutes.

These temperature changes trigger different reactions in the body. Cold water initially increases heart rate and blood pressure as the body responds to the sudden chill. Researchers believe these reactions may help explain some of the potential benefits of hot-and-cold therapy.

Regular sauna use has been linked to lower rates of high blood pressure, heart disease, and sudden cardiac death. Combining sauna sessions with exercise may provide additional cardiovascular benefits. However, these findings don't prove that saunas directly cause better health. They may be a helpful addition to a healthy lifestyle, but they aren't a replacement for exercise or good nutrition.

Saunas may also benefit brain health. One long-term study found that people who used saunas several times a week had lower rates of dementia and Alzheimer's disease than those who used them less often. These results are promising, although other factors, such as exercise habits and overall health, could help explain the difference.

Mental health is another area of interest. Spending time in a warm, quiet environment can offer a break from everyday stress. Sauna use may temporarily improve mood, while the relaxing atmosphere can help people feel calmer. Sometimes, stepping away from daily responsibilities makes a real difference. It's hard to worry about your overflowing email inbox when you're sitting in a room that feels like a giant toaster.

Cold-water immersion may offer mental benefits, too. Jumping into cold water increases alertness and creates a burst of energy. Some regular cold-water swimmers report feeling happier, less tired, and more confident afterward. A small study found improvements in mood, tiredness, and self-esteem among winter swimmers. Learning to stay calm during uncomfortable experiences may also help people manage everyday stress. Still, feeling great afterward doesn't mean everyone enjoys being a human popsicle.

Before jumping into a sauna or ice bath, remember that the body doesn't always appreciate being treated like a science experiment. Too much heat or sudden exposure to icy water can put stress on the body, so it's important to start slowly and know your limits. The goal is to feel better, not turn your wellness routine into an episode of a reality survival show.

Saunas and ice baths might seem like an unusual combination, but they may be a fun way to mix up your wellness routine. They're not miracle cures, but some people find them relaxing and refreshing. Of course, an ice bath can't do all the heavy lifting for your health. You still have to move around occasionally and eat something that didn't come out of a snack bag.

At the end of the day, self-care should feel good, not like punishment. If sweating in a sauna and jumping into freezing water makes you feel amazing, go for it! But if you'd rather grab a bowl of soup, pull on some fuzzy socks, and curl up under a warm blanket, that works, too. The whole point is to feel good and enjoy life.





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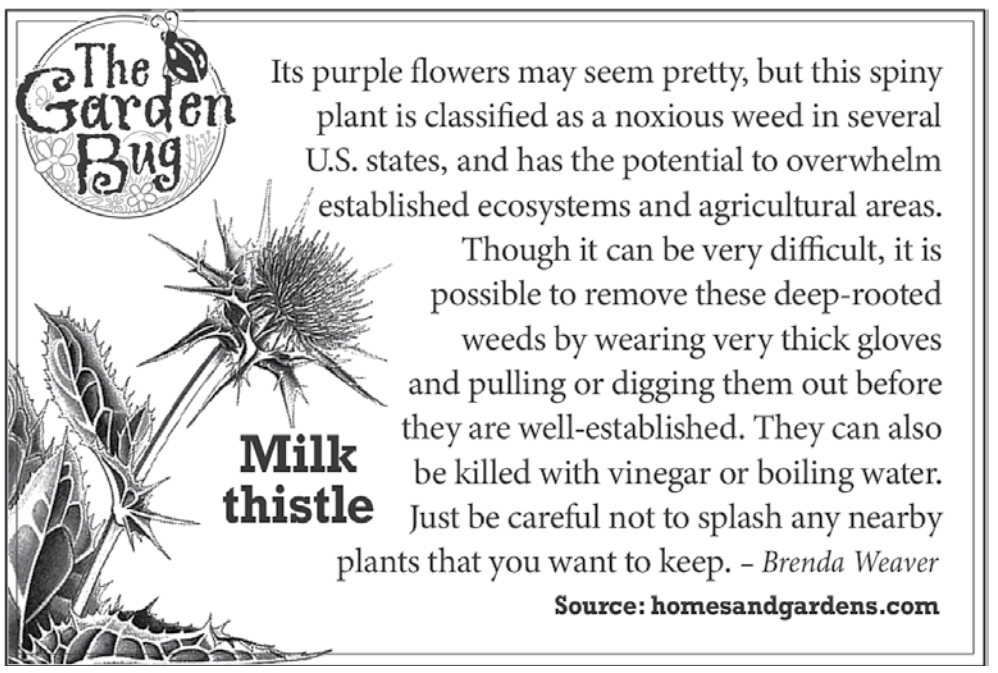
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HEALTH CORNER



By Dr. Darlene Castle
Chiropractor

CHIROPRACTIC NEARLY DIED



If it weren't for D.D. Palmer's son, Chiropractic might have been lost before it gained popularity.

No one can argue that D.D. Palmer's discovery of Chiropractic was historic and priceless, however his intentions that followed were less than altruistic.

D.D. intended to keep his discovery a secret and have it passed down through his family. He was extremely paranoid about people stealing his discovery. (A well-documented story tells of his smashing a wall mirror in one of his exam rooms to prevent someone from seeing exactly how he was adjusting a patient.)

Such an attitude wasn't that odd in that day and age. At that time, medical training was largely made up of "proprietary schools," which were private institutions owned by local doctors who operated them at a profit.

D.D.'s son, B.J. Palmer, was insistent this new health discovery be "given to the public." He felt Chiropractic's full potential would not be experienced if it were kept exclusive.

The difference of opinion divided father and son with many loud arguments between them, however a freak accident occurred that caused D.D. to reconsider. He was involved in a serious train wreck that nearly cost him his life. He ultimately agreed his health breakthrough could be lost if he died prematurely. Eventually he became enthusiastic about the idea of opening the Palmer School of Chiropractic in 1897.

There were few textbooks back in those days, but the basics remain the same as taught today. Students learned about the parts of the body, memorizing bone structure and location of organs and they practiced a new art called palpation: the art of locating parts of the body with their hands. This included "nerve tracing," in which students physically followed the paths of nerves from the spinal column out to the organs of the body. They were taught to search for and identify areas of inflammation.

According to research, the school's first students were actual medical physicians who were interested in adding Dr. Palmer's highly effective methods to their own practices.

D.D.'s teachings centered around three things: the Science, Art and Philosophy of Chiropractic. The science included basic subjects such as anatomy. The art involved palpation, the use of hands to identify body parts and spinal misalignments. Chiropractic philosophy explained the reason for Chiropractic care: D.D. maintained that most diseases were caused by an interference with the body's flow of "life force," which he named Innate Intelligence.

That basic grounding created the practice and profession of Chiropractic.

It took two very different, but equally dedicated men to create and mold the Chiropractic profession. Without them Chiropractic wouldn't be alive today.

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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BITS & PIECES

Sno-Isle Libraries Announces 2026 Community Read Selection



Snohomish and Island counties – Sno-Isle Libraries invites the community to join in reading the Sno-Isle Reads Together selected title, "Remarkably Bright Creatures" by Shelby Van Pelt. Sno-Isle Reads Together is an annual program designed to spark meaningful discussions and bring our community together through the power of storytelling.

Born and raised in Washington, Van Pelt's luminous debut novel tells the story of widow Tova Sullivan who forms an unlikely friendship with a giant Pacific octopus reluctantly residing at the Sowell Bay Aquarium. Set against the backdrop of the Pacific Northwest, Tova navigates relationships and complex community bonds while seeking the truth behind her son's disappearance 30 years ago.

Sno-Isle Libraries will provide complementary programs, including book discussions, marine and nature-themed events, and opportunities to meet the author. Sno-Isle Libraries is grateful for the Sno-Isle Libraries Foundation's generous support.

"Remarkably Bright Creatures" is available at local libraries as an eBook, audiobook, and physical copy. Join the conversation, start reading (or listening) today!

Event Details
Meet Author Shelby Van Pelt

- October 21, 6:00 pm - Rosehill Community Center, 304 Lincoln Ave, Mukilteo WA 98275
- October 22, 6:00 pm - Oak Harbor Yacht Club, 1301 SE Catalina Dr, Oak Harbor WA 98277
- October 28, 6:30 pm - online, register at sno-isle.org.

The reach of "Remarkably Bright Creatures" extends to the screen with a movie adaptation available on Netflix, starring Sally Field, Lewis Pullman, and Alfred Molina. This film offers an additional medium to explore the themes and characters of Van Pelt's celebrated novel.





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Friday, October 16
WESCO Football – Sedro-Woolley @ Oak Harbor
7 p.m. kickoff

Tuesday, October 20
NWC Volleyball – Oak Harbor @ Mt. Vernon
7 p.m. first serve

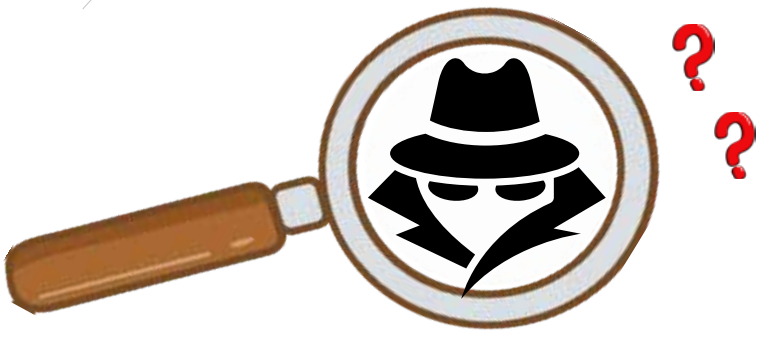
Thursday, October 22
WESCO Football – Marysville-Getchell @ Oak Harbor
7 p.m. kickoff

Tuesday, October 27
NWC Girls' Soccer – Mt. Vernon @ 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.

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Astrology for October 16-22 2026

Venus Square Pluto, Second of Three Passes

On **October 16**, Mars in Leo trines Saturn retrograde in Aries at 10°. Ambition! Perseverance! This is a great transit for getting things done. What needs attention? Where would you like to make progress? What needs work? The supportive connection between Mars and Saturn in fire signs will see to it that stable actions are taken, especially in the name of desires and personal goals. Discipline and commitment is paying off, and there is visible or visceral proof today as you hit the gym, stick to a routine, or maintain a boundary. Strength and resilience is on offer today and may help motivate further commitment. Stick with it! Its working!

On **October 20**, Venus retrograde in Scorpio squares Pluto in Aquarius at 3°. (This can be felt all week, but the aspect is exact in the very early morning hours of October 20.) Think back to what was happening around September 15. We may be engaged in a replay or review of those events or circumstances. Venus retrograde in Scorpio is concerned with the depths; what lies beneath words, surface level social graces, and niceties, especially in matters of relationships and finances. Pluto is concerned with our evolution. When these two planets meet in a square, the aforementioned topics of Venus are due for evolution. Changes are initiated by this square, and often arrive through challenge, conflict, and uncomfortable feelings acting as catalyst. You want more fulfilling relationships? Deeper intimacy? Higher self value? Better pay checks? Here it comes. How bad do you want it? Are you willing to bear it all, to release old patterns, to confront the situation? To confront yourself? What is still stuck? What are you lying to yourself about? Who is lying to you? What can't you let go of? Pay attention. This is round two. The third and final round of the Venus/Pluto square lands on December 9. Lock in. These evolutionary themes that are attempting to up-level our lives will be here for a while yet, but cue Aladdin, because on the other side of this grueling tour of the underworld we rise with earned stripes on our lapels.

In the morning on **October 21**, the Sun in Libra trines the North Node in Aquarius at 28°. In the evening of October 21, the Sun in Libra opposes Chiron retrograde in Aries at 28°. Egos are challenged and insecurities rise to the surface to be faced, but there is a tunnel of light, a fated whisper. That North Node is guiding the way like a north star. In unsuspecting moments, memories of past pain seem to poke around the brain and Sun/Chiron oppositions tend to cause friction around matters of self-identity, self-worth, and self-confidence. In the signs of Libra and Aries, this opposition illuminates those themes within our present relationships and their dynamics. Do you feel like you can be yourself when you are with your spouse, friends, lovers, etc? How have old hurts shaped where you are now? What wound is still active? All one-on-one relating tends to amplify the mirror effect under this sky, prompting reflection. Do you see yourself in others, or do you feel alienated and can't relate at all? Regardless of what side of the spectrum your own personal experience illuminates, the point of this transit is to amplify what needs to be healed, and luckily, there is massive support from the North Node pointing toward an action, area of focus, or solution. The Sun trine the North Node in air signs will create conversation, initiate new ways of thinking, or reveal an opportunity. This is one of those moments where we discover how far we've come on our personal healing journeys. It may not be comfortable, but it definitely has been worse. Yay progress and growth! Don't be so down in the dumps that you forget to look up. What is tender and sensitive has a remedy. The remedy is available. There will be signs.

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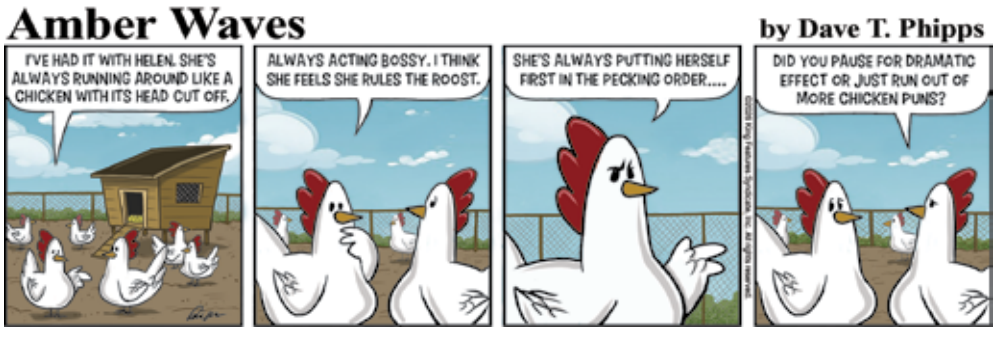
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Weekly SUDOKU

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Amber Waves by Dave T. Phipps







October 16th – October 22nd: the Knight of Wands Reversed

Feelings and frustrations run high this week, in addition to (epi)dermal ailments flaring and annoyances exacerbated from bumping against corners, door jams, and chafing against walls. Intentionally slow your pace in the coming days, pausing to act with an abundance of caution; take time to tend outbreaks, soothing with salves and selfcare, however, it's crucial to allow the emotions to move through you, expressed in healthy egresses.

A contributing factor to the perception of dumpster fire conditions surrounding you is the presently indecipherable noise that appears to be all forms of communication, documentation, and the sense of urgency for comprehension of such communiqués. This week, do not force understanding or assume a lack of intelligence due to confusion. When the brain feels muddled and you sense the desire to throw whatever is irking you, set aside the offending forms for as much of the week as you're able, engaging once again from a mind of peace after the flames have de-escalated to smoldering ashes. If time is of the essence, and if signatures or commitments are required in any capacity presently, pay particular attention to the details and double check all minutia with a fine-tooth comb and as calm a temperament as possible.

Take note of they whom flock to you when you've tea to spill or a kettle steaming, yet are artfully absent when dramas diminish in your life. Heat seeking missiles may not be the supportive friends you first presumed them to be, only simply drawn to the opportunity of respite from their own potentially covert and significantly high-tension, arsenal-heavy home-base.

You deserve to feel supported and heard, to feel not so alone as you navigate shifting terrain, to vent and vocalize your exasperations. However, be mindful of the repetitive storm cycle generated energetically by a friendship that feeds on volcanic belches, and of the atmosphere, and resulting health impacts, this can create in your life. Flames can clear the path allowing for fresh growth, yet will you utilize the wisdom of controlled burns or await the destruction of the wild fires' spread?

Especially when it's most difficult, choose yourself first, and blaze your trail forward with self-aligned actions. Your unselfish selfishness grants permission to the authenticity of onlookers, too. ~Xo, Tiffany

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

Now accepting Year Ahead Tarot reservations. Email me for yours at : tiffanyfitzpatrickco@gmail.com

And please consider supporting this column: buymeacoffee.com/tiffanyfitzpatrick

WEEKLY HOROSCOPES

ARIES - Mar 21/Apr 20
You can't correct every mistake or win every argument. Save your energy for the things that will matter next week, next month and next year. Let the small stuff go.

TAURUS - Apr 21/May 21
You've been practical long enough. Spend time on something that makes you happy without turning it into a calculation of whether you've earned it. Enjoying life is a good enough reason.

GEMINI - May 22/Jun 21
You may be so busy making your point that you're missing what others are actually saying. Pay attention to the pauses, the tone and what's left unsaid. Not every message comes in words.

CANCER - Jun 22/Jul 22
A conversation may feel uncomfortable, but avoiding it won't make things better. Say what you need to say kindly and clearly. You don't have to make everyone comfortable with the truth.

LEO - Jul 23/Aug 23
Not every worthwhile accomplishment gets noticed. Do the work because it matters to you, not because someone might applaud. Quiet progress still counts.

VIRGO - Aug 24/Sept 22
You've set some high standards, but are they helping you—or just making everything harder? Decide what genuinely needs to be excellent and where "good enough" is more than enough.

LIBRA - Sept 23/Oct 23
You've considered everyone's feelings. Now consider your own. Make one decision this week based on what you actually want, not what will cause the least disappointment.

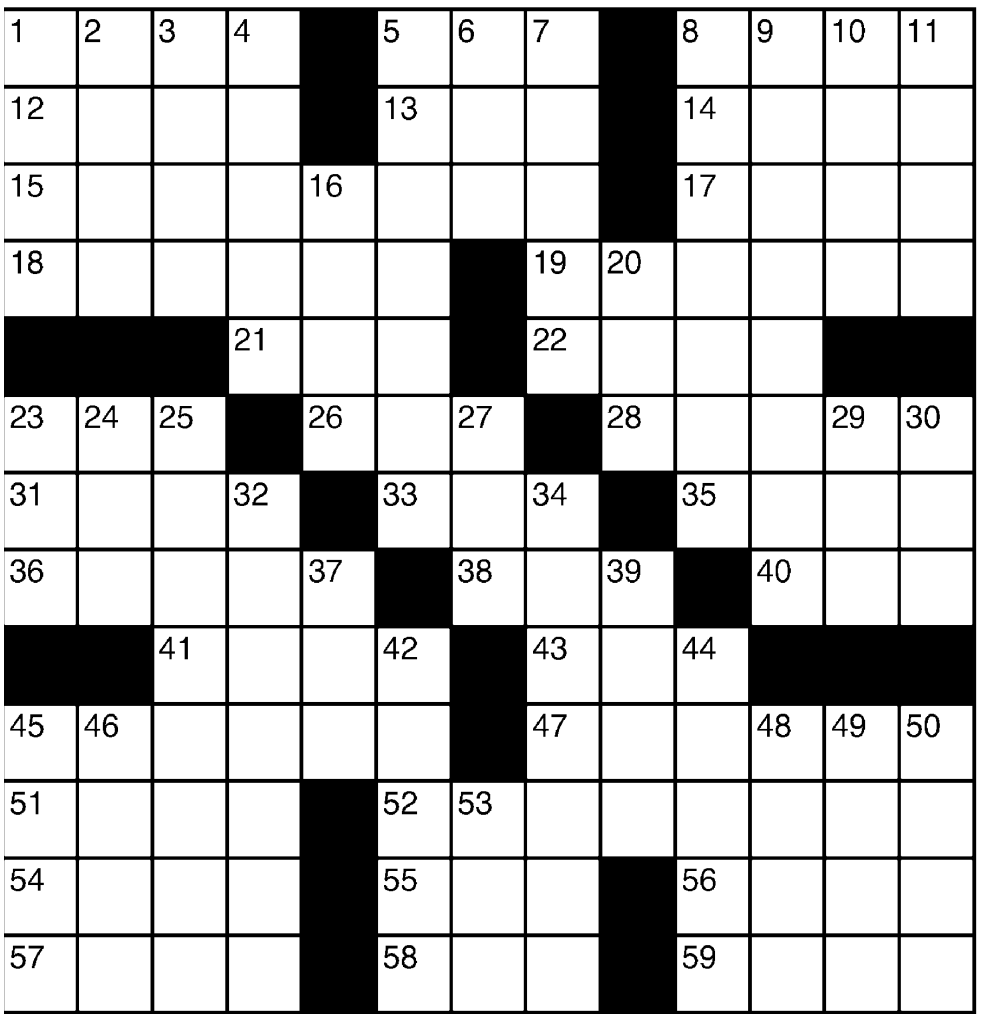
SCORPIO - Oct 24/Nov 22
Your instincts may be picking up on something, but suspicion isn't proof. Ask questions before drawing conclusions. A little clarity could prevent a lot of unnecessary drama.

SAGITTARIUS - Nov 23/Dec 21
A new idea is tempting, but take a look at the unfinished business behind you. Completing one lingering task may feel better than starting three more exciting ones.

CAPRICORN - Dec 22/Jan 20
You may be used to being the dependable one, but that doesn't mean you must do everything alone. Tell someone what you need instead of hoping they'll figure it out.

AQUARIUS - Jan 21/Feb 18
You're due for something different. Change your usual route, try a new approach or spend time with someone who sees the world differently. A small shake-up can refresh a stale perspective.

PISCES - Feb 19/Mar 20
You can't go back and handle everything perfectly. You can learn from it, make amends where necessary and stop punishing yourself for what you know now but didn't know then.



CLUES ACROSS

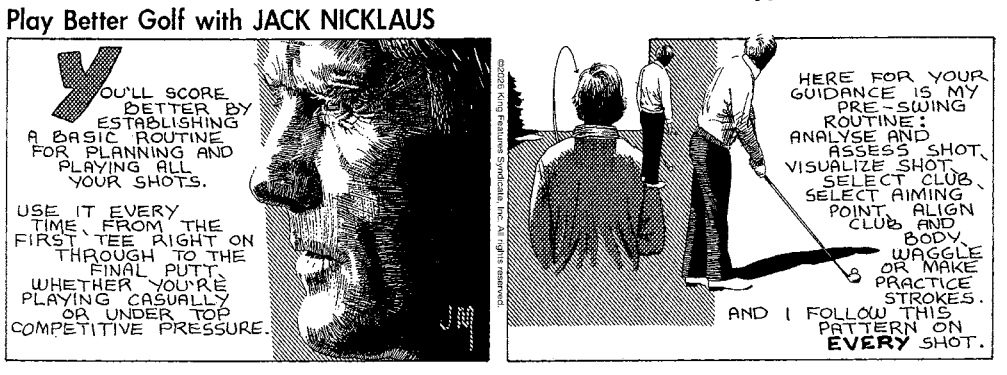
1 Havana's land
5 High tennis shot
8 Pitt of "Moneyball"
12 Spoken
13 Shock partner
14 Shakespearean villain
15 Military groups
17 Bar fight souvenir
18 Order by classes
19 Vehement protest
21 High school subj.
22 Poi base
23 Likely
26 Small battery
28 Cowboy in "Toy Story"
31 Indy winner A.J.
33 Away from SSW
35 Peevish fit
36 Seized vehicles
38 Business mag
40 Punker Vicious
41 Shacks
43 Cyclades isle
45 1912 Olympic legend
47 Relatives of loons
51 Mine, to Marcel
52 Spoofs
54 Dresses in
55 Org. with a style manual
56 Squad
57 Celeb's aide
58 Tummy muscles
59 Young fellows

CLUES DOWN

1 Club in a Manilow song
2 Web addresses
3 Sheepish remarks
4 Choir members
5 From Vientiane
6 Personal
7 Make drunk
8 Casual eateries
9 Masked mammals
10 Lab gel
11 "Finding Nemo" fish
16 Killer whale
20 Motor City labor org.
23 Ghana's cont.
24 "The Bells" writer
25 Violent storms
27 Blackbird
29 Nero's 502
30 Since Jan. 1
32 Sightseer
34 Bafflers
37 NASCAR advertiser
39 Business abbr.
42 1965 march site
44 Capital of South Korea
45 "I did it!"
46 Med. plan options
48 -- fide (genuine)
49 Oklahoma city
50 Bygone jets
53 Cleric's tunic

Answer on page 12

Play Better Golf with JACK NICKLAUS



YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST

	Fri, Oct 16	Sat, Oct 17	Sun, Oct 18	Mon, Oct 19	Tues, Oct 20	Wed, Oct 21	Thurs, Oct 22
North Isle	H-68° L-48° 10%	H-61° L-42° 45%	H-57° L-42° 0%	H-57° L-44° 10%	H-58° L-42° 0%	H-57° L-42° 10%	H-55° L-45° 10%
South Isle	H-68° L-52° 10%	H-58° L-46° 55%	H-55° L-46° 10%	H-55° L-47° 10%	H-55° L-46° 5%	H-55° L-46° 10%	H-54° L-47° 10%



OUR Community CORRECTED

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 ½ 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.

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



Reagan B.,
Oak Harbor

The most fun thing I did this summer was traveling to see my family on vacation. It was fun playing with my cousins. My cousin Madison and I came up with a game called Beefy and Spark, about a girl and her pet fox who are detectives and solve crime. And I love petting my grandparents dog named Tucker.



On September 30, a retirement party was held at the First United church of Oak Harbor for Jean Wieman, the former manager of Help House in Oak Harbor.

From left to right, Beth Munns, Jean Wieman, Cindy Noe, and Shawn Durbin.

There were approximately 200 people in attendance.

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 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.

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

Island Senior Resources Pancake Breakfast
The Bi-Annual Island Senior Resources Pancake Breakfast falls on Halloween, and we're making it extra festive!
Saturday, October 31, 9-11 a.m.
ISR Bayview Center: 14594 SR 525 Langley
-Wear a costume and enter the costume contest, Enjoy a delicious pancake breakfast (gluten-free options), Connect with your community.
Donations are welcome!

Let's Talk Dementia: What Matters the Most
Don't miss Whidbey Island Momentia's next installment of "Let's Talk Dementia". Learn about communication tools to handle behavior changes, set safety boundaries, and prevent caregiver burnout.
Wednesday, October 28, 10-11a.m. St. Augustines-in-the-Woods
12:30-1:30pm. Coupeville United Methodist Church
2-3p.m. Oak Harbor First United Methodist Church
Questions? Contact Ginger Opdyke: momentia@oakharborfumc.org

Bid for the Whales!
Orca Network's Online Auction
Bid for the whales October 15 – 29! Orca Network's online auction features artwork, jewelry, experiences, museum passes and gift certificates. Celebrate 25 years of connecting people with whales while supporting education, community science and marine mammal response. Browse and bid: givebutter.com/c/2026-orca-network-auction/auction

How'd you do?

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

WEEKLY MEETINGS

MEMORY CAFÉ Every 1st and 3rd Tues of the Month 12:30 - 2:00 p.m. at the First United Methodist Church 1050 SE Ireland Street Oak Harbor, WA. Join our bi-monthly gathering for people with memory loss and their family to enjoy a time of fun, conversation, music and laughing (and snacks). This is a dementia friendly setting. For information: 360-720-4535

SOUTH WHIDBEY NAR-ANON FAMILY GROUP meets every Monday at 6pm at the Langley Methodist Church, 301 Anthes in Langley. We meet in the Fireside Room, rear of church. Karol:360 914 7695.

Have a problem with drinking? It doesn't cost anything to attend **A.A. meetings.** Local Meetings are in Coupeville, Freeland, Langley, Clinton, and Oak Harbor. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about their drinking problem. A.A.'s primary purpose is to help alcoholics to achieve sobriety. We're here to help. For local meetings search aa.org or call 888-360-1564

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

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

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

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

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

WEEKLY MEETINGS

Memory Support and Connection Group
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

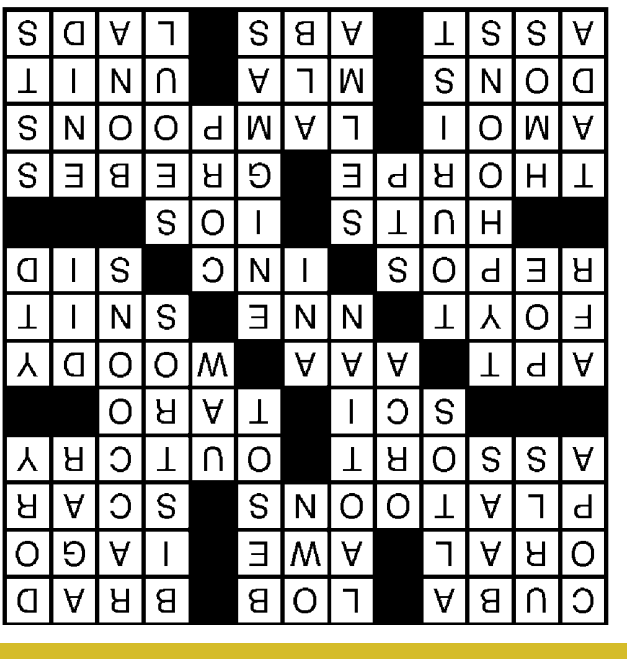
9-1-1: Call for threats to life, fire, accident or crime
-Non-emergency lines: Oak Harbor Police Department-360-279-4600
-Island Communications Dispatch (ICOM) - 360-679-9567

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+

No Cheating!



CLASSIFIED INFORMATION

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