

April 2 through April 8, 2020

FREE

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# WE HAVE ISSUES!



# #whidbeystrong

See the article on page 7.

More Local Events *inside*

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# ON TRACK

with Jim Freeman



If this week's entry into the musings of my amusings seems a bit more detached than normal, my apologies.

Having spent so much time alone lately, I think I have a concussion from running into myself.

The proscenium of my cerebellum needs an adjustment, but the bars are closed.

To keep myself entertained, I have been revisiting favorite scenes in movies, favorite songs, favorite books, and even a three part *Superman* story from a 1958 DC comic.

## Cabinet Saveiton

Files I have not touched since Art Jarvis was superintendent of schools have now been touched.

How touching?

Nothing like burning one's past to enjoy the present. Why I saved some of this stuff, I will never know. At one time maybe I thought I was going to start a family museum.

The museum is becoming a mausoleum. Bury me in the hot wood stove.

A few days of file touching has made me realize I have been a file hoarder for most of my life. Who needs TP? I have files.

To confirm my hoardiness, I counted just now how many file cabinets I have.

Four drawered – one in kitchen; one in computer room

Three drawered – one in bathroom; one in computer room

Two drawered – one in bathroom; three in computer room

One drawered—four drawers in the kitchen

The bookcase occupying my dualing Naugahyde recliner in the caboose has 19 three ringed notebooks filled with poems. Is this considered filing if there is no cabinet?

Had it not been for all this hunkering, I might never have known about all my hoarding.

## Attila the Hunkered

The governor told us to "hunker down."

My good buddy GB called to tell me he and his wife Sandy were "hunkered down" in Brentwood, Calif.

The headline of the *Seattle Times* after the governor's hunker down lock down had "Hunkering" in real big letters.

While I have always understood the gerund "hunkering" meant to hang out wherever one hunkers, I never had looked up the word in a dictionary.

I wanted to know if I was really hunkering or just pretending to hunker.

So, after grabbing Dad's 1970 edition of *Webster's Seventh New Collegiate Dictionary*, I headed to hunker.

There it was. Second column, page 405, between "hunk" and "hunkers."

*Hunker—perhaps of Scandinavian origin—to squat, or to crouch—more at Hawker.*

No way was I looking up "hawker." I knew that one.

But squatting?

I don't even hunker right.

Hunkering hurts.

We did squat thrusts in high school phys ed, college sports, and in the Marine Corps.

We never just squatted.

At my age, hunkering could be a one way street.

"I've hunkered and I can't get up!"

Don't be cruel, Freeman. You are pushing an envelope with insufficient postage.

Maybe now I should start writing my epic—*How to Hunker—A Survival Manual*, batteries not included.

## Hello April

No wonder Mom made me take Latin. How else

would I have known the word April is from the Latin word *aperio*, meaning "to open"?

No wonder we have all this budding going on every spring. This is the way it is supposed to be.

Fortunately or unfortunately, whether you are an introvert or an extrovert, this spring, while hunkering and hoarding, we can even watch the budding happen. We're all at home, some of us on Bud Light.

Here comes da bud!

## Burma Shave

Many of you remember the Burma Shave signs on the highways years ago. My friend Madelyn Jo printed out several for me in case I needed some levity while hunkering.

Here are a few of my faves.

Imagine you are in a convertible or pulling an Airstream with your truck as you pass these signs, separated by a / instead of 15 yards.

From 1942: What you shouted/ May be true/ But did you hear/ What he called you?

From 1939: Past/ Schoolhouses/ Take It Slow/ Let The Little/ Shavers Grow

From 1960: Dim Your Lights/ Behind A Car/ Let Folks Know/ How Bright/ You Are

## Baseball is back

Here in Freelandia, home of the free and the hunkered, we have certain habits that have been put on hold.

Coffee klatches at Crabby Coffee inside the Whidbey Telephone headquarters next to Webb's Department Store; gatherings at Payless grocers coffee tables; chatters at Jupiter Coffee next to Chevron and Sound Business Systems have all been on hold.

Lunch buddies at Freeland Cafe, Charmers, El Corral, Joe's, and more have been interrupted.

Night time solitude begs for activity.

Thank you Mariners for re-broadcasting 30 classic games this month. I don't even have to worry who wins. Surely they won't broadcast any losers.

The Mariner line-up, available at [www.mlb.com/](http://www.mlb.com/) mariners, reminds us fans again how blessed we all were to be within earshot of the Grand Master, Mariner Announcer Dave Niehaus. All games are on Root TV and 710 AM ESPN radio at 7 pm.

Play ball. We win 'em all! 30-0. What a season.

## Home cookin'

One of the bright spots for me in this cacophony of new feelings has been our local television news, weather, and sports. Seeing the basements and living rooms and offices of our stay at home broadcasters reminds me of Edward R. Murrow's *Person to Person*.

As I mimicked Mr. Murrow, my candy cigarettes were in full force watching that show with Mom.

Seeing our local stars in their natural surroundings helps me appreciate them even more. Channel 13's Walter Kelly is not always wearing a really nice blue suit to share the weather. Paul Silvi of King 5 sports has a really nice view from his deck. Jordan Wilkerson, another weather person on King 5, has two little dogs and a mother in the kitchen.

Ben Dery, also a weatherman for King 5, reports from his spare room as his brand new baby daughter naps upstairs.

Ben's daily blackboard changes are another treat.

Two of my faves—I don't trust atoms. They make up everything.

And this one—*What happens when the fog lifts in Southern California?* UCLA.

In all my years of living in California, I never heard that joke. Yet, whenever I went to the UCLA campus or Westwood, I always felt good knowing I could be walking somewhere Jackie Robinson strolled when he was a student.

All part of my fantasy footstep program.

Yes, I am trying to enjoy the newness of my nowness. I am just wondering how long it will be before I stop looking for Rod Serling.

It would sure be nice to ask him if what we are experiencing in 2020 is anything like his great *Twilight Zone* episode from 1960, "The Monsters Are Due On Maple Street."

I'm beginning to feel a little bit like Claude Akins.

To read past columns of *On Track* in the *Whidbey Weekly*, see our Digital Library at [www.whidbey-weekly.com](http://www.whidbey-weekly.com).

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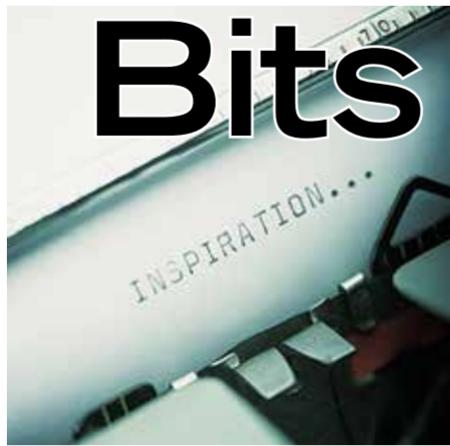
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# Bits & Pieces

## Letters to the Editor

### To: Our Whidbey Island Community

A recently published letter to Governor Inslee has caused concern. The letter was written by the Washington State Hospital Association on behalf of several hospitals in our state, including WhidbeyHealth. The letter urges the Governor to immediately release COVID-19-related emergency funds to our hospital and others.

One part of that letter characterizes Whidbey-Health among the hospitals "...facing imminent closure." This language is regrettable, and we want to offer some context and clarification.

This pandemic's massive economic impacts affect every hospital in the United States. At WhidbeyHealth, we estimate COVID-19 related costs will top \$1,600,000 per month. Simultaneously, suspending services like elective surgery has reduced our insurance reimbursement by almost two million dollars per month.

Our situation is dire, and we urgently need action from Governor Inslee's office. At the same time, we face other serious challenges. Nationwide shortages of Coronavirus testing materials, personal protective equipment (PPE) for caregivers and other resources affect our operations every day. Our partnerships with other hospitals, NAS Whidbey, local and state governments are constantly identifying ways we can share equipment, supplies and even personnel.

This is a difficult time – perhaps the most difficult we will know in our lives. Despite the issues we face, remarkable support from our community continues to roll in. Nearly 300 people have volunteered to hand-make masks and other PPE. Retired providers are renewing their medical licenses to supplement our staff capacity. A petition urging the Governor to respond with immediate financial support has attracted over 1,000 signatures in fewer than 24 hours. Local and regional news media have partnered with us to keep you informed about how we can help. Together, we will get through this.

On behalf of our entire staff at Whidbey-Health, we want to assure our community we are here and committed to providing exceptional care for everyone who needs us. This year is our 50th Anniversary, and we look forward to another 50 years of service to patients and families.

It is the very reason we are here.

Ron Wallin  
President, Board of Commissioner

Ron Telles  
CEO, WhidbeyHealth

### Editor,

I'm glad to see more and more people following the 6-foot social distancing rule while waiting in line in grocery stores.

However, I have seen many who don't follow that rule once they're shopping. For example, a lady yesterday leaned past my husband to get something off the shelf, and as she did so, she politely said "excuse me" but then added "I'm not sick, trust me."

What she failed to take into account, for BOTH her and my husband, is she or he could have been infected DAYS ago, now be spreading it, and still NOT show any symptoms. Or have

it, NEVER have symptoms and STILL spread it. THAT is the danger of this pandemic: you can spread it and not know it.

So please, "don't stand, don't stand, don't stand so close to me" or others.

You could be saving a life.

JoAnn Hellmann  
Oak Harbor, Wash.

### Editor,

Thank you!

"NOT CANCELLED!" Some sanity finally in this very weird and puzzling time. Your *Whidbey Weekly* has and continues to be the place to find positive input to current conditions of our much-appreciated "Island Life." This cover of March 19th's issue embraces this in spades!

I thank you for your, Kathy, Teresa, Penny, Noah, TJ and your contributing writers' continuity of caring and sensitive service. "Who Is Important?" was written back in 1997 by a friend of mine. It fits here! Insert after "in those crazy people...." like Eric; like Kathy; Teresa; Penny; Noah; TJ; etc. because it does describe you, each of you!

### Who Is Important

By a friend, Quiwie

*O Gracious One,  
It is an awesome power you've shared  
And I honor Your power  
Not only in pianist, poet and painter,  
But in those whose encouragement ignites my heart,  
Whose laughter lights up a room,  
Whose touch fills a void,  
Whose integrity inspires my will,  
Whose compassion builds a community,  
Whose demands stretch my Soul,  
And whose Love makes my day;*

*And I honor your power in those artists  
Of the kitchen and office and shop,  
Of courtroom and classroom and sickroom;  
In those crazy people  
Who somehow know the world is always unfinished,  
And who happily risk pushing and shoving  
And tugging and pounding  
And making love to it  
Until it and all of us  
Come out in more glorious shape.*

My best to all of you!

Mike Thelen  
Oak Harbor, Wash.

### Penn Cove Water Festival 2020 Canceled

It is with a heavy heart we announce the Penn Cove Water Festival has decided to cancel this year's May 16 event in Coupeville, Wash. due to the COVID-19 pandemic.

We are committed to having The Penn Cove Water Festival next year in 2021. We will post the date as soon as possible. Please visit our website for updates, [www.penncovewaterfestival.com](http://www.penncovewaterfestival.com).

Our concerns for you to stay safe and be well is most important in these confusing times. We look forward to seeing you next year in 2021.

For questions and concerns, please contact Nina Marie at 518-572-3585 or [Godde5@aol.com](mailto:Godde5@aol.com).

[Submitted by Nora M. Durand, Penn Cove Water Festival Publicity Lead]

### Board of Island County Commissioners - Stay Home, Stay Healthy

In response to Governor Inslee's "Stay Home, Stay Healthy" proclamation, the Board of Island County Commissioners adopted a resolution closing public access to County office buildings from March 25 through April 6. Citizens who need access to public services will be required to contact departments via email or telephone as a means of communication. Citizens can find contact information for departments and offices at [www.islandcountywa.gov/pages/county-operations.aspx](http://www.islandcountywa.gov/pages/county-operations.aspx).

Island County's solid waste transfer stations will remain open and available for citizen use as normal during this two-week period.

[Submitted by Virginia Shaddy, Deputy Clerk of the Board]

### County Takes Action to Suspend Restaurant Fees

In response to the economic impact COVID-19 is having on food establishments, the Island County Board of Health voted to suspend the collection of food service fees for the second half of 2020. Any food service business (restaurants, groceries, and mini marts) that have a food service license and have paid the year in full, will receive a partial refund. Refunds are estimated to be issued no later than June 30.

During the discussion, the Board of Health addressed their concerns pertaining to the financial impact of the decision. However, they determined the local economy and its workforce were a higher priority.

While local government has very few tools to aid in economic stabilization; the Board of Health's action demonstrates a commitment to provide economic relief in support of our small business community.

[Submitted by Virginia Shaddy, Deputy Clerk of the Board]

### Skagit Valley College Spring Quarter Will Start on Time Will be offered via remote delivery only

Skagit Valley College announces Spring Quarter will start on time Tuesday, April 7. All classes will be offered by remote delivery only throughout the quarter. However, Basic Education for Adult classes will start April 27; BEdA classes will be delivered remotely as well.

With the continuation of remote operations at SVC, access to services for students and prospective students such as instruction, enrollment services, counseling and advising, financial aid, Workforce grants, and the Cardinal Bookstore, etc. will be available remotely. For details about these services, as well FAQs, visit [www.skagit.edu/remote](http://www.skagit.edu/remote).

The health and safety of its employees, students and the communities it serves, are Skagit Valley College's primary concerns. In continuing SVC's remote operations, the College is following the letter and the spirit of Gov. Jay Inslee's March 23 "Stay Home - Stay Healthy" executive order.

For additional information and webpage updates, visit [www.skagit.edu/remote](http://www.skagit.edu/remote)

[Submitted by Arden Ainley, Chief Public Information Officer, SVC]

### \$55,200 in Grant Funds Awarded to Reserve's Historic Buildings

The Trust Board of Ebey's Landing National Historical Reserve and the Friends of Ebey's are pleased to announce 11 historic buildings will receive Ebey's Forever Preservation Grants in 2020.

Now in its 10th year, this community-driven grant program supports the preservation, rehabilitation and continued use of historic buildings within Ebey's Landing National Historical Reserve by providing annual matching grants to stabilize and sustain iconic heritage buildings listed on the National Register of Historic Places.

The Grant Program is funded entirely through private donations to Friends of Ebey's, a local nonprofit organization that supports the Reserve.

"The Ebey's Forever Grant Program is a powerful reflection of the community," said Julie Dougherty Winger, executive director of the Friends of Ebey's. "Ten years ago, it was born out of an idea between the Trust Board and local residents. Not only does the program help care for structures used by local businesses, property owners, and farmers, it has also contributed well over \$1.2 million into the local economy. The grant program is community supported heritage preservation and local

## Time for Some Financial Spring Cleaning

Spring is officially here – and for many of us, that means it's time for some spring cleaning around our homes and yards. But why stop there? This year, why not do some financial spring cleaning, too?

You can apply some of the same principles of traditional spring cleaning to your financial environment. Here are a few suggestions:

- **Clear your vision.** Spring brings extra hours of sunshine – and to enjoy them, you'll want to clean your windows, inside and out. As an investor, you also need to take a clear-eyed view of your situation periodically. Are you on track toward achieving your goals? If not, what moves can you make to get back on the right path? You need to be honest with yourself to see if you're doing all you can to help make progress toward your objectives.

- **"De-clutter" your portfolio.** As you go about sprucing up your house, you may find that you have a lot of clutter. Do you really need three mops? And are you holding on to those old calendars for any good reason? You'll probably feel much better about your surroundings when you de-clutter them – and the same may be true of your investment portfolio. For example, do you own several investments that are virtually identical? If so, you might want to consider ways to help diversify your holdings. While diversification can't guarantee profits or protect against losses in a declining market, it might help reduce the impact of market volatility on your portfolio.

- **Recharge your batteries.** When you do your household spring cleaning, you may want to check the batteries on your smoke alarm, carbon monoxide detector and other devices. And as part of your financial spring cleaning, you might need to recharge your own investment "batteries," so to speak. In other words, increase the power you're providing to your portfolio. You can do this in a few different ways. First, you can increase your contributions to your 401(k) or similar retirement plan every time your salary goes up. You can also try to "max out" on your IRA contributions each year. (For 2020, you can put in up to \$6,000 in an IRA, or \$7,000 if you're age 50 or older). Another way to increase your investment voltage is to make sure you've got adequate growth potential in your portfolio based on your goals and risk tolerance.

- **Put your house in order.** As part of your spring cleanup, you may want to check for damage on your roof, windows, siding and so on. But you also need to put your financial house in order, especially as it regards to protection. Do you have adequate life insurance? If not, your family could suffer if something were to happen to you. And have you thought about how you could pay for long-term care if you needed it? The average annual cost for a private room in a nursing home is about \$100,000, according to the insurance company Genworth. To retain your financial independence – and also to help protect your grown children from possibly having to deal with these costs – you may want to explore some type of long-term care insurance.

By doing some spring cleaning around your home, you'll lighten up your living space. And doing some financial spring cleaning may help you brighten your future.

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.*



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MAKING SENSE OF INVESTING



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economic development. As the world seems to be in constant flux, it's comforting and humbling to know the care and consideration the community shows the Reserve is continuous. This grant program would simply not be possible without donations from local donors including individuals, as well as tribal governments."

Since its inception, the grant program has funded 99 preservation projects, ranging from painstaking roof replacements on Victorian homes to foundation repair for some of the Reserve's important working barns.

Kristen Griffin, Trust Board Reserve Manager said, "Each year we are amazed at the dedication of the owners who apply, and grateful to the community that keeps this wonderful program going. Hopefully, 'Ebey's Forever' means just that."

Ebey's Landing National Historical Reserve was established in 1978 to protect a rural community and its significant history. Preservation is accomplished through partnerships, conservation easements, local land use regulation, and the cooperation of landowners.

[Submitted by Kristen Griffin, Reserve Manager]

### Navy Aircraft Noise Monitoring at NAS Whidbey Island and NAS Lemoore

The National Defense Authorization Act (NDAA) for fiscal year 2020 directed the Department of the Navy to provide a report to the congressional defense committees by March 20 about real-time sound monitoring at no fewer than two Navy installations on the west coast. Pursuant to this directive, the Navy will conduct real-time noise monitoring of aircraft-in-flight at Naval Air Station (NAS) Whidbey Island, Wash. and at NAS Lemoore, Calif.

The Navy will rely on American National Standards Institute (ANSI)/Acoustical Society of America guidance to undertake the monitoring effort. During monitoring periods, the Navy team will place at least 10 Sound Level Meters (SLM) at pre-determined locations "along and in the vicinity of flight paths" as directed by the NDAA. The Navy will also work with local elected officials and other federal agencies when identifying SLM monitoring locations to ensure community concerns are addressed by the noise monitoring effort. There are no plans to conduct public meetings.

According to Lucian Niemeyer, Acting Assistant Secretary of the Navy for Energy, Installations and Environment, "The Navy values the outstanding community support which allows our military forces to conduct realistic training for our nation's security." Niemeyer added, "We want to make sure our noise monitoring effort is comprehensive and that the data collected meets the intent of Congress and addresses local concerns."

The Navy will submit a status report to the congressional defense committees by Dec. 1 and continue monitoring through the summer of 2021. The final report will include the results of such monitoring, a comparison of such monitoring with noise contours developed as a part of this effort and with previously developed noise modeling, and an overview of any changes to the analysis and modeling process that have been made or are being considered as a result of the findings of monitoring.

[Submitted by Michael Welding, Public Affairs Officer, NAS Whidbey Island]

### Turning 65? Have Questions about Medicare? SHIBA is Still Here to Help

In the face of the coronavirus outbreak, many of us are trying to navigate important issues while isolated in the solitary confinement of our homes. We may not know where to go for information about important matters, questions that need timely answers, deadlines that must be met.

Please know volunteers from the Statewide Health Insurance Benefits Advisors (SHIBA) and Island Senior Resources, remain on the job. Volunteers are working remotely and will respond by telephone or email regarding your Medicare concerns. This includes: enroll-

ment, costs and benefits, prescription coverage, low-income assistance, and referrals for related services. If you are turning 65 or have questions about coverage for your healthcare needs, SHIBA is here to help. Call 360-321-1600, option 0 or email reception@islandseniorservices.org.

Once the risks related to COVID-19 have passed, SHIBA will resume in-person consultations in Oak Harbor, Coupeville and at Island Senior Resources in Bayview.

[Submitted by Robin Bush, Island Senior Resources]

### Angie Homola Announces Her Candidacy for State Representative 10th LD pos. 1 (D)

Angie Homola, former Island County Commissioner and community leader, comes to the race with a wealth of experience and an impressive number of district supporters ready to help make her the Democratic frontrunner in this upcoming primary.

Angie and her family have lived in Oak Harbor for 23 years, where her husband, a retired naval aviator, served at Naval Air Station Whidbey Island.

Volunteering in our communities, Angie taught enrichment courses to elementary school children, formed a nonprofit environmental protection group, helped construct affordable housing, and she heads a scholarship committee to help young women obtain higher education. As an architect and former carpenter, laborer, and machinist, Angie is an advocate for education and vocational training; she understands the policies needed to ensure smart land-use planning and affordable housing.

"I have a proven track record of getting things done for the common good by fighting the tough fights for what is right vs. settling for what is easy," says Homola. "That's how I collaboratively brought transparency to Island County government, reduced expenses to balance the budget, greatly improved services to indigent veterans, maintained senior and mental healthcare services, protected the environment, and enhanced local job opportunities."

Angie is a critical thinker and has the tools and experience needed to restore civil bipartisanship in Olympia so we can work together to forge a bright future.

"I believe I am the most qualified and experienced candidate to represent working families, protect our quality of life, and stand up to unethical efforts to undermine democracy," says Homola. "Electing me will bring action to this office, not just words and favors."

Learn more about Angie Homola and share your concerns and ideas with her at: [www.angieforall.com](http://www.angieforall.com)

[Submitted by Angie For All]

### Stephenie Mischo, Candidate for Island County Commissioner Dist. 2

"My name is Stephenie 'Fe' Mischo and I am running for Island County Commissioner District 2. I am a mother, military spouse, and proud resident of Oak Harbor. My work as an early childhood education advocate has taken me to Olympia and Washington D.C. to fight for my cause. My experience as a state and national level advocate, as well as a local volunteer, have helped me to realize that now is the time to use my knowledge and skills to further benefit our county.

The work I have done locally allows me to see and experience first-hand the struggles faced by our community and its residents. Over the last five years, I have focused my efforts on those most vulnerable, from the homeless to our elderly; from children to those affected by family violence and the strength of all those working to overcome adversity has inspired and given me hope.

I envision a bright future for our county, where community and government are inclusive, effective, and benefit us all. I will invest in our residents, our environment, and our community, striving to create and sustain workforce housing, develop and implement sources of renewable energy, build a community center, and offer wrap around services for those struggling with mental and behavioral health."

# Insurance and You

By Mary Elizabeth Himes

Insurance is an agreement between parties to transfer risk. That means that one party pays another party to provide financial compensation in the event of loss of assets, property or life. The majority of Americans are most familiar with personal insurance that protects their homes and cars; the problem is that most Americans don't understand what they are paying for. We want to help you have a better understanding and over time, use this platform to educate you about personal insurance and its benefits.

To begin, we will review personal auto insurance and what coverage is required by the state of Washington and what those coverages mean.

Personal Auto Insurance is coverage provided for motorized vehicles with two axles. The vehicles must be street legal and made for standard highway use. The grouping of covered vehicles does not include buses, box trucks, flatbed trucks, semi-trucks, tow trucks or modified cargo vans used in business. Some companies will allow coverage on this policy type for scooters and motorcycles. Many vehicles used in commercial businesses are also excluded from personal insurance.

Personal Auto Insurance coverage consists of the following:

**Liability:** This coverage provides protection to the policyholder if they are found to be at fault in an accident. There are two parts to this coverage: Bodily Injury-25/50 and Property Damage-10.

Bodily Injury will provide payment up to policy limits of medical and hospital costs, loss of wages and funeral/death expenses to a party that is injured by the insured in an at fault accident.

Property Damage will provide monetary benefit up to the policy limits to a party that has property damaged by you in an at fault accident.

In the state of Washington, the minimum amount of required insurance coverage is \$25,000 maximum pay out to one person, \$50,000 maximum to multiple persons and \$10,000 maximum pay out for property damage. Higher coverages are available and recommended.

The following coverages are optional, however, they are recommended to provide the most protection in the event of an accident.

**Personal Injury Protection (PIP):** This coverage provides protection directly to you, the insured, in the event of an accident no matter who is at fault. It provides coverage for the insured and family members who may be injured in a vehicle accident or as a pedestrian. The coverage provides for medical and hospital expenses up to the policy

limits. It also provides for funeral expenses, lost wages and loss of services. The full scope of coverage should be discussed with your agent or carrier. You are required to sign off if you decline this coverage.

**Medical Coverage:** This coverage is available when you are at fault in an accident and you and any passengers are injured. It provides coverage for medical and hospital expense, funeral costs, and if you are injured as a pedestrian or bicyclist. There are varying levels of coverage available and you should discuss the options with your agent or carrier. You are required to sign off if you decline this coverage.

**Comprehensive:** This is coverage for your vehicle if damage is caused by acts of nature or theft. A deductible amount will be paid by you before insurance kicks in. The types of incidents that fall under this coverage are cracked or broken windshield, stolen vehicles, vandalism, damage by rodents, damage caused by hitting a wild animal, or a tree falling on the vehicle. If you think you may have this type of damage, call your agent before filing a claim to get the proper guidance. If you finance or lease a vehicle your financial institution will require this coverage.

**Collision:** This is coverage for your vehicle if you are involved in an accident with another vehicle or property. Coverage is available if the other party is at fault but does not have insurance, or if you are at fault in an accident. A deductible amount will be paid before insurance kicks in. It is always best to contact your agent prior to filing any claim so you can receive the proper guidance on how to proceed. If you finance or lease a vehicle your financial institution will require this coverage.

**Uninsured/Underinsured Motorist:** This coverage will provide you with bodily injury protection in an accident with an uninsured or underinsured driver and you are not at fault. The coverage will provide payment of medical and hospital costs, loss of wages and funeral/death expenses. This is a supplemental coverage and should be discussed in detail with your agent or carrier. You are required to sign off if you decline this coverage.

**Uninsured motorist property damage:** This coverage provides protection to your vehicle if you are in a non-fault accident with an uninsured driver, hit and run or phantom driver and your vehicle is damaged. There is a deductible of no more than \$300. This coverage and its applications should be discussed with your agent or carrier. You are required to sign off if you decline this coverage.

We hope this helps as a quick reference to what your personal auto insurance covers.

## INSURANCE QUESTIONS?

Safe Harbor Agency and Mary Elizabeth, aka

#mamabearinsurancelady,

is happy to answer insurance questions and ready to assist with insurance needs.

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Thank you for reading! Please recycle the Whidbey Weekly when you are finished with it.





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## Community shows support with #WhidbeyStrong

By Kacie Jo Voeller Whidbey Weekly

Business in Island County looks different these days. The importance of social distancing and the stay-at-home order are clear in the wake of COVID-19, but the implications have left many local businesses either shutting their doors or offering altered services to help the community stay safe.

Eric Peterson, owner of Ashley's Design and Letterman Jackets, said as a Whidbey Island business owner, he wanted to find a way to help local businesses as each organization navigates the uncertainties and challenges presented to them. Peterson launched the WhidbeyStrong campaign, where for those who wish to help local businesses, sending support is just a few clicks away. Shoppers can visit [www.ashleysdesign.com/whidbeystrong](http://www.ashleysdesign.com/whidbeystrong) to pre-order T-shirts for \$20, and for each shirt sold with a particular business's logo, \$10 from the sale will be sent directly to the store or business.

"For WhidbeyStrong, the main mission is to help small businesses survive the shut down and get money into their hands so they can pay basic bills and expenses to bridge that gap to where things get back to normal and they are able to open up and able to function," he said.

Peterson said he was inspired by a printing company in St. Louis, Tiny Little Monsters, starting a Here for Good campaign. After reaching out to the St. Louis company, Peterson set to work launching the initiative with a local, Whidbey Island emphasis.

"That company (Tiny Little Monsters) said, 'Yeah, go ahead, do it and make it your own thing,'" he said. "They provided a basic outline on how to get that started and then we did some of the groundwork and got it started."

Peterson said when he started the campaign, about eight businesses were involved. Now, over 30 island businesses, from Woodward's Tae Kwon Do Academy to Wicked Teuton Brewing Company, have joined the WhidbeyStrong movement.

It really shows how much of a need there is to support these businesses, he said.

Peterson said providing a way for businesses to bring in money was especially important for an island community.

"We are a large community with the military, but we are also a really small community so we do have to rely on one another," he said. "And I think that is a big part of just being there to support each other and businesses knowing their customers are there and they are going to look out for them and help them out in these tough times."



Photos Courtesy of Ashley's Design and Letterman Jackets

Eric Peterson, owner of Ashley's Design and Letterman Jackets, was inspired to introduce the WhidbeyStrong movement to help local businesses generate revenue while following current safety guidelines.

"The campaign is all about giving people a way to connect at a time when traditional business has been interrupted," Peterson said.

"What we want to get out to people is that when they buy a shirt or when they donate or when they help other people, it is not just helping one person, it is helping multiple people, and that again, you are not alone in this whole challenge," he said. "We all rely on one another, so it is just really important to look out for one another and be there."

Peterson said another key element of the campaign is the ability to get funds to the businesses in need quickly, without the need for each business to purchase inventory. The shirts will be taken down as pre-orders to be made and distributed once the stay-at-home order has lifted.

"We want that money out there for those businesses to use," he said.

"Every Saturday I am going to go through and we will keep doing that to help those guys, because those bills come due, whether it be weekly or monthly."

Eric Marshall, publisher of *Whidbey Weekly*, said he appreciates the creative approach Peterson has taken to helping the

business community.

"I love what Peterson and Ashley's Design is doing," he said. "They are providing local businesses an opportunity to sell merchandise without having to purchase inventory, take or fulfill orders. The community can support their favorite local businesses and get a quality T-shirt. It's a win-win scenario. It's also a fun way to promote your business during these challenging times."

Marshall said *Whidbey Weekly* will be participating in the campaign. As a free publication, the newspaper depends on advertising to stay in business.

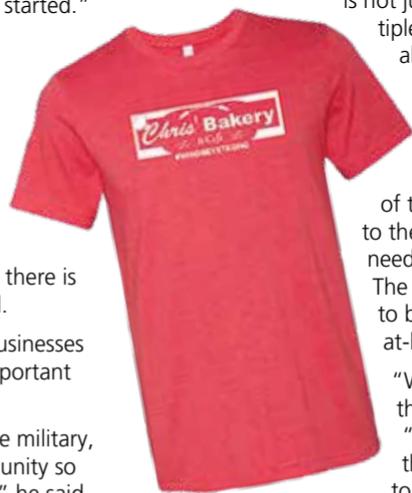
"With the mandated closing of businesses and the cancellation of foreseeable events, our advertising has taken a significant hit," he said. "Like most businesses, we are looking for ways to reduce costs and increase revenue. Having the opportunity to sell apparel without having to purchase any inventory is extremely helpful. Any money we receive to help offset lost advertising revenue is a blessing."

For those looking to offer help to the community at this time, Marshall said there are a number of ways to provide assistance.

"Other ways people can help support local businesses are by shopping their online stores, asking about purchasing gift certificates for future use, and continuing to order food from the restaurants that are open," he said. "If you are unable to financially support a business but still want to help, go online and like their social media platforms, leave a positive review and share their posts."

Marshall said the WhidbeyStrong movement is one of the many ways islanders have come together to stand behind businesses and their community.

"Community is an extension of family," he said. "We see it all the time around here; when someone is hurting or in need and calls out for help, our island community is quick to respond. That holds true for our tight-knit business community, too. Right now, small businesses on the island (across the whole country) are hurting and in need of help. Ashley's Design has come up with an innovative way to offer their support and the community is responding by purchasing shirts. How cool is that? This is a special place to call home."



## Building a "Bridge of Hope"

### Campaigns emerge to send words of encouragement to seniors

By Kathy Reed Whidbey Weekly

Whidbey Island residents of all ages are being asked to send a little kindness to some of our most vulnerable.

Even before Gov. Jay Inslee issued his official "Stay Home, Stay Healthy" order last week, nursing homes and assisted living facilities had already put strict limits in place regarding visitors. Social distancing within these facilities mean residents must keep to themselves, limiting the amount of interaction with other residents, while eliminating physical interaction with family and friends.

But several people have stepped up to change things by encouraging people to send cards, notes, pictures and letters to

senior care facilities and assisted living centers on Whidbey Island to help brighten residents' days.

"I know they miss not only being able to interact with people from outside, but also with people within the home," said Melissa Morales, whose 93-year-old grandmother, Jeanne, lives at Summer Hill Senior Living in Oak Harbor. "They know the purpose and why it's being done, but it takes that social interaction out of their days."

Morales, a manager at Starbucks in Oak Harbor, started a "Letters of Kindness" campaign at her store next to Safeway long before anyone knew about Coronavirus. People were encouraged to leave a note

sharing a kind word or thought, and those in need of some cheer were encouraged to take a card from the box.

"One kind word can change an entire day; we could literally see people's faces light up, we could tell how much people appreciated it, how nice it was for them to have that encouraging boost," she said.

When COVID-19 stopped visiting hours for her grandmother, Morales shifted the focus of the program to those in senior living facilities, and has taken it with her to the drive through at Starbucks at Harbor Station. Anyone interested can request a card at the



Send some Love from Whidbey to a senior citizen living in a nursing or assisted living facility. This coloring page, designed by Sylvia Arnold of Coupeville, is available to download, print, color and send to any senior living facility. Go to [www.facebook.com/WhidbeyWeekly/](http://www.facebook.com/WhidbeyWeekly/) to find the Love from Whidbey coloring page.

See HOPE continued on page 10





**PAULA JEAN (CORFMAN) WHITE**



Paula Jean (Corfman) White, 68, of Coupeville, died peacefully at home March 21, 2020. She was born Sept. 28, 1951 in Upper Sandusky, Ohio to James Corfman and Luella M. (Shock) Corfman. After graduating from high school, Paula enlisted in the Navy, from which she retired as an AZC after 20 years of service, three of those overseas. During her tenure with the Navy, she was stationed on the east and west coasts, along with Hawaii and Japan; she received many awards and commendations including the Navy 'E' ribbon and the Meritorious Unit Commendation. On September 3, 1977, she married her sweetheart, John White, who survives her. Paula is also survived by her daughter, Nikki Vaughan, and grandson, Isaac Vaughan, both of Fort Wayne, Ind.; also her sisters: Sandy, Lori, and Dawn, all of Ohio; and brother, Jim, of Tenn. Paula is predeceased by her parents, James and Luella Corfman. Paula was a member of Coupeville United Methodist Church and the Veterans of Foreign Wars. She enjoyed cross stitching. No services are scheduled at this time; in lieu of flowers, the family requests donations be made in Paula's name to the Alzheimer's Association.

**PAMELA KAYE YOUNG**

Longtime Coupeville resident, Pamela Kaye Young, was called home to God's loving arms March 30, 2020. Pam was an amazing mother, grandmother, wife, sister, aunt and friend. A family celebration of her life is being planned for the summer. A full obituary will be published at a later date. The family appreciates the prayers and support received from the community during this difficult time.

**Life Tributes can now be found online at [www.whidbeyweekly.com](http://www.whidbeyweekly.com)**

*Pam's Prayer Corner*

*In honor of my late mother-in-law, Pamela Kaye Young, we are going to be running a new weekly section called*

*Pam's Prayer Corner. This is a place where believers can share their prayer requests for others to help lift them up in faith.*

*The prayers can be for you, a family member, or anything weighing on your soul.*

*Email [info@whidbeyweekly.com](mailto:info@whidbeyweekly.com) or call 360-682-2341 to share your prayer requests.*

I will get us started this issue:

I ask for your help in praying for the complete eradication of the COVID-19 virus;

For the healing of those infected;

For the healing of families who have lost loved ones;

For the first responders, grocery store workers, truck drivers;

and those who are exposing themselves daily;

For our economy;

For the return to work of those who have lost their jobs.

Please pray for our leaders, give them wisdom and sound guidance;

For our children, give them reassurance and understanding;

For our elderly, give them the peace of God which surpasses all understanding.

Finally, please pray for *Whidbey Weekly*.

**Day by Day**

O, dear Lord, three things I pray:

To see thee more clearly,

Love thee more dearly,

Follow thee more nearly,

Day by day.

Amen



*Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.*

**James 5:16**

**MONDAY, MARCH 2**

**10:09 am, Christian Rd.**

Advising within last 20 minutes, driver for bakery was shoved into truck following fender bender; reporting party advising driver took off in truck before any information could be exchanged.

**1:50 pm, Silver Lake Rd.**

Reporting party advising subject making threats via phone that he's going to take reporting party's trailer; requesting call.

**2:33 pm, Iron Pl.**

Advising subjects moved into adjoining property and put up trail cam; makes caller uncomfortable. Requesting call.

**3:07 pm, NE Regatta Dr.**

Reporting party was coming to a stop near location, female construction worker yelled at her for not stopping quick enough and called her a "f\*\*\*ing idiot" in front of reporting party's daughter.

**TUESDAY, MARCH 3**

**8:28 am, Jones Rd.**

Advising male on side of road throwing things at vehicles; states car is pulled over and appears to be attacking vehicle.

**9:56 am, Sun Vista Cir.**

Reporting party advising loose horse in the middle of road, walking northbound on Bayview; brown horse, no owner seen.

**5:59 am, Maxwellton Rd.**

Advising loose goats on Maxwellton Rd; at least four. Belong in area.

**WEDNESDAY, MARCH 4**

**10 am, Happy Valley Rd.**

Requesting contact referencing pack of four dogs coming onto her property.

**5:33 pm, W Fakkema Rd.**

Reporting subjects on side of road fighting; one subject had a wrench.

**7:30 pm, Hoffman Rd.**

Caller states roommate left months ago without giving notice; showed up at location and going through caller's trailer earlier today; went through caller's items in trailer but took his own items.

**THURSDAY, MARCH 5**

**4:12 am, Jones Rd.**

Reporting party states persons are going through houses in area; states law enforcement was recently there. Sees flashlights going house to house; reporting party is sitting next to shed in middle of property.

**9:06 am, Eastpoint Dr.**

Caller advising this morning at 4:12, someone came to location and stole ladder; male subject ran in, took ladder and went back to vehicle.

**9:55 am, W Fakkema Rd.**

Caller advising 30 minutes ago black Ford Ranger with canopy going eastbound on Fakkema with tailgate open and grocery items falling out, hitting cars.

**FRIDAY, MARCH 6**

**4:49 pm, Deer Lake Rd.**

Reporting party advising neighbor is digging in her yard, causing flooding in yard; have been digging with no permit.

**SATURDAY, MARCH 7**

**9:08 am, Heggenes Rd.**

Reporting party was told to call back today to make report; reporting party lives

in Sweden and rents house out to tenant. Female keeps calling law enforcement on reporting party's friend who is doing work at location; for information, friend will be going to location today to pick up table belonging to reporting party. Reporting party available via email.

**1:35 pm, SR 20**

Reporting party advising he was working on his vehicle, swearing a little; neighbor came to fence and started recording him.

**5:42 pm, SW 6th Ave.**

Caller advising two juveniles on roof of school, cafeteria building 1; reporting party was calling from other side of campus, difficult to see subjects.

**5:54 pm, SR 525**

Advising transient subject camping out on roof of neighbor's property; sitting with backpack; unknown how long subject has been there, neighbors are out of town.

**SUNDAY, MARCH 8**

**5:09 am, SR 20**

Advising male came in saying "I'm drunk" and then drove away.

**6:24 am, SR 20**

Reporting party advising female subject at pump six is screaming from her vehicle at employee about cashier who took her keys; states female has keys in her hand.

**8:31 am, Arnold Rd.**

Caller advising vehicle went through fence; is in field; did not watch vehicle go through the field, just found it there.

**MONDAY, MARCH 9**

**12:48 am, E Whidbey Ave.**

Reporting party advising someone threw a rock at his vehicle while he was driving.

**9:58 am, SR 20**

Caller advising vehicle abandoned at pumps before location opened; silver van. On camera, saw female walk up to store earlier then leave vehicle.

**4:09 pm, SW Harbor Vista Cir.**

Caller advising is in lobby for someone who put a bag of something (possibly dog feces?) on his back porch and feels due to coronavirus should report it.

**4:11 pm, Rhododendron Park Rd.**

Reporting party requesting check of location throughout evening, following ownership dispute over cat being held at location. Reporting party was advised by animal control to keep cat unless someone could prove ownership. Subject very irate and upset by this decision, reporting party worried she will try to steal cat.

**5:20 pm, SE Regatta Dr.**

Reporting party advising juveniles threw yogurt at her vehicle Saturday.

**5:42 pm, SR 525**

Caller advising vehicle in front of him has lane travel; driver is punching himself in the head. White sports car; caller advising at Greenbank Farm, Wonn Rd.

**8:17 pm, Sandberg Ln.**

Caller states received group text with 10 people and caller doesn't know who they are; states it sounds like it's a face advertisement for a promo deal. Reporting party clicked the link that was sent once and it went to a porn site.

*Report provided by OHPD & Island County Sheriff's Dept.*





## REMEMBRANCE AND REALITY CHECKS

WOW, what a crazy and anxious time we are all in right now. Because of the COVID-19 virus, we are all making some kind of adjustment to our daily lives hoping what we are doing will not be in vain and will have a positive health impact in the end. If I could get this many people to understand and onboard, we would be able to get all gillnets and other non-selective fishing methods permanently removed and banned from all Washington rivers and the Puget Sound overnight. Olympia would have no choice but to take action; now wouldn't that be something!

I'm over 50 years old and as far back as I can remember, catching and eating fish has been part of my life. I can remember as a young angler our freezer had trout, catfish, and crapie carefully wrapped in cling-wrap followed by waxed butcher paper, and on occasion a shelf filled with pint size jars of pressure canned Kokanee salmon and Rainbow trout. My family and friends were not preppers or paranoid; having fish and sometimes venison in the house was just part of our daily lives. We loved the outdoors, hunting and fishing, and preserving the meat was a big part of how our families made ends meet.

One of the biggest benefits was these natural activities were very affordable. You didn't need to take out a small loan to buy a couple of good American-made fishing rods and fill a tackle-box with fishing tackle. The cost of basic ammunition for our hunting rifles was also within reason, and even seasonal hunting and fishing licenses for the whole family weren't something you needed to save up for.

With the Covid-19 virus putting a strain on grocery store items, I couldn't help but think back and recall what a blessing the fish in the freezer and in the jars were back then; with today's "stay-at-home" order from the state government, if more saltwater species had been or were open right now, those same preserved food items would go a long way served up with some sticky-rice, baked beans or scalloped potatoes.

Reality check: Two years ago this state got an unpleasant reality check when it was discovered our resident orca mothers and their young were dying of starvation due to the lack of the orca's main food source, Chinook salmon. Since the late 1800s, over fishing by non-tribal commercial fisheries and now combined with years of tribal commercial fishing as well, the salmon populations have been devastated. Some people still continue to blame dams and habitat loss; no doubt these took a toll on some salmon numbers, but DO NOT be fooled, commercial over-harvest is the number one cause of today's disappearing salmon. Governor Jay Inslee did step up and create a Chinook salmon recovery task force and secured some funding to help the orcas; at this point any money and effective plans to increase the resource is welcome, I just hope it's not too late.

Reality check: Commercial gillnets and giant purse seine nets DO NOT know the difference between native, wild, or hatchery salmon - they collect and kill them all. There is one other local factor that insured the total collapse of the great salmon numbers of the past - the misguided closures and drastic reduction of healthy hatchery fish releases. Over the last 15 years this state has crippled vital hatchery salmon production and by doing so, they have hastened and sealed the fate of salmon recovery.

Reality check: If you think for a minute the loss

of a well-organized hatchery couldn't possibly have that much of an impact, look no further than the Skagit River. Five years ago, after a slimy lawsuit by a few selfish organizations, the state folded under pressure and ordered all hatchery steelhead production stopped in the upper Skagit. This legendary steelhead river is all but empty of these magnificent fish now. We need hatcheries more than ever right now - that's reality.

Reality check: It's time to take away some of the allocated tons of fish the tribal and non-tribal commercial net fishermen get to capture and sell; it's time to give those numbers to the other working men and women fishermen in this state. Do you realize 90 percent of our freezers would be full of fish on just the bycatch these big commercial trawlers pull in? That's reality.

Reality check: It's time for this state to stop asking for more money for fishing licenses while at the same time giving us less and less fishing opportunities.

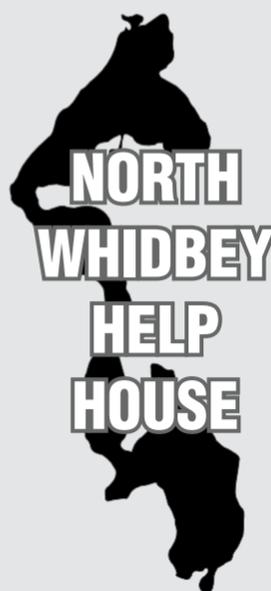
Reality check: Our halibut seasons are a joke; first the Washington Department of Fish and Wildlife (WDFW) and other agencies set the recreational season late, after the commercial longliners have pulled up the majority of the shallow water fish the average Island Angler can get to with their boat.

Reality check: Why does the WDFW chop up the open days of the week for recreational fishermen? It does not accommodate most working people. The department needs to do the right thing, open the season for a minimum of 90 days beginning in April, let us keep three halibut over 26 inches per person for the season and I'm done.

Reality check: Ten years ago, why did the WDFW accept the National Oceanic Atmospheric Administration's (NOAA) mandate of a blanket closure of all rockfish in the Puget Sound just to protect one species? All this did was help feed the Pinnipeds and take away from the state's taxpayers.

Reality check: The WDFW needs to do the right thing. The state is not breaking any laws by approaching NOAA to ask for an amendment to the law, so the state can open rockfish retention to coincide with our Lingcod season. Let us keep four fish per day, per person, during this 45-out-of-365-days season. It's realistic.

It is unfortunate it takes something like the COVID-19 virus to come along before we are reminded of how shortages can negatively affect our daily way of life. It's also sad salmon shortages took the lives of mother and very young orca whales before the right people would listen and take action to increase Chinook salmon production, when in reality, the recreational level fishing clubs, organizations, fishermen and women saw it coming for years but the department wouldn't listen. Many lawmakers need to be removed when they refuse to listen to facts and reason, and the people who put them there need an attitude adjustment! Positive changes for the recreational fisherman can happen when the right groups of people get involved. Here is the WDFW question and comment email if you would like more information about rules and regulations: fishpgm@dfw.wa.gov. Feel free to drop me a note or fishing story at tlfishmonger@gmail.com. Take care of your families and friends during this challenging time.



Beginning Monday, April 6,  
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## #whidbeystrong

Whidbey's businesses have been  
hit hard by the COVID 19 virus.  
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Here's how:

- Visit [ashleysdesign.com/WhidbeyStrong](http://ashleysdesign.com/WhidbeyStrong)
- Purchase a shirt from a participating business
  - \$10 will be donated to that business
  - The more shirts you buy, the more \$ the business gets
  - Shirts will be mailed directly to you or can be picked up when businesses re-open.

We will get through this TOGETHER!  
We are WHIDBEY STRONG!



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or visit  
[www.ashleysdesign.com](http://www.ashleysdesign.com)



Thank you for reading! Please recycle the Whidbey Weekly when you are finished with it.



# Community organizations offer resources, support for locals

By Kacie Jo Voeller Whidbey Weekly

As Washington continues to follow a stay-at-home order due to safety concerns from the COVID-19 pandemic, many are feeling the effects of a change in lifestyle and work. However, even as challenges from unemployment to temporary closures surface, community organizations are stepping up to provide aid to individuals, families, businesses and nonprofits. Organizations currently mobilizing to assist others include the Whidbey Community Foundation (WCF), Goosefoot, the Economic Development Council for Island County (EDCIC), chambers of commerce on the island, and more.

Nancy Conard, executive director of the WCF, said the fund, which began in 2016, is focused on supporting local nonprofits and providing assistance to community members.

"The same nonprofits we have been trying to support are the ones that provide a lot of the same services that people are going to be needing to have as a result of this pandemic," she said.

Conard said food banks throughout the area have already seen an increase in demand, and predicts a number of organizations, from those assisting with medical bills to housing, may be needed as the pandemic continues.

"There are food banks on the north, central and south ends of the island and they all have already seen an increase in people looking for support and the longer that people



Photo Courtesy of Goosefoot  
Goosefoot has suspended its regular grant program for 2020 and is instead offering emergency grants to nonprofits assisting those impacted by the COVID-19 crisis. The organization has already awarded \$25,000 to the Good Cheer Food Bank and \$20,000 to Island Senior Resources.

are unemployed the more that is going to increase," she said. "And so right away they are already in place to take care of that need and if we can just channel additional donations to them, they can handle the increase in clients."

Conard said the spirit of the community makes it possible for WCF to assist a number of nonprofits on the island.

"All of those organizations, they are taking care of housing, they are taking care of food,

they are taking care of medical bills, they all are run by nonprofits and just from the good heart of people in our community," she said.

Sandra Whiting, executive director of the Goosefoot Community Fund, said the organization has canceled its community grants program for 2020 and is instead putting those funds into an emergency grants program intended to address the COVID-19 crisis.

"Goosefoot's initial focus is on providing food security to the children, elderly and families in need in our community," she said. "Our initial research shows that Good Cheer and Island Senior Resources are experiencing a sharp increase in the need for assistance. They both rely on the income from their thrift stores, and these stores are now closed. Our first two emergency grants will go to these organizations."

So far, the Good Cheer Food Bank has been awarded \$25,000, with Island Senior Resources being given \$20,000, Whiting said.

"Goosefoot's mission has always been 'to preserve great places, address community needs, grow local businesses, and connect neighbors,' so we are putting 'community needs' out in front right now. Assisting nonprofits at this time is critical. Some have lost their main source of income, others have seen a huge increase in the need for

See COMMUNITY continued on page 14

# COVID-19 effects being felt in Island County

By Kathy Reed Whidbey Weekly

The number of those infected with COVID-19 continues to rise in Island County as government officials, healthcare workers and community members pull together to battle the pandemic.

According to Island County Public Health, 109 people had tested positive for the virus as of press time Tuesday. Of those, 44 cases were related to the outbreak among residents and staff of Careage of Whidbey in Coupeville. Two people from the Careage outbreak have died, bringing the number of COVID-19 related deaths in Island County to three. According to public health, there are no other known outbreaks

associated with long-term care facilities in Island County at this time.

Health officials say the governor's "Stay Home, Stay Healthy" order applies to the entire community, in all locations, on both Camano and Whidbey Islands. Meanwhile, in a press conference Monday afternoon, Gov. Jay Inslee said officials will be cracking down on enforcing his order.

"Since I announced the 'Stay Home, Stay Healthy' order for our state, we have seen social distancing and other compliance from businesses and residents across Washington for the good of the public health," Inslee said. "But thousands of calls are also pouring in to state and local agencies from

concerned residents, with reports that some individuals and businesses are not in compliance.

"These people are concerned about their health, the health of others, and how the actions of those who willfully violate this order may ultimately drag out the COVID-19 crisis even longer," he continued.

The state has created an online form for reporting businesses potentially violating orders and is providing guidance to local law enforcement on enforcing bans on gatherings of individu-

See COVID-19 continued on page 14

## HOPE continued from page 7

drive through window, take it home, write an encouraging note and bring it back to the drive through on their next trip. The notes will be collected and delivered to Summer Hill residents.

Even though many residents in senior living situations have been able to connect with family and friends through technology, a thoughtful note or colorful drawing would be enthusiastically received.

"Residents would enjoy receiving cards, a note of kindness, or children's coloring projects from our community members," said Leslie Burns, executive director of Summer Hill. "The letter-writing campaign started by [Melissa Morales] is one example of how the

Oak Harbor community is coming together to support each other during these uncertain times."

"Should anyone want to send the residents more cards, we will gladly receive them," said Terisita Mendiola, with Regency on Whidbey in Oak Harbor. "Our residents are always happy to receive letters, cards and notes."

For those who want to add some color – literally – to their message, there is another campaign underway on Whidbey.

Sylvia Engle Arnold and Robyn Myers have joined forces to send out good thoughts, creating a specially designed Whidbey Island coloring page that can be downloaded, colored and sent to people at nursing and senior facilities all over the island. The idea came in the wake of the situation at Careage of Whidbey in Coupeville, where 44 residents and staff have tested positive for COVID-19. Island County Public Health announced Monday afternoon two of those afflicted had died.

"We have all been really sad for the people in Careage, both patients and workers," said Arnold, who designed the coloring sheet. "When you think about being all alone, with the fear of this COVID virus, something has to be done to bring hope and love to these dark places.

"So Robyn and I collaborated and came up with this idea to allow people on the outside – young and old – to color something beautiful to share for people on the inside," she

continued. "It's a bridge of hope, something to connect us and not allow people to feel alone or discouraged."

"I simply felt my heart hurting and wanted to encourage others," Myers said. "I think about those that are in pain, fearful and lonely at Careage and wanted to get everyone some personal art or special note to encourage them. Wouldn't it be great if anyone hurting at this time had a note of encouragement that they are loved and not forgotten?"

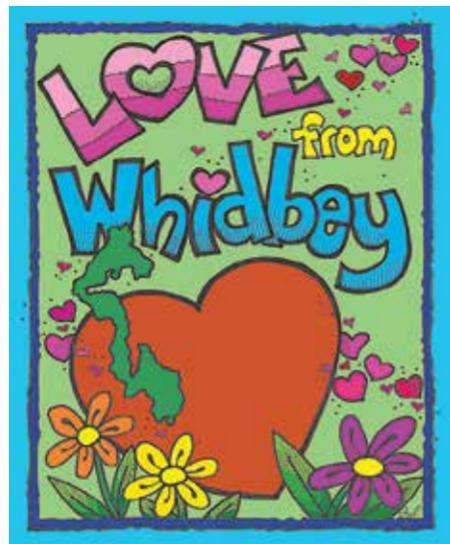
The pdf of the "Love from Whidbey" coloring sheet can be found on Whidbey Weekly's Facebook page. Everyone is welcome to download a copy to color and share by sending it to one of the addresses provided to the right of this story.

"What we hope is that people will share it with one another and use it over and over again," Arnold said. "Make it a blessing! Get your kids involved!"

This may not be the only design from Arnold, either.

"I'd be happy to make more," she said. "It gives me personal joy to share this simple talent. I think it would be nice to share with all the essential people on the front lines of this COVID War."

"Get out your color crayons or create your own," encouraged Myers. "I made a card with a photo I took of Deception Pass that says 'someone loves you!' I am not the beautiful artist Sylvia is, but I can print out something and use glue!"



## Share some kindness!

Mail your cards, notes, children's artwork and words of encouragement to Whidbey Island senior care facilities:

**Careage of Whidbey**  
311 NE 3rd Street  
Coupeville, WA 98239-3427

**Harbor Tower Village**  
100 E Whidbey Ave  
Oak Harbor, WA 98277

**Maple Ridge Retirement & Assisted Living**  
1767 Alliance Avenue  
Freeland, WA 98249

**Regency on Whidbey**  
1040 SW Kimball drive  
Oak Harbor, WA 98277

**Summer Hill Retirement & Assisted Living**  
Attn: Director of Life Enrichment.  
165 SW 6th Avenue  
Oak Harbor, WA 98277

**Welcome Home Oak Harbor Senior Memory Care**  
235 SW 6th Ave  
Oak Harbor, WA 98277



# Work from Home

A cinematic watchlist

By Carey Ross



Before she was the Pickford Film Center's education outreach manager, Mikayla Nicholson worked at Film is Truth. As a former movie rental store employee, she knows her way around a movie recommendation, a skill that comes in handy under all kinds of normal circumstances, but never more so than during a global pandemic when we are seeking all of the distractions we can get.

Like nearly everyone, Nicholson is working from home these days, so it was only natural she put together a watchlist of films to keep herself inspired and motivated. The idea is not necessarily to binge watch all of these (although you certainly can—all judgment is suspended during a pandemic). Instead, you can queue them up in the background while you work the day away. With her permission, here are some of the cinematic gems she's got on tap.

**"9 to 5:"** If your day begins with tumblin' out of bed and stumblin' to the kitchen to pour yourself a cup of ambition, this is the movie for you. After spending years being persecuted by their "sexist, egotistical, lying, hypocritical bigot" of a boss (Dabney Coleman), the dream team of Dolly Parton, Lily Tomlin, and Jane Fonda get even by kidnapping him, collecting evidence to blackmail him and instituting such fair workplace policies as flexible hours, equal pay, job-sharing and onsite daycare. Released in 1980, many of the film's themes—and its jokes—still resonate even today.



**"The Devil Wears Prada:"** I have watched this 2006 adaptation of the popular bestseller by Lauren Weisberger many times for two reasons: the Oscar-nominated performance by Meryl Streep as boss from hell Miranda Priestly (rumored to be based on *Vogue's* Anna Wintour) and the excellent

supporting turn by Emily Blunt. Change out of that sweat suit, don your best cerulean blue sweater and pretend you're a fashionista.



**"Office Space:"** In the pantheon of workplace movies, this 1999 Mike Judge film is near the top. Like "9 to 5," this features an insufferable boss (Gary Cole) and a trio of revenge-seeking employees (Ron Livingston, Ajay Naidu, and David Herman). Enter a couple of efficiency experts, a hypnotist, a possibly cheating girlfriend and a very early-in-her-career Jennifer Aniston with an aversion to flair, and what you've got is a modern-day workplace classic.

**"Spotlight:"** Not surprisingly, I love a newspaper movie (worth noting: "All the President's Men" and "His Girl Friday" are also on Nicholson's full work-at-home watchlist) and this 2016 Best Picture winner is a top-notch example of the genre. The film follows the *Boston Globe's* Spotlight team as they work on what would become a bombshell investigation and Pulitzer Prize-winning expose of abuse within the Catholic church. A stellar cast that includes Michael Keaton (fresh off an Oscar nod for "Birdman") and Mark Ruffalo and Rachel McAdams (in a pair of Oscar-nominated performances) and a slow-burner of a plot that will remind you how powerful and essential print media really is.

# Coronavirus Essentials

By Maribeth Crandell, Island Transit Mobility Specialist

In times like these, with the coronavirus outbreak disrupting our daily lives, we stop to consider, what is "essential?" When considering essential workers, first responders and health professionals immediately come to mind. Janitors and housekeepers perform duties that are saving lives. Grocers, delivery people and local farmers are playing a crucial role. Thankfully produce stands and farmers markets are opening with fresh food sold in an open air setting. School staff are scrambling to teach students online and get food to needy families. Internet technicians are helping us stay connected. Ferry workers and bus drivers are still serving those that need essential transportation. So while most of us are staying home as directed, some are still out there doing their essential jobs, but understandably, with a heightened degree of anxiety. In my opinion, these people are heroic and deserve our utmost gratitude and support.

I was on the bus last week. Island Transit is reducing its bus service and I was going to the busiest bus stops to make sure our riders knew about the change. It was not hard to practice social distancing as there are so few riders still using the bus during this crisis. I spoke with riders that need to get to their essential jobs, care for the elderly or infirmed, get to medical treatment or pharmacies, grocery stores or food banks, or they're elderly or disabled, and have no other options for transportation.

As the pandemic spread and ridership dropped, Island Transit, along with other transit agencies, shifted to our Emergency Service Plan. Our crews clean and disinfect the buses daily following guidelines from the Center for Disease Control. We're using Saturday's routes with extended hours to help people get to and from work. We ask that riders sit at least six feet behind the driver, give other riders extra room, and stay home if you're sick. Our paratransit service remains critical for the elderly or disabled that qualify, though we're urging people to use it only for essential trips.

So what is essential these days? A safe home, food, soap and clean water for washing our hands, toilet paper, disinfectant wipes, and medical supplies, of course. But once our basic needs are met, then what is essential? A wave from a neighbor, a call from a friend, the take-out window, a movie from our online library, a good book, or a mug of hot cocoa? If you already have the essentials, consider helping someone who may not. Goosefoot and the Whidbey Community Foundation will accept donations to benefit those in need.

For me, taking a daily walk outside is essential. Walking outside helps me connect with something larger than myself. I turn off the news for a while and get some fresh air and exercise, while maintaining a safe distance from others. We have so many great places to walk on Whidbey. Though State Parks and Ebey's Landing National Historic Reserve closed this week, there are still many wide trails, beaches and bike paths that allow people to get out for a walk while maintaining crucial social distancing.

Bike shops are also considered essential. With public transit reducing service, those that still have to travel may find a bike is the best way to make the trip, or connect with the bus. This is a good time of year to pull the bike out, pump up the tires and take it for a ride. Wear a helmet and something bright so traffic can see you. Pedestrians and cyclists always need that six feet of distance from motor vehicles for safety on the road.

While we're staying closer to home, wave to your neighbor, call a friend, and show those essential workers the gratitude and respect they deserve. We can all stand strong, together, six feet apart, and remember what is essential to us.



## CAN DO SUDOKU!

On a scale from 1 to 10...4.9

Every row of 9 numbers must include all digits 1 through 9 in any order  
Every column of 9 numbers must include all digits 1 through 9 in any order  
Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9

Answers on page 15

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

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# Whidbey's farms feeding us now and into the future

By Kathy Reed Whidbey Weekly

In the new normal of this COVID-19 world, not even a virus can stop Mother Nature and the burgeoning crops all over Whidbey Island.

Farm stands, if not up and running yet, will be soon.

The Coupeville Farmers Market has pushed its opening day back to April 18, while Bayview Farmers Market is still set to open its season April 25 and South Whidbey Tilth Farmers Market is still on schedule to open May 3.

Farmers markets are deemed essential businesses under Gov. Jay Inslee's "Stay Home, Stay Healthy" directive, although they may look and operate a bit differently.

"We know that we are a symbol of spring, continuity and hope," said longtime Coupeville Farmers Market Manager Peg Tennant. "We hold the health of our customers and communities close to our heart. Whatever we can do to make that visible in the market, we will do, and we trust our loyal local customers to understand and follow the rules."

According to Tennant, there will be three designated entrance/exit points only. There will be hand sanitizing stations at every entrance and all booths will be stocked with sanitizer. Booths will be separated by six to eight feet and customers or vendors will not be permitted in those open spaces. Customers will not be able to touch any products; vendors may have samples to show, but stock must be kept out of reach of shoppers. There will be no hot food for sale. Customers must strictly obey social distancing guidelines.

Fresh produce is a mainstay at the island's farmers markets – provided they are able to remain open. With no crystal ball available to predict when the Coronavirus crisis will end, Whidbey's farmers are already looking ahead to help meet what could be a growing need in the future.

"As community-scale farmers, we know that to have food later, we have to plant it now," said Judy Feldman, director of the nonprofit Organic Farm School on South Whidbey. "We are beginning to harvest spring greens, radishes, salad turnips - things we planted four to six weeks ago. We are propagating trays of seedlings that will soon be transplanted out into the field - chard, cabbage, cucumbers, onions, squash, lettuce, spinach, kale, and so much more. We are fortunate to have smart, forward-thinking farmers on Whidbey and we're all planting out the crop plans we made over the winter."



Photo Courtesy of Judy Feldman, Organic Farm School  
Field assistant, Dalton Lischalk, helps thin and care for seedlings as they await transplanting into the field at South Whidbey's Organic Farm School.

There is a LOT of food currently being grown on this island."

Feldman said the situation we currently face with COVID-19 illustrates the importance of smaller scale, community farms like those found on Whidbey.

"Everyone needs food; it becomes more visible in times like these that having localized/regionalized food production is important for community resilience," she said. "Locally grown food can fill in the gaps during times when a more globalized system struggles. Here on Whidbey, we are also deeply fortunate to have farmers skilled in seed production, which addresses an even deeper level of capacity."

The Organic Farm School trains a small class of future farmers each year. This year's class of 12 is the largest ever. Students

from all over the country were set to begin their course of study April 13. COVID-19 will, at the very least, delay their arrival.

"We will have to wait until at least April 27, but probably farther out than that," said Feldman. "We're working to frontload the season with what would have been classroom instruction and offering those students online, virtual learning. But we're actually going to need their bodies out here at some point to help with the crops."

For now, Feldman said they can manage the 2.5 to 3 acres with a skeleton crew. But they're planting a lot of food.

"We're ramping up as quickly as we can, getting creative with our available field space, in some cases looking to plant more storage crops and fall varieties than we might have planned two months ago," she said. "We are so fortunate to have farmers already growing food on Whidbey. This includes those raising livestock, caring for laying hens, growing seed and grains, and tending a wide diversity of fruits and vegetables. By joining efforts with home gardeners, these local farmers can supplement our dry good pantries."

"People can access our fresh produce and meat as well as other producers' products at our farm stand," said Kyle Flack, owner and operations manager at Bell's Farm on West Beach Road. "People have responded to the built in social distancing a farm stand can provide, the security of knowing both where the food comes from as well as the security that comes with either a CSA (Community Supported Agriculture) share or a whole or half lamb reservation. People feel good about having a consistent source of food."

"In response to the current situation, we are also offering a weekly grocery bag with our fresh produce and meat, produce from other Whidbey farms, bread made on Whidbey and local dairy products," Flack continued. "Unlike a CSA [subscription], this is only a weekly commitment and doesn't require as much upfront cost."

Feldman believes the coronavirus pandemic will have a significant impact on the nation's food production, which is why they have planted, or will plant, larger crops and why communities will need people who can grow food efficiently. She hopes through sales of its Flex CSAs the nonprofit won't suffer any long term financial damage. She has also worked

See FARMS continued on page 14

## Nutty Knows You Need New Gutters!



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# CHICKEN LITTLE & THE ASTROLOGER

By Wesley Hallock

## ARIES (March 21-April 19)



"Forgive your enemies," said Oscar Wilde, "nothing annoys them so much." If the thought makes you laugh, listen up. Your enemies are a source of profit this week. By turning the tables on a rival, you can laugh all the way to the bank. A likely scenario sees your enemy pushing you to excel in ways you wouldn't without them. How's that for a heart softener? Nothing like a fat bank deposit to put one in a forgiving mood.

## TAURUS (April 20-May 20)



Not just a word to the wise, this week, but a whole song line, from the movie Romeo and Juliet: "A rose will bloom, it then will fade; so does a youth, so does the fairest maid." Old or young, man or maid, ready or not, the season to bloom is upon you. It's a season of plenty. Your undertakings are set to flourish, ready to blossom in full glory. Don't waste it. As every generation learns, all glory is fleeting.

## GEMINI (May 21-June 21)



Happiness is a do-it-yourself affair this week. A sort of kit in a box. All the pieces are there, with some assembly required. You'll need a few basic tools. Desire. Common sense. A right angle imagination for seeing around corners. Stuff every aspirant to good fortune should have. As with any project, you get out of it what you put into it. So roll up your sleeves and prepare to work. Batteries not included.

## CANCER (June 22-July 22)



You know what they say about teaching a pig to sing. It's a waste of time, and it annoys the pig. Equally wasteful this week is preaching new ways to you-know-who. Don't do it. Even teeny-weensy suggestions invite fire. That individual is happily wedded to their old ways, thank you very much, and who asked you, anyway? So think before you get preachy. Confine your singing to the shower.

## LEO (July 23-Aug. 22)



Voltaire on his deathbed, ever the wit, was asked by his priest to renounce Satan. "Now, now," Mr. V replied, "this is no time to be making enemies." May we presume that, insofar as teasing people off goes, an ounce of restraint is worth a pound of reconciliation? But there are those who enjoy a good fight! If you are one, insult whom you wish. Unless you're on your deathbed, that is. On that day, choose your battles carefully!

## VIRGO (Aug. 23-Sept. 22)



Confused about the battle you're witnessing? Too uncertain to choose a side? What's the rush? Uncertainty is where you want to be. Far from a bad thing, uncertainty opens the door of possibility. Uncertainty is the axle grease that keeps the universe spinning. Might a bit of uncertainty have slowed Romeo's grief long enough to stay Juliet's knife? The flipside of the uncertainty coin is

haste, and haste makes waste. Don't be rushed.

## LIBRA (Sept. 23-Oct. 22)



From the longbow of history, this arrow from Martin Luther: "Let the wife make the husband glad to come home, and let him make her sorry to see him leave." Easy for a monk to say. Your life is more complicated. Add your mother to the mix and see what we mean. Can you juggle two disparate personalities, spouse and mother, and keep everyone happy, yourself included? That is the task before you.

## SCORPIO (Oct. 23-Nov. 21)



An ocean of wisdom in a thimble, via Henry Ward Beecher: "The mother's heart is the child's classroom." Think on that. Current disputes over who's to rule the roost in your house trace back to how it was for dear old mom. Battles for supremacy become a battle of the moms. Put so, it all sounds rather silly, doesn't it? Set the spats and the fighting aside. Didn't your mother teach you anything?

## SAGITTARIUS (Nov. 22-Dec. 21)



Belly up to the bar, and hear Mark Twain: "Too much of anything is bad, but too much good whiskey is barely enough." What's your favorite drink? Money? Power? Success? The danger of being drunk on it is that you begin to crave it more and more, and don't know when to quit. If you're doing great at the moment, wonderful. Here's to your success. But let's not overdo it. The time is nigh for black coffee.

## CAPRICORN (Dec. 22-Jan. 19)



People think in herds, go mad in herds, and recover their senses only slowly, one by one. This herd theory of crowd psychology, put forth in 1841 by Charles Mackay, is still valid today. Treat it like a new pair of shoes. Try it on. Wiggle your toes. How's the fit? Still bellowing with the herd? Or is it your time to drop out? Check the mirror. Can you pull off that stand-alone look in a crowd? Maybe try it in E width.

## AQUARIUS (Jan. 20-Feb 18)



Where is paradise? On Earth, in Heaven, or in our minds? Pick your authority. There's someone to argue in favor of each. Since mind is the only thing firmly in our control, let's espouse that. It means paradise is where you put it. Even behind the pickle jar in the fridge. When you think of home, where does your mind go? To a good place? If not, fix the image, then work to make reality match. Now where is paradise? Still behind the pickle jar?

## PISCES (Feb. 19-March 20)



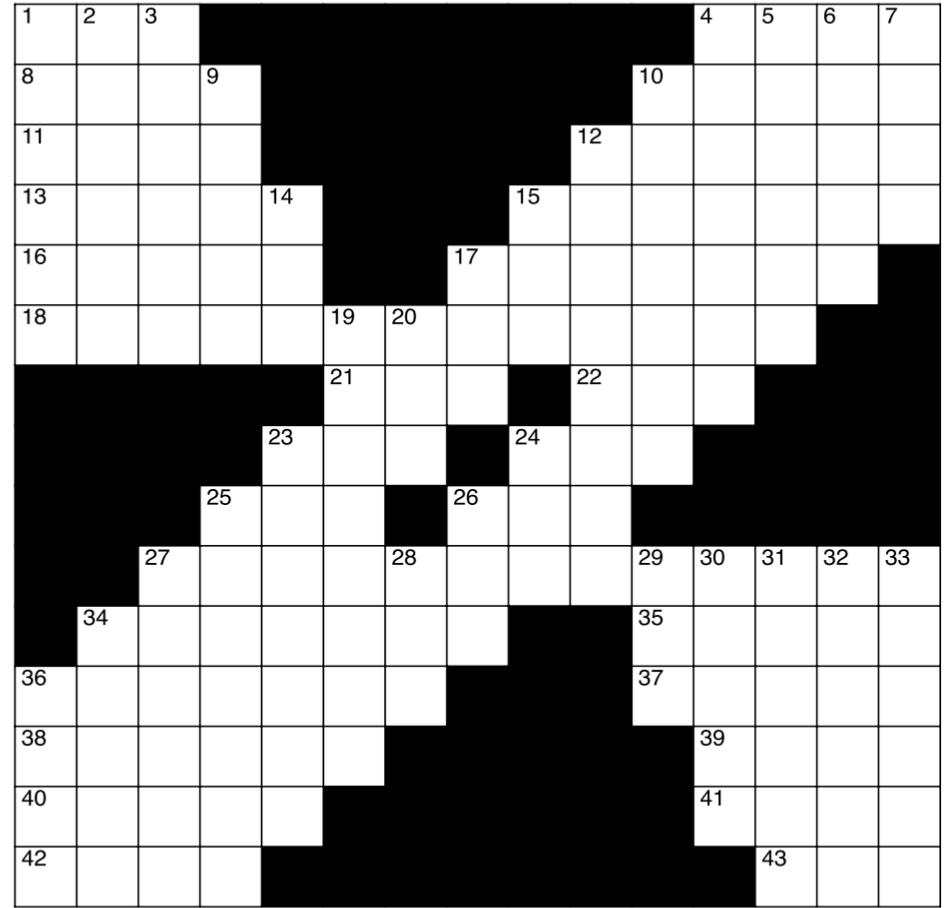
We like Linda Grayson on friends: "Nothing is better than a friend, unless it's a friend with chocolate." The comforts of home, you can forgo. Your spouse might condemn you to the doghouse. But your friends will always be your friends. The good things this week come to you in association with friends. They'll straighten your collar. Point out the spinach in your teeth. And all because they love you. With or without chocolate.

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Chicken Little's knock on the head meant to him that the sky was falling, silly bird. His horoscope showed other possibilities. Don't wait for a knock on the head to ask what's up in your life. Wesley Hallock, as Whidbey Weekly's professional astrologer and horoscope writer, keeps one eye on the sky and alerts us to the prospects each week. To read past columns of Chicken Little and the Astrologer in the Whidbey Weekly, see our Digital Library at www.whidbeyweekly.com.

# Crossword Puzzle



## CLUES ACROSS

- 1. Curved symmetrical structure
- 5. One's partner in marriage
- 11. Male admirer
- 12. Spend in a period of dormancy
- 16. Popular Easter meal
- 17. Doc
- 18. Bearing a heavy load
- 19. Gratitude
- 24. The Mount Rushmore State
- 25. Driving
- 26. Girl
- 27. British thermal unit
- 28. Makes a mistake
- 29. A defined length of time
- 30. Lions do it
- 31. Large quantities
- 33. Become less intense
- 34. Famed peninsula
- 38. Emerges
- 39. Rare Hawaiian geese
- 40. Dance style
- 43. Drove
- 44. Measures speed of an engine (abbr.)
- 45. Yankee hero Bucky
- 49. Midway between west and northwest
- 50. Monetary unit of Samoa
- 51. Makes clothing

## CLUES DOWN

- 53. Spielberg's alien
- 54. Agreeable to the taste
- 56. Injury treatment protocol
- 58. Cools your house
- 59. Imaginary line
- 60. New convert
- 63. Some do it to their windows
- 64. Wore away
- 65. Work units
- 1. Remove body tissue
- 2. Harvester
- 3. Roadside living quarters
- 4. Excessive self-confidence
- 5. Lapp
- 6. Bicycled
- 7. Entrance to a passage
- 8. Western U.S. state
- 9. Grain towers
- 10. "Westworld" actress \_\_ Rachel Wood
- 13. Commercial
- 14. One who left a will
- 15. Makes it through
- 20. Within (prefix)
- 21. Sea patrol (abbr.)
- 22. Cigarettes (slang)
- 23. A doctrine
- 27. Constrictor snakes

- 29. Atomic #73
- 30. Baseball stat
- 31. Female sibling
- 32. A soft gray metal (abbr.)
- 33. Southern constellation
- 34. Belgian city
- 35. Go in again
- 36. In a different, more positive way
- 37. A place for sleeping
- 38. Blood type
- 40. Syrian news agency (abbr.)
- 41. A salt or ester of acetic acid
- 42. Millihenry
- 44. Populous Israeli city \_\_ Aviv
- 45. Widen
- 46. Magical potion
- 47. Acknowledging
- 48. Private romantic rendezvous
- 50. Cavalry sword
- 51. Terabyte
- 52. Artificial intelligence
- 54. Bullfighting maneuver
- 55. Breezed through
- 57. Santa says it three times
- 61. \_\_ and behold
- 62. 36 inches (abbr.)

Answers on page 15

## YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST

Thurs, April 2	Fri, April 3	Sat, April 4	Sun, April 5	Mon, April 6	Tues, April 7	Wed, April 8
North Isle H-49°/L-39° Showers	North Isle H-49°/L-38° Rain	North Isle H-50°/L-39° Mostly Cloudy	North Isle H-52°/L-42° Partly Sunny	North Isle H-51°/L-41° Mostly Cloudy	North Isle H-52°/L-41° Showers Possible	North Isle H-54°/L-42° Showers Possible
South Isle H-48°/L-37° AM Showers	South Isle H-47°/L-36° Rain	South Isle H-48°/L-36° Mostly Cloudy	South Isle H-48°/L-41° Showers Possible	South Isle H-53°/L-41° Mostly Cloudy	South Isle H-54°/L-41° Showers Possible	South Isle H-54°/L-41° Showers Possible



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COMMUNITY continued from page 10

services."

Whiting said the unique situation presented gives Whidbey Island a chance to show kindness between neighbors.

"It is important to come together as a community at this time because we are living in a time of fear and uncertainty," she said. "Knowing that our community is there to help can alleviate some of that fear. Even though so many have lost their jobs, knowing that there is food available for their families can reduce our anxiety level. The delivery of food and medicine to those unable to leave their homes because of illness or falling into a high-risk category is crucial."

Whiting said the organization is thankful to be able to assist islanders at this time.

"Words can't describe how grateful we are for the on-site staff at the Goose Community Grocer who are front line heroes, keeping us fed while facing increased workloads and concerned shoppers," she said. "Goosefoot's funding comes from the Goose Community Grocer's profits, so these emergency grants are totally funded by our shoppers at the store."

For businesses on Whidbey and Camano Islands seeking assistance, Sharon Sappington, the executive director of the EDCIC, said there are a number of resources.

"During this unprecedented and challenging time with the COVID-19 pandemic, the EDCIC vision of building and sustaining a healthy local economy through community, business, and workforce development remains the same, but our efforts have shifted to focusing on helping impacted businesses," she shared.

Sappington said businesses can find more information at [www.iscoedc.com/covid-19](http://www.iscoedc.com/covid-19).

"New resources and assistance programs are being rolled out frequently for which we continue to compile and update resource lists on our website," she said.

Sappington said businesses are struggling with temporary loss of revenue, in addition to other challenges.

"We encourage companies and individuals that are able to reach out to a struggling business and ask how they might help; you might have expertise to share that could make all the difference to that business," she said.

In the face of adversity, Sappington said many are coming up with new ways to serve the public and emphasized the importance of continuing to shop local.

"Island County has many creative thinkers and doers which is very valuable during these challenging times," she said. "We are seeing this creative flare as businesses tackle the current hardship with thinking outside the box for alternative methods of making their products and services available as well as identifying methods to help produce critical products."

Sappington said she feels it is vital for community members to stand together.

"Island County has always had a very tight knit and supportive social and business community," she said. "At this critical time, that spirit must prevail in the community as we support our businesses and one another in every way possible, while at the same time, maintaining the recommended safety measures to avoid the spread of COVID-19."

Lynda Eccles, executive director of the Coupeville Chamber of Commerce, said there are a number of efforts to help local businesses.

"We will be sending out details for our members as to how they can apply for the grants and Small Business Administration (SBA) loans that are available," she said. "Whidbey Community Foundation has micro-loans available and people are coming together to support the businesses on our island. This is what makes Whidbey Island so very special. We work together."

Another resource for small businesses is the Paycheck Protection Program, which is part of the federal government's Coronavirus Aid, Relief, and Economic Security (CARES) Act. The legislation aims to provide assistance for payroll, utilities and other payments ([www.bench.co/blog/operations/paycheck-protection-program/](http://www.bench.co/blog/operations/paycheck-protection-program/)). Business owners should check with their banks for information.

Eccles said connecting others with resources and finding ways to sustain business remains crucial as the community is affected.

"The chamber's mission is supporting business, strengthening community, and we are dedicated to keeping this support going through this unprecedented time in our lives," she said. "Small business is the lifeblood of our community."



Photo Courtesy of Judy Feldman, Organic Farm School  
As the rains taper off and the temperatures warm, these seedlings will be ready to transplant to the field at the Organic Farm School.

FARMS continued from page 12

with Good Cheer Food Bank in Langley to set up a program she hopes will help provide fresh produce to the food bank – but community support is needed.

"We are asking 20 people to each purchase a one pound, "Community Share" of greens every week throughout the season (lettuce, arugula, kale, spinach, lettuce mix, spicy mix, etc.) for 26 weeks (starting the first week of May) and then allowing us to aggregate all 20 shares and take them to Good Cheer," explained Feldman. "Cost per share is \$170. By purchasing one of these shares, you support the Organic Farm School in this challenging time AND contribute to a collective effort to provide 20 pounds of fresh, nutrient dense greens to Good Cheer all throughout the season."

An investment in local farms now could make a big difference later – something with which everyone can help.

"Buy fresh produce from the farms closest to you," Feldman suggested. "To keep vegetables growing, we have to buy seed, soil amendments, harvesting/packaging supplies. When you buy from the Organic Farm School or any other local farm, you are investing in the future capacity of our local food system. Not to belabor the point, but if you are not buying from us, or other local farms during this time, you are eroding this community's capacity to feed itself for both the short and long term."

"In situations like this with the potential of distribution being cut off, potential of contaminated products and also potentially restricted freedom of movement, having healthy local farms is important to maintaining a healthy and resilient community," said Flack. "When you stop at the honesty (farm) stand, feel free to pet Gandalf and Gus, our mini donkey and mini mule - they have no need to maintain social distance."

Goosefoot is currently compiling an online list of local farms stands on which farmers can update hours, what items are available and where to find them online at [goosefoot.org](http://goosefoot.org). Check [organicfarmschool.org](http://organicfarmschool.org) for details on the "Community Share" for Good Cheer and for details on its Flex CSA program and learn more about what Bell's Farm can offer at [bells-farm.com](http://bells-farm.com). Whidbey Island Grown is another excellent source to check for information on local farms – [whidbeyislandgrown.com](http://whidbeyislandgrown.com). And with the rapidly changing COVID-19 situation, it may be wise to check information on local farmers markets before deciding to head out to shop.

"What we may be learning from this crisis is if we want local farmers to provide for us in these circumstances, we need to buy from local farmers when we're not in crisis," said Feldman. "We are all in this together and I can't imagine a better, stronger community to go through this with."

COVID-19 continued from page 10

als. Law enforcement officials will first educate businesses and individuals about how their actions increase the risks to public safety before any citations will be issued.

Formal enforcement actions could include citations, suspension notices, revocation of business licenses and potential criminal charges.

"The only way we can fight this pandemic and protect our families and our communities is if we come together on behalf of each other," Inslee said.

Gov. Inslee's directive is set to expire April 8, although he said he expects it is very likely his "Stay Home, Stay Healthy" order will be extended.

Locally, public health and medical professionals have been managing the situation thus far. In terms of testing on Whidbey Island, WhidbeyHealth has been able to perform roughly a dozen or so tests daily at a drive-through facility, although a hospital spokesperson said they are beginning to see those numbers tick up.

"Between March 16 and March 26, there were between 11 and 18 swabs taken per day; however, we have seen that number increase and fluctuate this week," said Patricia Duff, adding that turn-around time on test results has been greatly improved.

"Patients are registered for testing by calling our hotline at 360-240-4055 and then go to our drive-through screening, where they are swabbed and their specimen is sent off-island to one of the authorized labs," Duff explained. "Recently, we changed our choice of labs and now results are coming back from the labs earlier than the 7-10 days we were experiencing. Each patient receives a call from a WhidbeyHealth nurse to discuss their results whether positive or negative."

While Duff said WhidbeyHealth Medical Center is not cur-

rently experiencing any staffing shortages, work is underway to make preparations should the situation worsen.

"In anticipation of a possible surge of COVID-19 patients, we have put out a call to inactive providers in our community to volunteer their services if the need should arise," she said. "Now that WADOH has established more flexible licensing requirements due to the emergency, we are eager to build a reserve workforce should we need one. If providers are not currently credentialed, we have a rapid process in place to expedite restoring certifications for physicians and nurses."

Anyone interested in volunteering their services as a health-care provider at WhidbeyHealth Medical Center or through



Photo Courtesy of Washington Governor's Office  
Gov. Jay Inslee says enforcement of his "Stay Home, Stay Healthy" order will be getting more serious.

tele-med services during the COVID-19 outbreak is asked to contact Colleen Clark, chief of operations at [clarco@whidbey-health.org](mailto:clarco@whidbey-health.org).

While the hospital has been able to order personal protective equipment, such as the much sought-after N95 masks, it is in need of surgical gowns.

"The greatest and most important need we have now is for PPE, particularly surgical gowns," Duff said. "Tyvec suits/coversalls would also be welcome at this point."

Duff said hospital staff are also extremely thankful for individuals and businesses stepping up to make PPE items.

"The outpouring of donations from our community has been absolutely awesome," she said. "There have been about 300 community members who have contacted us to help make cotton surgical masks (the guidelines for which can be found on our website.) We will also receive 50 face shields that are being made by the island's Atlantis robotics team and 25 more from a number of owners of 3D printers who are able to print face shields for the hospital.

"We are receiving such items every day through a donation box system that is set up in the front entrance of the hospital," Duff continued. "There have also been countless smaller donations of N95 masks, gloves and surgical masks from island builders, private medical and dental offices, other local businesses and various residents who have been donating whatever they have left of their personal supplies. It has been a massive and poignant show of support and all of us are extremely grateful for it."

Information on how to make masks or donate to the hospital can be found online at [whidbeyhealth.org](http://whidbeyhealth.org). The public is also welcome to watch WhidbeyHealth's livestream updates every Wednesday at noon on Facebook.



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Be the difference in a child's life and become a foster parent today! Service Alternatives is looking for caring, loving, and supportive families to support foster children. 425-923-0451 or [mostermick@serval-cfs.com](mailto:mostermick@serval-cfs.com)

The Whidbey Island community is encouraged to try out the paddling sport of dragon boating with the Stayin' Alive team. Our team's mission is to promote the physical, social, and emotional benefits of dragon boating. It has been shown to be especially beneficial to cancer survivors. Practice with us for up to 3 times for free. Life-jackets and paddles provided. Saturdays at the Oak Harbor Marina, 8:45am. Contact [njlish@gmail.com](mailto:njlish@gmail.com). More info at our Facebook Page: [www.facebook.com/NorthPugetSoundDragonBoatClub?ref=hl](https://www.facebook.com/NorthPugetSoundDragonBoatClub?ref=hl)

Medical Marijuana patients unite; If you need assistance, advice, etc. please contact at [420patientnetworking@gmail.com](mailto:420patientnetworking@gmail.com). Local Whidbey Island help.

If you or someone you know has been a victim of homicide, burglary, robbery, assault, identity theft, fraud, human trafficking, home invasion and other crimes not listed. Victim Support Services has advocates ready to help. Please call the 24-hr Crisis Line 888-388-

9221. Free service. Visit our web site at <http://victimsupportservices.org>

### VOLUNTEER OPPORTUNITIES

The Habitat Stores depend on enthusiastic volunteers to help carry out our mission. We are looking for volunteers to help us with customer service, merchandise intake, store up-keep, organization and pick-ups of donated items. If you have two (2) hours or more per week to donate, please join us in our mission to create affordable housing in our community by volunteering at our Oak Harbor Store. Hours: Mon-Sat, 10am-5pm and Sun, 11am-4pm. Please contact Tony Persson if you are interested in volunteering at our Oak Harbor store (290 SE Pioneer Way, Oak Harbor, WA 98277): 360-675-8733, [tony@islandcountyhabitat.org](mailto:tony@islandcountyhabitat.org). For our Freeland store (1592 Main Street, Freeland WA 98249), please contact John Schmidt: 360-331-6272, [john@islandcountyhabitat.com](mailto:john@islandcountyhabitat.com). Habitat for Humanity of Island County, [www.islandcountyhabitat.org](http://www.islandcountyhabitat.org), 360-679-9444.

College student? Student of history? History buff? Opportunities are available to spend constructive volunteer hours at the PBV-Naval Air Museum. Go to [www.pbymf.org](http://www.pbymf.org) and click on "Volunteer" or just stop by and introduce yourself. Imagine Oak Harbor's first Food Forest, Saturdays 11am-3pm, at 526 Bayshore Drive. Each week, we have volunteer opportunities available to help care for our community garden, share organic

gardening tips, and learn Permaculture principles. All ages and skill levels welcome. Schedule can change due to adverse weather conditions. If you have any questions, please contact us at: [imaginepermacultureworld@gmail.com](mailto:imaginepermacultureworld@gmail.com)

Mother Mentors needs volunteers! Oak Harbor families with young children need your help! Volunteer just a couple of hours a week to make a difference in someone's life! To volunteer or get more info, email [wamothermentors@gmail.com](mailto:wamothermentors@gmail.com) or call 360-321-1484.

Looking for board members to join the dynamic board of Island Senior Resources and serve the needs of Island County Seniors. Of particular interest are representatives from North Whidbey. For more information please contact: [reception@islandseniorservices.org](mailto:reception@islandseniorservices.org)

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