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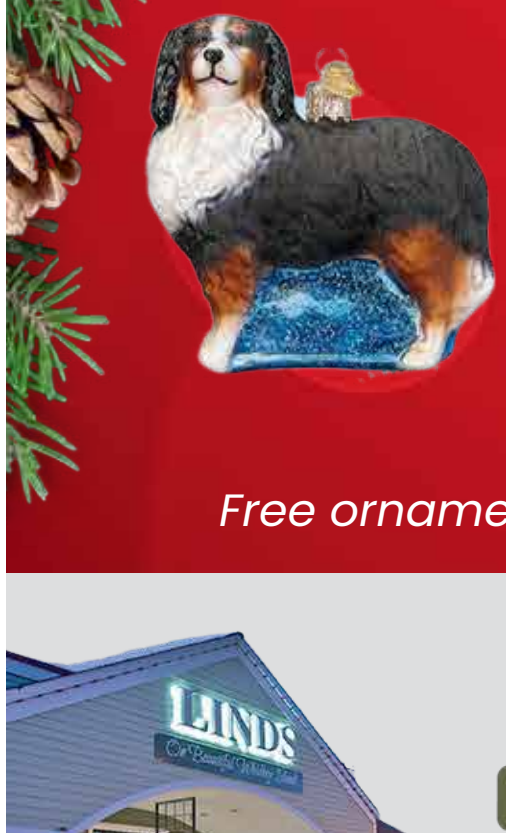
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BITS & PIECES

Whidbey Camano Land Trust's Keystone Preserve is Officially Open for Visitors!



The Whidbey Camano Land Trust is tremendously pleased to announce that Keystone Preserve, located just south of Coupeville, is officially open to the public. This widely anticipated milestone follows several years of dedicated planning and community support since the Land Trust purchased the property in 2022.

Keystone Preserve features two-thirds of a mile of Admiralty Bay shoreline and several miles of pedestrian trails, including a mile of ADA paths. Countless hours of work by staff, volunteers, and partners have gone into preparing the 216-acre preserve for public use. And with the recent completion of a new turn lane off the highway, the site is now ready to welcome visitors safely and easily.

"Since its emergency protection in 2022, Keystone Preserve has come a remarkably long way, and it wouldn't have happened without the amazing support of our community and incredible partners," said Ryan Elting, executive director of the Land Trust. "We are so happy to welcome the public, at long last, to this island gem."

Critical funding for the ADA trails and the highway turn lane came from Island County, to which the Land Trust is deeply grateful. Protection and restoration of this beautiful preserve would also not have been possible without the generous support of Washington State's Recreation and Conservation Office, Department of Natural Resources and Department of Commerce, the US Fish & Wildlife Service, US Navy, and the National Oceanic and Atmospheric Administration.

While opening day marks an exciting new chapter for Keystone Preserve, the Land Trust emphasizes that the work is far from finished. Keystone will be a living, working landscape that continues to evolve in the months and years ahead, and the community is invited to both witness and take part in that evolution.

Visitors are welcomed and encouraged to explore the forest trails, wander the shoreline, and experience the preserve firsthand.

Preserve hours will vary seasonally – currently 8:00 am – 5:00 pm until next spring.

About Whidbey Camano Land Trust:

The Land Trust is a charitable nonprofit dedicated to helping the community conserve, care for, and connect with Whidbey and Camano Islands. Visit www.wclt.org to get involved!

How to Count 4 Million Birds: Veracruz and its River of Raptors





Whidbey Audubon Society is hosting a program about bird migration with Steve Dougill on Saturday, November 14 at the Unitarian Universalist Congregation of Whidbey Island, 20103 WA-525, Freeland. The meeting is both in person and via Zoom. It begins at 4:30 p.m. followed by a brief meeting. The program is from 5:00 to 6:00 p.m. This event is free and open to the public. To attend via Zoom, register from the Whidbey Audubon Society website, whidbeyaudubonsociety.org/monthly-programs-3. Those attending in person do not need to register.

North America hosts the largest raptor migration in the world each fall in Veracruz, Mexico. But it's a lot more than just the birds of prey; there are millions of migrating songbirds and storks and pelicans and anhinga [snake bird] … and clouds of dragonflies and colorful butterflies. It's also a compelling story of the biologists who grew up in the small rural communities and the nonprofit that runs the counts, the education programs, forges conservation partnerships with local land owners, and hosts several Motus towers for tracking banded migrating birds. Dougill worked in Veracruz for a season and so will bring you the story and explain how to count millions of migrating raptors.

Steve Dougill grew up birding as a young kid in the UK, and has been keen on wildlife and conservation ever since. He worked in many different wildlife positions around the world in both paid and volunteer capacity, and now splits his time between getting paid to work with endangered birds in Southern Nevada in the summer and leading birds tours for part of the winter. In between, he bases himself in eastern Washington, close to the Idaho state border. Prior to that he lived in Bend, Oregon.

Note: *Although Whidbey Audubon usually holds its programs on Thursday evenings, it is holding this meeting on a Saturday afternoon so that those unable to attend on weekdays, may attend on Saturday afternoon.*

Photos: *Ornate Hawk-eagle and Steve Dougill*



September 16, 2026

12:17:37, Silver Lake Road
A caller reported finding a stray, medium-sized white dog without a collar. The dog had crawled underneath the caller's vehicle and would not come out.

19:28:24, Parker Road
Three pit bulls were reported running loose in the gardens at the Pacific Rim Institute. The caller was concerned because a chicken coop was nearby.

September 18, 2026

06:57:01, Ebb Tide Lane
A caller reported a 35-foot white sailboat drifting backward offshore with no apparent occupants. The caller was watching through a telescope but could not make out the boat's numbers.

07:02:43, Maxwelton Road
A stray German shepherd was found at South Whidbey Intermediate School and confined in a garden shed.

14:06:27, Fircrest Avenue
A caller reported a man parked across the street attempting to repair a Jeep Wrangler with an ax. The man was not believed to live in the neighborhood.

September 19, 2026

00:14:41, Sherwood Lane
A resident reported seeing a tent with lights on in the woods behind the house. The caller was unsure whether law enforcement was searching for someone in the area.

16:06:49, Maxwelton Road
A caller at an outdoor classroom reported hearing a knock from inside a bathroom and discovering white spray-painted words reading "WHENYOU SEE ME."

September 22, 2026

05:33:31, Mobius Loop
A caller reported receiving a phone call from someone claiming to be with the Island County Sheriff's Office, saying they had arrested someone using the caller's identity.

September 23, 2026

16:03:07, Patmore Road
A caller reported that someone claiming to be a law enforcement officer in Miami attempted to get the caller to send money. The phone number appeared to be from Illinois.

September 24, 2026

00:18:31, Deception Pass Bridge
A passing motorist reported seeing a man who appeared to be dumping items from the bridge. The man reportedly had three large bags that appeared empty afterward.

September 25, 2026

20:32:03, Woodland Circle
A resident reported that vehicles at two houses on the street had their doors open, with nobody visible inside or nearby.

September 27, 2026

18:32:21, North Sunrise Boulevard
A caller reported that a man entered a business, drank a beer, said he had recently lost his son and began taking photographs of other people's children.

September 28, 2026

10:48:36, SR 20
A caller reported receiving a death threat over the phone from an unknown number in Virginia. The caller later indicated it might be a scam.

11:18:58, North Main Street
A juvenile reportedly wanted to turn himself in at Island County Juvenile Court.

13:25:13, Imperial Lane
A caller reported that the landlord's dog had killed several of the caller's chickens.

September 30, 2026

15:28:23, Wintergreen Drive
A caller reported receiving a suspicious phone call claiming the caller had missed jury duty and had multiple bench warrants for arrest.

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

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Sketch by Tim McCants

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What's Going On?!

SOFTCASTLE 4: MINI MUSIC FESTIVAL & MULTIMEDIA EVENT
Friday, Nov. 13, 7 p.m.
Freeland Music Hub, 1694 E. Main St., Freeland

Experience an evening of live music and multimedia entertainment at Softcastle 4, a mini music festival featuring an eclectic lineup of performers. The event showcases Spooked Ruben, Jumpy, Baby Island, Phantom Guard Dog and Annie Jesperson, bringing together a variety of musical styles and creative performances. Suggested admission is $20.

A BENCH IN THE SHADE
Fridays and Saturdays,
Nov. 13-14, 20-21 and 27-28,
7:30 p.m.; Sundays, Nov. 22 and 29, 4 p.m.
OutCast Productions Black Box Theater, 819 Camano Ave., Langley

OutCast Productions presents "A Bench in the Shade," a romantic comedy by Ron Clark, directed by Amanda Goodwin. Former sweethearts Annie and Paul reunite years later at Seaside Heights Manor retirement community, where the arrival of a charming Italian actor complicates their relationship. When news breaks that the retirement home may be sold, romance takes another unexpected turn. Tickets are $20 for adults and $16 for students and seniors. All seats are $15 on Nov. 22. For reservations, email ocp@whidbey.com.

ST. AUGUSTINE'S ANNUAL HOLIDAY MARKET SALE
Saturday, Nov. 14, 9 a.m.-2 p.m.
St. Augustine's-in-the-Woods, 5217 S. Honeymoon Bay Road, Freeland

Shop for one-of-a-kind crafts, handmade gifts and seasonal treasures at St. Augustine's annual Holiday Market Sale. Visitors can also enjoy a homemade lunch while supporting local and regional charitable causes. Proceeds benefit Island Senior Resources, Helping Hand, WAIF's Nick's Crisis Care Program, Friends of Friends Medical Support Fund and Diocese of Spokane wildfire relief efforts. For information, visit staugustinesepiscopalchurch.org or call (360) 331-4887.

LET'S TALK BIOCHAR: BLUEBERRIES, SOIL HEALTH & COMMUNITY RESILIENCE
Saturday, Nov. 14, 10 a.m.-noon
Organic Farm School, 6390 Maxwelton Road, Clinton

Join the Organic Farm School and Kulshan Carbon Trust for a free community discussion about biochar and its potential benefits for agriculture. Learn about a three-year research project examining biochar's effects on organic blueberry crops, soil health and water retention. Participants can share experiences, enjoy coffee and snacks, and view a flame-cap kiln on display. Farmers, gardeners and curious community members are welcome. No registration required. Visit kulshancarbontrust.org for information.

FRIENDS OF THE LIBRARY BOOK SALE
Saturday, Nov. 14, 10 a.m.-2 p.m.
Freeland Library, 5495 Harbor Ave., Freeland

Browse hundreds of books for readers of all ages at the Friends of the Freeland Library's monthly book sale. Books are available by donation, or fill an entire bag for $20. Cash, checks, credit and debit cards, and Venmo are accepted. All proceeds support library programs, services and materials. Volunteers are also welcome to assist with setup, sales and cleanup. For information, call (360) 331-7323.

HOW TO COUNT 4 MILLION BIRDS: VERACRUZ AND ITS RIVER OF RAPTORS
Saturday, Nov. 14, 5 p.m.; doors open at 4:30 p.m.
Unitarian Universalist Congregation of Whidbey Island, 20103 State Route 525, Freeland

Join the Whidbey Audubon Society for a presentation by wildlife conservationist Steve Dougill exploring one of the world's largest raptor migrations in Veracruz, Mexico. Drawing on his field experience, Dougill will explain how biologists count millions of migrating birds and highlight conservation efforts protecting raptors, songbirds and other wildlife. This free program is open to the public, with refreshments and socializing beginning at 4:30 p.m. Attend in person or register for Zoom access at whidbeyaudubonsociety.org.

TODDLER STORYTIME
Monday, Nov. 16, 9:30-10:30 a.m.
Coupeville Library, 788 NW Alexander St., Coupeville

Toddlers and their caregivers are invited to enjoy an engaging storytime filled with books, music and movement. Through interactive stories, songs and playful activities, children can develop early literacy skills and a love of reading. A playtime or art activity may follow. This free program is designed for toddlers and their families. Visit sno-isle.org for more information.

"THE LIBRARIANS" DOCUMENTARY FILM AND DISCUSSION
Tuesday, Nov. 17, 2-4 p.m.
Coupeville Library, 788 NW Alexander St., Coupeville

Sno-Isle Libraries presents a screening of "The Librarians," a 2025 documentary directed by Kim A. Snyder, followed by a discussion with library staff. The film examines the growing national debate over book restrictions, following librarians confronting challenges to collections addressing race and LGBTQIA+ topics. Through historical context and firsthand experiences, the documentary explores the implications for education, intellectual freedom and public life. Running time is 96 minutes. Beverages and snacks will be provided.

LET'S DANCE: ENGLISH COUNTRY DANCE
Wednesday, Nov. 18, 5:30-7 p.m.
Bayview Community Hall, 5642 Bayview Road, Langley

Celebrate the holiday season with an evening of English country dancing accompanied by live music. Experience the elegant dance traditions featured in period dramas such as "Bridgerton," with all dances taught and prompted by Charlene Kern. No experience or partner is necessary, and costumes are welcome but optional. Participants are encouraged to wear comfortable, soft-soled shoes. Presented in collaboration with the Clinton, Freeland and Langley libraries.

WHY WE RECORD: DEFYING FRAGMENTATION AND ERASURE IN PALESTINE
Thursday-Saturday, Nov. 19-21, noon-7:30 p.m.; special programs 5:30-7:30 p.m.
Koneksi Co-Creative Gallery, 4777 Commercial St., Suite A9, Clinton

Solidarity with Palestine on Whidbey and Whidbey Island Friends Meeting present an exhibit exploring Palestinian experiences of displacement, fragmentation and resilience through archival photographs, visual storytelling and published accounts. Special evening programs include Messages of Hope on Thursday, Palestinian Voices featuring Maha El-Taji and Laila Taji Saliba on Friday, and A Taste of Palestine featuring traditional foods on Saturday. Raffle tickets will be available throughout the exhibit, with winners drawn Saturday evening. Admission is free; donations are welcome. Optional registration is available through TicketSource.

BITS&PIECE

BRING BRUISER HOME

A Community's Love. A Legacy Worth Remembering.

Some stories become part of a community's heart. Bruiser's is one of them.



Bruiser, the beloved lone elk whose presence and story captured the hearts of so many, deserves a lasting place in the community he came to represent. We believe his memorial should be more than a sculpture. It should be a tribute to the connection between people, wildlife, nature, and the special spirit that makes Oak Harbor and Whidbey Island home.

We are coming together to bring Bruiser home.

Our goal is to raise funds to commission a beautiful bronze and possibly driftwood memorial sculpture honoring Bruiser, creating a meaningful landmark that residents and visitors alike can appreciate for generations. We envision a place where families can pause, children can learn, visitors can take photographs, and our community can remember a story that touched so many hearts.

A Special Thank You to Sculpture Northwest

We are especially grateful to the Board of Directors of Sculpture Northwest, who have unanimously agreed to serve as the nonprofit lead for the Bring Bruiser Home fundraising campaign.

Their willingness to take on this important responsibility provides the nonprofit leadership and organizational foundation needed to move this community effort forward. We extend our sincere appreciation to each board member for believing in this project and helping make it possible.

The fundraising effort will continue under the leadership of Therese and John Kingsbury of Sculpture Northwest, with dedicated support and collaboration from Cynthia Mason and JR Russell.

Together, this team is committed to building a thoughtful, transparent, and professionally managed campaign that brings our community together around a shared vision.

Every Contribution Makes a Difference

Whether you give $25, $100, $1,000, or become a major campaign supporter, your generosity brings us one step closer to making this vision a reality.

Donations can be sent to our PO Box at: Sculpture Northwest, PO Box 417, Oak Harbor, WA 98277

Every donation represents a vote of confidence in our community, our shared memories, and the importance of creating lasting public art.

Please consider making a contribution and sharing this campaign with your friends, family, and neighbors. We invite businesses, organizations, and individuals throughout Whidbey Island and beyond to become part of Bruiser's story.

Let's bring Bruiser home. Together, we can create something beautiful that will last for generations.

With gratitude,

The Bring Bruiser Home Campaign Team

Sculpture Northwest | Therese & John Kingsbury | Cynthia Mason | JR Russell

Donations can be made online by scanning or visiting:
http://spot.fund/kqz28tcsc





Life Tributes

Joe Thomas Collier

December 14, 1931 - October 26, 2026



Please join us as we celebrate the life of Joe Thomas Collier, a beloved husband, father and affectionately "The Master Chief." Joe passed away peacefully, surrounded by his loving family and the peace of God on October 26, 2026, at the age of 94.

Joe was a man who loved his family and friends and loyally served his county for 30 years having sailed off with the Navy right out of high school in 1948. And he loved every minute of it.

Joe started life in Self-Creek Mississippi in 1931. He attended public schools in Starkville as well as Forest County Agricultural school where he studied farming and animal husbandry and graduated from Artesia high school while serving in the National Guard.

Joe was very outgoing and social. Time and again others have said within 5 minutes of meeting Joe, you feel a connection, enjoy a big smile and find yourself looking forward to a good cup of coffee with Joe.

Joe is survived by his loving wife of 74 years Billie Faye, three 3 sons Thom, Phil and Jeff; Thom's spouse Mary and Phil's wife Kathi and 5 grandchildren and 6 great grandchildren.

Joe had a good heart. He lived a full and adventuresome life leaving nothing on the table:

- Joe helped neighbors with finances and home repairs.
- He often rented his properties below market and was appropriately patient about rent.
- Joe was a Certified Atomic Veteran who witnessed the first hydrogen bomb test at Bikini Atoll.
- Joe and his friend Jim barely escaped with their lives after encountering bandits on a road trip in Mexico.
- Joe ventured tens of miles offshore of Mexico in a 16-foot open aluminum boat catching sailfish, Dorado and whatever else was biting. Joe generously shared his catch with local residents who loved to help him launch his boat and eagerly awaited his return.
- Joe navigated the treacherous waves on the Columbia River bar, braved the fog and dodged barges and freighters up and down the Washington coast while catching salmon, sea bass and halibut.
- An avid life-long fisherman, Joe loved taking people fishing with him. He did not hesitate to cut the bait, set the hook or clean the catch for you. Best of all, Joe dished up the best fish dinner you ever tasted.
- Joe loved traveling. He crisscrossed the US from one end of the country and one end of the globe to the other. The Navy sent him to the North Atlantic, the north pole, Bikini Atoll, New York City, Hawaii, San Diego, White Sands Missile Range NM, Midway Island, Australia, and Whidbey Island.
- Joe and Billie Faye roamed in their RV to Canada, California, Maine, Texas, Mexico, Alabama, Florida, and Mississippi. They enjoyed Yellowstone, Mt. Rushmore, the Grand Canyon and a hundred other attractions. When a rabid bobcat invaded one of the campgrounds, Joe sprang into action and shot it mid-air as it lunged at a fellow camper.
- Joe stayed close to his siblings and cousins. Joe and Billie Faye met up with family in Gulf Shores AL year after year for oysters, shrimp, games, beach walks and all you can eat buffet – "where you got your money's worth!".
- And if that wasn't enough – he was a contestant on the Price is Right with Bob Barker in LA! He enjoyed it all.

Billie Faye watched over Joe until the very end. They were blessed with loving caregivers in Joe's final years who went above and beyond to make him comfortable and feel loved. We thank God for spending such special people into their lives.

Above all we will miss Dad's laughter, energy and confident glow. He is forever in our hearts. We take comfort knowing we will see him again and joyfully sing the refrain . . . "When we all get to heaven what a time of rejoicing it will be".

We love you, Dad. Let's rejoice again.

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THE ILLUSTRATED BIBLE
But He gives more grace. Therefore He says: "God resists the proud, but gives grace to the humble." Therefore submit to God. Resist the devil and he will flee from you. Draw near to God and He will draw near to you.
JAMES 4: 6-8



"The Devil or the New Jersey Dance" (1797)

St. AUGUSTINE'S-IN-THE-WOODS
HOLIDAY MARKET
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SENIOR NEWS LINE

by Matilda Charles

Covid -- getting through another winter

Covid is still not gone. As of right now, it appears to be likely declining in 15 states, not changing in 24 states -- and growing in 10 states. We know what this means. As we spend more time indoors, as we travel and get together with others over the holidays, the risk of Covid increases as it spreads.

Now we come to the question we ask ourselves every year: Should we get another Covid shot? The three manufacturers have been busy creating a vaccine for the current variety of Covid out there -- the JN.1-lineage XFG variant. At this point it's approved by the FDA, and it's recommended by the CDC that those 65 and older get it.

However, the CDC is not your doctor. Your healthcare provider knows you and knows your history and is the one to advise you about any medical care you get, including a Covid shot.

We have a few years of experience avoiding Covid, but a few reminders can help reduce our risk.

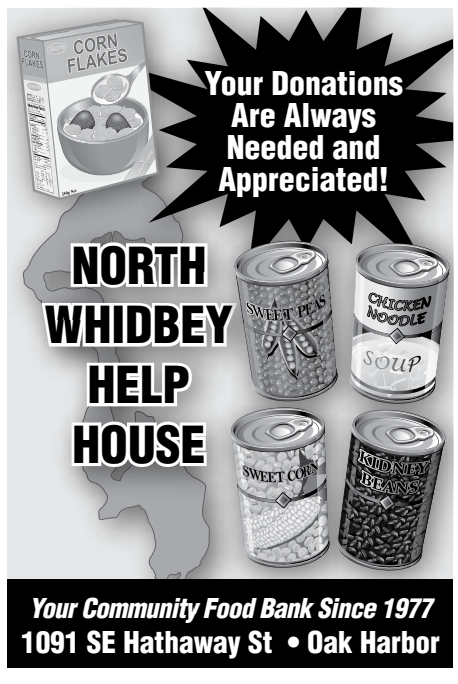
Wear a mask if you're in a crowd, or even in a fairly empty grocery store. (Covid germs can linger in the air for a few hours.) Check to see if you have plenty of masks.

Consult your healthcare provider in advance about antiviral treatments. These need to be taken within days of initial symptoms, should you test positive. Get tested as soon as you have symptoms.

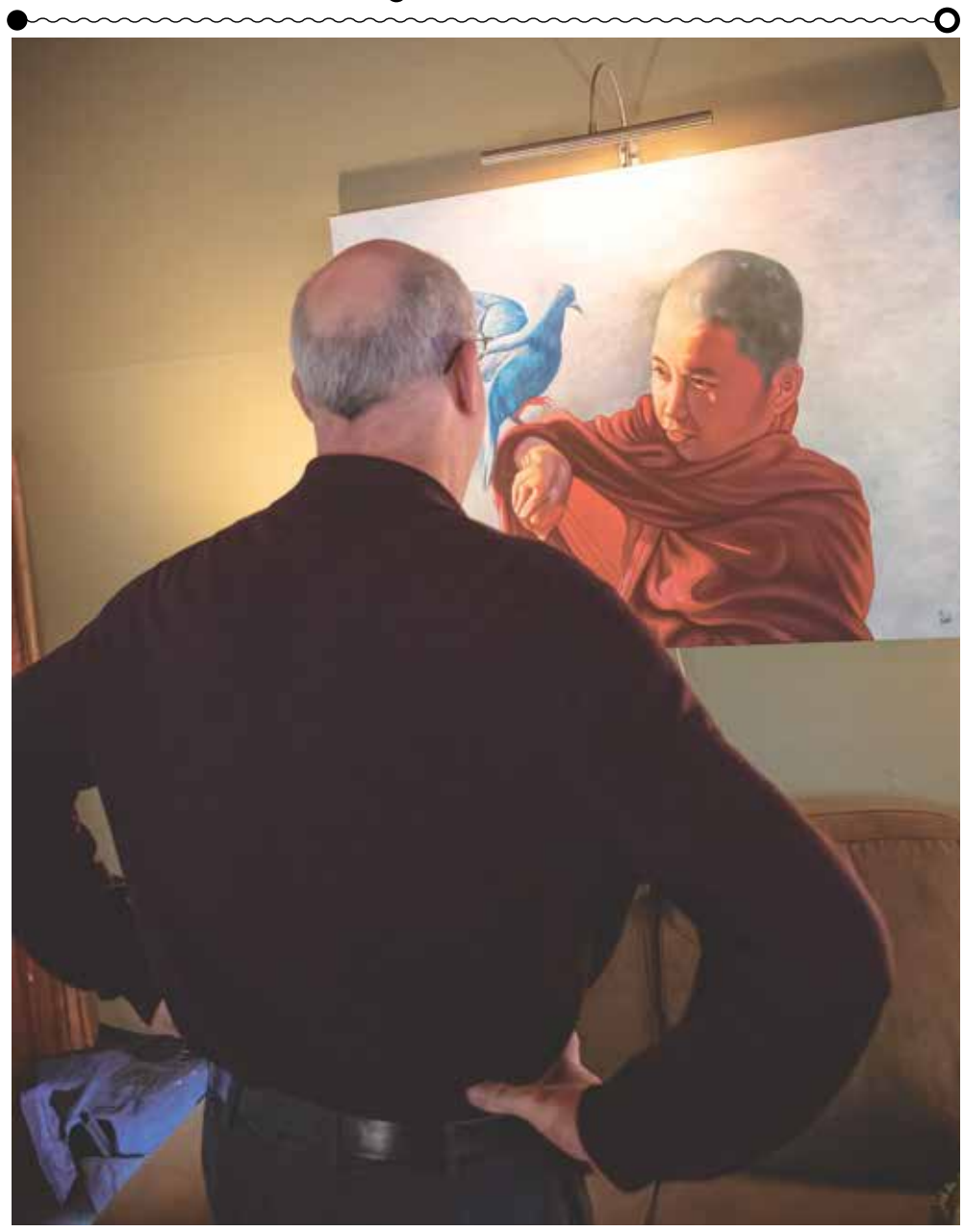
If you still have a stash of at-home Covid tests, check the expiration dates. Many of the old tests have been extended, but call the manufacturer to ask about your specific test. Best bet: Buy new tests to be sure.

Another little factoid courtesy of research by the CDC: While seniors were a smaller percentage of the total number of people who had Covid, seniors accounted for a much bigger percentage of those who had Covid, seniors accounted for a much bigger percentage of those who had severe outcomes and death from Covid.

Whidbey Weekly
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Geezer Island



by Charles LaFond

Island Fundraiser, Potter, Author, and Essayist

We playfully call this Geezer Island. The word "geezer" is a playfully disparaging word for an aging man. Someone, well, like me! But I don't take offense because I love the age I'm living in now.

And, of course, if you're very wealthy, it's Fantasy Island.

We don't like talking about aging, which is why nobody really does. I mean, sure, Meals on Wheels are delivered, and questions are answered, but there's no place to gather for classes on aging, seminars on aging, or conversations about aging. There's no center where people can talk about aging in general. The topic of aging seems banned. There are support groups, sure, but they are for dementia, death, and other more dramatic illnesses. And yet, in my experience, aging itself can feel at times like an illness. Death is a disease one can feel coming on. But I don't think it's all doom and gloom. Yes, we must figure it out ourselves, given that nobody really gathers us. But we can figure it out because billions of people have gone before us and written about it.

Few like reading about aging because that's for "those people." Few like talking about aging because it's scary. But what I find is that the things we won't talk about are the very things that are most dangerous. Child abuse, for example, rape, elder abuse, spousal abuse, and aging are all things discussed behind the woodshed, but not out in the open.

We don't live in a society that honors wise elders the way Native American, Asian, and African families do. People assume that if you limp, get sick, or have an illness that's ongoing in your 60s, you're disposable. And of course, there are many aging seniors on this island whose phones never ring and whose doorbells never sound, and who feel very disposable. I remember, as a child of 5 years old, going to my great-uncle's home. It was vast, with so many interesting things from such an interesting life. But he was of great age. He couldn't talk, and he smelled very bad, no matter how hard they washed him. He couldn't see or hear very well, so we visited for only a few minutes once a month. If I could, I would go back in time, sit with him, and beg him to tell me everything I wish I knew now. What are the things I wish he had told me about aging?

1. There are emotional and psychological changes that adapt to the body's needs.

2. As serious illnesses grow among friends, mortality can feel immediate, which helps one not to postpone meaningful parts of life.

3. One's own health care becomes a part-time job, with recovery taking longer and activities requiring some adaptations.

4. Our concerns shift from family and career responsibilities to independence, mobility, cognitive health, and caring for those we love. We simply don't care what people think anymore, which is a massive benefit to aging.

5. Investing in and maintaining relationships is the most profound act of healthcare one can engage in and must take priority.

6. We all feel younger than we look in the mirror.

7. When we gather as aging seniors, we tend to discuss our health and what's breaking down. A friend of mine calls this "the organ recital." We recite our organs' failures. But there's another option: for aging seniors to meet and spend time with young people to pass on our wisdom, experience, and knowledge.

8. Aging seniors become more comfortable listening than we were when we were young.

9. Aging is not just loss, but can also bring authenticity, calm, wisdom, rest, and gratitude to our lives in ways it never did when we were younger.

10. Successful aging does not mean getting cranky or despondent. Successful aging means adapting, staying rigorously curious, keeping a sense of humor, and staying engaged in relationships.

So, don't despair after 60. Rejoice, because elderhood is a privilege and aging makes us wise. The world needs wisdom.

A LITTLE CLAY, A LOT OF WISDOM



by Auston Reisman

Father, Farmer, Artist, Builder, Compost Cultivator

Sometimes the best way to reconnect with the earth is to get down on it, literally. Children have a wonderful ability to remind us of things we have somehow complicated as adults: where our resources come from, how we treat the natural world, and why gratitude matters. What started as a simple art project with a group of elementary school students turned into a much bigger lesson for me about clay, resourcefulness, and our relationship with the earth.

The South Whidbey Alternative Learning Experience (ALE) provides a wonderful setting for this kind of exploration. The public-school program blends home-based learning with optional classroom instruction for students in grades 1 through 8, encouraging families to take an active role in their children's education.

My mother, Dianne, who has an extensive background in graphic design and art, volunteers once a week teaching the first- and second-grade students. I've also enjoyed helping with open play and art projects. I've always felt that children are a wonderful gateway back into learning, especially when it comes to reconnecting with nature. With my background in ceramics, I thought it was time to bring a little clay into the mix.

I remember how grounding working with clay was for me in high school. There was something about putting my hands into the earth that brought me back down when life felt a little weightless. During a casual conversation after yoga, I shared the idea with another parent and friend, Bryn McAfee, a nature-based youth mentor and educator. She immediately volunteered to help, and before long, our little idea became a collaborative project with Dianne.

We wanted to introduce the children to clay not just as an art material, but as a resource that comes directly from the earth. On a beautiful, sunny November day, we gathered outside for an exercise in connection. Everyone lay on the ground, imagining themselves sinking into the earth, with a ball of clay in each hand. We explored our connection to the soil beneath us and the materials we take from nature.

The children were introduced to two different ways of harvesting clay. One involved commercial extraction, with massive machinery taking resources on an industrial scale. The other involved asking permission, taking only what was needed, and expressing gratitude through small offerings. We acted out both approaches and invited the kids to share their thoughts. Their reflections on respect, reciprocity, and our relationship with the earth were surprisingly profound.

Afterward, the children made pinch pots to hold little objects representing gratitude during the season of giving thanks. Their observations left me wanting to explore the subject further. I became so distracted that I put off planting the garlic bulbs for the third time. Garlic can wait when there is a good clay contemplation happening.

The exercise got me thinking about where the clay in our favorite coffee mugs and pottery bowls actually comes from. Commercial mining uses heavy machinery to extract enormous quantities of clay, often disturbing habitats and contributing to erosion. The material is processed and transported around the world. It's consistent and convenient, but that innocent-looking coffee mug has quite an environmental backstory!

Washington's geology, shaped by volcanoes, glaciers, and tectonic activity, has created a patchwork of smaller, varied clay deposits rather than the massive, uniform deposits found in other parts of the country. This offers local potters an opportunity to explore regional wild clays and develop a closer relationship with the materials beneath their feet.

Wild clay requires more work. It must be dried, broken down, soaked, strained, dried out a bit, and re-wedged (kneaded almost like dough) before it's ready to use. It can also surprise you in the kiln. Sometimes it cracks or changes color. But perhaps that's part of the beauty of it. Life doesn't always turn out the way we dream it will, and maybe we're better off learning to appreciate what we have in the moment, cracks and all.

As a potter, I rely on consistency for production work, but I've decided to start sourcing Washington clay for future projects rather than relying entirely on commercially supplied material. It's a small drop in the ocean, but I believe resilient local economies begin with small, intentional choices. As the familiar saying goes, "be the change you want to see in the world."

Thinking back to those two clay balls, I realized we weren't simply teaching children how clay is harvested. We were exploring how we relate to the resources around us. We can take without thinking, or slow down, understand where something comes from, and consider what we give back.

What began as an exercise to teach children about clay became a lesson for me. Sometimes learning happens lying in the grass with a ball of dirt in each hand, listening to a seven-year-old explain something you thought you understood but had somehow missed the point.

I'm continually grateful for the amazing children in our community. If we give them time to explore, reflect, ask questions, and, most importantly, actually listen, we might discover that they aren't just our students. They are some of our greatest teachers.



"There's more Christmas cheer in the car!"



Trivia test by Fifi Rodriguez

1. U.S. STATES: What is the capital of South Carolina?

2. GEOGRAPHY: Which country is home to Mount Kilimanjaro?

3. COMICS: Who is Wonder Woman's mother?

4. FOOD & DRINK: What is kombucha?

5. MOVIES: What is the main family's name in "The Godfather" movies?

6. LITERATURE: Who is the author of the novel "The Martian"?

7. MATH: How many sides does a heptadecagon have?

8. TELEVISION: What is the name of the women's prison in "Orange is the New Black"?

9. GENERAL KNOWLEDGE: What are espadrilles?

10. HISTORY: What was the main marketplace in ancient Greece called?

Answers

1. Columbia.
2. Tanzania, Africa.
3. Queen Hippolyta.
4. Fermented tea.
5. Corleone.
6. Andy Weir.
7. 17.
8. Litchfield Penitentiary.
9. Summer footwear, usually made of canvas.
10. The Agora.

Poetry on Whidbey

Benches

Benches here, benches there
On Whidbey benches everywhere.

Some have words that catch the eye
Engaging thoughts of the passerby.

Stopping here to hold in time
Memories carved in bold design.

So take a rest, enjoy the view
Benches here for me and you.

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HEALTH CORNER



By Dr. Darlene Castle
Chiropractor

DON'T PLAY DOCTOR



Chiropractic is the one health care system that doesn't rely upon patients playing doctors.

In other professions, a person is expected to do a little self diagnosing. You call or enter a website to make an appointment and are immediately asked the reason for seeing the doctor. What's wrong? What hurts? Where? Why do you think you should see a doctor?

You're usually expected to have an ache, pain or other symptom before showing up.

Not Chiropractic.

In Chiropractic, your symptoms don't matter.

What?!!!!? You don't care how I feel?

That's not what I said. I said how you feel doesn't indicate how you are—in Chiropractic care.

As a Chiropractic patient, you soon learn the whole purpose of having spinal adjustments is to establish control between your brain and your body. Nerves at the spine are the brain's communication links with every cell. Those lines get interfered with when spinal bones put pressure against them. Those misalignments, called subluxations, are what your Chiropractor is interested in.

You can't feel it. You don't know when or if you have a subluxation.

The only way to know if you have one is to have a Chiropractor feel your spine. Your symptoms don't help this process.

It's a different care model and grasping the difference can take awhile. Remember this when it comes to subluxations:

- You don't know if your spine is subluxated
- You don't know where your spine is subluxated
- You can't fix it yourself

So how do you know when to go?

When your Chiropractor locates and corrects subluxations in your spine, he feels how your body reacts to that adjustment and is able to determine when you will likely need another correction. This "plan of care" is an estimated schedule for correcting the problems.

In the beginning it usually means scheduling several visits per week. This reduces over time until you reach a stage called maintenance care.

When tissues heal around the area and muscles become stronger, they begin "holding" the vertebrae in healthy positions so nerves are no longer impinged.

Your Chiropractor will detect the adjustments require less force, that fewer corrections are needed and will recommend fewer visits.

Your body is working better. You are healthier.

That's what we are aiming for! And hopefully, it's what you are wanting as well.

Your role as a Chiropractic patient is to understand the process so you're on board with it and then just show up.

Go to your Chiropractor. Have your spine checked and adjusted. Hear when you need to return for more care. Follow the treatment plan.

That's the simplicity and beauty of Chiropractic care. No need to give reasons for your appointment. No need to play doctor.

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

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Dr. Darlene Castle, Chiropractor

Oak Harbor Chamber of Commerce Building
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VETERANS ★ POST ★

by Freddy Groves

Improvements at the VA

This year alone, over 300,000 of us have enrolled in VA healthcare. We've seen the progress that's been made at the VA in all areas, making it more focused on customer service and being more convenient for us, truly making it Veterans First.

They've opened 43 new healthcare clinics across the country, in 25 states and Guam. Ohio led the pack with four new facilities, while Virginia and South Carolina got three each.

The newly signed up veterans completed or scheduled 1.8 million appointments, and 16,000 of those were emergency care visits. Mental health saw 420,000 appointments.

Since the beginning of 2025, they provided over 3 million appointments outside of normal hours, with early morning, evening and weekends made available for veterans' convenience.

They approved and arranged for nearly 60,000 community care appointments.

They've approved the expenditure of $5 billion to improve the healthcare facilities, which includes everything from elevators to electrical systems to the computers that keep track of health records.

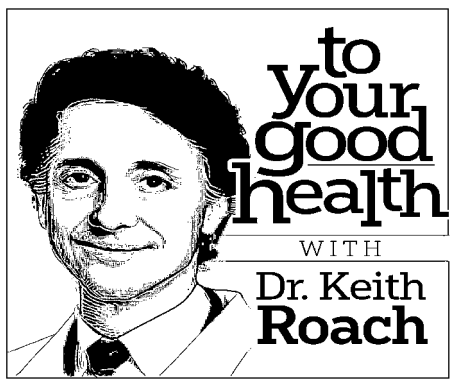
But healthcare isn't the only area seeing improvements at the VA.

They've cut the time to process disability claims down 46% since 2025, the highest number ever reached. This year alone they processed over 3 million disability compensation claims, a record number.

Over 50,000 homeless veterans found permanent housing since last year. The Getting Veterans Off the Street initiative worked, with every VA healthcare facility hosting events designed to find homeless veterans and offer housing, behavioral health services, VA benefits and healthcare.

To learn more about the VA and what is available to veterans, see choose.va.gov. You'll find information on VA benefits such as education and careers and financial benefits including life insurance and pensions. You can also call 800-698-2411 or see the various methods of making contact at www.va.gov/contact-us. They're open 24 hours.

If you need to find a VA location near you, see www.va.gov/find-locations.



Woman Succumbs to a Prion Disease, AKA 'Mad Cow Disease'

DEAR DR. ROACH: Have you ever discussed prion disease in your column? It afflicts one in 1 million people, swiftly kills its victims in a matter of days, and is incurable. People commonly know it as "mad cow disease." I recently lost a great friend to prion disease, and she truly was one in a million. It's a nightmare to endure. — *R.*

ANSWER: There are three different prions that affect humans with various ways in which a person can acquire the disease. Of these, the most common is Creutzfeldt-Jakob disease (CJD), which I assume is what you're talking about.

The most common form is called sporadic CJD (sCJD), which is thought to be caused by a person with a mutation in the PRNP gene. This causes a protein (a prion protein) to be misfolded, which, in turn, causes normal prion proteins to be misfolded. These abnormal proteins are deposited in the brain and interfere with normal brain activity, causing many different symptoms (especially dementia but movement disorders as well).

sCJD affects approximately one per 1 million people. Rather than days, death occurs in a span of about six months, but usually not longer than a year. You're correct that there isn't a cure.

"Mad cow disease" is called variant CJD (vCJD). There have been just over 200 cases that were ever reported in the world's literature, mostly from the United Kingdom. It's caused by eating meat from a cow with a very similar disease — bovine spongiform encephalopathy.

vCJD is similar to sCJD clinically. The most recent reported case was from a lab worker in 2021, and there haven't been any cases that were reported from animal exposure since 2014. There's also a rare familial form of CJD, called fCJD.

CJD can also be spread through medical procedures. Decades ago, hormones were acquired from the pituitary glands of cadavers, and the lining of the brain from the cadavers was used in surgery to repair damage to a person's meninges (called a dural graft). It doesn't appear that any cases have been transmitted this way since 1985.

I'm very sorry about your friend. Degenerative neurological diseases, of which there are many (but most are fortunately rare), are horrible for patients and their loved ones to endure.

***

DEAR DR. ROACH: I am 71 years old and have osteoarthritis in my wrist and knee. My creatinine level is 1.09 mg/dL. (My urine-specific gravity test came out to 1.028 at the time.) A single 400-mg tablet of ibuprofen controls my discomfort. Are my kidneys at risk if I take 400 mg of ibuprofen about three to four times per week? — *S.T.*

ANSWER: Ibuprofen, like all anti-inflammatory drugs whether they're over-the-counter or prescription, can cause damage to the kidneys. But the damage is dose-dependent for any given drug, and some are more dangerous to the kidneys than others.

Ibuprofen is in the lowest-risk category when it comes to the kidneys, and a dose of 400 mg three or four times a week is definitely on the lower side. So, I'd say you're taking a dose that's unlikely to cause much harm to your kidneys.

A creatinine of 1.09 mg/dL is on the higher end of the normal range, and in a person who's 71, it suggests a minimal (if any) decrease in kidney function. A urine-specific gravity test is a measurement of how concentrated the urine is.

A specific gravity test result of 1.028 is quite high and suggests that you aren't getting a lot of fluid. This makes your kidneys have to work harder, which, in turn, increases the likelihood of kidney damage from ibuprofen. So, you should be taking in more water for optimal kidney health.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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

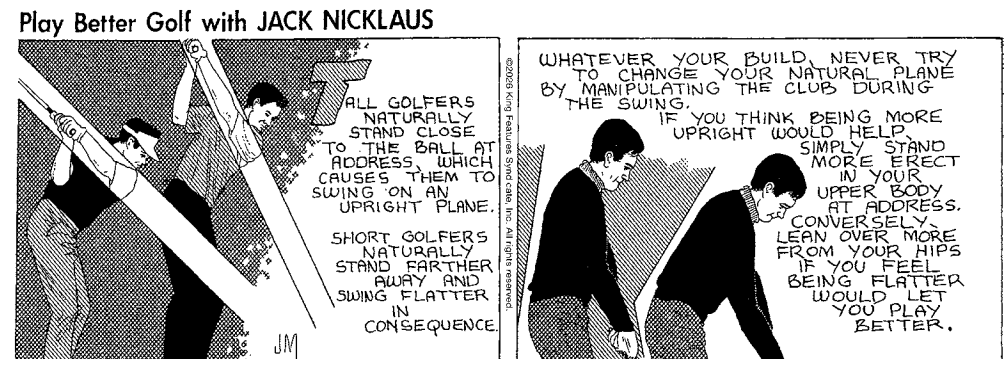
Friday, November 20
SVC Women's Basketball – Yakima Valley @ Skagit Valley College
6 p.m. tipoff

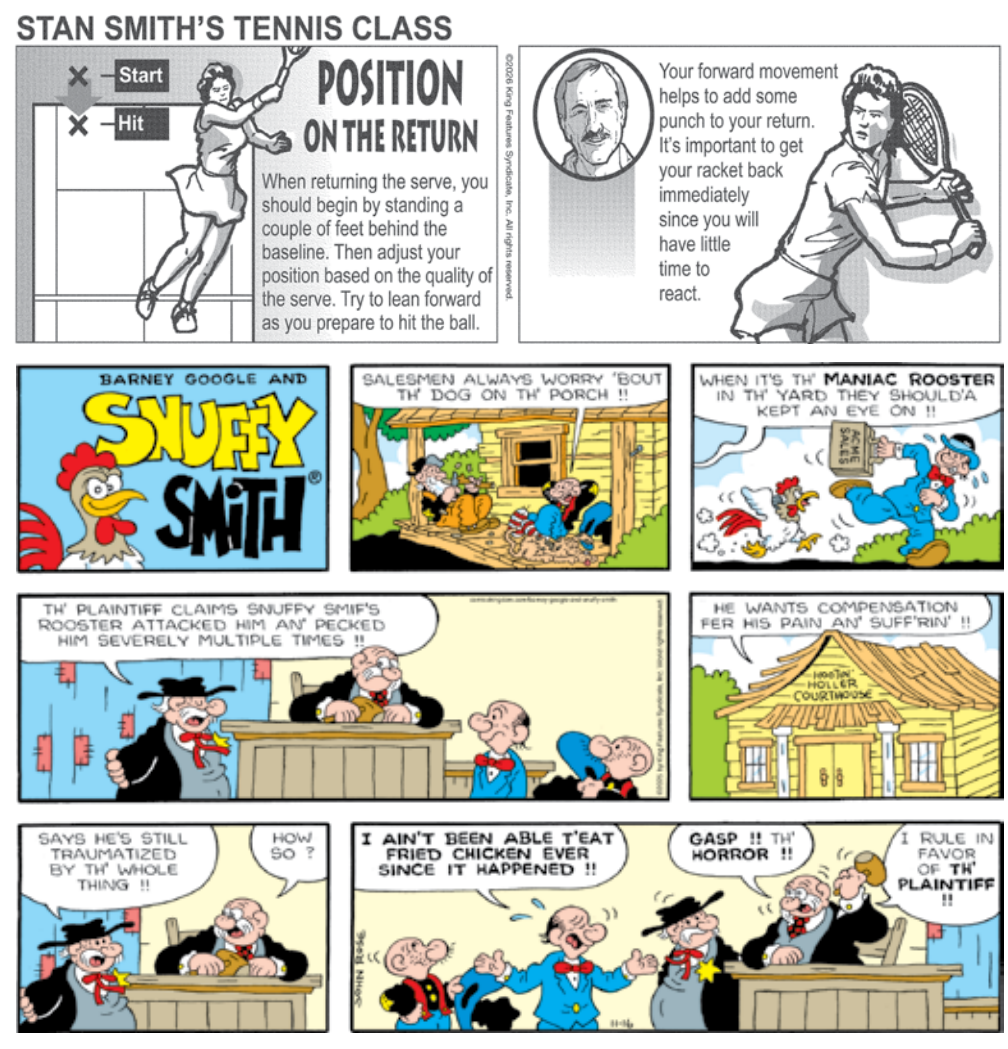
Friday, November 20
SVC Men's Basketball – Green River @ Skagit Valley College
8 p.m. tipoff

Sunday, November 22
SVC Men's Basketball – Pacific University JV @ Skagit Valley College
3 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/







Astrology for November 13-19 2026

Mercury and Venus Station Direct, Rare Mars/Jupiter/South Node Conjunction in Leo

On **November 13**, Mercury stations direct in Scorpio at 5°. All topics are now fair game. Information comes to light. Important conversations are now on the table. We have been reviewing and reorganizing our thoughts, mental perspectives, and conversation styles since Mercury stationed retrograde back on October 24. Whatever has been on your mind since then may finally show signs of moving forward. Scorpio deals with the deeper psychology behind our desires, why we want what we want. It deals with secrets, hidden information, sex, and emotional intimacy. It can point to where resentment festers under the surface or where jealousy motivates action. Today and in the weeks that follow, these sensitive topics get their long awaited air time. Mercury will leave it's post-shadow, the degree where it began its retrograde on November 30. Topics that surface now may stick around prominently through this time. This moment has some interesting aspects. Mercury stations direct exactly square to Juno in Aquarius at 5° and within a close square to Pluto in Aquarius at 3°. This puts relationship talks front and center. Power dynamics within relationships are highlighted and called out. New terms of contracts are pitched in both romantic and business agreements. The element of Aquarius invites consideration of the unconventional in order to move forward with or decline offers. What part of your birth chart contains Scorpio? What has been on your mind since October 24? Answers are surfacing.

In the evening on **November 13**, Venus stations direct in Libra at 22°. Double direct day! Venus has been retrograde since October 3, prompting a deep reevaluation in the realm of relationships, values, and finances. How have your standards shifted? How have your values changed? These updates will begin to unfold in the coming days and weeks. Clarity about what you value, or where you stand in a relationship will not longer be so obscure. Deep contemplations and renegotiations about terms of agreements in business and romantic partnerships will soon pay off as Venus moves forward well informed by events that have taken place since October 3. Venus retrograde occurs in about the same place in the sky every eight years. Think back to the experiences of October and November of 2018. How are you finally graduating those themes in relationships, contracts, connections, and self-value? Pat yourself on the back, its been a long journey. We are moving on now and the road ahead is paved with the values we've solidified.

November 15-19 has an energy all its own with Mars/Jupiter/South Node conjunctions happening back to back, while simultaneously moving through squares from the Sun in Scorpio. Each day is a powerhouse, but the aspects will blur together and be felt collectively all week.

On **November 16**, Mars conjuncts Jupiter and the South Node in Leo at 25°. This is major astrology. This conjunction has not happened and will not happen again in our lifetime. There is incredible momentum for a major release. In the sign of Leo, this will point to a fall from grace for those in the limelight with a flimsy backbone, shoddy integrity, and inauthentic performance. Major celebrities and people in power exposed. In our personal lives, the ways in which we perform for attention or validation will be unveiled. A new level is seen, it gives us the "ick" and our opinions and stances forever altered. This aspect immediately following the double direct clarity of Mercury and Venus is incredible. No more wool over our eyes. No more rose colored glasses. When the South Node is involved, the past and its influence is prominent. People, places, patterns - all that we have worked to let go of is getting flushed down the cosmic toilet to make space for a brand new landscape. Scour for any place you feel resistant to say goodbye. The lights are coming on and its last call to wonder why. Overall, this transit is so strong that we are likely to feel a sense of relief to finally be done with (insert your own karmic fixation). Jupiter's presence suggests benevolence, good fortune, and important learning. Although it may be uncomfortable, this is a helping hand from the cosmos to make sure a book is closed for good.

On **November 17**, the Sun in Scorpio squares the North Node in Leo and South Node in Aquarius at 25°. This may be the day (or the week) that feels we are at a personal crossroads, or the moment we look back on and say this is when we made the call. The Sun represents our vitality, our identity, the things we are here to express in this precious life we've been given. Squares incite action through conflict or challenge by presenting a problem or an issue. We are forced to make a choice and that choice becomes consequential. A major decision propels us in our next direction. The North Node in Aquarius points to the unconventional, the pressure to innovate, to rebel against any barriers to our freedom. As the South Node is conjunct Mars and Jupiter in Leo, there is a tremendous weight on releasing the past. Today will likely involve significant friction. What we are used to is no longer viable, and the unfamiliar is unknown and unstable. Which path will you choose? Fate is at work. Your choice will alter destiny. These themes continue to intensify as on November 18, the Sun in Scorpio squares Jupiter in Leo at 26° and on November 19, the Sun in Scorpio squares Mars in Leo at 27°. The Sun square Jupiter may have confidence and optimism on high, but there is a need to remain grounded and aware. Do not promise more than you can deliver. Give yourself grace and space in this time of major transition. The Sun square Mars will kick up adrenaline and possibly tempers. You may feel incredibly productive, action-oriented, and ready to rumble. But in the context of this week, choose your battles wisely. Anything that feels forced will feel like hell. Loosen your grip. Let fate show you what's next. We are all moving on both personally and collectively to new assignments.







November 13th – November 19th : The Lovers.

Ooof, this card was putting off some heat when it turned over; unconfinable energy, which spent too long within diminishment before coming to the realization of its cage and now refusing to be made small or quiet once again until it feels fully expressed. The card is just voicing its representation at the moment, love. It is a mirror; look within. This week feels like taking a bite of something proffered and unexpectedly realizing it was three notches above your spice level, jarring your senses into rapid expansion, all in the most excitable way.

Two personal planets have turned in forward direction, again, after a ravaging of the depths for many weeks; and we find ourselves on the other side of numerous potent energetic occurrences cloistered closely, finally opening to a rush of bounty for harvesting from the soil we've fervently tended, often having doubted the working would come to fruit. This week, answers to questions you asked, responses to queries you submitted, offers and associations you pursued, all days, weeks, months ago, suddenly seem to rush you at once, and not just in inbox form.

Folks exhibit uncharacteristic boldness in approaching strangers with fair intentions while seeking lasting connection, and appetites of various palates are enflamed. Our eyes bulge at the buffet laid lavishly before us, yet are often bigger than the capacity of our stomachs, thus remember to take the courses one bite at a time, and breathe to ground in your present moment. The sun feels to be shining upon your face; much appreciated after feeling cold darkness in many ways for far too many days. And blessings, introductions, reunions, and progress feel expeditiously driven by divine hands after an overly long delay comes to sudden movement.

Please note, that although you perceive the bridge unstable, or even absent, spanning the chasm between yourself and that which you desire, the task at hand is your willingness to step gingerly upon the mica, placing faith the way will hold in your pursuits, placing faith in yourself to finally recognize alignment from familiar patterning, after extensive introspection has hollowed you during recent retrograde phases this autumn.

What if you actually gave yourself permission to receive this respite? You've certainly earned it, and in more ways than the hard work you feel expected of you. ~Xo, Tiffany

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

More goodies offered here: https://linktr.ee/tiffanyfitzpatrick

WEEKLY HOROSCOPES

ARIES - Mar 21/Apr 20
A sudden change in plans may test your patience this week. What initially feels like an obstacle could reveal something you've been overlooking. Resist the temptation to force an outcome. Sometimes the best progress happens when you allow circumstances to unfold.

TAURUS - Apr 21/May 21
A familiar relationship may begin to feel different, though you might struggle to explain why. Pay attention to the small shifts in conversation and behavior. Not every change signals trouble. Some simply indicate that people are growing in unexpected directions.

GEMINI - May 22/Jun 21
An idea you've been entertaining may finally deserve more than passing consideration. Before sharing it with everyone, spend some time exploring its possibilities. Enthusiasm can open doors, but a little preparation will help you recognize which ones are worth entering.

CANCER - Jun 22/Jul 22
Something from your past may resurface in an ordinary moment, bringing unexpected clarity. Rather than dwelling on what might have been, consider how your perspective has changed. The same memory can carry an entirely different meaning when viewed through older eyes.

LEO - Jul 23/Aug 23
You may find yourself in a position to influence an important decision. Choose your words carefully, especially when others are looking to you for direction. Confidence is valuable, but knowing when to listen can make your leadership even more effective.

VIRGO - Aug 24/Sept 22
An unfinished task or lingering obligation may demand your attention. Although you'd rather focus on something new, taking care of loose ends could bring unexpected satisfaction. A clear mind often begins with clearing away the things you've been avoiding.

LIBRA - Sept 23/Oct 23
Someone may seek your advice about a situation that has no easy answer. Resist the urge to smooth over uncomfortable truths simply to preserve harmony. Kindness and honesty can exist together, even when the conversation requires a little courage.

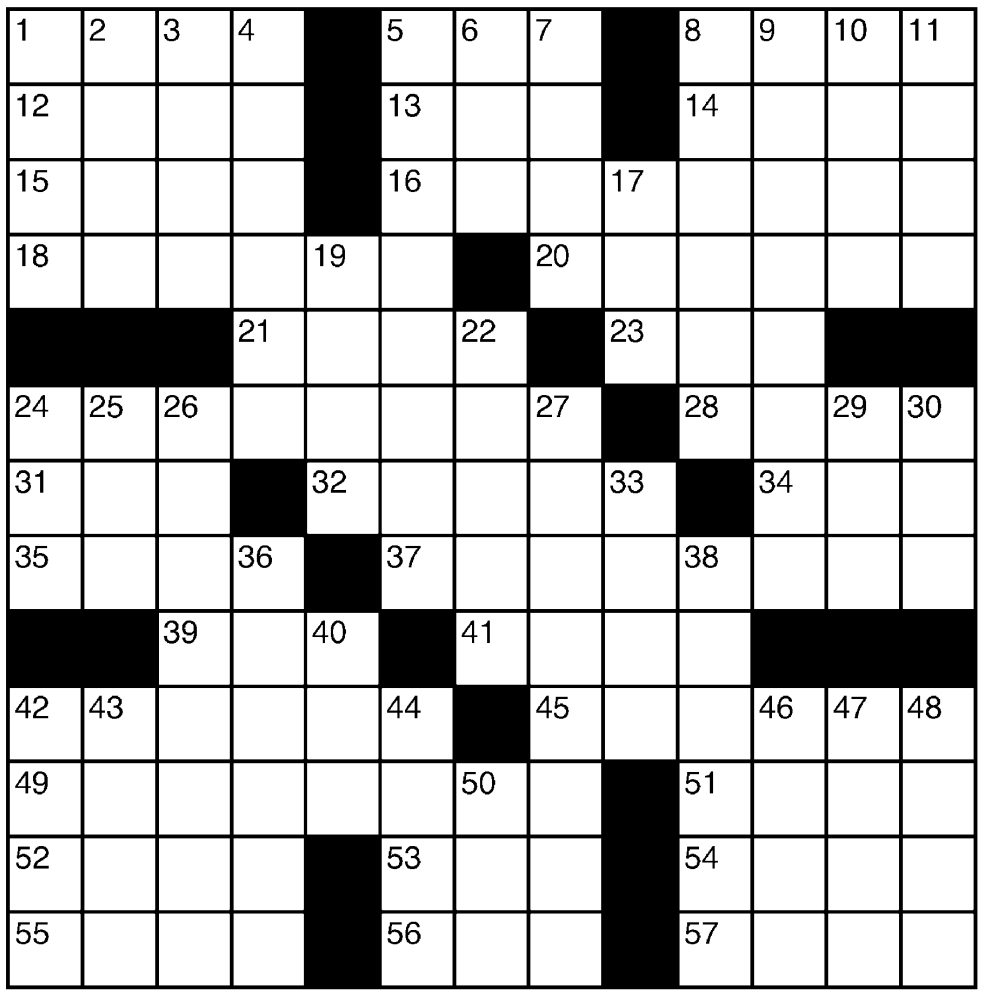
SCORPIO - Oct 24/Nov 22
A private realization could change how you view a familiar situation. You don't need to announce every discovery or act on it immediately. Give your thoughts room to develop. Some truths become more useful when you've had time to understand them.

SAGITTARIUS - Nov 23/Dec 21
An unexpected opportunity may tempt you to abandon your usual routine. Before rushing ahead, consider whether the excitement will last beyond the initial thrill. There's nothing wrong with taking a chance, provided you understand what you're leaving behind.

CAPRICORN - Dec 22/Jan 20
You may discover that a goal you've pursued no longer holds quite the same appeal. This doesn't mean your efforts were wasted. Priorities change as experience accumulates. Give yourself permission to reconsider what success should look like at this stage.

AQUARIUS - Jan 21/Feb 18
A casual observation could spark an unusually productive train of thought. Follow the idea wherever it leads, even if the connections seem strange at first. Your ability to see patterns others overlook may help you solve a problem that's been lingering.

PISCES - Feb 19/Mar 20
You may feel unusually sensitive to the moods and expectations of those around you. Be careful not to absorb concerns that aren't yours to carry. A little solitude could help you distinguish between genuine intuition and the emotional noise of everyday life.



CLUES ACROSS

1 Eye drop
5 Gullet
8 Grime
12 Jazz singer James
13 Financial pro
14 Body sci.
15 Hearty dish
16 Abraham Lincoln's birthplace
18 Arm bones
20 Craig of "Skyfall"
21 Ms. Rowlands
23 Qt. fractions
24 George Washington's birthplace
28 Planted, as seed
31 Anger
32 Bellini opera
34 Steal from
35 Shade of blue
37 Gerald Ford's birthplace
39 Always, in verse
41 Venue
42 Subway line in an Ellington song
45 Saint of Avila
49 Harry S. Truman's birthplace
51 Farm team
52 Worry
53 Ring decision
54 Noggin
55 Disarray
56 Junior
57 Spanish for "this"

CLUES DOWN

1 TV/radio host John
2 Words to Brutus
3 "Up and --!"
4 Steak tartare ingredient
5 "Barbie" actress Kate
6 Chest-beating beast
7 Wizard's prop
8 Intimidates
9 Cutting teeth
10 Croupier's tool
11 Texter's sign-off
17 Phone bug
19 Check
22 Buenos --
24 Sportscaster Scully
25 Roth svgs. plan
26 Flip-flops
27 Aspiration
29 Stir-fry vessel
30 Cagers' gp.
33 Prado display
36 Bakery supplies
38 Bacteriologist's study
40 Brazilian city
42 Bands on radios
43 Lose energy
44 Crazy
46 Alimony recipients
47 Bicycle part
48 -- Domini
50 Former MGM rival

Answers' on page 12

CryptoQuote

AXYDLBAAXR
is **LONGFELLOW**

One letter stands for another. In this sample, **A** is used for the three L's, **X** for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each week the code letters are different.

POL NLWI PLRP DQ FDIQ

WUJ BU IBQL BR UDP

ALLVBUF DZP DQ POL

NDZFO, MZP FLPPBUF

DZP WQPLN SL WNL BU.

— RDZNGL DMRGZNL



OUR Community

An Upbeat Question of the week

By Helen Mosbrooker

Which celebrity would you like to make dinner for you?



Michelle Grubbs,
Oak Harbor

The celebrity that I would like to make dinner for me would be Joanna Gaines. I enjoy watching reruns of her home reinvention shows. While watching her shows I always think to myself, I adore her style and the way she focuses on her family. The tasty treats she puts out leave me wondering, how can I recreate that! The conversation and dinner would be delightful!



Vicky and Ricardo Reyes,
Coupeville

My husband and I would dearly love to have Dame Helen Mirren make dinner for us. She is a consummate actress having won many awards during her lifetime. We would love to hear more about her life and her feelings about the awards she has won. We have most recently enjoyed every episode of Prime Suspect! I hope she is also a good cook.



Vicky Hand,
Oak Harbor

This is such a fun question to contemplate, and so many celebrities come to mind, especially when I Google the word celebrity and find it can be any famous or well-known person: Taylor Sheridan, Paul McCartney, Volodymyr Zelensky, Ina Garten, Rachel Maddow, Scottie Scheffler, Barack and Michelle Obama. The choices are practically infinite. All that being said, I would choose Pope Leo, the first Pope from the United States and one who is only slightly younger than I am.

Although he is considered an ambassador from God, the Pope would not be intimidating, Pope Leo's wisdom and kindness would enable our meaningful conversation about life's biggest questions and concerns. We could discuss the meaning of life itself, our purpose here on earth and how we as individuals can build bridges that will unite the world in an everlasting peace, what part each of us has in that possibility. I am not Catholic, but I share Pope Leo's beliefs on civil rights, ecology, the importance of family, politics and war.

I crave benevolent leadership. Pope Leo would not only feed me dinner (ball park hot dogs), but he would feed my soul and leave me profoundly enlightened.



Aaron Lucero, CFP, ChFC
Coupeville

Thanks for the question! For a celebrity to cook me dinner I would have to go with no other than Bobby Flay. Not only is he one of the worlds best chef's, he is also a successful businessperson who integrated physical restaurants, publishing, and media. He also seems like just a fun person to meet.



Graham J Parker,
Oak Harbor

I would love to have Mike Rowe come cook for me! Why? Because this guy does a lot of TALKING, and he's full of COMMON SENSE! Mike is all for the Tradesmen of America, and tries so hard to de-stigmatize the work of the Trades in America, in hopes that high school students would get excited about going into AI-proof careers to keep America running! He's a great guy to have conversations with, and also has his own Whiskey! I think that dinner prep and eating experience would be quite worth it!

Weekly SUDOKU

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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

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Island Painting WA
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Interior Specials
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Bathrooms, Kitchens, Flooring, and More!
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PUBLIC BOARD

BARN SALE

Barn Sale This Weekend and every weekend at Salmagundi Farms

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

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

Something for everyone. Welcome Friends!

WE BUY SELL &TRADE VINTAGE AND ANTIQUE ITEMS

360-678-5888

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!
Do you have a project you've been needing to finish?
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

EVENTS

Gingerbread House Giveaway! – Nov. 28, 10 a.m.–2 p.m. Pick up a free gingerbread house kit from Friends of Coupeville Library and browse books and holiday gifts available by donation. Return completed houses to the library by Dec. 18 to enter the contest. Funds support Coupeville Library.

Three adjoining burial plots for sale at Historic Sunnyside Cemetery in Coupeville. Please call Mike for more details at: 360-929-1509.

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

CryptoQuote
answer

The real test of golf and in life is not keeping out of the rough, but getting out after we are in.
— Source Obscure

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!



How'd you do?

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CLASSIFIED INFORMATION

US Postal Mail
Whidbey Weekly
Classified Department
PO Box 1098
Oak Harbor, WA 98277

E-Mail ..... classifieds@whidbeyweekly.com
Telephone 360-682-8283

PLEASE CALL WHEN YOUR ITEMS HAVE SOLD.

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Deadline for all submissions is one week prior to issue date.