November 20, 2026 - November 26, 2026

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Have A Seat On The Bench at Outcast Theater



Theater review and photos by Jim Sovanski

One of the joys of reviewing theatrical productions here on Whidbey Island is the variety of shows available. We have 3 theater companies operating year round, Island Shakespeare Festival in the summer and various school productions. The shows run the gamut from drama to comedy, musicals to straight plays and classics to new works and world premiers. There is always something for everyone, and Outcast Productions has delivered a timely comedy aimed expressly for one of the Islands' largest demographics. Director Amanda Goodwin summed it up this way, "We ALL get old. And connection is everything in the process of aging."

"Generally, we try to put a comedy or holiday related script into our November slot, and this season it's "A Bench in the Shade," explains Ned Farley, Outcast Artistic Director who plays Paul. "We read this play last year as we were doing table reads and the response was so positive, we thought it would be great for this season. We feel it will be nice to have a show that speaks to many of our patrons and where we can laugh." He added, "I must admit, it's a fun role and soon enough, my New Jersey roots emerged (apologies to all of my relatives who I might have channeled)."

"A Bench in the Shade" is a comical and loving look at what it's like to be older in America. Once-engaged couple, Paul and Annie, are now retired and live at Seaside Heights Manor Retirement Community, a middle class New Jersey retirement community nowhere near the sea or mountains. After breaking up and going separate ways as young adults, they've reconnected in retirement. As the economics of retirement and being set in their ways precludes a heavy romance or even living together, theirs is a bond based on companionship and a shared understanding of their pasts and futures. And in finding plenty of things in their world to gripe about.

But this is a comedy, so of course their tidy world is bound to be upset. First by the rumors of the sale of the Manor to an unknown corporate entity. Then comes the arrival of the suave and mysterious Roberto, a retired minor Italian movie star, who needless to say spices up the community dynamic. Suddenly Paul has competition for Annie's time and attention. And he's not entirely happy about it.

The script is by Ron Clark, who is known for co-writing screenplays with Mel Brooks for Silent Movie (1976) and High Anxiety (1977), as well as Life Stinks (1991.) Annie, effortlessly played by Dana Johnson Robbins shared her thoughts about the script, "Like much of Clark's work, there's a lot of joke density in this play. At times it feels like an episode of a classic sitcom like Seinfeld or Golden Girls. As a lot of newer work can feel heavy, it feels like there are fewer opportunities to do this kind of pure comedy onstage."

As Paul and Annie, Farley and Robbins fit like a comfortable old pair of shoes, managing to be companionably grumpy and still evoke a deep underlying affection. Of course that dynamic is tested by the suave, Italian heartthrob, Roberto. In a slight casting twist, Roberto is played by Tina Lear. "I was there to try for Annie, but fate decided that Roberto was more my jam. So, I ended up as the sketchy Italian ne'er-do-well from New Jersey. What can I say, it's a gender fluid world :-). The fact that I'm fluent in Italian and raised all three of my children over there probably didn't hurt."

A good comedy is always appreciated and as director Goodwin says by way of invitation, "I just want the audience to have a grand time for two hours and walk away with a belly full of laughs."





With that thought in mind, "**A Bench in the Shade**" at the Outcast Theater opened *Friday, November 13th at 7:30 PM and runs weekends through November 29th. Evening shows are at 7:30 PM and matinee performances are at 4:00 PM.*

Theater information is available online at www.outcastproductions.net or by email at ocp@whidbey.com. OutCast Theater is located at the Whidbey Island Fairgrounds Black Box Theater 819 Camano Avenue, Langley, WA.







BITS & PIECES

The Family Fork of Washington invites you to take part in its fourth annual Community Thanksgiving Dinner



The Family Fork of Washington invites everyone to a free Community Thanksgiving Dinner from noon to 4 p.m. Thursday, Nov. 26, at Orlando's Bar + Southern BBQ, 656 SE Bayshore Drive, Suite 1, in Oak Harbor.

Come on your own or bring family and friends for turkey, traditional sides, desserts and refreshments. It's a chance to catch up with familiar faces and meet neighbors you might never have crossed paths with. Everyone is welcome, and no registration is required.

At its third annual dinner, The Family Fork served 1,403 free meals with the help of 112 volunteers. Everyone who wants to lend a hand this year is welcome, whether that means preparing food, greeting guests, serving meals or helping clean up.

The nonprofit's Help Set the Table campaign helps cover groceries, supplies and event costs. Individuals can give online, and local businesses can sponsor the dinner to help keep it free and open to everyone year after year.

Volunteer at https://thefamilyforkofwashington.com/get-involved

Donate online at https://app.autobooks.co/pay/the-family-fork-of-washington

Become a sponsor at https://thefamilyforkofwashington.com/sponsors

Find dinner details at https://thefamilyforkofwashington.com/thanksgiving-dinner

For more information or to arrange a donation of food or supplies, call 360-320-8038.

'TIS THE SEASON WITH THE BELLS OF WHIDBEY



The Bells of Whidbey are back for their ninth benefit concert, 'Tis the Season! A small but mighty group, they have generated over sixteen thousand dollars for Whidbey Island charitable organizations. In their fifth year, the Bells of Whidbey with their eleven ringers continue with their vision of bringing English Handbell ringing to the community while supporting and highlighting a selected charity for each of their biannual concerts. Local food banks, Habitat For Humanity, SPiN Cafe, Garage of Blessings, Whidbey Camano Land Trust and Island Resources Meals on Wheels are groups that have been supported through their concerts along with outstanding community support and attendance. While the concerts are free, donations of money and when appropriate, canned goods, are welcomed. All proceeds are returned to the community organizations. Presentations by representatives from the selected charities are included in the program.

KIDS FIRST ISLAND COUNTY will be recipient for the December concert. This organization is, "dedicated to filling unmet needs of local area children in foster care. This includes unfulfilled educational, vocational, and recreational needs." You are invited to help give these kids new possibilities and opportunities.

The sounds of English Handbells bring a joyful and festive mood for the holidays. Traditional Christmas carols, including a sing-a-long, vocalists, and a unique Handbell Tree solo are sure to bring on the holiday spirit. Listeners will hear over four octaves of English Handbells and Handchimes, literally eighty bells and chimes bringing goodwill and cheer for the season. The Handbell ringers of the Bells of Whidbey donate their time for weekly rehearsals as well as their resources to continue giving back to the community. The ringers are Lisa Bain, Cheryl Coleman, Kathleen de Vos, Eric Hopkins, Luana Kim, Florence Livingston, Roland Livingston, Jennifer Palmer, Teri Ramsey, Sarah Russell, and Erin Tombaugh. Cheryl Waide is the director. Well-known columnist, Harry Anderson continues as narrator for the programs. New members are welcomed.

The benefit concert is Saturday, December 5, 3:00 pm at St. Stephen's Episcopal Church, 555 SE Regatta Drive in Oak Harbor. Admission is by monetary donation.

Additional information is available at 541-272-7478

Big Trees and Small Birds Nature Exploration

Start Thanksgiving Day with a gentle morning outing from 9 to 10 a.m. through the old campground at South Whidbey State Park. Bring your curiosity as we will look and listen for any flora and fauna we can find, not just birds! We will follow the paved campground road through the forest on a 3/4 mile loop. The campground was closed years ago in order to protect the old growth trees growing amongst the campsites. We will see some of these large Douglas firs right along the road, as well as the twisted roots of a large big leaf maple. The deciduous trees and shrubs will have dropped their leaves making it easier to observe our little flitting forest friends. We should encounter wintering forest passerines and hopefully a mixed flock or two. Birds to watch and listen for will include Pacific wren, song sparrow, spotted towhee, bushtit, chestnut-backed chickadee, red-breasted nuthatch, brown creeper and varied thrush. In addition to birds we are likely to encounter Pacific banana slugs, Douglas squirrels and other residents of the moist forest. If we look carefully there is a chance we may find a blooming foamflower (Tiarella trifoliata) along the edge of the road.

A few pairs of loaner binoculars will be available to borrow. The pace will accommodate everyone in the group. There are a couple picnic tables along the loop where we can sit if attendees need to rest. The path is a single lane paved road, but the gradient is steeper than ADA regulations on the sections into and out of the loop. Those with strollers or motorized wheelchairs will be able to get back up the hill. Some self-propelled wheelchair users may need assistance. The bathroom at the parking lot is ADA accessible. Hiking poles will be available for attendees to borrow. Beginning nature appreciators and families with small children are welcome and encouraged to attend. No pets, service animals only, please. The trip will go rain or shine, only strong wind cancels.

If you have questions, please contact the trip leader, Madrone Ruggiero at madrone@whidbeyaudubonsociety.org. Meet at the main paved parking lot near the restrooms at South Whidbey State Park, 4128 South Smugglers Cove Road between Freeland and Greenbank at 9:00 am. All cars will need a Discover Pass.

Bits and Pieces Continued on Page 6



September 15, 2026

10:46:47, Jones Road – A resident reported that two men showed up at the door claiming to be FBI agents and asking for the resident's wife.

September 16, 2026

11:09:30, NE 6th Street – A resident woke up to discover a target sticker placed on the driver's side window of his truck.

September 17, 2026

13:17:51, Toad Lane – A resident wanted to file a complaint about neighbors invading privacy after they installed cameras along a shared property line.

September 18, 2026

09:08:41, Scenic Heights Road – A resident looking from a back porch into a field spotted a pink sleeping bag with someone apparently inside. The caller reported seeing movement.

15:07:19, Deception Pass State Park – A caller reported seeing men kicking and killing a fish. When the caller approached them, the men allegedly threatened to kill the caller.

September 19, 2026

19:01:13, Clinton Ferry Terminal – A passenger on the ferry dock was reportedly behaving erratically, claiming to be on cocaine and saying he needed to get someone out of his head.

September 20, 2026

16:06:07, Monroe Landing Road and Penn Cove Road – A caller reported seeing a boat floating in the water with nobody apparently aboard.

September 21, 2026

01:13:07, NE 6th Street and North Main Street – Someone was reportedly walking around with a flashlight and appeared to be looking into windows. No description of the individual was available.

September 22, 2026

14:38:59, South Ebey Road and Hill Road – A caller reported a gray minivan driving along a trail and asking people whether they needed a ride to the airport.

September 23, 2026

14:50:04, Crosby Road – A caller reported that nobody had been seen at a property for approximately a year, but the doors and windows were wide open and the lights were on.

September 24, 2026

17:49:18, North Main Street – A caller reported that a woman wearing a black hood and a latex glove had appeared at the Airbnb where the caller was staying.

September 26, 2026

10:34:30, Smugglers Cove Road – A caller reported that people were posting his face on TikTok with the message, "Why hasn't this guy been arrested?"

September 27, 2026

09:32:13, Tyee Beach – A resident reported finding a loose boat and tying it up in front of the house.

09:41:16, Humphrey Road and Steiner Drive – A caller reported a suspicious suitcase sitting in the roadway. The suitcase was not blocking traffic.

15:42:16, Northgate Drive – A report was received about an RV allegedly dumping sewage.

September 28, 2026

18:54:24, Bercot Road – A caller reported a sailboat dragging its anchor and expressed concern that it could drift toward the harbor.

September 30, 2026

10:22:05, Lake Wood Place – A caller requested assistance after discovering that mileage points had been taken from an American Airlines account.

**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.

Enjoy :)



What's Going On?!

WHIDBEY ISLAND NOURISHES AT WICA: THE UNKNOWNS
Saturday, Nov. 21, 7-9 p.m.
Whidbey Island Center for the Arts, 565 Camano Ave., Langley

Support Whidbey Island Nourishes at a special fundraising concert featuring The Unknowns, an award-winning five-piece band blending vintage jazz, blues and soul with contemporary pop. The evening begins with a social featuring appetizers by Biercuterie and live music by Philip Van Seters in Zech Hall, followed by a presentation and performance by The Unknowns. The band features three-part vocal harmonies and a lively mix of original songs and jazz standards. Tickets are $65. Visit wicaonline.org or call (360) 221-8262.

CAJUN CRAB BOIL
Sunday, Nov. 22, 10 a.m.-3 p.m.
VFW Whitehead-Muzzall Post 7392, 3037 Goldie Road, Oak Harbor

Enjoy a Cajun-style seafood feast featuring crab, crawfish, corn and potatoes seasoned with spicy, buttery flavors. The VFW hosts its second Cajun Crab Boil, offering $30 seafood buckets for drive-through pickup or dining at the covered V Dome. Additional food, including barbecue hot dogs, hamburgers, sides, desserts and sodas, will be available for individual purchase.

BLUEGRASS JAMS AT WICA
Wednesday, Nov. 25, 6:30-8:30 p.m.
Whidbey Island Center for the Arts, 565 Camano Ave., Langley

Musicians and music lovers are invited to join Whidbey Island Center for the Arts for an evening of live bluegrass music in a welcoming, informal setting. Bring an instrument and join the jam or simply enjoy listening to local musicians. All skill levels are welcome. Admission is free, with a no-host bar available throughout the evening. Visit wicaonline.org or call (360) 221-8262 for information.

THANKSGIVING DAY COMMUNITY DINNER
Thursday, Nov. 26, noon-4 p.m.
Orlando's Bar + Southern BBQ, 656 SE Bayshore Drive, Suite 1, Oak Harbor

The Family Fork of Washington hosts its fourth annual Thanksgiving Day Community Dinner, offering a free holiday meal for community members of all ages. Guests can enjoy a traditional Thanksgiving dinner, desserts and refreshments in a welcoming, family-friendly atmosphere. Donations of food, supplies and financial contributions are encouraged to help ensure everyone has a warm meal this Thanksgiving. For information, call (360) 544-6344.

GREENBANK FARM HOLIDAY MARKETS
Friday-Sunday, Nov. 27-29; Saturday-Sunday, Dec. 5-6 and 12-13, 10 a.m.-4:30 p.m.
Greenbank Farm, 765 Wonn Road, Greenbank

Celebrate the holiday season at Greenbank Farm's annual holiday markets, featuring local artisans and a variety of handcrafted gifts and seasonal goods. Browse unique creations inside the historic barn, explore the farm's shops and enjoy food while taking in the festive atmosphere. The markets are presented by the Port of Coupeville. For more information, visit portoc.org/events or call (360) 222-3151.

WINTER WALKS AT MEERKERK GARDENS
Friday, Nov. 27; Sunday, Dec. 20; Friday, Jan. 1; Sunday, Feb. 14, 1-2:30 p.m.
Meerkerk Gardens, 3531 Meerkerk Lane, Greenbank

Explore the seasonal beauty of Meerkerk Gardens during guided winter walks through its gardens and forest. Each 90-minute walk highlights evergreen foliage, wildlife, colorful berries and winter-blooming rhododendrons. The series includes the Turkey Trek, Solstice Stroll, First Day Foray and Healthy Hearts Hike. Dress warmly and wear water-resistant shoes. Leashed dogs are welcome. Admission is $15 per walk, free for children under 13, or $40 for all four walks. Preregister at meerkerkgardens.org.

FRIENDS OF THE LIBRARY GINGERBREAD CHALLENGE KIT PICKUP AND HOLIDAY BOOK SALE
Saturday, Nov. 28, 10 a.m.-2 p.m.
Coupeville Library, 788 NW Alexander St., Coupeville

The Friends of the Coupeville Library invite community members to pick up gingerbread kits for their annual Gingerbread Challenge, available on a first-come, first-served basis. A holiday book sale will also offer used books for gift giving, with proceeds benefiting the library. Completed gingerbread creations may be submitted Nov. 29-Dec. 18 for display and judging. Winners will be announced Dec. 20 during the Red Ticket Drawing at the Island County Historical Museum. Entries must be collected by Dec. 30.

LOCAL AUTHOR BOOK FAIR
Saturday, Nov. 28, 1-4 p.m.
Clinton Community Hall, Clinton

Meet Whidbey Island authors at a free afternoon of books, conversation and holiday shopping. Browse works by local writers, learn about their creative processes and purchase signed copies while enjoying complimentary craft mocktails prepared by library gastronome Karen Achabal. Some book sales may be cash only. Part of the Whidbey Local Author 2026 Series, the event is presented by the Freeland, Clinton and Langley libraries. Visit sno-isle.org for more information.

LIGHT UP YOUR HOLIDAY AT ADMIRALTY HEAD LIGHTHOUSE
Saturday, Nov. 28, 4-6 p.m.
Admiralty Head Lighthouse, Fort Casey State Park, 1280 Engle Road, Coupeville

Celebrate the holiday season at Admiralty Head Lighthouse with live music from the All Island Band and CUKES Ukulele Group, a visit from Santa and children's activities. Admission is free, with donations welcomed. A Discover Pass or day-use parking fee is required. Park in the picnic area lot and follow the trail to the lighthouse; bring a flashlight. The event is weather dependent and may be canceled for heavy rain or high winds. No registration required.

WHIDBEY ISLAND EAGLES HOLIDAY BAZAAR
Saturday, Dec. 5, 10 a.m.-4 p.m.
Whidbey Island Eagles Aerie 3418, Freeland

Celebrate the holiday season at the Whidbey Island Eagles Holiday Bazaar, featuring vendors offering seasonal gifts and merchandise. Vendor spaces are limited, with tables available for $30 for Eagles members and $40 for nonmembers. Applications must be submitted by Nov. 23 and may be dropped off at the club or mailed to P.O. Box 925, Freeland, WA 98249. For vendor information or applications, call (360) 321-5636 after 1:30 p.m., Monday-Friday.

GREENING OF COUPEVILLE PARADE AND TREE LIGHTING

Saturday, Dec. 5, 4-5 p.m.
Historic Downtown Coupeville, Front Street

Celebrate the holiday season as historic downtown Coupeville comes alive with greenery, twinkling white lights and festive decorations. The Coupeville Chamber of Commerce presents its annual Christmas parade along Front Street, featuring Santa Claus, followed by a community tree lighting. Visitors can also enjoy extended holiday shopping hours at participating downtown businesses. This family-friendly tradition welcomes residents and visitors of all ages. For information, visit coupevillechamber.com or call (360) 678-5434.

HISTORIC DOWNTOWN OAK HARBOR PARADE & CHRISTMAS TREE LIGHTING
Saturday, Dec. 5, 4:30-8 p.m.
Historic Downtown Oak Harbor, SE Pioneer Way

Celebrate the holiday season with Oak Harbor Main Street Association's annual Christmas parade and tree lighting. This year's festivities feature the unveiling of a new 18-foot Christmas tree, made possible through the support of local businesses and community partners. Families are invited to enjoy the holiday atmosphere, explore downtown shops, dine at local restaurants and gather with neighbors for the lighting celebration. Free and open to the public. Visit oakharbormainstreet.org for details.

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

Explore Langley's vibrant arts community during the monthly First Saturday Art Walk. Local galleries stay open late, inviting visitors to discover new exhibitions, meet artists and enjoy an evening strolling through downtown. Participating galleries include Artworks Gallery, Lasher Gallery at WICA, Museo Gallery, Rob Schouten Gallery and Whidbey Art Gallery. The event takes place on the first Saturday of each month.

ANNUAL COMMUNITY HANUKKAH MENORAH LIGHTING CELEBRATION

Monday, Dec. 7, 4:30-6:30 p.m.

South Whidbey Community Center, 723 Camano Ave., Langley

The community is invited to celebrate Hanukkah with a giant menorah lighting ceremony in the courtyard, featuring live entertainment by the Mutiny Bay Big Brass Band. Hanukkah snacks, treats and socializing will follow indoors. Sponsored by Chabad of Skagit and Island Counties. Free admission. For more information, visit jewishskagitcounty.com.

Children's Museum of Skagit County
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WINTER WONDERLAND
DECEMBER 5th & 6th
Stay for the weekend!
"SNOW"!
Characters
Percherons
Face Painting
Santa Pics
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SO MUCH MORE!!
Reindeer
Toddler Area
SkagitChildrensMuseum.org
In Partnership With City of Burlington



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Life Tributes

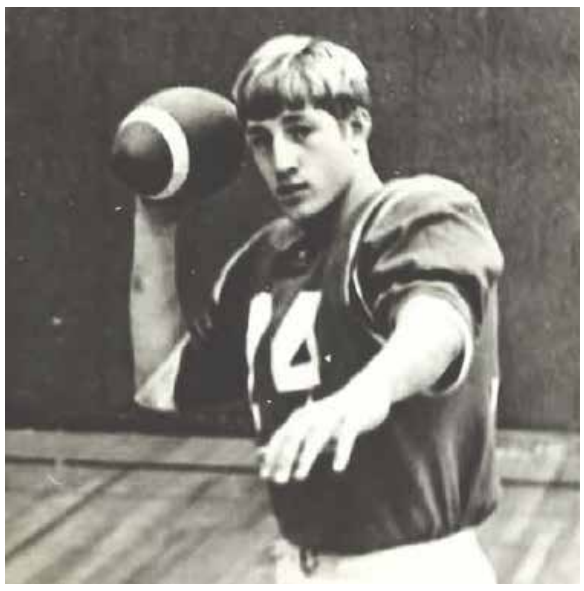
Robert Edward Wanamaker

August 3, 1950 - October 30th, 2026



Robert Edward Wanamaker was born on August 3, 1950 in Coupeville, Washington. Robert joined his wife and daughter in heaven on October 30th, 2026 at the age of 76. He was raised by Pat Floyd Allison Wanamaker and Irene Eliza (Devries) Wanamaker. He grew up on the Wanamaker Farm in the heart of Central Whidbey Island. Rob spent his early childhood working on the farm alongside his two brothers and playing baseball in the barn. Rob was an integral part of the Coupeville High School baseball, football and basketball teams. He graduated from Coupeville in 1969.

After graduating, he joined the United States Armed Forces. He graduated from the U.S. Army Training Center in Fort Lewis Washington in January 1970. In May 1972, Rob separated from the service and soon later began working for the NAS Whidbey Naval Hospital, where he continued to work for 38 years. Rob began his career as a delivery driver for the Hospital Supply Department, he learned the ins and outs of the department quickly. He spent many years driving back and forth from NAS Whidbey to Bremerton, Wash., moving supplies and supporting other naval hospitals. Ultimately, he was promoted and worked as the Hospital Material Department Manager. He met a lot of wonderful people during his service to his country and while working at the naval hospital. He also received many awards for his dedication to his work at NAS Whidbey. He situated large inventories, streamlined processes and worked hard to make others' jobs easier. Robert Wanamaker was awarded Civil Service Employee of the Year in 1986. Rob was humble about his work at the Naval Hospital, he boasted more about the family he raised with the love of his life, Marsha Kay (Eyler) Wanamaker.



Rob and Marsha met in 1972 and were married for 41 years prior to her passing. The greatest gift that Rob ever received was the gift of becoming a grandparent and a great-grandparent. His family and sports were the center of his world. Rob spent his early young adult life playing in the men's softball league and getting small teams together for basketball. He bowled with the boys at Oak Bowl and enjoyed the competition of the league. Rob also spent several seasons of his life coaching North Whidbey baseball and t-ball. Rob loved the Seattle Mariners. He was a sports enthusiast and thoroughly loved college sports, including March Madness. Rob and his wife Marsha were avid huskies fans and held season tickets at Huskies Stadium for several seasons. Rob enjoyed seeing the Seattle Seahawks win multiple Super Bowls. He especially enjoyed watching sports with his family, going on trips with his family and spending days on the golf course with his good friends, Larry Wilhelm and Charlie Bird.

Robert Wanamaker is preceded in death by his wife Marsha Kay (Eyler) Wanamaker and his daughter Amy Rochelle (Wanamaker) Stevens. Robert is survived by his two daughters, Corine Kay (Wanamaker) Jackson and Jana Suzanne (Wanamaker) Surber; his four grandchildren Nicholas Jackson, Jerin Applegarth, Tristen Braunstein, and Lyndsi Applegarth; his two great-grandchildren Lanie Tubbs and Sailor Applegarth. Robert is also survived by his two brothers John Edward Wanamaker and Pat Allison Wanamaker. Rob's celebration of life will be held on January 23rd, 2027 at two o'clock in the afternoon at Whidbey Golf Club in Oak Harbor Washington. All are welcome to share memories in honor of Rob Wanamaker on the Wallin-Stucky Funeral Home Memorial page.









BITS & PIECES

Red Ticket Returns to Coupeville

Coupeville's annual Red Ticket Event is back! Beginning November 17th, customers can receive one Red Ticket for every $20 spent at participating shops and restaurants, with each ticket entered into a drawing for cash prizes on December 20th, held at 1:00pm at the end of Front Street in downtown Coupeville on the grounds of the Island County Historical Museum.

Participating businesses will hang a promotional poster in their window or another prominent area. The list of participants can also be found on the website of the Coupeville Historic Waterfront Association (coupevillehistoricwaterfront.com), who produces the event along with the Coupeville Chamber of Commerce. Red Ticket Event Sponsors are Whidbey Island Heritage Bank, Island County Historical Museum, and Whidbey Weekly.

The Coupeville Historic Waterfront Association's Executive Director, Jesse Levesque, says, "The Red Ticket Event encourages people to do their shopping in Coupeville every November and December. Coupeville businesses love the increased sales during this time. And shoppers look forward to the opportunity to win cash prizes - just for shopping in the local small businesses, and eating in the participating restaurants!"

Red Ticket Events in 2025 and 2026 generated over a million dollars in collective sales for participating businesses in Coupeville. This year there are two $500 prizes, and one grand prize of $1,500, and you must be present to win. The last day to shop and collect tickets is December 19th. Follow Coupeville Historic Waterfront Association on Instagram and Facebook to stay connected

Hair Happenings of Oak Harbor is proudly celebrating 25 years in business!

Kim Welch is the owner and operator of the salon. Besides thanking her clients supporting her over the 25 years, she always wants a big thank you to her mom, who has been her biggest cheerleader and supporter. She gives her mom the credit for the classy decor of the salon, which she receives daily compliments on. The salon is a warm, welcoming, one on one salon that accepts all. Kim wants each client to feel comfortable coming in with their hair needs and feel great when they leave. Not just from a new haircut or hair color, but from the inside as well. She hears all of their stories, good, bad, sad and happy. It's been a privilege to have so many people open up and be trusted with their life's personal events. So many true friendships have been formed over the years. Many laughs and tears have happened over these long years. Along with giving her heartfelt attention to clients, there has always been one of Kim's loving dog's that also gives that love and most look forward to seeing one on their visit. She often will have a foster dog there too, as she runs a small dog rescue, Family Tails Dog Rescue, saving dogs from high kill shelters from So.Cal.

She offers haircuts, hair color, scalp massage and treatments, and has recently added a scratch touch therapy while in a massage chair. Think of your mom scratching your back, arms and scalp, allowing you to relax and melt away tension and settle your nerves. The salon is by appointment only and is located at 285 NE Midway Blvd. Suite 1, Oak Harbor, 360-279-0742

Besides offering salon services, she has been active in her community with hosting many events at the salon such as breast cancer awareness with Avon, being a facilitator of the Look Good Feel Better program with American Cancer Society (ACS), has had canine cancer awareness booths for ACS, basket raffles for WAIF, many food drives, coached youth soccer, volunteered with the HS Travel Club with car washes, spaghetti feed, donut sales and bake sales. The salon has a drop off bin for products for I Support The Girls. She has always donated free haircuts/head shaves for those about to lose their hair from chemo. Kim regularly picks up trash, specifically on our beaches. Outside of the community, she has raised money for kids that didn't have lunch accounts with the schools, organized a compassionate act of card writing to each of the victim's families of the Uvalde, Tx school shootings, raised over 1,200 pairs of socks for an African orphanage and many other acts of love and kindness.

SENIOR NEWS LINE

by Matilda Charles

Be ready for emergencies

With winter (and likely power outages) here, I was encouraged by a younger neighbor, a man who hikes, camps and kayaks, to invest in one of those emergency meal kits. These are freeze-dried foods that come in a handy storage box and last for 25 years. The idea is that you pour hot water into an envelope of dried food and 10 minutes later you have a hot meal.

I checked all the information I could find and decided that no, it was not for me. Most of the meals have too much sodium, many of the meals have to be cooked and the cost of most of the kits is astronomical, in the neighborhood of $10-$12 per meal.

Instead, I've been building my own emergency food and supply stash. It's fairly easy to do.

*Buy a little more of what you already eat: tuna or cooked chicken in pouches, crackers, peanut butter, canned fruit and vegetables. Add in shelf-stable milk (or powdered), cereal and canned juices. Mark the top of each one with the date in big numbers so it's easily seen. Remember to have a manual can opener!

*Water: The rules say one gallon per person per day in an emergency. Store it in a cool, dark place.

*But it's not only food you'll need in an emergency. Batteries and flashlights are crucial, and so is a phone charger. Or look for hand-crank camping lights that will provide adequate lighting if the power goes out.

*Medications and vitamins.

*Pet food and supplies.

*Money (small bills) in case the ATM doesn't work.

For more information on putting together your own emergency kit, go online to www.ready.gov. Be sure to also see the No and Low Cost Preparedness section. Look as well at the Red Cross (www.redcross.org) and search for survival kits.





BLADED SPINNERS FOR SALMON

Spinners that use a rotating, flashy blade have been around for many years to catch trout. In the late 1960's and early 1970's spinners used to catch salmon in rivers started to truly gain traction and never slowed down. What is it about a spinner that grabs the salmon's attention, then drives the fish to strike and clamp down on a piece of metal? You have probably heard that salmon DO NOT feed once they enter the rivers. This is a true statement, and it is based on a few things happening all at once to the salmon's body. Once salmon return to freshwater to spawn their bodies begin to experience Osmoregulation. "Osmoregulation is the process of maintaining fluid and salt balance. When a salmon moves into fresh water, it goes from a hypertonic environment (salty ocean) to a hypotonic environment (freshwater). To keep from absorbing too much water and losing all its salt" (source: University of New Mexico).

This is the salmon's salt regulation system that allows the fish to maintain a balance of salt in their bodies to carry them through the spawning process. Here are other factors that remove the urge to feed.

- Organ Shrinkage, the fish's digestive tract has begun to shrink to almost nothing, to make room for eggs or sperm.
- Hormonal Changes, that reroutes all available energy away from digestion to their sex drive to spawn.
- Energy Reliance, salmon spend their adult lives in the ocean gorging on food to store massive amounts of fat and muscle tissue. Once in freshwater, they rely strictly on these stored reserves to survive.

So, what is it that makes them bite? The same physical changes that stop them from feeding is what turns the salmon into aggressive, territorial, and highly defensive individuals. The salmon are so super-charged with spawning hormones that they see our spinners as an intrusive egg thief, or a small fish challenging for spawning rights, this aggression is what makes it possible to catch a non-feeding fish.

Most of the spinners on the market are basically designed to perform in the same manner, the retrieve through the water causing the blade to spin, adding flash and vibration based on the spinner's unique body design. Blade size and body colors are the biggest variables that trigger the salmon to bite. Coho tend to be attracted to mid-range (#3 and #4) size spinners, larger salmon like chinook and chum will attack spinners up to size #6. Despite the fact salmon do not feed in their river systems, their sensitive lateral lines and their excellent eye-sight are still working perfectly, and this is a huge advantage to the anglers.

Spinners are doing their part in the water to attract the fish to bite, however, we must do our part as well. Here are three factors we must understand and apply to make our fishing trip successful.

Blade style or shape:

- Colorado Blades, are rounded and cupped. They spin at slow retrieve speeds, create strong vibrations and resist current, they tend to ride higher in the water which makes them good for slower water and dirty water.
- Indiana Blades, sit in the middle. They are versatile and a good all-around choice for moderate (walking speed) water conditions.
- French Blades, are the classic salmon spinner blade, they have a good balance of flash, vibration and reliable rotation across a wide range of water speeds.
- Willow Leaf Blades, are long and slender shaped, they spin tight to the shaft of the spinner which creates less lift making them run deeper in the water. They tend to create more flash than a heavy thump in the water.

Colors:

Blade and body colors, we choose starts with water clarity. In clear water, silver, brass and natural (black and white) colors are hard to beat. In off-color or glacial water, go with a chartreuse, a florescent orange, pink or red. In most rivers the color pink is a perennial favorite for coho and pink salmon. Chinook and chums often respond to bigger combinations of brass and chartreuse or orange. It's always a good idea to have a number of colors along with you, if the fish have been seeing pink all day from fellow anglers and you cast a black or blue in front of them, that might be the tie-breaker color.

Water Conditions, and Timing:

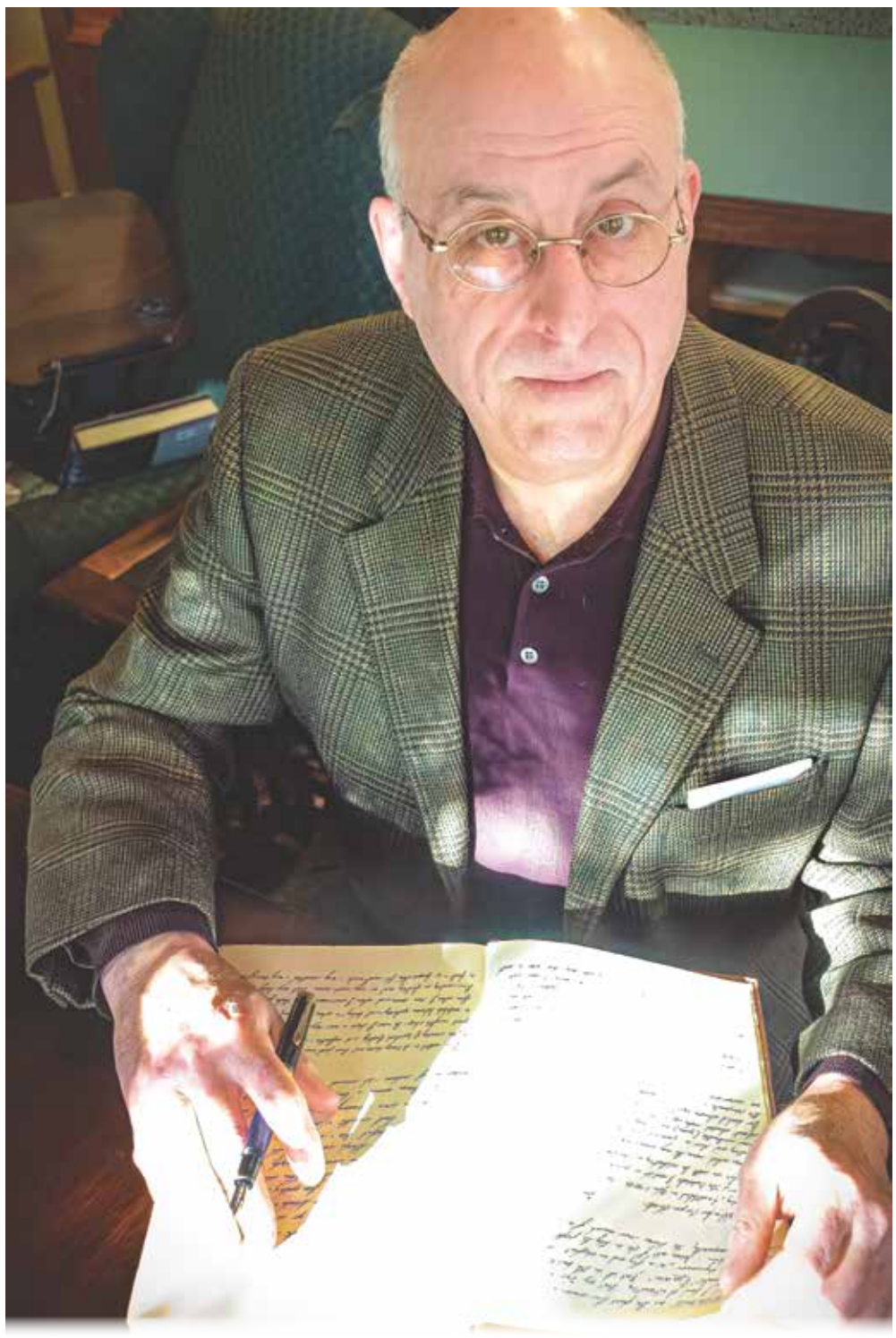
Water conditions, in my opinion, are 90% of the reason we do or don't catch fish. Reading fishy water is huge! When we study what the water is doing and is telling us we will turn the tide of catching success in our favor. Salmon moving upriver rest where the current breaks. LOOK for tailouts at the end of deeper pools, deep seams of water where fast and slow water meet (fish the slower side of the seam), the soft water behind boulders, and dark green water slots along cut banks. Good spinner water has a walking-speed current, and enough depth to hide a fish, usually 4 to 10 feet.

Low light times, are prime-time. Dawn and dusk often bring the most aggressive bites, and overcast days can keep fish willing to strike all day. Fresh arriving fish especially after a rain are worth chasing, the fresh fish are more aggressive than the fish that have sat in a hole for weeks. When you find a sweet-spot and get bit or catch a fish, work that area thoroughly, salmon tend to hold up in groups so where there's one there are usually more.

Bladed spinners have been catching fish for a long time and will continue to do so. When we learn to get our spinner down to where the fish are resting, and in their face, good things happen! There is very little opportunity for us Island Anglers to catch salmon right now but keep checking the WDFW emergency closure announcements/posts, they could open the rivers a little longer. GOOD LUCK with whatever you are fishing for and be safe!

The Daimon at the Door:

listening to the voice that calls us to create



by Charles LaFond

Island Fundraiser, Potter, Author, and Essayist

Every author and artist calls it something different. My personal name for it is "my mysterious visitor." It's not a spiritual or religious thing. It's not neurological or psychological either. It's complicated. But it's real.

When I'm writing or making art in my pottery studio, cooking, or in a great conversation with a friend, I am the artist and the author, but I am not entirely alone. For example, when I begin an essay and start writing on an idea, I can get into a zone (which they call "flow") and find that I've landed somewhere I didn't expect to be by the end of the essay (in the same way that one can wander through a city and not realize how one got from one side to the other). It's not exactly a voice in my head or a guide by my side. Some call it "the muse". The ancient Greek word for this mysterious creative companion is "the daimon."

Plato described the daimon as occupying the space between the gods and mortals, carrying messages between the two. Socrates spoke of a mysterious inner sign, something like a divine voice that guided him to and away from certain actions. For me, it's just a voice that whispers: "Try this. Make that. Write these words. And my favorite: build something that does not yet exist." The daimon is not a supernatural being. But in my experience, it influences creativity. How many times have you heard a writer say that writing sometimes feels like taking dictation from someone yet unseen?

And this creative flow influencer isn't just for artists and authors. It's for anyone creating anything, such as a mother creating a family, a gardener creating a garden, a farmer creating food. There is a flow one gets into, and within that flow, creativity emerges. At the end, you step back and think, "Well, that's not what I planned, but oh wow, it's wonderful."

Much ink has been spilled over this topic. Samuel Taylor Coleridge described the extraordinary poem "Kubla Khan" as emerging from a dreamlike experience. The whole poem already existed in his mind. Mary Shelley described the frightening image that gave birth to Frankenstein as coming to her in a waking dream. Wolfgang Amadeus Mozart described musical ideas arriving in his imagination in ways that sometimes allowed him to see the entire composition before writing it down. William Blake also described visionary experiences as an important source for his poetry and art. None of these artists felt that their work came entirely from them.

Creativity is not always a matter of thinking harder or working harder. Sometimes it's a matter of becoming quiet enough to hear what is already trying to emerge.

The sublime. Alongside the daimon sits the sublime. Indeed, in my experience, the sublime awakens the daimon. Have you ever seen a stunning view or experienced a magnificent feeling and felt the urge to write about it? That is an example of the sublime awakening the daimon inside you. In my experience, the sublime happens more often on Whidbey than in most places because of its shocking beauty. Standing beneath an enormous cedar tree, walking along the Pacific Ocean during a storm, noticing the magical swirls in a chunk of clay on a cliff, or hearing gorgeous music at WICA: these are the experiences of the sublime. It can stop there as beauty and awe. But the next step is to use it to create something new, beautiful, or different.

The sublime reminds us that the world is larger than our routines, assumptions, and familiar explanations. Indeed, that is exactly where the daimon finds its opening. What is the enemy of the daimon? The nay-sayers. The boring, conventional, wash-and-repeat naysayers. "We've never done it that way. That won't work. Why change something that's doing just fine? Who do you think you are?" Sometimes the naysayers are motivated by wisdom and legitimate caution, but sometimes they are protecting their own comfort, authority, or fear of change. History is full of people whose ideas were initially dismissed. The real challenge is learning to distinguish useful criticism from the reflexive resistance of people who cannot imagine a different possibility.

You, dear reader, and I have 24-hour access to both the daimon and the sublime. But one must learn to use any tool. Protect the conditions of inspiration in your life. Here are three simple practices:

1. Make room in your life for silence. Walk without headphones. Sit without a screen. Allow the mind to wander. Doodle.

2. Follow curiosity. When an unusual idea arrives, especially in the middle of something else, write it down or experiment with it before explaining it away. I keep a notebook in my pocket, and I'm constantly writing down little ideas to return to another day. But the thing about flow is that it shows up in the midst of having begun, rather than in advance.

3. Be careful about whose opinions you invite. Share early ideas with people who know how to nurture possibility, not merely identify problems or threats. Creativity needs both freedom and discipline, so don't be afraid of criticism.

I write each morning from 5:00 am to 7:00 am, so I need to go to bed around 7:30 pm. Sometimes I want to. Sometimes I don't. But I do. Often, this is a real pain in my ass. Sometimes I face a blank screen when I'm starting a new chapter and have nothing in my head as to what I should write. So, I just start writing. I write words one after another and sentences one after another, knowing I can go back later and change or erase them. But those early words are like the Hot Wheels cars we used to have as children that you could rev up by running the wheels against the carpet, and then, once you put that car down, it zoomed away. I write sentence after sentence, and then suddenly it feels like a booster rocket has attached itself to me, and off I go. Of course, it's a terrible first draft. They all are. But that's how you start with anything.

The daimon visits all of us, whether we recognize it or not. Sometimes it's the voice of possibility arriving, disguised as an unreasonable idea. But the great task of a well-lived life is to care less about explaining to everyone else why we are doing something new and more about actually doing it.

The daimon inspires us to create things. The sublime gives us something beautiful to reach toward. And courage lets us keep going when other people tell us not to. Creativity is a three-legged stool.

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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.



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INSURANCE CHANGED CHIROPRACTIC



Chiropractors have the job of caring for your spine in a specific way. They know spinal bones can be jostled out of place, putting pressure on spinal nerves. Since those nerves carry orders from the brain to every cell in the body, it's important to remove that pressure, re-establishing control between the brain and the body. That's what Chiropractors do. They correct nerve interferences at the spinal level.

The immediate effect of Chiropractic spinal adjustments is difficult to prove, and while we can speculate on future consequences, they definitely can't be proven. For instance, if a person doesn't get kidney disease ten years from now, how can you assert that it was prevented by an adjustment today?

Chiropractors don't make claims their adjustments will cure anything. They simply do their job: palpating spinal vertebrae, locating interferences called subluxations, and correcting them with adjustments.

They aren't interested in symptoms. They find the nerve interference and correct it.

So why do Chiropractic offices ask where your symptoms are?

It's an insurance requirement.

Your insurance coverage is based upon a medical model. You must have a documented reason for seeking care. It's called a "subjective complaint" and if you don't have one, they won't pay.

Working within that model, a Chiropractic office has to assert that you have a symptom and that an adjustment can help that symptom.

If you don't indicate you hurt in your neck and middle back and lower back, your Chiropractor cannot check for problems or adjust you in those areas. If he does find a mid-back subluxation and you haven't put it in your subjective complaint form, he's not supposed to do anything there. And he certainly can't charge for it.

It's the old medical model and Chiropractors have been trying to cram themselves and their profession into it for decades.

Private insurance companies began covering Chiropractic care in the 1980s. Medicare coverage began in 1972. All care is limited—not by the patient's need, but by the rules governing what they will pay for. They limit the number of visits, the amount they will pay, whether x-rays will be covered, etc.

To this day, Medicare requires a new Chiropractic patient get an exam and spinal x-rays, but they won't pay for either. The only way Medicare will pay for x-rays is when they are ordered by and taken by a medical doctor.

Who's in charge here? Certainly not the Chiropractor. The patient who pays for insurance coverage? Not hardly.

Insurance coverage was fought for by Chiropractors so their patients had greater access to spinal care. It's been a slippery slope, and today, many find that because of insanely high deductibles, visit limitations and co-pays, it's just easier to pay for Chiropractic care out of pocket.

For years Medicare made even this difficult. All care for Medicare card holders had to go through Medicare, even if not covered. Today there's a form allowing patients to opt out. A form that has to be signed every year.

Insurance has limited Chiropractic practices in other ways. Today, an office must charge both insurance and self-paying patients the same fee. To have a lower fee for a cash patient, while it seems logical and fair, is fraudulent because having two fee systems is illegal.

Insurance was supposed to make it easier for patients to obtain care. The results are questionable at best.

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

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

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

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BRING OUT THE BEST

* It's the most drinkiest day of the year. *

The Whidbey Wordsmith / JoAnn Hellmann, JOC (USNR, ret.)



We've all heard of Black Friday, which seems to come earlier these days. But how many of you have heard of Blackout Wednesday? It's considered the most drinkiest day of the year as it refers to drinking heavily enough to have a gap in memory, though not passing out, with a person still able to walk, talk, and (shudder) get behind the wheel.

The prospect of a large, filling meal and extra family time the next day may push people to drink more than they usually would. Many may feel inclined to drink without having to manage the ill-effects of too much alcohol at the office the next morning as some are off for a long weekend. And, college students on break may view the Thanksgiving holiday as the last opportunity to party before their upcoming stretch of finals.

Because of the high volume of alcohol consumed, Blackout Wednesday is widely recognized by law enforcement as one of the most dangerous nights of the year for impaired driving. Local police departments and state troopers routinely step up DUI patrols, sobriety checkpoints (in states allowed), and local, state and federal public safety campaigns run to crack down on impaired driving. Nationally, the National Highway Traffic Safety Administration (NHTSA) tracks that over one-third (36%) of all traffic fatalities during the Thanksgiving holiday period involve alcohol impairment, with many happening specifically during the Thanksgiving Eve window (6:00 p.m. Wednesday to 5:59 a.m. Thursday) in multi-year tracking.

Research shows that driving skills are affected even at low blood alcohol levels. These levels are determined by:

- How much you drink
- How fast you drink
- Temperature of drink (warmer, quicker)
- Type of mixer used (carbonation)
- Amount of food eaten
- Age
- Weight
- Gender
- Other drugs/meds taken
- Other factors



I know of which I speak as I worked in DUI prevention for over two decades. I also know the grief of losing a loved one to an impaired driver. If you're hosting for the holidays this year, you can play a role in keeping impaired drivers off the road and literally be the life of the party. Here are a few simple mocktail recipes that come together in minutes without needing simple syrup or fancy bar tools. Note: 1 shot = 1.5 ounces (oz).

Mocktini: 3 shots tonic water, 1 shot freshly squeezed lime juice, ¼ shot freshly squeezed lemon juice. Stir all the ingredients with ice. Strain into a cocktail glass to serve.

Pina Colada Perfecto: 3 shots fresh pineapple juice, 1½ shots coconut milk. Place all of the ingredients, along with ice,in a cocktail shaker and shake well. Strain into a cocktail glass to serve.

Apricot Appealer: 24 oz apricot nectar, 16oz ginger ale, 1½ tbsp lemon juice, 1½ tbsp sugar. Shake all of the ingredients together. Serve over ice.

Marvelous Mimosa: Chilled sparkling white grape juice, fresh orange juice. Fill half a champagne flute with orange juice. Pour grape juice to the rim and stir gently.

Unfuzzy Navel: 3 oz peach nectar, 3 oz orange juice, 3 oz pineapple juice, 1 tsp lemon juice, dash of grenadine. Combine in shaker half-filled with ice.

Designated Driver's Delight: 2½ oz orange juice, 1¼ oz pineapple juice, 1¼ oz cranberry juice, 2 scoops vanilla ice cream, 3-4 strawberries. Mix in blender until smooth. Serve in a hurricane glass with an orange slice and strawberry.

Don't skimp on the garnish! A salted or sugar rim, dehydrated citrus wheel, rosemary sprig or cinnamon stick adds a special touch. Edible flowers like lavender petals add visual appeal and a hint of aroma enhancing the drinking experience.

The holiday season is a time for celebration but also a time to protect and take care of those we care about. Happy and Safe Holidays! May your drinks look and taste spectacular and your holiday memories be warm and wonderful.



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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

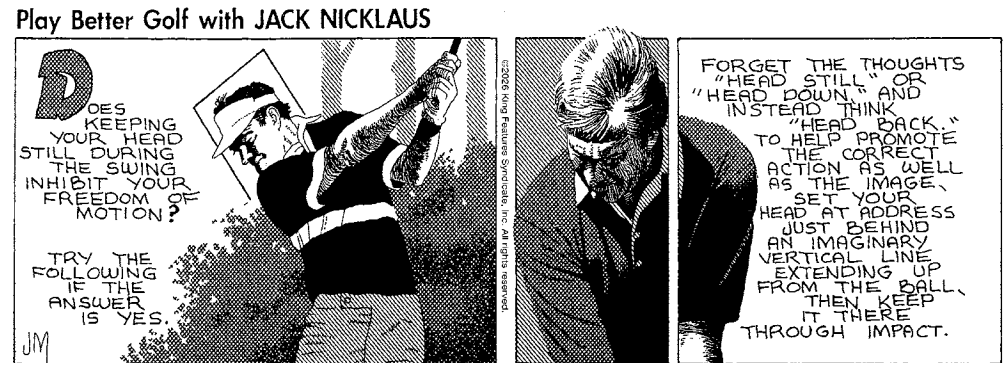
Sunday, November 22
SVC Men's Basketball – Pacific University JV @ Skagit Valley College
3 p.m. tipoff

Friday, November 27
SVC turkey tourney – Big Bend vs. Skagit Valley College
7 p.m. tipoff

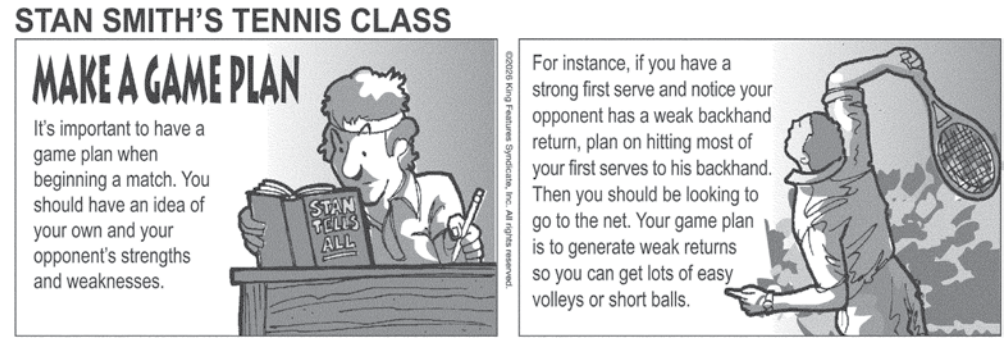
Audiocasts start 90 minutes prior to start for football, one hour prior to start for all other sports in fall.

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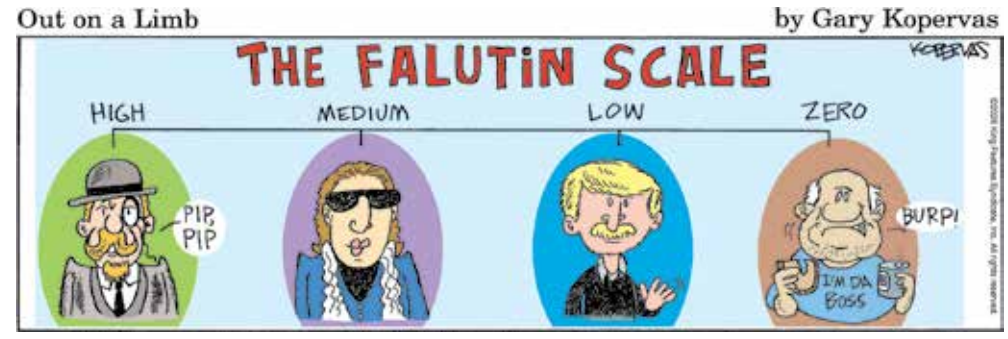
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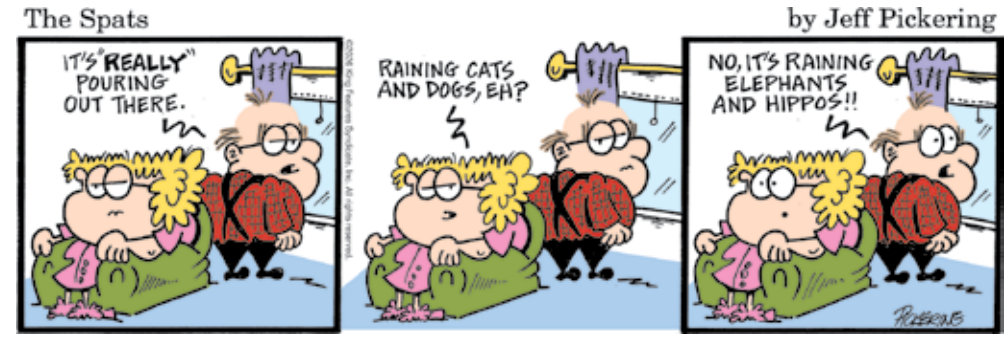
STAN SMITH'S TENNIS CLASS



Out on a Limb by Gary Kopervas



The Spats by Jeff Pickering





Astrology for November 20-26 2026

Full Moon in Gemini 2º Conjunct Uranus

On **November 22**, the Sun enters Sagittarius until December 21 and invites an overall sense of discovery and exploration. Sagittarius is a mutable fire sign that enjoys experiential learning, enthusiastic debates, and the freedom to travel in any direction that calls. It is a sign ruled by Jupiter, so we can look to this planet for clues about how the season may unfold or what themes it may include. Jupiter, presently in an ongoing conjunction with the South Node in the late degrees of Leo, is aiding a big release concerning past patterns, habits, identities, strategies in dating, romance, creativity, and all matters of performance. The way we seek validation or let an imbalanced ego drive the bus, the way we perform and present in order to be accepted - all the old grooves are getting washed. This is exciting, as the Sun in Sagittarius seeks to discover what happens next and what awaits beyond the known. As we uncover new directions and callings, the old familiars may attempt to temp us one last time. However, from this vantage point we are no longer swayed by swagger, performance, and silver tongued offers. Open to shifting perspectives and altering elements of our world views, we are eager and willing to quest for what else is out there.

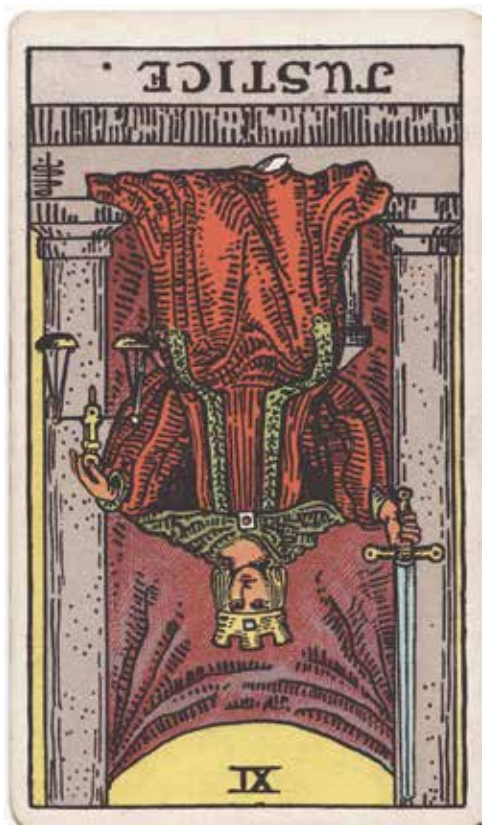
November 24 brings the full Moon in Gemini at 2º in a close conjunction to Uranus retrograde at 3º. This is major wildcard energy. All full Moons signal some completion or fruition, while feelings and sensitivities kick up to 11. Gemini rules the mind, our mental activity, thoughts, speech, information, and communication. Uranus is the planet of change, shock, revolution, and surprise. Both the Moon and Uranus in the sign of Gemini look to Gemini's ruler Mercury for clues on what unexpected information may surface, and in the sign of Scorpio, after a recent retrograde journey, a lot of dirt done in the dark is set to come to light. Secrets, hidden information, unexpected plot twists - anything can happen under this full Moon. Communication that triggers big feelings or big endings. Unexpected offers on the table due to unearthed information hitting headlines and inboxes. There is likely to be a lot of busy and even anxious energy flying about. Remember to breathe. Take a beat. Slow your roll. Uranus is in a tight trine to Pluto in Aquarius, pushing our personal and collective evolution. It's time to innovate. Transformation is now. This full Moon may be the kick in the pants we need to strike out in a new uncharted direction or share unpopular opinions with the group. True authenticity and courage is rewarded. A sudden change may be uncomfortable in the moment but a great blessing that shakes us awake and out of a rut. Worst move under this sky = resisting change.

On **November 25**, the Sun in Sagittarius opposes Uranus retrograde in Gemini at 3º. This energy keeps the surprise element alive for another day (and even through the 26). This transit is an extension of the aforementioned full Moon themes. Is it a breakdown or a breakthrough? Hard to tell in this moment because they may look very similar and thus, it will be tempting to jump to conclusions. When the Sun opposes Uranus, the urge to get free increases. Freedom is unique to each of us. Whatever it is that makes you feel free will be very desirable under this sky. Rebellious impulses rise to the surface. We desire to self-express a little more loudly. The areas of life where we are blocked from accessing these elements will likely be tense. There can be a sudden breakaway from attachments or responsibilities. However, just like the very nature of Uranus, there is an unexpected element to what transpires. What part of you or your circumstances are you longing to reinvent? Disruptions are critical redirections at this time. This is not the day to try to keep all the ducks in a row. Let the ducks run mad and find out who they are, who you are. Why do you have ducks? Ask questions. Be curious about the answers. It may be difficult to just go along with business as usual today. Where are you intolerant of restriction at this time? Mental and intellectual stimulation will be helpful. Where are you aiming your creative urges? It's time to pivot, to invite something new.

On **November 25**, Mars enters the sign of Virgo where it will be moving direct until it stations retrograde on January 10. (Yes, this means that Mars has entered the pre-shadow period of its retrograde season, which happened exactly on November 5 in Leo at 20º.) Mars in the sign of Virgo cares very much for strategy and detail, order and routine. The planet of action in this sign proves to be very helpful for committed practices and long term goals. This is a great time to begin a new exercise routine, diet, detox, or any form of collecting receipts and organizing information. Precision is this placement's specialty. On the shadow side, we may notice more nitpicking or criticism, but in its power, this energy allows for excellence. We are less concerned with appearances, more interested in quality of work and service. Make a plan, take a step. Small steps are still steps. Confidence and satisfaction build with consistency. Expect adjustments on what you start now to come knocking mid January. What task or routine have you been waiting to start? Yalla, the motivation to get it going has arrived.







November 20th – November 26th : Justice Reversed.

Tackling tasks that have been put off for far too long, regardless of perfectly good reason, is rather insistent, at this time. Not just todo lists or manual labor or routine inventory, but more specifically undertakings which seem adjacent to checking line-by-line coding and data processing for quality control and eliminating errors or updating operating systems. And this applies individually within our lives, as well as collectively, at home, at work, at your place of community. This is reviewing your bank statements and eliminating sleeping subscriptions you'd forgotten were running in the background; this is dusting your bookshelves while cataloguing your collection, reorganizing your TBR pile, and taking stock of precious tomes previously loaned out; this is following up on delinquent correspondence in meaningful ways while building awareness of connections you're ready to release and holiday mailing lists you endeavor to post swiftly; this is addressing all chores related to intellect or electronic storage and maintenance that feel as though they are physically blocking your progress to other matters. Clear the roadblock this time; don't just attempt yet again to walk around it.

We are still weeks from the winter solstice, yet with the recent time change, the night encroaching on so much of the day feels more and more pressing. You're invited to turn your mind from the anxiety of missing out on the day, and focus this week on what in your life you're also ready to close the curtain upon. To what have you given an overabundance of chance or overpoured an imbalance of your energy and effort; what can you now clearly and honestly allow yourself to see cannot re-equalise the scales? This is why Justice (and Libras) also carry a sword, for these moments when the time comes to accept the weights must be set down and the swift sharp swing of the sword severs the receipt and releases the debt, moving on with clarity of mind (and perhaps an ebbing sense of grief alongside the acceptance) toward pursuits which deserve and reciprocate your integrity.

Tumble the Jenga, sweep up the blocks, erase the scoreboard, and tidy up your space; it's time for a new game, and it's your deal. ~Xo, Tiffany

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

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

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

WEEKLY HOROSCOPES

ARIES – Mar 21/Apr 20
A little spontaneity could brighten your week, Aries. Say yes to an unexpected invitation or try something outside your routine. Not every adventure needs a grand plan. Sometimes the best memories begin with a simple change of pace.

TAURUS – Apr 21/May 21
Comfort comes in many forms this week, Taurus. A favorite meal, familiar company or a quiet afternoon may be exactly what you need. Enjoy life's simple pleasures without feeling obligated to make every moment productive.

GEMINI – May 22/Jun 21
Your sense of humor could turn an awkward situation into a memorable one. Don't underestimate the power of a well-timed laugh. A casual conversation may also lead to an unexpected connection worth exploring.

CANCER – Jun 22/Jul 22
A thoughtful gesture could mean more to someone than you realize. Whether it's a phone call, a kind word or a helping hand, small acts of generosity have a way of coming back around. Share a little warmth this week.

LEO – Jul 23/Aug 23
You may find yourself at the center of a lively gathering. Enjoy the company and let your natural charm shine. Just remember that sharing the spotlight can make the occasion even more enjoyable for everyone.

VIRGO – Aug 24/Sept 22
Not everything needs to go according to plan, Virgo. A minor mix-up could turn into a funny story or a pleasant surprise. Give yourself permission to relax the rules and enjoy a little harmless unpredictability.

LIBRA – Sept 23/Oct 23
A friendly conversation may remind you how much you enjoy good company. Make time for people who leave you smiling. Even a brief visit or shared laugh could bring a welcome lift to your spirits.

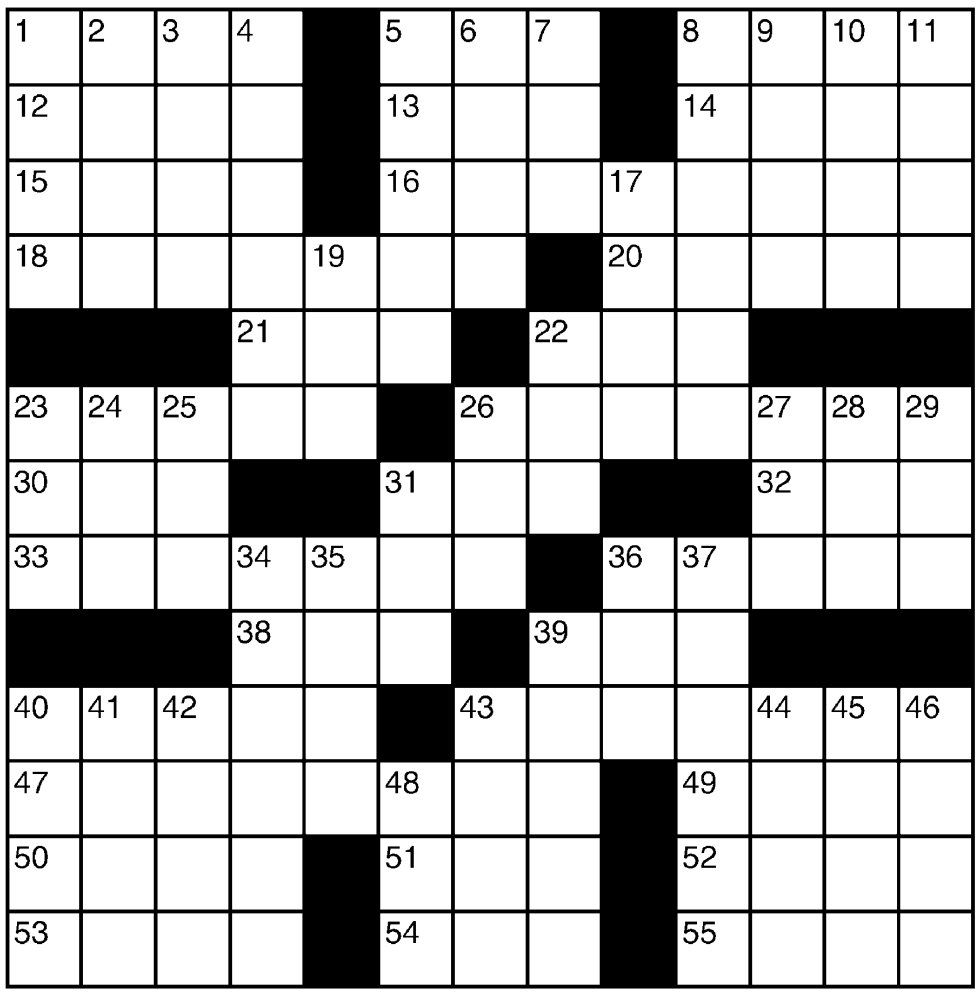
SCORPIO – Oct 24/Nov 22
Your curiosity may lead you toward an entertaining discovery. Try a new recipe, revisit an old hobby or explore something that catches your attention. There's no need for a serious purpose behind every pursuit. Enjoy the experience.

SAGITTARIUS – Nov 23/Dec 21
A playful mood could make ordinary responsibilities feel less demanding. Bring a little creativity to your routine and don't be afraid to laugh at yourself. The week may hold more pleasant surprises than you expect.

CAPRICORN – Dec 22/Jan 20
Set aside the to-do list long enough to appreciate what's already going well. A relaxed gathering or quiet moment with loved ones could offer a welcome reminder that life's rewards aren't always measured by accomplishments.

AQUARIUS – Jan 21/Feb 18
An unusual suggestion from a friend may turn out to be surprisingly fun. Keep an open mind, even if the idea sounds a little silly. Sometimes the experiences you least expect become the stories you tell for years.

PISCES – Feb 19/Mar 20
A little nostalgia may bring a smile this week. Revisit a favorite song, share an old story or reconnect with someone who knows you well. Familiar joys can feel



CLUES ACROSS

1 Furnace fuel
5 Arles buddy
8 Grouch
12 Words said with a sigh
13 A Bobbsey twin
14 Corridor
15 Subsequently
16 Small orchestra
18 Tennis category
20 Like a gorilla
21 Up to
22 "Ben- --"
23 Marina boat
26 "My Way" singer Frank
30 Rock producer Brian
31 Monk's title
32 "Big Blue"
33 Tricky baseball pitches
36 Old photo tint
38 Hosp. hookups
39 Lincoln or Ford
40 Savory taste
43 Winding
47 "The Jungle" author
49 Haydn nickname
50 Essence
51 Joan of --
52 Not that
53 Spanish ayes
54 Salty expanse
55 Phoenix cagers

CLUES DOWN

1 Felines
2 Surprised greeting
3 "So be it"
4 Duration
5 Photographer Adams
6 French "but"
7 Hostel
8 "Quantum Healing" author Deepak
9 Hindu royal
10 Famed boxing family
11 Humdrum
17 Mythic goat-man
19 Tipsy
22 That fellow
23 "Certainly!"
24 Singer DiFranco
25 Bamboozle
26 "Help!"
27 Bit of advice
28 Slugger's stat
29 Med. group
31 ER workers
34 Korean cabbage dish
35 Wicked
36 -- Diego
37 Blows one's top
39 About, date-wise
40 Priority Mail org.
41 1003, in old Rome
42 Pantry pests
43 Beget
44 Diamond Head locale
45 -- arms
46 Back talk
48 Remote batteries, often





OUR Community

An Upbeat Question of the week

By Helen Mosbrooker

What are you most grateful for this Thanksgiving ?



Cathy Kind,
Oak Harbor

I am grateful for my husband, my animals, my job at Greenbank Farm Wine Shop, my co-workers, my customers who energize me, my family, friends who make me laugh, being able to live on beautiful Whidbey Island, and so much more, but I am most thankful for my health. So many of my friends are struggling with health issues, daily pain, disability and even looking at the devastation of cancer and other life-threatening diseases. I realize how fleeting good health can be and my good health is something I do not take for granted.

I am healthy in body and mind and as long as I remain this way, I have a great quality of life and that is a blessing to be cherished.



Jalyann Lumpkin,
Oak Harbor

This Thanksgiving, I am most grateful for my family and friends. This year brought some of the biggest challenges of my life. I became a single mother, and my children and I had to leave the home they had always known. After spending three years as a stay-at-home mom to my two young children, I felt as though my world had completely fallen apart. However, during one of the most difficult chapters of my life, my family, friends, and neighbors showed up for us in ways I will never forget. Their love, encouragement, and guidance helped me find the strength to keep going. My horse back riding teacher and role model also continually reminded me how proud she was of me. Today, I am blessed with a wonderful job and children who love their daycare. I am grateful for how far we've come.



Hollie Swanson,
Greenbank

Grateful for my friends and family who I get to see this time of year. I really appreciate everybody making the time to get together. We all are so busy, but making time during the holidays is always so special.



Stephanya Huerta,
Oak Harbor

This Thanksgiving I am most grateful for Forgiveness and the ability to truly move forward afterwards. Also,to allow yourself to grow and not carry shame after being forgiven.

Forgiveness is an action word and takes practice, a lot of practice.

Joyful Saying

If you carry joy in your heart, you can heal any moment.
-Carlos Santana

Weekly SUDOKU

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

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
Licensed · Bonded · Insured
ISLANP**758JD

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

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

LOOKING FOR OFFICE

Dr Darlene Castle is looking for rental space for her Chiropractic office. Will consider a few rooms or 700 sq ft space or home/office building for use Mondays thru Thursdays. Primary use is caring for military at $40 per visit however all public are welcome. Contact text 425-238-8704 or castle@lkstevens.com

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.

BURIAL PLOTS 4 SALE

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

FREE CHRISTMAS PIANO

Beautiful warm-wood upright piano. Tuned. Owned by music teacher. Padded wooden bench and music books. 360-320-3806. All free and ready for Christmas! Must be picked up by end of November!

HOLIDAY ART MARKET

The Art of Community Holiday Art Market
Celebrate local creativity and shop for one-of-a-kind holiday gifts at BISC! Discover original artwork, and unique creations by Whidbey Island artists. Support local talent while enjoying the spirit of community.
December 11 & 12
10 AM–4 PM
Baby Island Saratoga Club
3616 Saratoga Road, Langley
Free admission.
babyislandsaratogaclub.org

How'd you do?

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

WEEKLY MEETINGS

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

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

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

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

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

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

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

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

WEEKLY MEETINGS

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

MONTHLY MEETING

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

RESOURCES

Family Resource Center
723 Camano Ave, Langley.
360-221-6808 ext **4321**
School supplies, coats, warm clothing, resource connections.
Mon-Wed 9 a.m. - 5 p.m. Thurs 9 a.m. - 12 noon, or by appt.
readinesstolearn.org

Mother Mentors
360-321-1484 · info@whidbeymothermentors.org
Carregiving mentoring and play support, mothermentors.org

I Support the Girls
360-678-2090 · isupportthegirls.org/affiliates/whidbey-island
Essential health and hygiene items for women and girls.

Island Senior Resources
360-321-1600
14594 SR 525, Langley
Multiple 50+ programs and services.
Mon-Fri, 8:30 a.m. - 4:00 p.m.
senior-resources.org

Pamoja Place pamojaplace.org
721 Camano Ave, Langley
Safe space for BIPOC people and allies to connect, collaborate, and celebrate.

Veterans Resource Center
360-331-2496
723 Camano Ave, Langley
Events, Support, and Benefits help
Monday 10 a.m. - 3:30 p.m.
Tues - Thurs 1:00 - 4:30 p.m.
Saturday by Appointment.
whibeyvrc.org

Veterans Services
360-632-2496
105 NW 1st, Coupeville
Monday - Friday, 8:00 a.m. - 4:30 p.m.

MORE RESOURCES

Basic Food Benefits Community Services Office: 275 Pioneer Way #201, Oak Harbor **877-501-2233**

Food Banks:
·**Gifts From the Heart**
108 SW Terry Road
Monetary donations, they should be sent to:
PO Box 155, Coupeville 98239
Distribution on 2nd and 4th Wednesdays, 2-5 p.m.
·**Good Cheer:**
2812 Grimm Rd., Langley **360-221-4868**
Mon-Fri, 10 a.m.-4 p.m.
·**North Whidbey Help House:** 1091 SE Hathaway St.
Oak Harbor **360-675-0681**
Mon-Fri, 9 a.m.-4 p.m.
(5 p.m. on Tues)
Closed 12-1 p.m. for lunch

Island Church of Whidbey Soup Kitchen: 503 Cascade Ave., Langley **360-221-0969**
Tues & Thurs 11:30 a.m.-1 p.m.

SPiN Café: 1241 SW Barlow St., Oak Harbor
Daily, 6:30 a.m.-5:30 p.m.

St. Hubert's Catholic Church
Wednesday Soup Kitchen
All are Welcome!
11 a.m.-12:30 p.m.
804 3rd St., Langley
360-221-5303
Ask about our Thursday Dinner

HUB After School: 301 Anthes Ave., Langley **360-221-0969**
Food and activities for middle and high school youth. Mon, Tues, Thurs, Friday 2-6 p.m., Wed 1-6 p.m.

Ryans House for Youth: Food, fun, support, 19777 SR 20, Coupeville 360-331-4575
Drop-in center for adults ages 18-24; Daily 6 a.m.- 8:30 p.m., 35 SE Ely St., Oak Harbor **360-682-5098**
Drop-in center for youth ages 12-21; Mon-Fri 11 a.m.-7 p.m.

Women, Infants & Children (WIC):
-Oak Harbor/North Whidbey: 1791 NE 1st Ave. Mon-Thurs
360-240-5554 Text: **360-544-2239**

SHELTERS/HOUSING

CADA Emergency Shelter – Confidential crisis shelter for women and children fleeing domestic violence/sexual assault/stalking. This is NOT a homeless shelter. Office: **360-675-7057** Crisis Line: **360-675-2232** Toll Free: **800-215-5669**

Island County Housing Support – 105 NW 1st St., Coupeville **360-678-8284**
For homeless or at risk of losing housing. Mon-Thurs, 9 a.m.-3 p.m.

Ryan's House for Youth – 19777 SR 20, Coupeville **360-331-4575**
For at-risk adults ages 18-24

Whidbey Homeless Coalition – Serving Island County **360-900-3077**

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

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

Oxford Houses – Recovery housing oxfordhouse.org
-Men:**360-246-4101**
- Women & Children: **360-682-5773**

CRISIS LINES

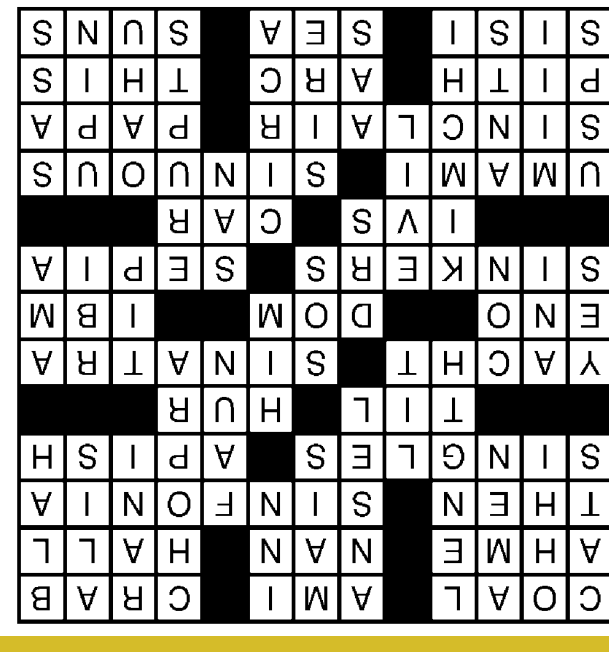
9-1-1: Call for threats to life, fire, accident or crime
-Non-emergency lines: Oak Harbor Police Department-**360-279-4600**
-Island Communications Dispatch (ICOM) - **360-679-9567**

9-8-8: Suicide and crisis lifeline, free & confidential
- **741-741**: 24/7 Crisis Text Line
-**800-584-3578**

24/7 Northwest Washington Crisis Services
- **360-678-7880**: Island County Behavioral Health

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

No Cheating!



CLASSIFIED INFORMATION

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.

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.