October 23, 2026 - October 29, 2026

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Practically Magic
HALLOWEEKEND



OCTOBER 22–25, 2026

THE GREAT COUPEVILLE PUMPKIN RACE WALKING TOURS
FIND THE FROGS SCAVENGER HUNT MOVIE SCREENINGS
TORCHLIGHT PARADE & STREET DANCE
THE GILDED TOAD GARDEN OF LIBATIONS

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BITS & PIECES

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Sheriff

CHRIS PEABODY
Chief Criminal Deputy

LORENE NORRIS
Chief Civil Deputy

JOSE BRIONES
Chief Jail Administrator

ISLAND COUNTY SHERIFF'S OFFICE
SERVICE • PROFESSIONALISM • ACCOUNTABILITY

Felony Assault Freeland Washington

At approximately 3:30 AM on Saturday, October 17, 2026, Island County Sheriff's deputies responded to a residence on Fish Road in Freeland following a report of a stabbing. Upon arrival, emergency personnel treated a 15-year-old male victim, who was subsequently airlifted to Harborview Medical Center in Seattle. He is currently reported to be in stable condition.

The incident began as a physical fight involving the victim and several other juveniles between the ages of 15 and 17. The altercation escalated when the suspect, 18-year-old Vladek Salazar-Leyva, stabbed the victim at least twice, inflicting wounds to the chest and back.

Salazar-Leyva and several other juveniles fled the scene and returned to the Oak Harbor area before deputies arrived. A short time later, Salazar-Leyva was located at his Oak Harbor residence. He was taken into custody without incident and booked into the Island County Jail on charges of Assault in the First Degree.

The Sheriff's Office is actively investigating the circumstances surrounding the altercation. Anyone with information regarding this incident or the individuals involved is asked to contact Detective Davison through the ICOM dispatch center at 360-679-9567, or submit tips via email at tips@islandcountywa.gov.

This is an ongoing investigation. No further details are available for release at this time, updates will be provided as they become available.

Sportsmen's group offers pistol safety class

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

The next course, NRA Basics of Pistol Shooting, will be held from 6-9 p.m. Friday Nov. 20 and continue from 9 a.m to 5 p.m. Saturday Nov. 21 at the NWSA range at 886 Gun Club Road, off Oak Harbor Road.

This course is intended for beginning shooters and anyone interested in learning the fundamentals of pistol ownership and safe firearm handling. Students will receive classroom instruction covering firearm safety, operation, storage and shooting fundamentals before completing a live-fire session on NWSA's pistol range.

The class is designed to provide participants with the knowledge, skills and attitude necessary to safely own and use a pistol. It also serves as a foundation for those interested in taking additional National Rifle Association training courses.

Students may use their own handgun or request that the association provide one for the class. The registration fee is $50. To register, which must be done no later than Nov. 13, please visit https://www.nrainstructors.org/CourseDetails.aspx?Courseid=935863. For questions, email NWSA.Training@gmail.com. Additional information about the North Whidbey Sportsmen's Association and its training programs is available at https://northwhidbeysportsmen.org/

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

Regency on Whidbey Invites Local Families to their Annual Halloween Trick-or-Treat Event

Located in Oak Harbor
Date: Friday – October 30th
From 3:00pm – 5:00pm
1040 SW Kimball Drive

Local families and children of all ages are invited to dress up in their favorite costumes and trick-or-treat through the safely lit of the community. Residents are eager to hand out candy, see the creative costumes, and share in the holiday spirit with neighbors. "Our residents look forward to this event all year long," "It brings an incredible amount of joy, laughter, and energy into our home. It's a wonderful opportunity to bridge generations and give neighborhood children a safe, warm environment to enjoy their Halloween tradition."



Letter to the Editor

Leadership in the Island County Sheriffs office should not change

There have been editorial comments such as the candidates may or may not be a member of a political party, or its time for a new face. These kinds of issues are not germane to the quality of a well-managed police department. I will explain what is unique about our police force, and why the comparative leadership experience and roles of these two men are significantly different. So what do I know about police work? My major career was 30 years in the fire service in the SeaTac communities. I was chief of fire/ems/ and emergency management for about 20 years. Before the state legislature approved the installation of a convention center restricting any growth of I-5 downtown I had more hotel/motel rooms near the airport than Seattle. We had many dignitaries visit. Therefore, I interfaced with county sheriff personnel, state patrol, FBI , and knew the chief of the Seattle office of secret service (Bill Nelson), on a first name basis. On a few cases we even interfaced with the DEA. Seattle got tough on Prostitution, and it moved out to our area. We ended up with the largest seriel murder case in the history of our Nation, starting in 1982. It took 19 years for the County to arrest the killer. The county politicians were more of the problem than the police, however there were a couple of mistakes allowing the killing to continue. He was ultimately convicted of killing 49 girls and women but admitted to killing 70. There is much more to this story.

So I know what makes a good police force, and we have one in Island County. These folks provide some services not seen on the mainland urban areas. I have personally seen a deputy changing a tire on the street in front of Payless, and a female deputy opening a car door for a guy at Chase bank who had locked his keys inside. This Summer my very closest friend was diagnosed with stage four cancer and her last two months she had two nurses from Oak Harbor with her, alternating 12 hour shifts from 7 AM to 7PM. One early morning one of them had a flat tire just before Greenbank and was distraught about how she would make it to shift change. A female deputy on her way to the Freeland precinct stopped and changed her tire. A few years ago my neighbors were gone for the holidays and on December 23rd an auto alarm went off at their place. I immediately headed that way and had to go around about 600 feet of fence. By the time I got there a deputy had a guy up against the building who would not come out when he was told to do so, and he had taken a knife off him. He was a finish carpenter and had inadvertently tripped the alarm. He was from Boston with out of state plates, so the deputy had figured he did not belong there. Then two years ago I had a badly hurt buck here during the rut season and eventually he could not get up. I called for animal control, and she came out with a sergeant who put the deer out of his misery. These are examples of community policing I never saw in King County and evidence of quality leadership.

By comparison Langley is a sleepy town of 1.08 square miles and population of 1,260. Unincorporated areas of Island County are 196.6 square miles with a population of 9,730. In 2025 Langley responded to 863 calls for service and Island County Deputies responded to 21,003 calls for service, including some to cover Langley. According to the internet the Sheriffs department has close to 150 personnel, including 42 commissioned patrol officers, support staff, operation of the jail, volunteer help at the precincts and so on. Sheriff Felici serves on several public safety boards, including as chair of the ICOM (911) board. The call/ dispatch center is an important part of our emergency police/fire/ and emergency medical responses for all of the county.

The deputies have endorsed Sheriff Felici. That is almost unheard of in the industry and is a strong indication there is respect and harmony with the leadership.

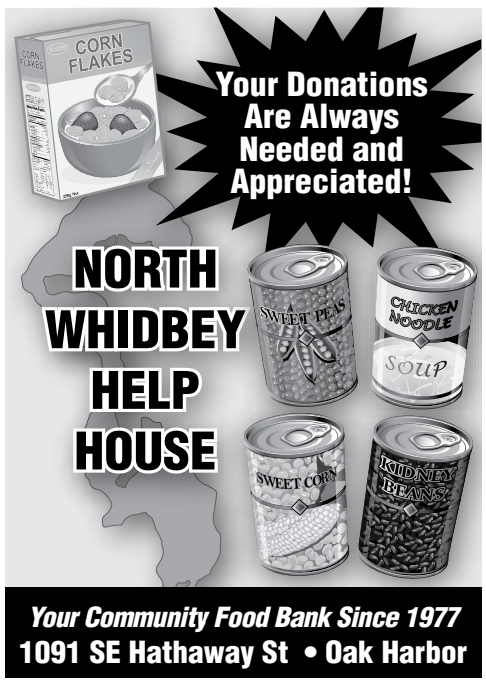
By contrast, Chief Wasser supervises 2 commissioned officers. 3 people cannot provide 24/7 service. Island County must be providing some of that coverage.

There are about 212 fire districts in the state. I produced one of only 6 with a top WA Survey and Rating Bureau score, and we saved lives and a lot of property. Don't try to fix what is not broken. Keep Sheriff Felici in charge of our excellent service. When you see extraordinary service call the sheriff and recognize their effort.

Respectfully,
Jim Adsley
Langley











What's Going On?!

PRACTICALLY MAGIC HALLOWEEKEND
Friday, Oct. 23-Saturday, Oct. 24,
doors open 6 p.m.; movie 8 p.m.
Coupeville Recreation Hall, 901 NW Alexander St.

Celebrate "Practical Magic" in the town where the beloved 1998 film was brought to life. Screenings continue Friday and Saturday, with costumes encouraged and margaritas, beer and wine available for purchase. Screenings are for ages 21 and older; valid ID required. Festivities continue Saturday with a brew garden from 2-6 p.m., followed by the Torchlight Parade at 5:30 p.m. and a street dance until 7 p.m. An October-long scavenger hunt also continues throughout downtown Coupeville. Tickets and details at practicallymagichalloweekend.com.

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.

HALLOWEEN B MOVIES IN THE BARN: THE LITTLE SHOP OF HORRORS
Saturday, Oct. 24, 7-9 p.m.
Greenbank Farm, Wonn Road, Greenbank

The Port of Coupeville presents "The Little Shop of Horrors" (1960) as part of its Halloween B Movies in the Barn series. Enjoy an evening of campy horror and vintage cinema inside the historic barn at Greenbank Farm. Admission is by donation, and outside food is welcome. Visit portoc.org/events for more information.

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.

WHIDBEY ISLAND ORCHESTRA: IDENTITY CRISIS
Sunday, Oct. 25, 3-5 p.m.
WICA, 565 Camano Ave., Langley

Whidbey Island Orchestra presents "Identity Crisis! Secret Identities, Mistaken Identities & Masquerades," a concert exploring disguise and mistaken identity through music. The program features works by John Williams, Andrew Lloyd Webber, Johann Strauss Jr. and others, with selections from "The Phantom of the Opera," "Batman," "Superman," "Underdog," Shakespeare-inspired works, opera and ballet. Tickets are $30 or $45. Visit whidbeyislandorchestra.org or call (360) 221-8262.

MEDICARE OPEN ENROLLMENT: WHAT'S NEW FOR 2027
Monday, Oct. 26, 4-5 p.m.
Oak Harbor Library, 1000 SE Regatta Drive,

A trained SHIBA volunteer discusses changes to Medicare coverage for 2027, including Original Medicare, Part D prescription plans and Medicare Advantage benefits. Learn about eligibility, plan costs, employer and retiree coverage, VA and TRICARE benefits, and financial assistance. Medicare open enrollment runs Oct. 15-Dec. 7. Free, impartial assistance is available through Island Senior Resources at (360) 321-1600.

CHAMBER CANDIDATE FORUM PT. 2
Monday, Oct. 26, 6-8 p.m.
Oak Harbor Elks Lodge, 155 NE Ernst St.,

The Oak Harbor Chamber of Commerce hosts a free candidate forum ahead of the upcoming election. Hear from candidates for Island County auditor, Sheilah Crider and Barbara Fuller; sheriff, Rick Felici and Tavier Wasser; assessor, Kelly Todd Mauck and Doug Stults; and prosecutor, Greg Banks and Andrew Scott. The forum offers an opportunity to learn about candidates and issues affecting the community. For information, call (360) 675-3755.

DO IT YOURSELF DIVORCE
Wednesday, Oct. 28, 6-8 p.m.
Oak Harbor Chamber of Commerce,
32630 State Route 20.

Learn how to navigate an uncontested divorce without minor children in this informational workshop led by Cecilia Welch, JD, LLM. Participants will receive step-by-step guidance on required paperwork, court filing procedures and common questions about the divorce process. A $25 facility fee is payable in cash at the door. Forms are available for $15 or can be downloaded free at courts.wa.gov.

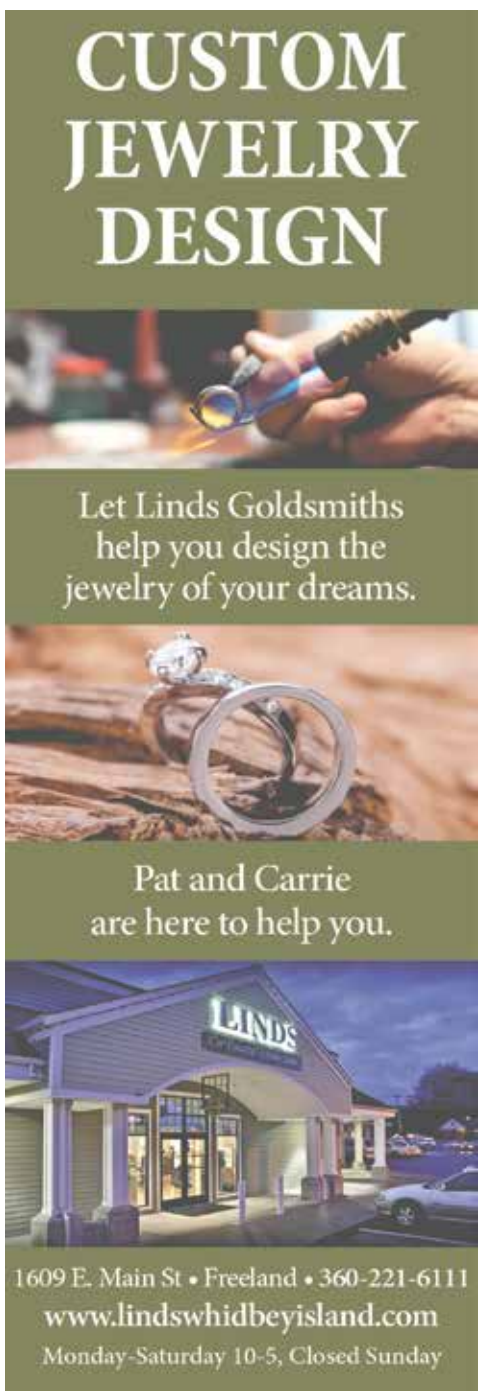
REGENCY HALLOWEEN TRICK-OR-TREAT
Friday, Oct. 30, 3-5 p.m.
Regency Coupeville, 311 NE Third St., Coupeville
Regency on Whidbey, 1040 SW Kimball Drive, Oak Harbor

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.

TRUNK OR TREAT CAR MEET: WELCOME HOME SENIOR MEMORY CARE
Friday, Oct. 30, 5:30-8:30 p.m.
Welcome Home Senior Memory Care, 235 SW Sixth Ave., Oak Harbor

Welcome Home Senior Memory Care invites families and community members of all ages to a Halloween trunk-or-treat celebration and car meet. Enjoy decorated vehicles, candy, costumes, refreshments and light snacks while connecting with neighbors and residents. Bring the family for an evening of festive cars, Halloween fun and community spirit.

SEE THE FULL LIST IN OUR DIGITAL COPY HERE



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Tuesday, October 27
NWC Girls' Soccer – Mt. Vernon @ Oak Harbor
7 p.m. kickoff

Wednesday, October 28
NWC Volleyball – Mt. Vernon @ Oak Harbor
7 p.m. first serve

Thursday, November 12
SVC Men's Basketball – Fraser Valley @ Skagit Valley College
7 p.m. tipoff

Sunday, November 15
SVC Women's Basketball – Green River @ Skagit Valley College
2 p.m. tipoff

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

https://www.soundsportsnet.com/

Whidbey Island Orchestra
presents



Identity Crisis!

Secret Identities, Mistaken Identities & Masquerades

Come hear the 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

Friday, October 23, 2026
7:00 p.m.
Trinity Lutheran Church
18341 SR-525, Freeland

Donations accepted and greatly appreciated!



BOBBER AND BAIT-VS-HARDWARE

The river systems are pretty much our only option to hook and fight a salmon at the moment. I recently traveled to the Olympic Peninsula for a guided fishing trip on the Humptulips River for coho with a fishing buddy (Brian). We were contacted by the guide the day we were to travel and he reported that with the low water levels on the river it might be wise to push the time and date back and wait for a good stretch of rain to make the river easier to navigate in the drift boat and to bring in some fresh bright coho.

He said that there were good fish in the river but the upper section where he wanted to take us could be difficult to drift. After a brief discussion we decided to stick to the plan and take our chances with the low water and the fish that were there. I primarily fish hardware such as jigs, spinners, spoons, and wobblers in the rivers. My friend Brian fishes hardware as well, but is also a good bobber and bait fisherman. No matter what, the trip was going to be a good experience and a chance for me to fish a river that I had never fished before.

We met our fishing guide around 0530 in the morning and quickly headed for the launch point, when we arrived at the river launch site our headlights revealed that we were the only ones lucky or brave enough to float the section of river the guide had chosen (upper river section). We loaded the boat. Shoved off from shore. Then slowly worked our way in the dark via spotlight to the first of many potential fish holding spots. Once we reached our first fishing hole and the light climbed high enough for us to fish, we were advised to pitch a dark colored lead-head jig at the fish due to the water clarity. We had fished under 10 minutes when we hooked our first potential keeper fish! A nice coho, it was a little pinkish colored so we decided to release the fish due to the amount of river we had left to drift.

Our first fish was caught on hardware! That would be our only fish from that spot and we moved on. We fished multiple holes after that for the next 2 hours without any strikes. The guide recommended we switch to bobber and bait for the next few holes over hardware due to the water depth, bottom contours, and water speed. The guide had cured salmon roe, sand-shrimp, and cured tuna belly chunks for bait and float-rods ready to use. We gently tossed our roe and shrimp bait balls that were 6 feet under our floats out into the sweet spot of the moving current. We would cast, drift, and manage the main-line to achieve the most natural moving bait presentation to the suspended salmon.

Our Second, Third, and Fourth fish were caught on bobber and bait (salmon roe with a small tuna-belly chunk)! Unfortunately, all three fish were either un-marked (wild) or too far along in their spawn phase (dark) to retain so we released everything. The thrill of watching the bobber suddenly disappear underwater and the tug-o-war that followed was worth every moment! We moved down river through some skinny water and fished from hole to hole continuing to use bobber and bait. As we boated downriver the water conditions changed from channeled (seamed) walking speed water, to deep slow pocket water with sunken logs and long-time soaked root-balls.

With these conditions we switched back to jig hardware, jigs are very versatile and, in my opinion, the best way to fish around sunken structure. One good thing about the low water conditions was it made reading the water easy and helped identify the salmon holding water. We were near the end of our 11-mile drift when we saw a coho leap out of a deep, dark pocket of water so we maneuvered the drift boat into position for casting. After a few casts we saw a school of 20 plus fish glide in a circle near the boat and move up and away from us into a patch of frog-water (rippling water) that they felt safe under. Our jig heads were only 3/8 of an ounce so it was clear, with the water depth we would need to give the jigs time to slowly sink into the salmon strike-zone. It didn't take long and the bite was on! We hooked and landed fish numbers Six, Seven, and Eight beautiful 10-pound marked (hatchery) coho! This limited us out on keeper fish, so we drifted the final mile of the river to our take-out site.

So what gear type was the winner? On this trip I would call it a draw due to water conditions. We hooked fish on both bait and hardware. Some fishy areas were best suited for a float with bait that was slowly floated into the faces of the up-river facing fish. On the other hand, many salmon holding areas were perfect for twitching a jig through the water column, in and around sunken structures searching for snappy coho. Both techniques require experience to get dialed-in and to have the confidence level to feel if there are fish in the area you can catch them.

There are salmon in the rivers right now. The salmon that have not committed, and are waiting on rain will soon have no choice, they will go rain or no rain, they need to spawn. Getting to fish the rivers could be challenging with all of the day-by-day in-season changes that the Department of Fish and Wildlife (WDFW) throws at us so check the WDFW web-site "emergency rule change" section before heading out. If you would like to see and hear a real true explanation of why the fishing seasons and closures are rampant. Check out this website (bagderfishingnw). This podcast sheds light on some of the crazy decisions Washington's salmon commission and the states Co-Managers dole out to the 800,000-license buying recreational fisherman and women in this state. Be safe out there and GOOD LUCK FISHING!!

So long as we have hands to clasp

by Charles LaFond

Island Fundraiser, Potter, Author, and Essayist



When I walk in the forest, it feels like it heals me. The beaches of Whidbey Island blow winds through the smoke of my soul. The remnant pastures echo ancient dances by Native Americans. The old-growth forests stand silent and majestic. The deer glance furtively my way as they cross the street, slowing so that their fawns can catch up. The kelp in the ocean does a hula dance in the waves. The rounded stones of our beaches glimmer with the colors of every stone imaginable. These are this island's gifts. And some days, I imagine that if I were alone on this island, that would all make sense and all be enough. The bounty of nature would be enough. The beauty of the land would be enough. The vegetables that grow from the land would be enough.

But I am not alone on this island. I don't want to be, because I love my friends and I love my dog. Many of us arrive at Thanksgiving and Christmas and do not understand what's happening around us. We look around and wonder what's happening. Why are people spending their money on food they won't eat at Thanksgiving? Why is everyone buying things at Target and Walmart for Christmas that will end up in landfills? Why are people going to parties they don't want to attend? Why are people throwing parties for people they barely know?

I guess my question is, what are we really buying? Shopping offers anticipation, novelty, and stimulation, not unlike an addiction, which also temporarily lifts one's mood. In psychology, they call it the hedonic reward. But the pleasure fades, leaving a hunger for more. When are gifts designed to secure love rather than express it, and when does hospitality become a performance?

Thanksgiving and Christmas were a particular kind of hell for me because my parents were alcoholics. The pressure of decorating, of creating menus, of hosting parties only exacerbated their addiction to alcohol, which, of course, flowed like water at these events. It felt like no one was more an alcoholic than during the holidays. The American holidays of Thanksgiving and Christmas ask an uncomfortable question: How much of our holiday spending expresses love, and how much expresses fear that we will not be loved enough without it?

Imagine a Thanksgiving meal that, when finished, has no leftovers. It was just enough.

Imagine Christmas gifts chosen for their usefulness, beauty, or meaning rather than for their glitz, novelty and price.

I'm not calling for abandoning tradition, religion, generosity, or celebration. I'm just trying to find the heart of these celebrations and distinguish it from the expectations that have accumulated around them like a cancerous growth.

The beauty and abundance of Whidbey Island is quite literally astounding, and to my mind, quite literally enough. Can we celebrate Thanksgiving without whitewashing American history? Can we celebrate Christmas without pretending its history is simple? What would it be like if, over the next few weeks, we spent a little less time trying to make the holidays wonderful and a little more time enjoying the people who make them wonderful?

These holidays require a lot of lists. There are grocery lists, event lists, Christmas card lists, guest lists, and gift lists. A friend of mine says, "To live differently, you have to live differently." How could we do these holidays differently?

I have a modest proposal. What if we made a list of the people with whom we want to connect? What if we made a list of the people we want to help? What if we made a list of the nonprofits we want to support to make life better?

Many of us, including me, will hunker down to watch or re-read the annual "How the Grinch Stole Christmas!" As it always does, it will end with Cindy Lou Who and her family waking up to no presents, food, or decorations. And as it always happens at the end of the story, they will gather in a circle around the light and sing their joyful songs anyway.

I guess my question is, couldn't we just begin with that song?





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Astrology for October 23-29 2026

Mercury Stations Retrograde in Scorpio 20º, Full Moon in Taurus 3º

On **October 23**, the Sun enters Scorpio until November 22. Welcome to Scorpio season! When the Sun moves into the sign of the underworld, the volume on both intuition and intensity goes up. The depths and the unseen realms are more alive. We are motivated to investigate, to look beyond the surface for answers. Psychology, metaphysics, and all things woo are more intriguing. People, places and things may become magnetic, mysterious, and invite us to do some digging. With both Venus and Mercury retrograde passing through the sign of Scorpio this season, there is an extreme emphasis on reviewing what lives in the shadows of our desires and motivations. Pay attention to what is not being said. Pay attention to what you avoid. Get curious about what turns you on, what you are afraid to release, and anything taboo or tough to acknowledge. Big transformations are on offer this season if we can ask the right questions and actually face the answers. Later on October 23, the Sun conjuncts Venus retrograde in Scorpio at 0º revealing a deep truth in matters of the heart. For any fuzzy relationship patterns, confused desires, or stubborn motivations that have been creeping, this moment is a shining rainbow within an extremely stormy week. This day may offer some crucial insights regarding ongoing projects and relationships. Its a good day to find a moment to pause, tune in, feel, reflect, in order to connect with your deepest desires and receive a helpful update. Whether its a quick intuitive hit, or an overwhelming download, a message awaits about what happens next.

On **October 24**, Mercury stations retrograde in Scorpio at 20º until November 13, where it will then station direct in Scorpio at 5º. Mercury rules the mind, communications, planning, problem solving, and the way that we think. This is the last Mercury retrograde of 2026, and mental processes and daily interactions are undergoing a deep audit at this time. Notice what is on your mind! Notice what is no longer on your mind! Read between the lines of snide remarks from others or your own self-talk. Give it a side-eye, pick it apart and then ask yourself why you are doing that. The best retrograde advice, especially this season with Venus retrograde as well, is to slow it all down. Don't be in such a hurry. Cancel unnecessary plans. Do less. Mistakes made during this time usually require extra effort and energy to remedy and resolve at a later date. Triple check the details and fine print of contracts and keep your receipts. We are being prompted to analyze and reassess our attachments. What obsessive thoughts, addictions, and ugly emotions are keeping us in a loop? Elements and characters in regard to these themes return to offer new perspective - not to resume business as usual. New information about past attachments will surface. Keep the senses sharp to collect the clues. Avoid mental traps and stubborn thinking. New neural pathways will soon be secure and ready for the firing. There is grace on offer to those who face fears in tough conversations. What do you need to say? What would you like to know? Intuition is stronger than logic now. What's done in the dark will come to light. Secrets revealed in November.

October 25 brings the full Moon in Taurus at 2º in a close square to Pluto in Aquarius at 3º. Emotions are heightened during any full Moon, but in a conflict oriented aspect to Pluto, those emotions intensify. On the one hand, the Moon is exalted in Taurus, meaning it is a sign that the Moon loves to be in. It is a sign that encourages indulgences, including feeling our feelings with the help of our physical five senses. It inspires becoming very personally acquainted with what brings joy, pleasure, safety and abundance. Taurus rules money, finances, and our values. Quality over quantity. The square to Pluto signifies a transformation, a change is underway. The cost has gone up. Access is no longer given so freely. A new level of established self-worth pressures to defend a new norm. Talking the talk might be uncomfortable, but walking the walk can feel amazing. On the other hand, this full Moon brings to light all things that are stubborn and stuck. The ruler of this full Moon is Venus retrograde in Libra. Because the Moon is in a favorable position, exalted in Taurus, and the ruler of the full Moon is at home in the sign of Libra, we are given grace in the realm of conflicts. Despite immense pressure from Pluto, these aspects only encourage that we face disputes head-on and allow evolution to be our release valve. This is by no means an easy breezy vibe. But emotional rewards appear for those willing to loosen their grip on old patterns and assert updated standards.

On **October 28**, Venus retrograde in Libra opposes Chiron retrograde in Aries at 28º. Confronting tough feelings continues and those confrontations hit a weak link within relationships. (This energy that was active under the full Moon in Taurus but exacts today.) Venus retrograde in Libra has us reviewing contracts and agreements, the promises we keep to ourselves and others, reevaluating whether the terms are fair and balanced or outdated. Chiron in Aries is surfacing tender wounds around confidence and self-assertion in the name of our desires. Past hurts that have prevented repair and spoiled collaborations are demanding a second look. Again, slow down. Take your time. We will be reviewing these dynamics for a good while, as Venus will make its third and final opposition to Chiron on November 28. How can we make peace with what didn't work out? Reexamination as a guide to healing. Allow yourself to explore what hurts without completely avoiding joy. You are worthy of love and connection.







October 23rd – October 29th : the Knight of Swords Reversed.

My loves, as Noa and astrologers everywhere will undoubtedly speak in more depth to this point, I'll simply state that ornery Mercury has stationed retrograde in Scorpio until mid-November. Though no fear-mongering or rage-baiting is intended or advised, this week's card not so gently nudges to remind you not to lose your ever-loving-mind when it feels like every effort at communication, travel or transportation, use of electronics, finalizing agreements or closing contracts, utterly and frequently seems to fail, right down to being tongue-tied or brain-fogged.

Actions and decisions may not seem to make much forward progress in the coming days, yet more is advancing than overtly obvious; most especially, concepts, ideas, and thoughts previously generated before stalling, are likely to make a comeback and strive for the finish line. In fact, if you find yourself frustrated at the lack of development in pressured or expected ventures, make the contradictory initiative to intentionally revisit older designs. What suddenly seems capable of gaining ground again, while simultaneously evaporating your anger?

Triggers, pain points, and pressure-sensitive buttons are being pressed at this time with the explicit purpose of drawing your attentions to what irritates tf out of you as a portal to the depths of your subconscious to understand why, and adjust accordingly, if so desired; with the added benefit of testing your temperament of healthy restraint or expression of those stabby emotions. When you feel the pinch, aim for the curious introspection of where this came from and how you'd prefer to react henceforth, while dolloping gratitude upon your past self for their intentions of protecting you within the capacity of your former evolutions.

Often, the sense of impacting a brick wall indicates the requirement for a detour, but this week, contrarily, it's clandestinely anticipated you will push through the false wall. Rally your grit, focus your emotion, and charge ahead. Just bear in mind, the vegetation seemingly obstructing your path is more successfully macheted through with shift actionable decisions, particularly toward goals formerly shelved.

Wrap your joy around you to fortify you in your charge, this week. Sometimes we must pocket the sunshine to warm our hearts when the thick of chaos seems to claw at us. Far more good abounds at this time than we're allowing ourselves to perceive. Choose hope. ~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 want results now, but pushing harder won't necessarily get you there faster. Give a situation room to develop before forcing an outcome. Timing matters, too.

TAURUS – Apr 21/May 21
Someone from your past may remind you of a version of yourself you've forgotten. Enjoy the memories, but notice how much you've grown. You don't have to be who you used to be.

GEMINI – May 22/Jun 21
You've got ideas worth pursuing, but talking about them can become a substitute for doing the work. Take one concrete step this week. Progress beats another perfect plan.

CANCER – Jun 22/Jul 22
You may be telling everyone you're fine when you're really just keeping the peace. Be honest with yourself about what hurts or needs to change. You don't have to make a scene to speak up.

LEO – Jul 23/Aug 23
Someone else's success doesn't diminish yours. Offer genuine congratulations instead of quietly comparing achievements. There's room for more than one person to shine.

VIRGO – Aug 24/Sept 22
You can keep adjusting the details, or you can get started. Waiting until every variable is under control may mean waiting forever. Make a sensible plan and learn as you go.

LIBRA – Sept 23/Oct 23
A decision may disappoint someone, but that doesn't automatically make it the wrong decision. Stop confusing being considerate with always giving in. Your needs belong in the conversation, too.

SCORPIO – Oct 24/Nov 22
Holding on to resentment can feel like protecting yourself, but it also keeps the old problem alive. You don't have to excuse anyone's behavior. Just decide whether it deserves any more of your energy.

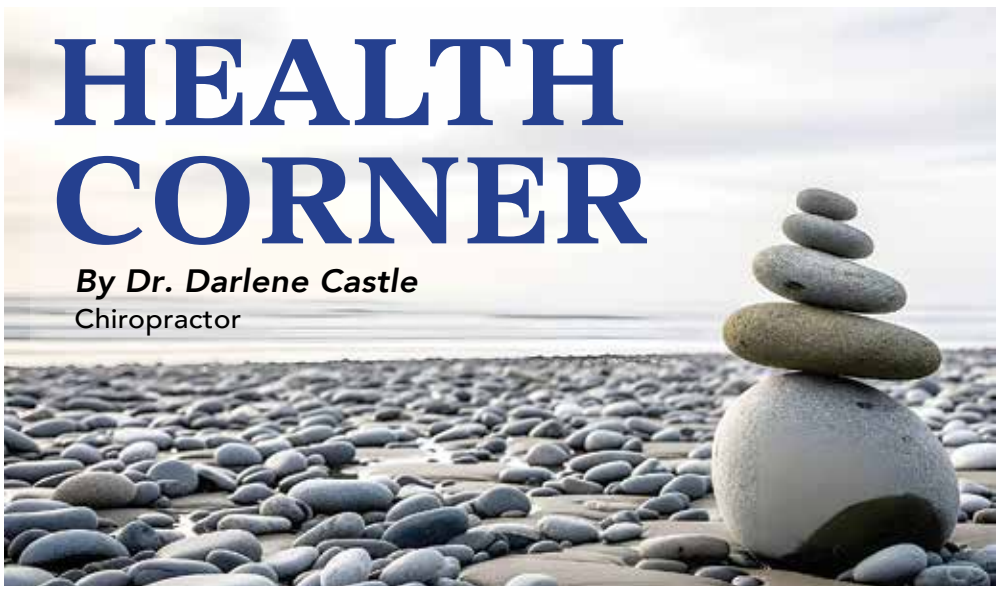
SAGITTARIUS – Nov 23/Dec 21
Your enthusiasm can open doors, but reliability keeps them open. If you made a promise, keep it. If you can't, be upfront rather than leaving someone else to deal with the fallout.

CAPRICORN – Dec 22/Jan 20
Before you chase the next milestone, ask yourself whose expectations you're trying to meet. Achievement means little if you're miserable getting there. Make sure the life you're building is one you actually want.

AQUARIUS – Jan 21/Feb 18
An opinion you've held for years may deserve another look. You don't lose credibility by admitting you were wrong or that circumstances have changed. Staying curious is a strength.

PISCES – Feb 19/Mar 20
Not every problem needs your attention, and not every person needs your advice. Step back from what drains you without making it your job to fix everything. Your energy is worth protecting.

HEALTH CORNER



By Dr. Darlene Castle
Chiropractor

BACK PAIN OR HEART ATTACK?



99% of all patients seek Chiropractic care due to pain. Chiropractors might wish it were otherwise, that people would look to us for methods to get and remain healthy, but the fact remains, people call when they hurt.

One particularly painful area occurs around the middle of the back. This area is called the thorax, and the spinal bones there are called thoracic vertebrae.

Mid-back pain can be excruciating. We use our backs to sit, stand, twist, turn and lie down. Without that mobility, our lifestyle would be greatly impaired.

There are 12 large thoracic vertebrae in your mid-back and they get quite a workout holding your entire frame erect. Large nerve trunks exit off the spinal cord through holes created by the joining of the bones. When a vertebra gets jolted out of position and puts pressure on nerves in that area, a person can feel it.

An additional challenge to this area is the fact there are 12 pairs of ribs that meet up with the vertebrae. These rib heads don't have a ball and socket joint like your shoulder or hip does. They sit in a shallow groove or "facet." Most ribs "attach" to two vertebrae: its own and the one above. This makes them prone to being jostled out of place, along with the vertebrae they are paired with.

In between the ribs lie three layers of muscles, as well as ligaments, veins, arteries, and lots of nerves. When a rib is displaced, those nerves are irritated. It can happen gradually or suddenly, causing some very alarming symptoms. These pains don't just stay at the back, but radiate outward and forward to the chest area.

A specific pain is associated with rib displacement. It causes a pin-point pain that is sharp, and is often described as "ice pick" pain. A person feels he can't take a deep breath due to the sharpness of the pain. It can even mimic a heart attack.

Experiencing intense pain at your chest is frightening and has led to many an emergency room trip. That's not a bad idea! Heart attacks can be deadly and immediate care is necessary to prevent loss of life.

However, if the exam turns up no heart abnormality, there may be a vertebral-rib involvement.

Exercises and stretches may be suggested, but until the subluxation is corrected, along with the rib, relief is short-lived.

Chiropractors wish for people to come in to have their spines checked to see if they have subluxations blocking their ability to be healthy.

But we care for those who come in for less lofty reasons as well.

Thoracic subluxations and their nearby ribs can easily be corrected with gentle, thorough Chiropractic care.

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."

Community Chiropractor

Complimentary Spinal Screening

New Patient Appointments:
Tuesdays & Thursdays 1-5 pm



Adults $40 | Kids (with parent) No Charge

Oak Harbor Chamber of Commerce Building
32630 State Route 20 • Call or text 425-238-8704



OUR Community

An Upbeat Question of the week

By Helen Mosbrooker

Joyful Saying of the Week

"Many people lose the small joys in the hope for the big happiness."

-Pearl S. Buck

As a food bank director, how many people have you served this year, and what is your biggest need right now?



Good Cheer, Jonathan Kline, Langley

This year, Good Cheer's Food Pantry has served 3,362 people through more than 17,000 visits. We've also welcomed over 500 households who had never used our food pantry before this year. The number of new households coming to us is about 60% higher than it was last fall, so we're seeing more people in our community who need a little extra help putting food on the table.

With that increased need, we could really use more volunteers in the food pantry. There are lots of ways to help, and we'd love to have more people from the community come in and lend a hand. We can also use food donations, especially baking supplies, which give families more options when planning meals and making treats at home. Financial donations are greatly appreciated, too, because they help us fill gaps when we're short on certain foods and purchase what's needed to keep the pantry stocked. If you're interested in volunteering, you can email us at volunteer@goodcheer.org. Any of these kinds of support makes a real difference for our neighbors.



Gifts from the Heart, Molly Hughes, Coupeville

Year to date Gifts from the Heart has served 3,661 people at the food bank. For the 2025/2026 school year we provided 1,550 bags of weekend food to students in the Coupeville School District. We have started off the 26/27 school year strong, serving 40 students per week.

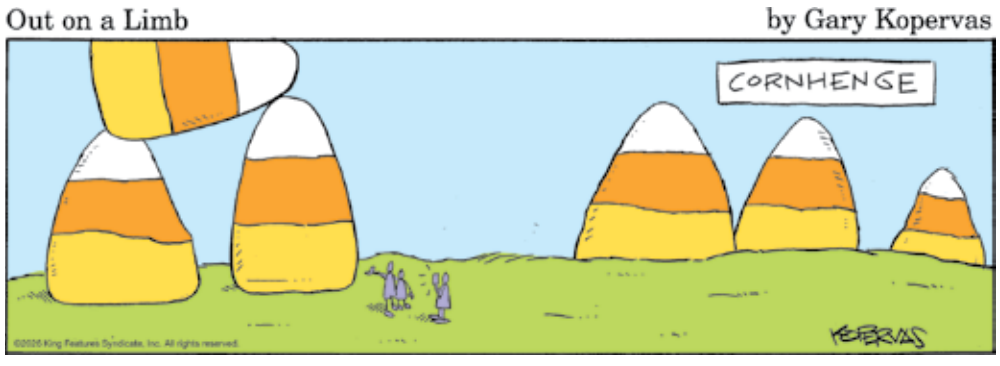
Our regular fall food drives are getting off to a slow start so we could use some food on the shelves. We always need the basics: heaty soups, chili, mac & cheese, peanut butter and jam, canned tuna, chicken and spam, cold cereal, pasta sides, pasta sauce. Food donations can be dropped off in our donation tubs at Prairie Center, Whidbey Island Bank and the Post Office in Coupeville. Cash donations are also put to good use. Did you know you can make a direct cash donation to Gifts from the Heart food bank, year-round, at Prairie Center Market? Just tell your cashier how much you want to add to your total, and it goes directly into our account! Or mail to PO Box 155, Coupeville, WA 98239. We could not do this without our community's generous support. We appreciate them!



North Whidbey Help House, Julia Candler, Oak Harbor

North Whidbey Help House is the Oak Harbor local food bank providing food to those in need help House, on northern Whidbey Island for over 49 years. From January until September 2026 we have served 10,454 people. Besides the baked goods and produce available twice per week and the emergency food bags we distribute monthly, we also give out special food "baskets" for both Thanksgiving and Christmas. These baskets contain a turkey and all the trimmings and are designed for those who cannot afford a holiday meal. We also have a holiday adoption program where individuals, churches, organizations, military and businesses are able to provide for families and/or are also able to provide monetary donation. This is all possible with the support of this caring community including our many wonderful volunteers, board of directors and dedicated staff.

Out on a Limb by Gary Kopervas



Weekly SUDOKU

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

Answer on page 12

COMMUNITY BULLETIN BOARD

To place an ad, email classifieds@whidbeyweekly.com

SERVICE DIRECTORY

FIREWOOD

Firewood
(360) 320-4316
Cut, Split, Delivered and Ready to Burn

KABAR'S
STIHL REPAIR SHOP
SMALL ENGINE REPAIR
360-429-9986

PAINTER

Island Painting WA
Interior & Exterior Painting
House Soft Wash Mildew
Roof Moss Removal Soft Wash
Interior Specials
No Job to Small
360-637-0782
islandpaintingwa@gmail.com
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TILE INSTALLATION

Whidbey Tileworks, LLC
Bathrooms, Kitchens, Flooring, and More!
360.929.1931
www.WhidbeyTileworks.com
Licensed, Bonded & Insured

PUBLIC BOARD

BARN SALE

Barn Sale This Weekend and every weekend at Salmagundi Farms

19162 SR 20 3 miles South of the Coupeville overpass on Hwy 20
9am to 4pm

Vintage fishing gear, boating and marine items, vintage paper ephemera, Artworks, Vintage furniture and decor.

Something for everyone. Welcome Friends!

WE BUY SELL &TRADE VINTAGE AND ANTIQUE ITEMS

360-678-5888

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

Whidbey Golf Club Trunk or Treat
Saturday, October 31 | 5–6 p.m., Whidbey Golf Club: 2430 Fairway Ln, Oak Harbor
Join Whidbey Golf Club for a Halloween golf cart trunk-or-treat. Collect candy, check out decorated golf carts and win prizes. Bring the family and wear your costumes for an evening of Halloween fun!

Whidbey Golf Club Holiday Market Bazaar
Saturday, November 7 | 10 a.m.–2:30 p.m., Whidbey Golf Club: 2430 Fairway Ln, Oak Harbor
Shop local vendors, find unique gifts and enjoy a festive day of Christmas cheer at Whidbey Golf Club's Holiday Market Bazaar. WGC members receive early access from 10–11 a.m., with public access from 11 a.m.–2:30 p.m. Kick off the holiday shopping season!

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?

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

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

Queen-Bee Pantry: 1638 East Main Street Suite 103 Freeland
Open Tuesday -Saturday 10-2

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+

PHONE: 360-682-8283 WHIDBEYWEEKLY.COM

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CLASSIFIED INFORMATION

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Oak Harbor, WA 98277

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Telephone 360-682-8283

PLEASE CALL WHEN YOUR ITEMS HAVE SOLD.

Please try to limit your classified to 30 words or less, (amounts and phone numbers are counted as words) we will help edit if necessary. We charge $12/week for Vehicles, Boats, Motorcycles, RVs, Real Estate Rental/Sales, Business Classifieds and any items selling $1,000 and above. We do charge $25 to include a photo. The FREE classified space is not for business use. No classified is accepted without phone number. We reserve the right to not publish classifieds that are in bad taste or of questionable content. All free classifieds will be published twice consecutively. If you would like your ad to be published more often, you must resubmit it. **Deadline for all submissions is one week prior to issue date.**