

May 7 through May 13, 2020

FREE

Whidbey Weekly

Your Source For "What's Happening" On Whidbey Island Locally Owned · Locally Operated
ARTICLES · CALENDAR · PUZZLES · ISLAND 911 CLASSIFIEDS · DINING GUIDE

mommy YOU'RE JUST *Sweetest* BEST MOTHER IN THE WORLD
 SO SPECIAL *Happy Day* BEST WITH MUCH GRATITUDE LOVE care
 HAPPY *Day* BEST CELEBRATE DEAREST *we Appreciate* YOUR **Endless** TRUE
 AMAZING *Special* **MOM** CARING *Worm* LOVING APPRECIATED
 WONDERFUL **MOM** YOU'RE THE GREATEST
 CARING DEAR *I love you so much* mom COUDN'T HAVE DONE IT WITHOUT YOU
 BEST WISHES ON THIS SPECIAL DAY



Happy Mother's Day
WONDERFUL
 LOYAL kindest
Dearest
MOMMY
 THANK You



More Local Events inside

Whidbey Weekly & PRINTING

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PROUD SUPPORTER OF WHIDBEY ISLAND COMMUNITY EVENTS

In addition to being your favorite source for news and events on the island, Whidbey Weekly is now your source for:

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Whidbey Community Foundation

*Connecting people who care
to causes that matter*



michael stadler photographs

COVID-19 Community Resilience Fund

The COVID-19 Community Resilience Fund provides resources to nonprofit organizations on Whidbey Island working with our friends and neighbors who are impacted by coronavirus and the economic consequences of this outbreak. Hosted by the Whidbey Community Foundation, the fund is designed to complement the work of public agencies by expanding local capacity to address aspects of the outbreak as efficiently as possible.

Whidbey Community Foundation launched the COVID-19 Community Resilience Fund on March 19 with \$25,000 seed funding designated by its Board of Directors.

Through the generosity and support of the Island community and beyond, WCF has raised over \$175,000 for this Fund. To date, WCF has awarded nearly \$80,000 to 18 organizations from the COVID-19 Fund.

Your donation makes a difference! Collectively we have been able to raise funds and deploy them in the community quickly and responsively to emergent needs.

How to Donate

Donate online by visiting our website: www.whidbeyfoundation.org.

You can also make changes payable to “**Whidbey Community Foundation**” with “COVID-19” in the memo. Mail checks to **PO Box 1135, Coupeville, WA 98239**

Nonprofits Can Apply for Grants

Given the dynamic nature of the pandemic, WCF is providing grants on a rolling basis. As funds are raised, grant requests will be considered. We intend to provide multiple phases of support as the community needs and challenges evolve, and as we gain greater clarity about the course of this crisis. In the initial phase, we are prioritizing community-based organizations that are serving communities and individuals who are immediately and disproportionately suffering from this crisis.

Apply online at www.whidbeyfoundation.org.

We want to hear from you!

As we enter the next phase of reopening our society, we know that many of the nonprofits on Whidbey have critical needs due to the impacts of COVID-19.

We invite you to join WCF for a 1-hour Zoom meeting on Monday, May 18 from 10-11am.

We want to hear from Whidbey nonprofits about your current needs/challenges, and how the Whidbey Community Foundation can best provide and connect you with the resources you need to sustain your mission-based work. Please email

info@whidbeyfoundation.org or call **360-660-5041** to receive the Zoom meeting details.

ON TRACK

with Jim Freeman



While on Skype the other day, I was questioned as to why I was using a dictionary that is over 50 years old.

Why not?

Some of the words I use are older than that.

Leaf guarding

There is something about the smiling spokesperson for the Leaf Guard television ads that makes me smile, and I have no gutters.

They rotted and fell off years ago.

There must be a real demand for gutter guarding as much as I see this commercial on television. And if I acted swiftly, I could get a gift card for something I don't need, and a discount on materials.

Maybe I'll call them and ask if they also install gutters so I have something to guard.

Reminds me of the Al Jolson song, "Somebody stole my gal's gutter."

Purr plexed

Shall I get a dog?
Should I get a cat?
Shall I just eat donuts
To see where I am at?

Is it Monday or Tuesday?
Is it day or night?
Have I watched too much news?
Which network is right?

Is my mask on correctly?
Is it right to wear?
Depends on whether
I'm going somewhere;

Nowhere to go
Not much to do
Might be at home
'Til 2022

Bloom on

Spring unlocks the flowers to paint the laughing soil.
-Bishop Heber

Confidential

If you read the above word in bold, I bet it caught your eye.

It sure caught my eye when I saw the one-inch bold black letters, **CONFIDENTIAL**, stamped on an envelope also stating a sense of urgency—*Open Immediately. Response Requested within 10 days.*

So why the hurry?

The fact Electronic Service was requested also concerned me.

What had I done?

In red letters, *Please Open Only if You Are the Addressee.*

What if the envelope sits for 10 days because the addressee has quarantined his mail?

Paper or plastic is getting tough.

I trust no cardboard before its time.

My pre-approved code, stamped on my confidential pre-sorted mail, is 205 158 031 987. Given I did not ask for the envelope, I would have been fine with waiting for regular approval.

I would love to meet the person who has the giant three-ringed notebook with my pre-approved code cross-referenced.

I have yet to open the Confidential envelope.

I don't want to ruin my week. What if the test results, pre-sorted, are in there?

The return address says United of Omaha Life Insurance Company, a Mutual of Omaha Company located at 3300 Mutual of Omaha Plaza.

After watching Mary Kay Place's perfectly portrayed role in the film version of John Grisham's, *The Rainmaker* (1997), who wants insurance?

A superb film, by the way.

It's just getting to Freeland.

Can we talk?

Social distancing has affected me beyond my expectations.

Of course, I had no expectations.

Yet, the collateral nature, damages or not, of social distancing is right here, right now for me, and I am by myself.

Some of the words in my columns over the last 35 years have asked for more space between the neighboring words.

Really upset letters, over half of the alphabet, want more white space.

Imagine writing *imagine* I M A G I N E.

If I follow the recommendations of the Angry Letters' Petition received this morning before coffee and before beginning this column, I would be yielding to all the vowels and most of the consonants, except for X, Y, Z, R and L.

They refused to sign. I am really proud of Y.

Y could have acted like a vowel.

The Letters' petitioners want three things:

1. More space between letters.
2. All caps, all the time.
3. No more punctuation

I told them I would get back to them after speaking with you, another self-distancing reader.

Would the graduates of the Evelyn Wood Speed Reading Course slow down with **W H Y I S T H E R E S O M U C H S P A C E**

I know I did. In fact, I got dizzy typing it.

Someone just yelled, "You were already there."

As a guy who gets paid by the word, I am feeling a conflict of interest resolving this issue.

In the spirit of transcending transparency, I told the Words who signed their petition I would get back to them.

Some of the Words that signed include: *whiner, complainer, antagonizer, disruptor, and antidisestablishmentarianism.*

Is it just me or did the last word sign the petition just because it had the most number of letters?

You should have seen the signing line at the *For Letters & Words Union Meeting.*

There are many demands on the Words' Petition.

Number one thing to fix – The Words want less usage.

Are they shooting themselves in their letters?

Some of the words, like *to, the, or, and gravy* feel overused.

I talked to *gravy*.

It only wanted to be near sausage.

No chicken. No brown. No turkey.

I did not ask about squirrel.

I know what it is like to be overused. It can be tough.

However, page three readers, if I follow their demands, these overused words may soon feel underused.

This can lead to feeling unused.

Welcome to the world of many self-employed.

Are they doing auctions on Zoom?

No bid numbers would be needed.

Bidders could just stick out their tongues to bid.

No audio required except for the auctioneer.

The First Annual Tongue in Cheek Zoomer.

Let me know your thoughts on these petitions from the Letters and the Words.

I am all for freedom of speech, but do the Words themselves have a voice?

Surely the vowels have their own lobbying effort going stronger and stronger.

Vowels are easier to organize than consonants.

Vowels, being fewer in number, are less competitive.

Like the old days of network driven television—ABC, CBS, NBC, and DuMont.

Someday I hope someone produces a tribute, *The Betty Furness Story*.

Perfect for Hallmark or Biography.

Thanks to Betty, I still use Westinghouse.

Excuse me, the unused words were yelling.

It is not easy being in charge of all these words. There are many from which to choose so as not to end this sentence with a preposition. (Ed.note—you just did)

Letters are another thing. Only 26 of those. Sometimes, when I am looking for someone's name, I even remember the alphabetical sequence of the letters.

Before writing this column, each week I pick the winners of the word lobbying, but they must also survive the three editors who proof this side of page three.

Three editors?

Yep.

One for content.

One for discontent.

One for excess sarcasm.

Truth be told, often I have to pay the third editor under the table.

Fortunately, she works standing up.

Not so far for me to bend my cash.

I better go.

I hear words out in the driveway.

They sound disgruntled, or maybe just grunted.

Hopefully these really loud words have clean definitions.

Further, that these words are not standing so close they look like a paragraph.

As their columnist, I do not want them to be sighted.

To read past columns of *On Track* in the *Whidbey Weekly*, see our Digital Library at www.whidbeyweekly.com.

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Please REMEMBER TO WEAR A MASK

OR GET FREE CONTACTLESS GROCERY DELIVERY FROM

Island Senior Resources

GO TO WWW.SENIOR-RESOURCES.ORG
CLICK ON "ONLINE HELP REQUEST"
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We're all in this together.



Bits & Pieces

Letters to the Editor

Editor,

May is National Foster Care Month

It is no surprise the month of May is chosen as National Foster Care Appreciation Month. The month of May carries us well into springtime, the season that embodies the promise of life renewed.

Communities across the nation are stepping up to show their appreciation for foster and relative families, child welfare professionals, volunteers and policy makers for their efforts on behalf of children who are in foster care. The same is true in Island County.

To the Island County judiciary, VGAL's and social workers, thank you for your tireless efforts!

To Island County foster and relative parents, your community is grateful to you. You are the ones who follow the rules, keep the records, tend to appointments, help with homework, cook the meals, wash the clothes, heal the wounds, celebrate the joys, wake up at night to comfort and soothe restless children.

You are the normal in children's lives. You hold the tender hearts of family in your hands.

Your selfless commitment embodies the protective graces of community in children's lives. Your community stands tall in your honor.

Patti Carroll for Kids First Island County

WhidbeyHealth Takes First Steps in Opening Services for Our Community's Health

The first light to enter the dark tunnel of the Coronavirus pandemic has finally arrived.

WhidbeyHealth will take the first step in its return to meeting the healthcare needs of our community. Physical, Occupational and Speech Therapy services will reopen Monday at both the medical center in Coupeville and at the Goldie Street, Oak Harbor locations, while maintaining strict safety precautions already in place at the hospital and Cabot Drive.

Tele-health visits for rehab patients will be suspended May 11 and will resume after a new platform for this service has been implemented.

As with all services available to WhidbeyHealth's patients during the Coronavirus pandemic, the reinforcement of protective safety precautions for all patients and staff are the first priority in re-introducing services. Health and safety protocols for staff and patients during any rehab visit will be strictly enforced and will include:

- Temperature screening upon entry to any building
- Patients showing a fever or other symptoms will have to reschedule their appointment
- Each patient support person will be required to wait in the car for the duration of the patient's visit
- Staff will be required to wear complete Personal Protective Equipment (PPE), including masks, goggles and, in some cases, gowns
- Patients will be required to wear masks during their visit if they do not already have one
- Rehabilitation equipment will be used only under these strict guidelines:

- Spaced to meet social distancing guidelines
- Thoroughly cleaned after each use
- Included in the rotation of WhidbeyHealth's new Halo Disinfection Systems (An evaporation system which uses a dry fogging delivery of disinfectant throughout any complex space to eliminate pathogens beyond the reach of sprays, wipes or UV lights.)

To schedule a rehab appointment at the medical center, call 360-678-7619.

To schedule a rehab appointment at Goldie Street, call 360-679-1415.

Find out more about WhidbeyHealth's Rehabilitation Services at <https://whidbeyhealth.org/services/rehabilitation-care>

Stay connected with WhidbeyHealth for current information at facebook.com/whidbeyhealth or at whidbeyhealth.org.

[Submitted by Patricia Duff, Public Relations Officer, WhidbeyHealth]

Public Assistance Program for Vulnerable Community Members

The Island County Sheriff's Office Citizen Volunteers, in cooperation with Island Senior Resources, have set up a program to assist members of our community who may have found themselves isolated as a result of the COVID-19 pandemic.

This short-term program is designed for vulnerable Island County residents who would benefit from a daily welfare check phone call during this pandemic.

This program is sponsored by the Island County Sheriff's Office and carried out by the Island County Sheriff's Citizen Volunteers. This program is for Island County residents only and is currently set to last for the duration of the State of Washington Stay at Home Order.

How the program works:

Once you have signed up, a volunteer will call you once daily between 9:00 and 10:00AM just to check in with you. If you don't answer, the volunteer will call again within about 15 minutes. If there is no answer on the second call, a Deputy Sheriff will be dispatched to your address to check on your wellbeing.

If you, a friend or loved one would benefit from this service, please phone the number below to enroll. A volunteer will ask a few questions that will provide the Sheriff's Office with enough information to serve you. The questions will only be related to your address and emergency contact information. You may provide general medical concerns that may be relevant to first responders if you choose.

Call 360-572-2477 to sign up.

[Submitted by Island County Sheriff's Office]

Island Transit Operator Helps Homeless Passengers Deal with COVID-19



"Scared" is how J-me LaQuet, an Island Transit Operator, describes how the homeless people of Island County feel about living on the streets during the COVID-19 epidemic. "Because of the way they live, their immunities are down and this is scary for them too," says J-me.

J-me has been driving bus for nine years. During that time, she's built a reputation for her kindness and outreach to all her passengers, but particularly to those living without a home who are vulnerable. J-me and her fellow bus operators have been working diligently to protect the health and safety of all customers.

"I'm kind of like their mom in that I'm

constantly nagging," she says. "I ask where they're going and if they need a ride." With the state's Stay Home, Stay Healthy initiative, J-me started asking her passengers if their trips are "essential."

"Our street people understand what's going on," she says and adds they make an effort to stay masked and practice social distancing but do need reminders. "I sense sometimes people look at them like foreigners and aliens from outer space. But each have their own story. They are amazing people."

J-me doesn't pat herself on the back or want any recognition for being nice, but she does have some advice to share about how to treat people living on the streets. "Talk to them like you would your friend or your neighbor," she says, adding whether it's during a pandemic or not, people living without a home are like the rest of us. "This is a very frustrating situation for them."

[Submitted by Rena Shawver]

SPiN Café Regroups, Teams With Faith Community to Serve Sack Meals

SPiN Café, an Oak Harbor-based nonprofit dedicated to serving people in need, announced last Friday it has partnered with volunteers from seven different churches to provide meals at no charge to hungry local citizens every Monday through Saturday.

"When we had to end our three dinners a week due to the COVID-19 pandemic, which closed the doors of our local churches, we moved to sack meal distribution outdoors," said Acting Executive Director Tom Saunders. "We started the program March 17, serving just three days a week with three churches helping out. With a little outreach to our faith community, we've grown the program to six days a week with a total of seven churches participating today. Dreams do come true!"

Participating churches, providing meals and volunteer support, are: St. Stephen's Episcopal Church, Church on the Rock, Christian Reformed Church, Living Word Church, Whidbey Presbyterian Church, Oak Harbor Lutheran Church, and Oak Harbor First United Methodist Church.

Saunders says SPiN serves about two dozen guests per meal, and is approaching 500 total meals served since the sack meal schedule began. The program serves all meals at no charge, and is funded entirely by donations, which are always welcome. "I would like to thank everyone for their tremendous support and the effort to provide this essential need to members of our local community who are less fortunate. We are all thanked daily by each of them for the food provided."

SPiN Café sack meals are served Monday through Saturday beginning at 12:15PM, in front of Flintstone Park at the corner of Bayshore Drive and Dock Street. SPiN volunteers wear personal protective equipment and use safe distancing practices. Handmade, donated masks are distributed when available to guests, who are encouraged to practice distancing as well.

For further information, email tomsaunders778@gmail.com or visit www.spincafeoh.org.

[Submitted by Bill Walker]

Whidbey Rotary PPE Task Force Delivers Disinfectant

Recently, the Whidbey Rotary PPE Task Force delivered disinfectant spray bottles to the Whidbey Island Department of Emergency Management.

Firefighters need this spray following medical calls to clean the equipment that was used. With the coronavirus on the island, this requirement becomes even more critical.

The Rotary Task Force is now providing PPE across the island at no charge. While money is always important, the Rotary Task Force is very adept at locating scarce PPE such as masks, gloves, goggles, wipes, and spray.

The disinfectant spray consists of a compounded alcohol-based sanitizer made at Island Drug in Oak Harbor.

[Submitted by Steve Schwalbe, President Rotary Club of Oak Harbor]

Considering Running for Public Office? File Online May 11-15

From May 11-15, the Office of the Secretary of State (OSOS) will join county election offices across Washington to accept applications for public office during Candidate Filing Week. In an effort to keep the public and staff safe, the OSOS encourages prospective candidates to file online. It's easy, safe, and secure.

Candidates for federal, statewide, and multi-county legislative or judicial offices must file with the OSOS, which can be done online 24 hours a day beginning at 9:00AM Monday, May 11, and ending at 4:00PM Friday, May 15. Individuals can also file by mail with a paper form now, or in-person during filing week at the Office of the Secretary of State Elections Division at 520 Union Ave SE, Olympia. All other candidacies may file with the county elections office in which the position resides, except for some local races that cross multiple counties and require candidates to file in the county with more registered voters.

For more information about filing in Island County, call 360-679-7367 or email elections@islandcountywa.gov. Precinct Committee Officers (PCO) may file online; there is no fee to file for this position.

[Submitted by Sheilah Crider, Island County Auditor]

Deception Pass Boating Squadron Grant Will Benefit Whidbey and Fidalgo Youth

Deception Pass Sail and Power Squadron (DPSPS) is a recent recipient of a \$500 grant which will benefit the Whidbey and Fidalgo communities by offering free kids' boating safety classes. The grant awarded by the Northwest Yacht Brokers Association (NYBA) will also help fund more "loaner" lifejackets in children's sizes, available for use when at the Oak Harbor Marina for fishing or boating. The grant is part of the NYBA's efforts to promote boating participation throughout the region.

DPSPS will hold a series of free programs to teach kids from Whidbey and Fidalgo islands small boat safety and handling skills, including proper wearing of life jackets, rudimentary navigation rules, paddling skills, how to handle emergencies, and weather fundamentals. Originally held for youth ages 5 to 8 years old, the grant will allow for expansion of the program for kids up to 12-years-old by acquiring additional life jackets and course materials.

According to DPSPS instructor Chip White, the state's Stay Home, Stay Healthy order has postponed all of the squadron's events and classes, but dates for Boating Safety for Kids will be scheduled and announced as soon as possible.

White explained the program content is serious, but the focus is fun. "We teach and inspire them to boat safely. There is an exercise called 'Sinking' where several kids get in a small boat on land, with life jackets scattered under their seats. When we call out 'sinking!' we give them 20 seconds to don their life jackets. It's chaotic and fun, but so essential to safety on the water.

"We aim to instill the understanding of how and why to always wear a lifejacket to be safe," he said.

But White said the most fun activity is 'Saving Grandpa.' "Grandpa takes them boating, then falls overboard. We tell them they are now in charge and must keep themselves safe, while rescuing Grandpa at the same time." He said the kids learn how to make and toss a throw bag to save Grandpa, which they get to keep after the class is over.

"This is the second year in a row the NYBA has awarded us this generous grant. Not only does this save lives, but it introduces youth to fun and adventure in the Puget Sound."

The Deception Pass Sail and Power Squadron (DPSPS) is a 44-year-old nonprofit organization. It is a member of the United States Power



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



Squadrons, the world's largest boating education organization. DPSPS has over 75 members from Whidbey and Fidalgo islands.

[Submitted by Jennifer Geller]

Skagit Valley College Men's Basketball Head Coach Carl Howell Named Among the Nation's 50 Most Impactful Junior College Coaches

The Skagit Valley College Athletic Department is proud to announce Carl Howell, Men's Basketball Head Coach, has been named among the nation's top 50 Most Impactful Junior College (JUCO) Coaches in Men's Basketball.

In an article titled, *50 Most Impactful Coaches in JUCO Men's Basketball*, published by Silver Waves Media, author Jake Stanbrough writes that the list recognizes current junior college men's basketball coaches who have made and continue to make an outstanding impact on their players, programs, and the game itself.

"Coach Howell continues to build a coaching career that elevates his players and the game of men's basketball," said SVC Interim Athletic Director Nancy Anderson. "The Cardinals set many college records this year, which reflects his commitment to excellence at SVC and for the sport."

From the article: "As the winningest coach (win percentage) in NWAC [Northwest Athletic Conference] history, Coach Howell has had an amazing impact on Men's Basketball. Howell has the second best winning percentage of any NW coach across all levels, behind only Mark Few of Gonzaga. His impact has been felt from the Division I to NAIA as he has helped hundreds of kids play at the next level. Prior to returning to Skagit Valley, Howell boasted a 363-109 record. During his first year at Skagit Valley he started right where he left off, finishing with a record of 25-4."

To stay connected with the Cardinals, visit <https://athletics.skagit.edu/>

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

GUEST COLUMN

By Charles LaFond, ISR Development Director

We Help Each Other

These days around and within the COVID-19 pandemic are strange. Unlike the adrenaline-fueled days around a hurricane or earthquake, that which is outside our windows remains beautiful, as spring unfurls around us. And yet, we are acutely aware of seniors around us who may be suffering from the fragility of age and fears from headlines saying older people are particularly vulnerable to the virus. We may know neighbors whose adult family members are disabled. We may know caregivers and can imagine how isolated and exhausted they are. But unlike other disasters, we cannot just grab our shoes and our car keys to go help.

Island Senior Resources is offering a way for you to help right now. We know our clients, where they live, and their caregivers. What they need right now is what we do. We, at Island Senior Resources, are all at work meeting human needs 24/7, hand to hand, and voice to voice, if perhaps not always face to face.

We know you cannot extend your hand from your shelter-in-place position, nor should you. But you can extend your hand by donating to fund our hands at work. Investing in Island Senior Resources right now is the smart way to do the kind thing.

Perhaps you cannot deliver meals, but you can fund our Meals on Wheels delivery of more than 4,500 meals each month - a shocking 45 percent increase over previous months.

You may not be able to call our clients to provide essential Medicaid and Medicare advice, moral support and health checks, but you can fund our Aging & Disability Resources staff whose call volume in the past month has increased 95 percent and whose calls now take 100-150 percent longer to complete because our clients need a caring person to talk to.

You may need to be staying home, but you can help fund more than 100 trips each month covering 10,714 miles to deliver groceries, medication, and take clients to essential medical appointments.

You may not be able to provide counseling to Parkinson's support groups, but you can fund our work to gather groups online for virtual support meetings.

Could you extend your hand by funding our hands to reach the most vulnerable people on our island? Could we be your hand?

In the past, we have asked the community many times a year for small gifts but, now, the stakes are higher, and so is the call. We have made a massive switch in 2020 to one annual giving campaign, asking our donors to become real funding partners. One annual request is all we will make, and one significant annual gift is all we will hope to receive from now on.



What used to be a contribution is now an investment in essential services and the future of our community. Government sources give Island Senior Resources a valuable \$1.7 million, but we need an additional \$2.5 million annually from donations by people like you. And annual gifts pledged or given up to \$100,000 will be matched dollar for dollar until the end of June! So pledge now, please.

To make a pledge or gift, call Charles LaFond, development director, day or night at 360-210-3011 (pledges may be paid at any time throughout the year). You may also make a gift by mail by sending a check to Island Senior Resources, P.O. Box 939, Freeland, WA 98249. To become a monthly Evergreen Funding Partner, please go online to <https://senior-resources.org/donate/>.

We are in this together. We are making masks. We are making calls. We are making donations. We are being community. Please be the helping-hand of Island Senior Resources with your 2020 investment in our work. There has never been a more crucial time in the care of our older neighbors, our neighbors with disabilities, and our caregiving neighbors. If you will fund the work, we will do the work.

CONFIDENT

FREE MAGIC CLASS ON SATURDAY MAY 9 AT 10 AM. CHECK [JR RUSSELL MAGIC](#) FACEBOOK PAGE FOR DETAILS!



- Levitate some water!
- Link the words!
- Escape the magic trunk!

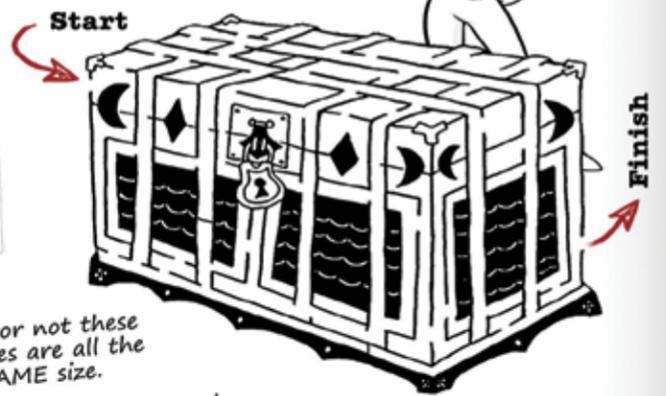
FUN FACTS!

A lion's roar can be heard up to eight kilometers away.

Magician Harry Houdini got his start at age nine as a trapeze performer.

Helping someone else instantly boosts your self-esteem.

Super Spaghetti is super confident! She just escaped from this magic trunk. Can you escape too?



Believe it or not these three ropes are all the EXACT SAME size.

The way they are positioned changes how long they look.

A TRUE MAGICIAN knows that when we stand up tall we not only LOOK more confident, but we feel more confident too!

Q: Why did the lion eat the tight rope walker?
A: He wanted a balanced meal.

Water Levitation

CHALLENGE: Can you hold a glass of water upside down without spilling?

STEP 1: Get a bowl of water, a small glass and a piece of cardstock or a note card that is bigger than the mouth of the glass.

Step 2: Fill the glass about half full and place the card on top. Hold the card flat and make sure it is completely covering the mouth of the glass.

Step 3: Carefully and slowly turn the glass over while still holding the card tightly in place (and keeping the glass over the bowl just in case).

Step 4: Wait two seconds and then slowly take your hand away. The card should stay in place and the water will be suspended in mid-air.



NOTE: After a few seconds, turn the glass back over otherwise the card will eventually start to let water out.



The magic secret is the SCIENCE of air pressure!

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Can you link each set of words with a word that makes two phrases?
For example: Shark tooth and tooth paste.



- | | | | | |
|---------|-------|---------|-------|-------|
| SHARK | _____ | TOOTH | _____ | PASTE |
| BOTTLED | _____ | BALLOON | _____ | |
| KARATE | _____ | BUCKLE | _____ | |
| KARATE | _____ | BUCKLE | _____ | |
| COTTON | _____ | APPLE | _____ | |
| CANNON | _____ | PIT | _____ | |
| TRASH | _____ | OPENER | _____ | |
| PIANO | _____ | CHAIN | _____ | |

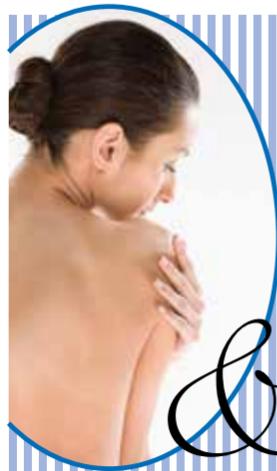


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Together through technology p. 9



Photo Courtesy of Washington State Parks
State Parks on Whidbey Island, like Fort Casey, are now open for day use only as part of the first phase of Gov. Jay Inslee's "Safe Start" plan to re-opening.

Inslee announces "Safe Start" plan for re-opening

By Kathy Reed Whidbey Weekly

We are now officially in Phase I of Gov. Jay Inslee's "Safe Start" plan to re-open the state's economy. Inslee signed the COVID-19 order Monday, after announcing last Friday his "Stay Home, Stay Healthy" order will remain in effect through May 31 and could be extended, if necessary.

Phase I of the order took effect Tuesday, and allows for the re-opening of most state parks, as well as outdoor activities such as hunting, fishing, playing golf, boating and hiking, which was announced last week. In-progress construction is also allowed to continue, as previously announced, and hospitals are allowed to perform elective surgeries once more. Also allowed to resume operation under the first part of this four-phase plan are: Drive-in spiritual services; landscaping services; sales of cars, boats and recreational vehicles; retail business with curbside, pick-up orders only; car washes; and pet walking services, all of which should be able to resume by mid-May if not immediately, according to the Governor.

"I've got to just recognize at the outset something that all Washingtonians have to realize," Inslee cautioned last week. "We have not won this fight against this virus. [This new order continues] a ban on public gatherings; many businesses will have to remain closed. I would like to tell you that we will all be able to make reservations on June 1, but I cannot.

We will have to continue to monitor and assess the data on a daily basis and adapt as conditions allow."

The Safe Start approach, as described by Inslee, is designed to begin re-opening businesses carefully, while reducing the health risks of COVID-19. There will be a minimum of three weeks between each phase, which means Phase IV – the lifting of most restrictions – would not take effect until sometime in July, at the earliest.

"This phased approach to re-opening our economy will allow us to move forward with a careful and thoughtful balance of our state's health and economic needs," Inslee said. "However, if infection rates and hospitalizations for COVID-related issues go up, I would not hesitate to scale these efforts back down to protect public health and save lives."

Inslee said most Washington residents realize the ability to return to some normalcy requires community-wide effort.

"The vast majority of Washingtonians understand that if we stick together a while longer, we won't lose all of the gains we've already made," he said. "I understand the frustrations we all have shared. It's so frustrating that we don't want to do this twice. This is bad enough once. We should not take the risk to do this twice.

"We have to make decisions on hard-headed data and not

wishes when it comes to life itself and the hard-headed science tells us that we've got one decision to make here if we're going to continue on the road to recovery," Inslee continued. "And that's doing what we're doing – make a cautious return of our businesses that we have set forth."

Under the Safe Start plan, 10 counties in Washington will immediately be able to seek a variance from the State Department of Health to move to Phase II before the rest of the state. Those counties have a population of less than 75,000 and must not have identified a new COVID-19 case for three weeks. Island County is NOT one of the 10, although commissioners told *Whidbey Weekly* via email it is something to consider going forward.

"We have not had an opportunity to discuss this as a Board," said Island County Commissioner Janet St. Clair. "I anticipate this will be one of many items for our discussions this week."

"I will recommend that we pursue it," said Commissioner Jill Johnson. "With that said, I am not super confident we will be successful, given our location to high-count counties, our early spike and the age of our population. But, we have dramatically slowed the spread and I think that businesses are responsible enough to take necessary precautions and assume their own risk, and I think individuals have been educated enough to know what is safe and unsafe based on their own personal health."

"If we can get the expanded testing results later this month, that will help us with the information we need to craft a data-driven plan toward recovery," said Commissioner Helen Price Johnson.

Data derived from an abundance of testing is one of the criteria necessary before Washington State can fully re-open. Island County Public Health announced Monday it will be opening mobile testing sites May 11 to test Whidbey and Camano Island residents, whether they are exhibiting symptoms of COVID-19 or not. ICPH is working with Whidbey-Health and other community partners to perform the tests, which will provide the state with good information on the infection rate to aid in the re-opening process. To sign up for testing, fill out the survey on the ICPH COVID-19 page or access the survey directly at www.surveymonkey.com/r/GR2COVID19.

Meanwhile, for those feeling cooped up lately, state parks on Whidbey Island are now open for day use only. This includes Fort Ebey, Fort Casey, Joseph Whidbey and Deception Pass State Parks. Campgrounds remain closed at this time and social distancing measures must be observed.

"We're asking the public to follow the guidelines for responsible recreation on our COVID information page (parks.state.wa.gov/COVID19)," said Anna Gill, communications director for the Washington State Parks and Recreation Commission. "If locations become too crowded, our recourse is to close the park."

For more details on the Safe Start plan go to governor.wa.gov. For details on the state response, visit coronavirus.wa.gov. For information on Island County, go to www.island-county.wa.gov/Health/Pages/COVID-19.aspx.

WASHINGTON'S PHASED APPROACH				
Modifying Physical Distancing Measures as we Reopen the State				
	1 Phase 1	2 Phase 2	3 Phase 3	4 Phase 4
High-Risk Populations*	Continue to Stay Home, Stay Healthy	Continue to Stay Home, Stay Healthy	Continue to Stay Home, Stay Healthy	Resume public interactions, with physical distancing
Recreation	Some outdoor recreation (hunting, fishing, golf, boating, hiking)	Outdoor recreation involving 5 or fewer people outside your household (camping, beaches, etc.)	<ul style="list-style-type: none"> Outdoor group rec. sports activities (50 or fewer people) Recreational facilities at <50% capacity (gyms, public pools, etc.) Professional sports without audience participation (horseracing, baseball, etc.) 	Resume all recreational activity
Gatherings (social, spiritual)	<ul style="list-style-type: none"> None Drive-in spiritual service with one household per vehicle 	Gather with no more than 5 people outside your household per week	Allow gatherings with no more than 50 people	Allow gatherings with >50 people
Travel	Essential travel and limited non-essential travel for Phase I permissible activities	Essential travel and limited non-essential travel for Phase I & II permissible activities	Resume non-essential travel	Continue non-essential travel
Business/Employers	<ul style="list-style-type: none"> Essential businesses open Existing construction that meets agreed upon criteria Landscaping Auto/RV/boat/ORV sales Retail (curbside pick-up orders only) Car washes Pet walkers 	<ul style="list-style-type: none"> Remaining manufacturing Additional construction phases In-home/domestic services (nannies, housecleaning, etc.) Retail (in-store purchases allowed with restrictions) Real estate Professional services/office-based businesses (telework remains strongly encouraged) Hair and nail salons/barbers Pet grooming Restaurants/taverns <50% capacity table size no larger than 3 (no bar-area seating) 	<ul style="list-style-type: none"> Restaurants/taverns <75% capacity/table size no larger than 10 Bar areas in restaurant/taverns at <25% capacity Movie theaters at <50% capacity Customer-facing government services (telework remains strongly encouraged) Libraries Museums All other business activities not yet listed except for nightclubs and events with greater than 50 people 	<ul style="list-style-type: none"> Nightclubs Concert venues Large sporting events Resume unrestricted staffing of worksites, but continue to practice physical distancing and good hygiene

Photo Courtesy of Office of the Governor

Washington Governor Jay Inslee has extended the stay-at-home order for residents, while unveiling a four-phase plan to begin to re-open the economy.



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Life Tributes

DOLORES KRACHER March 31, 1938 - April 19, 2020



April 19, our friend, mother and grandmother, Dolores Jeanette Kracher (Straub) passed away peacefully at the age of 82 following an aneurysm rupture. She was the first child of John Straub and Jeannette (Mackie) Straub, born in Seattle, Wash., March 31, 1938. She was raised in Ballard, but her heart belonged to Maxwellton Beach on Whidbey Island, where she and her sister, Valary, created memories that would last them a lifetime. Her family moved to Chewelah, Wash., in 1954, where she met lifelong friends, "the sunshine girls," and graduated from Jenkins High School in 1956. She attended Notre Dame University College in Nelson, BC, Canada before transferring to Eastern Washington College where she earned a degree in elementary and secondary education in 1960. She married Anthony B.

Kracher Valentine's Day, 1959. They worked as teachers in remote Alaska before moving to Port Orchard and eventually settling in Spokane, Wash., where they raised their three children together.

Remembering her love of original clam fritters, orange spice tea and chocolate any time of the day will help remind us to appreciate the little things in life. Compassion and the ability to love unconditionally were her gifts and are the legacy she leaves with all of us. She is survived by her children: Craig Kracher, Lisa (Jamie) Plenkovich, and Kylan (Mara) Kracher; and grandchildren Mallory, Kyra, Emily, Marly, Chance and Ayla. Her faith and the Christian Life Center (Living Stone) community were an important part of life her and provided her with strength and support for over 35 years. A celebration of her life will be held at a later date.

DARREN CHARLES HENLEY Dec. 19, 1989 - April 19, 2020



Darren Charles Henley, beloved fiancé, cherished son, devoted brother, loving uncle, dearly loved nephew and loyal friend, left us far too soon, April 19, 2020.

He was born Dec. 19, 1989 in Oak Harbor, Wash. He attended Olympic View Elementary, Oak Harbor Middle School, and was a 2008 graduate of Oak Harbor High School.

He found creative expression in the books he wrote and playing the harp, guitar and banjo. He taught himself, and then shared his love of creating and playing music with his family and friends, as well as playing music for the elderly at Spring Hill Assisted Living. He enjoyed busking and showcasing his music at the Renaissance Faire.

As a valued employee of the BBQ Joint in Oak Harbor for nearly 10 years, he became Kitchen Manager in 2015. Darren dearly loved Curtis, his family, friends and his "work family," and touched each of us profoundly with his kind heart, wisdom, generosity and humor.

He loved his country and was always the first to lend a hand to those in need. He always found a way to serve and it truly came from his heart.

He was preceded in death by his grandparents, Charles and Rita Henley, his "other" grandpa, Ed Herbel, and his great-uncle, Robert Goodman.

He is survived by the love of his life and fiancé, Curtis Amsler; his parents, David and Rox-Ann Henley of Oak Harbor; a sister and brother-in-law, Sabrina and Dustin Wetzsteon; and nephews, Trenton, Draven and Lincoln;

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 or call 360-682-2341 to share your prayer requests.

Like many of you, I have a special friend who is battling three types of cancer. The worst of the three is called Neuroendocrine cancer (NET) which she has been fighting for the past five years. She is getting intense radiation treatments (PRRT) that leave her even more exhausted and sick with each treatment.

Her name is Paige and she is a beautiful, strong lady. She gets up every day and tries to have a positive attitude though some days are harder than others. I pray for her daily and ask that she be healed, that she get the strength to continue on and know that the Lord is by her side.

Lord, look upon Paige with eyes of mercy. May your healing hand rest upon her. May your life-giving powers flow into every cell of her body and into the depths of her soul, cleansing, purifying, restoring her to wholeness and strength. Comfort her pain, calm her fears and surround her with your Peace. In Jesus' name, Amen.

*The Lord gives sight to the blind,
the Lord lifts up those who are bowed down,
the Lord loves the righteous.*

Psalm 146:8 | NIV



one niece, Ciera; and his brother, Brenton Henley, all of Marysville, Wash.; as well as many aunts and uncles, cousins and cherished friends.

In lieu of flowers, donations can be made to the Darren Charles Henley Memorial Fund at Navy Federal Credit Union, 1-888-842-6328. Access #14171607.

Due to social distancing at this time, a memorial will be announced at a later date.

"...Tell them of my love and tell them of my pain and tell them of my hope, which still lives. For this is all I have and all I am and all I ask." - Stephen King, The Dark Tower Vol. VII

Family and friends are encouraged to share memories and condolences at www.whidbeymemorial.com.

Play on, sweet Darren...

**Life Tributes can now be found
online at www.whidbeyweekly.com**



MONDAY, APRIL 6

12:57 pm, Monroe Landing Rd.

Reporting party advising spoke with female subject who said "I'm trying to buy some heroin."

3:36 pm, NE Leisure St.

Male on line asking "something to do with old people;" ICOM tried to clarify what subject needed, subject asked, "Don't you know what old people are?" ICOM not sure what male needed.

4:05 pm, Harbor Ave.

Reporting party advising male walking down to Port of Whidbey Insurance building was yelling at everything. Wearing black fishing waders.

9:40 pm, Swantown Rd.

Reporting party states male walking up and down street shining lights into peoples' yards. States was younger male, short hair and glasses.

10:19 pm, Mobius Loop

"Is it true the State of Washington is on lockdown? Ok, well call that governor you got running that state; you need money, you need food, call the Po Po."

10:36 pm, Firehouse Rd.

Reporting three bright green lights in precision on the horizon - coming from the west, low in the sky, traveling east. They rise up into sky to a certain level then drop back down. And then repeat.

TUESDAY, APRIL 7

7:08 am, Carl Ave.

Reporting party advising male next to her in open lot is talking to himself and making lewd gestures.

3:15 pm, Main St.

Reporting party advising occurred earlier at location in line, female employee was nearer than six feet to others. Reporting party reported to store already.

4:29 pm, Hunt Rd.

Requesting call to report suspicious message she just received on her phone. Feels a crime was just committed but could not elaborate to call taker what crime was.

9:42 pm, Kinzie Rd.

Reporting party states someone is pretending to be him to collect his inheritance. He doesn't know address he's staying at and says people he's staying with won't give it to him.

10:07 pm, Par Dr.

Reporting party advising sister and sister's boyfriend are at location arguing over who is going to take the baby.

WEDNESDAY, APRIL 8

3:03 am, SR 20

Reporting party advising someone crawling in middle of road. States he was on Sleeper before Appian Way.

8:51 am, Fort Casey Rd.

Reporting party advising tractor was taken last night and did "field work for us."

11:05 am, Suzanne Ct.

Requesting call. Advising fanny pack was stolen. Reporting party does not want to give names since it is family member.

1:14 pm, Andreason Rd.

Reporting party advising male walking around road with full mask. He stopped at property line and yelled at kids.

2:15 pm, Bayview Rd.

Caller advising male subject laying on side of road; caller passed by, did not stop. On Bayview. White male, barefoot.

THURSDAY, APRIL 9

2:56 am, Lato Dr.

Reporting party states subject seems under the influence of drugs; had been on her porch. Is now beating up a mailbox on Swantown. On foot, last seen going toward Heller Rd.

9:59 am, SR 525

For information only, advising is renter at location and fell 20 minutes ago. Is okay, but was resting on his bed afterward and saw partner of landlord peering in his bedroom window at him. Yelled at her to go away, said she thought she heard him fall and was seeing if he was okay.

12:28 pm, Honeymoon Bay Rd.

Reporting party advising small plane flying over the area, going back and forth; concerned trying to invade people's privacy.

6:03 pm, Cornet Bay Rd.

Reporting party advising received call from female requesting tow of '99 Dodge Ram; front bumper five feet above water, boat floating behind attached to trailer.

6:29 pm, Mobius Loop

Male on line; rambling about "impeach or assassinate," the United Arian Brotherhood is saying this. Disconnected.

10:47 pm, Fox Spit Rd.

Reporting party advising subjects walking down road snapping fireworks, walking with flashlight. Reporting party recalled, states small child, teenager, male adult with dog still shooting fireworks.

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



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Together through technology

By Kacie Jo Voeller Whidbey Weekly

With Governor Jay Inslee's "Stay Home, Stay Healthy" order extending until May 31 throughout Washington state, many Whidbey Islanders continue to rely on technology for everyday functions, from remote work to reaching out to family and friends. Maintaining connectivity and the work of internet companies has been a key piece of retaining the ability to sustain a "new normal" as activity is limited in an effort to fight the spread of COVID-19.

Dr. Mick Donahue, a psychology professor and retired vice president of Skagit Valley College's Whidbey Island Campus, said connectivity is key for supporting normalcy and even mental health.

"It is imperative for most of us, if not all of us, to connect and use technology during this time," he said. "It is the way we can continue, to some degree, our 'normal' life. Can you imagine if we did not have technology at this time - what the ramifications would be?"

Donahue said while there are possible downsides of being heavily reliant on technology in terms of mental health, with the unprecedented current situation, the benefits of being able to remain connected virtually are undeniable.

"In regard to mental health, I think there are many ramifications of being so dependent on technology, which has been well documented in the press - isolation, loneliness, increased stress and high anxiety - however, I think all of those are well worth the trade off of having the ability to connect via technology," he said.

Donahue said for those without the ability to connect or with limited ability to access the internet, it could create significant challenges.



Photo Courtesy of Whidbey Telecom

Prior to social distancing measures, employees from Whidbey Telecom gather for a group photo. During the stay-at-home order, the company has provided services to keep clients and the community connected virtually.

"Not having access or limited access is a very big problem - you can see this very clearly with school children who are not connected with their teachers or school - some of this is lack of access and some of this is trying to homeschool while trying to work, etc.," he said. "Many K-12 students are not engaged, based on what I have seen via homeschooling my own granddaughter."

Donna Hilty, chief operating officer of Whidbey Telecom, said keeping people connected has been the key goal for the company. While half of the company's employees who are able to do so work from home, many of its employees continue to work in the field to ensure optimum service.

"As an essential service, the other half of

our employees are out there on a daily basis making sure the internet and the lines are staying robust and connected and getting people connected as much as we can," she said.

Hilty said meeting the needs of telehealth workers providing nursing and other services has been one of the chief goals of the internet services company.

"Right off the bat, we knew we needed to prioritize some of the incoming demands and we put the telehealth workers first," she said. "If anyone called us and said, 'I am now working from home and I am part of the telehealth industry,' we made sure the services to them got streamlined."

Hilty said another main focus of the company

has been supporting education, and Whidbey Telecom continues to partner with Readiness to Learn (RTL), a local nonprofit partnering with schools, communities and families. Through the partnership, the company works to provide service and upgraded speeds to families in need.

"It (RTL) is part of the affiliation with South Whidbey Schools to make sure that, working through RTL, any of the students that need better speeds or connectivity that they cannot necessarily afford normally, we are making sure they get that so they do not slide back in school," she said.

In addition to providing internet and other services, Hilty said Whidbey Telecom has broadened its community support to meet the different needs presented during the pandemic.

"We are doing everything we can to make sure this stretch of time goes as smoothly and as safely as it can for our community and we are refocusing some of our philanthropy as well," she said. "We are seeing needs that are not technology-driven, but things like keeping the food banks going. We are kind of converting our other philanthropy to focusing on doing those things that are really close in the community to make sure we all get through this in the end as safely and healthily as we can."

Hilty said there has been a 40 percent increase in usage, and the company has also seen an uptick in service orders and installations. Hilty said Whidbey Telecom has been adjusting to meet increased demands and continue to provide service as needed.

"We have had to work some overtime," she said. "We have actually hired during this time, I think we have brought in four

See TECHNOLOGY continued on page 10

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Students stay home, stay active

By Kacie Jo Voeller Whidbey Weekly

While learning currently looks vastly different from a traditional classroom for Whidbey Island's student population, one thing remains the same: a dedication from physical educators and coaches to keep students and athletes active. Physical education classes have continued virtually, and at the high school level, many coaches continue to offer at-home workouts and opportunities for athletes to connect online.

Conor Laffey, communications officer for Oak Harbor Public Schools, said encouraging an all-around healthy lifestyle was a key goal of educators as online learning continues.

"Incorporating physical activity is critical for our online distance learning model," he said. "During these difficult times, encouraging appropriate and responsible indoor/outdoor physical activities is a priority. Daily exercise has a variety of benefits, like improving physical health, concentration, and attitude. The impact of daily activity can improve moods, relieve stress, and promote brain development."

Laffey said at the kindergarten to fourth grade level, virtual physical education was launched last week.

"This was the first week of PE lessons and it's going really well out of the gate," he said. "Each specialist welcomed students with a video sharing how excited they were to do PE activities together again. Then they posted one-minute PE challenges and provided a monthly calendar geared to encourage movement. It's their way of staying active together!"

Sarah Stuurmans, a physical education teacher at Oak Harbor High School, said the school's physical education department has been active in providing resources and curriculum for high schoolers since school closures began.



"Every week, the kids do physical activity logs and then we provide a theme for the week, just similar to what we would be doing in class as far as the content part of it," she said. "So now that they are at home, it has given us this instant way that we are intentional with delivering curriculum, because everything set up at the high school level is to provide lifelong fitness and being able to self-motivate, self-track, practice, reach out and connect, and then have a routine."

Stuurmans said the physical education team provides digital resources to students, and through virtual teaching, educators have been able to promote standards such as independent learning and fitness.

"We have kind of been able to diversify a lot of our curriculum and not that it is flawless, but (we are) really just promoting that fitness is a key component of our mental health," she said.

Stuurmans said while the stay-at-home order presented many challenges for educators and students, there were also opportunities for growth.

"I feel like it has been a great opportunity for us to help kids be creative and independent with their own fitness and health skills," she said.

Stuurmans, who also serves as an assistant coach for the school's cross country team during the fall, said while the face-to-face connection is not currently available, both teachers and coaches continually make an effort to find other ways to reach students and athletes.

"Typically, with athletes and in general, there is that need to feel connected, to feel coached, to feel supported and encouraged," she said. "I think that is something we miss out on without that face-to-face contact, but they are able to reach out to their coaches and their teachers and log the things they are doing and then they are getting that feedback."

Fostering a sense of community and coming together, even while apart, is a key goal of coaches and teachers, Stuurmans said.

"I think we cannot discount the importance of just the connection part for our students and our student-athletes," she said. "And there is still a team, we are all still there even though we are not in the same room or on the same bus or on the same field."

Stuurmans said many spring coaches are still providing coaching and providing workouts for students to do independently at home. While not mandatory, Stuurmans said many fall coaches are providing chances for connection as well. Kerri Molitor, head volleyball coach of OHHS, has set up optional meetings via Google Meet for her team to promote a sense of continued community.

"One of the fun things she has challenged her athletes to do in support of our seniors is painting rocks," she said. "And it could be for a specific senior, it could be for the class of 2020 in general, but some sort of positive, uplifting message and



then if they go on a fitness walk or jog, to place that painted stone somewhere out in the community."

Paul Lagerstedt, athletic director and assistant principal for South Whidbey High School, said no longer being able to meet in person has emphasized just how important connection and being part of classes and teams is for students and athletes.

"I guess one thing would be maybe we all would have a better appreciation of how much teams mean to us," he said. "I think our coaches do an amazing job of building a culture of team and I am really amazed and proud of our staff. I think all these kids always had a great experience on the team and understood how special being part of a team was. I am guessing now we realize once something is taken away, you realize how much you miss it and I think our kids may be even a little surprised with how much they miss it."

Lagerstedt said physical education has continued to take place using methods such as Zoom meetings and Google Classroom to promote healthy exercise and activities.

"We have an amazing PE department here and everything I have been able to observe, what they are doing with our kids and the engagement with our general PE and health, is that we have a really strong program here in our PE department," he said. "Our kids and our general population are getting a great push or encouragement to be active and move around a little bit."

Lagerstedt said he hopes students will continue to take steps to maintain their physical and mental wellbeing even as schools remain closed.

"I just would encourage our students and athletes to continue to be active," he said. "I know most are getting that opportunity, or certainly a lot are getting that opportunity through our PE department."

TECHNOLOGY continued from page 9

or five employees, and we have had some folks return to us who had gone on to other careers in construction and things and they got laid off and we were able to put them right back to work during this period of lay off for them. So we have been quite busy."

Hilty said she feels through technology, families, friends and the community at large can stay linked, at least virtually.

"I think it is really quite fortunate we have the connectivity that is available to us through social media and the internet

because this would be really isolating if we did not have that ability," she said. "I know families are using the Zoom app and those similar types of apps just to have connections, to have a meal together or a cocktail hour where you can see the other person

and those can turn out to be quite fun, but they are also good for your mental health."

Whidbey Weekly did reach out to other internet service providers on Whidbey Island, but did not hear back by the publication deadline.

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Other Music

A cautionary tale

By Carey Ross



I don't have the statistics to back this up, but my educated guess based on anecdotal evidence gleaned from experience, is the Venn diagram of film buffs and music lovers has a whole lot of crossover. It's as common for me to be at a concert talking to friends about movies I've seen as it is to be at a movie theater chatting about shows I've been to. Sometimes it can be tough to see where one leaves off and the other begins.

Therefore, movies about music must occupy a special place when it comes to feeding the soul—the continued appeal of films like "Empire Records" and "High Fidelity" are proof of that—and it's in that sweet spot the documentary "Other Music" exists.

Some record stores are legendary places music fans make pilgrimages to in much the same way religious people seek out holy sites. California has Amoeba Music (pour one out for the original Hollywood location—a casualty of COVID-19). Austin has Waterloo Records. Chicago is home to Reckless Records. And, of course, in Seattle we have Easy Street Records, long may it reign.

New York boasts a veritable cottage industry of worthy record stores catering to casual browsers and crate-diggers alike, such as Academy Records, Downtown Music Gallery, Generation Records, A-1 Records, and others. And for a little more than two decades, the East Village's Other Music was part of that esteemed pantheon.

The documentary is set against the backdrop of the run-up to the store's 2016's still-lamented closure, which was due to a number of factors, not least of which was the same thing killing so many similar beloved shops: the inability of brick-and-mortar indie record stores to compete against the streaming services that have given us access to a seemingly infinite amount of music while simultaneously gutting the music industry as a whole.

However, "Other Music" is less a lament of the woes of the music industry and more a reminder of that store's—and, by extrapolation, all such stores—role as tastemakers, musical museums and creators of community. There's a case to be made that before we had social media, places like record stores were the true influencers—even though that term now brings with it its share of eye rolls.

When a trio of video-store clerks broke out of their day jobs to open an old-fashioned record

shop in 1995, they made a decision that, at the time, seemed foolish at best and suicidal at worst: They sited it directly across from a giant Tower Records emporium in the East Village. Cheekily naming it Other Music in honor of the type of inventory that would become their stock in trade—the music of indie labels, up-and-coming bands, genres that would not be found in the Top 40 of any chart, experimental sounds, etc.—their foolhardiness proved to be a stroke of genius as they'd draw curious folks from Tower who would then return again and again, many for the lifetime of the shop.

As all good record stores do, Other Music did more than just sling rare vinyl dispense suggestions, it and the community that sprung up around it also played a very real, discernable role in helping to break bands that would go on to more mainstream success, many of which are featured in the documentary. During the film's runtime, you'll spot Vampire Weekend's Ezra Koenig, Stephen Merritt of the Magnetic Fields, the National's Matt Berninger, Depeche Mode's Martin Gore, Le Tigre's JD Samson, Daniel Kessler from Interpol, the Yeah Yeah Yeah's Brian Chase, and others, all of them only too willing to attest to the kind of crucial support stores like Other Music give to bands on the rise.

Of course, in this area, we have our own similar stores, and the filmmakers of "Other Music" wish for their documentary to do more than simply act as a reminder of how valuable these places are before they too are gone. As other folks have done during this time of business shutdowns and social distancing, they've released their film online, making it available for rental at their website (www.factorytwentyfive.com/other-music) and in the virtual screening rooms of various art house movie theaters, with half of the proceeds from each rental going to the record shop or indie theater of your choosing. In our region, this means you can choose for your rental to benefit The Business in Anacortes (a record shop with a long history that has had a great impact on this area's music scene), Bellingham's Alternative Library, as well as the Lincoln Theatre in Mount Vernon and the Pickford Film Center in Bellingham. All of these businesses are currently closed due to COVID-19, and every day they remain shuttered is a threat to their continued existence. This is one means by which you can help them and ensure "Other Music" remains a cautionary tale rather than a canary in the coal mine.

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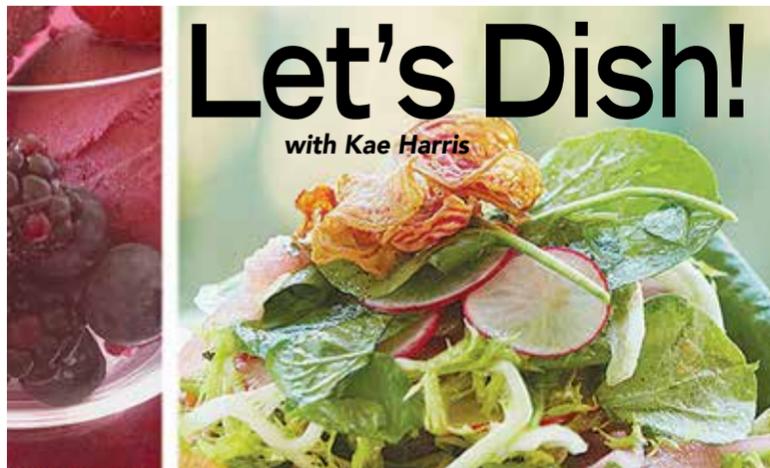
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Answers on page 15



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Let's Dish!

with Kae Harris

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CANNED GOODS CAN-DO!

I've been thinking a lot lately, seeing as how I seem to be doing pretty much only that and homeschooling my children, and the things I've been thinking about always come back (eventually) to the same topic: "What do I make for dinner tonight?" I'm by no means downplaying the seriousness of the times, it's just that after hours of fretting and worrying myself into a bit of a panic, I realize it's been ages and I haven't considered what I'm going to make for dinner.

Now, my house might be like yours and it might be the polar opposite. Whatever the case, deciding what to make for dinner is always a bit of a riddle in my home. Everyone always has their likes and dislikes and now, it's pretty much a case of "Just eat what I make." However, I do try and consider likes and dislikes in the planning and preparation stages, which is seemingly getting longer and longer and what with lockdowns and quarantine being a thing currently, I try to make my outings minimal, so using what I already have has become essential. Those canned goods that have been long since forgotten in the depths of my pantry have come in mighty useful in recent weeks. I always wonder though, what the nutrient value of canned goods are and surprisingly, they're not too bad on that front. Fruits and vegetables intended for canning are supposedly picked at peak freshness, taken to the processing plants, cut, pitted or whatever, placed in the cans which are then filled with the predetermined liquid (juice, water, seasoned water, etc.) and sealed. They are then heated to ensure harmful pathogens are

destroyed and then the cans are cooled quickly. I found the number of fat-soluble vitamins, minerals, fats, protein and carbs remain relatively unchanged in the process of canning. However the high heat required to ensure safety does affect the number of water-soluble vitamins canned goods contain. The fact they have nutritional value makes me very happy indeed because not only is it somewhat healthy, it's also an affordable and convenient way to ensure you get fruits and veggies into your diet. The lengthy shelf life also makes them appealing in these times when reducing our movement around town is rather necessary.

Anyway, this last weekend I decided to delve into my canned goods and make great use of them. They would become veggie nuggets. My kids could like them or lump them, but try them they would. Before I continue, I would just like to say these nuggets are delicious. Now, what I did was boil eight golden potatoes (peel and wash them first, though) until they were tender and then I added canned peas and carrots and mashed all of these together with a little butter, some cumin, salt and pepper and some garlic powder. The amounts are that measurement we all use in a recipe we're super familiar with, or a recipe we're adapting to suit our palates - the eyeball. I just eyeballed the amounts. I added some grated parmesan cheese and there it was, the beginning of my veggie nuggets. I then simply formed them into chicken nugget shapes, dipped in an egg wash consisting of two eggs beaten, and then coated them with bread crumbs before shallow frying in vegetable oil. I removed them from the oil and placed them on a paper towel (a rare commodity now, so if you have it and are able to spare a few sheets, good for you!) to drain and there, I had my very own veggie-version of chicken nuggets. They tasted wonderful dipped in sweet chili sauce, delightful in a little pat of mayonnaise, delicious in a quick dunk of ranch and better yet, amazing all by themselves, plain as plain can be. The kids enjoyed them and that, in and of itself, is a victory to me; the fact they didn't complain - I'll take it.

So then I thought of all the countless canned goods we can put to use in order to reduce waste and turn out something marvelous. Listen, I'm all about being as cost effective and waste-free as possible and what better way to be cost effective and waste as little as possible than to tap into the canned goods you might have stashed at the back of your pantry. You could whip up a minestrone with cannellini beans, carrots, onion, bacon and pasta and make a meal that's hearty, filling and uses ingredients which would otherwise be overlooked. Then, there's always a three bean salad using kidney beans, cannellini beans, garbanzo beans, onion, celery and a sweet and tangy dressing. It is, after all, coming up to summer, so a dish like this would hit the spot perfectly in the warmer weather. Add the fact it's super simple to make and not very time consuming, and it's a winner, honestly.

In South Africa (at least among my family and friends) three bean salad is a common tabletop adornment at any braai (barbecue). I know getting together in large groups is an absolute no-no right now, but perhaps in the future we'll be able to share our yummy dishes with friends and family

again. This dish should definitely feature. In fact, it reminds me of another popular side I grew up with and that's a copper penny salad. It isn't your conventional style salad which is why it's so fun to make - and eat, of course. It's made from carrots, onion and green pepper, all marinated in condensed tomato soup, a little vegetable oil, some white vinegar and white sugar. A pretty unique and wonderfully tasty dish if you ask me, though I may be somewhat biased. I digress. The point is, it allows you to utilize both fresh produce and canned goods and so you get the best of both worlds in a way; it's healthy and uses what you already have.

My dear readers, I hope you're keeping well and staying healthy. If you feel so inclined as to make the recipe included (three bean salad), I'd love to know what you think. Additionally, I'm always on the lookout for recipes, tips and ideas in the world of food, especially on (that's right, you guessed it!) what to make for dinner. If you have any recipes or suggestions you'd like to share or any comments or questions you'd like to ask, please do send those in to me at letsdish.whidbeyweekly@gmail.com and we can do exactly that and Dish!

Three Bean Salad

- 1 can (15 oz) kidney beans, drained and rinsed
- 1 can (15 oz) cannellini beans, drained and rinsed
- 1 can (15 oz) garbanzo beans, drained and rinsed
- 1/2 onion (red), chopped
- 2 celery stalks, chopped finely
- 1 teaspoon fresh rosemary, chopped

Dressing

- 1/4 cup sugar
- 1/3 cup apple cider vinegar
- 3 tablespoons olive oil
- 1 1/2 teaspoons salt
- Pepper to taste

In a large bowl, combine all three types of bean. Add the celery, onion and rosemary and mix well. In a small bowl, whisk together the sugar, vinegar, olive oil, salt and pepper. Add to the bean mixture and combine well to coat all the beans. Chill in the refrigerator for a few hours before serving and enjoying!

www.eatright.org/food/vitamins-and-supplements/nutrient-rich-foods/are-canned-foods-nutritious-for-my-family

To read past columns of *Let's Dish* in the *Whidbey Weekly*, see our Digital Library at www.whidbey-weekly.com.

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CHICKEN LITTLE & THE ASTROLOGER

By Wesley Hallock

ARIES (March 21-April 19)



For a Happy Hour drinking companion, give us Emerson: "Live in the sunshine, swim in the sea, drink the wild air." So wild is the air in these turbulent days of social transformation, the merest whiff of what's blowing in the wind renders us giddy. Keep the gale at your back and you'll do well. Buck the winds that blow, and you do so at your peril. So, another round, bartender. Set us up. Soon, we'll be swimming in the sea.

TAURUS (April 20-May 20)



Hear Kipling mutter as he laces up his track shoes: "He travels fastest who travels alone." Words you, no doubt, are disinclined to heed. Later, you may wish you had, but for now, we'll wager you choose to ignore Kip. The appeals of companionship are too many, too strong to ignore in your search for the elusive grail. The comforts of company are better than none, yes? Pay the expenses as they occur, and smile. At least you're not alone.

GEMINI (May 21-June 21)



"All for fun and fun for all!" That was the sales pitch of the Three Musketeers bar in the 1950s. Too fluffy for you? Sink your teeth into the original Three Musketeers line by Dumas: "All for one and one for all, united we stand and divided we fall." Take your pick. Tight friendships make your life easier now, whether it's the candy bar version or that of Dumas's 19th Century dramatic novel. Where you go one, you go all.

CANCER (June 22-July 22)



When do birds sing? At dawn, to announce the coming of a new day. In spring, to herald the season's promise of growth. But especially, birds sing after the passing of a thunderstorm. Picture chirping robins, hear their excited relief against the backdrop of an arching rainbow. Something as palpable is afoot now. Can you feel it? Big as the dawn, eager as spring, welcome as the rainbow? It's almost here.

LEO (July 23-Aug. 22)



Are you a good authority? Before you answer, authorities come in two kinds: the cautious, who may be wrong and will admit it; and the incautious, the know-it-alls who are never wrong. We may be wrong, but this seems like a recipe for disaster. For which group gets the most trust? You guessed it. The know-it-alls, who promise but can't deliver. So again, are you a good authority? Be honest. Still not sure? That's a good sign.

VIRGO (Aug. 23-Sept. 22)



You're in a good place. How good? Recall how you felt as a child, returning home from your first venture around the block. To the edge of your known universe and back, alive to tell the tale! Like that. Having now dared the dangers of the unknown, your world will never look the same. Do you feel more capable? Is

your walk more confident? Bigger challenges lie ahead, but don't you almost welcome them?

LIBRA (Sept. 23-Oct. 22)



Worriers these days are busy choosing from a grand buffet of potential problems, some real, some imagined. Fill your plate and come back for seconds if that suits you. For dessert, however, we recommend Mark Twain, who said, "I've had a lot of worries in my life, most of which never happened." Fear limits possibilities. How much sensible, rational fact have you skipped in the merry rush to fear?

SCORPIO (Oct. 23-Nov. 21)



Sun Tzu is our guy: "In the midst of chaos, there is also opportunity." Opportunity for whom? We'll answer with another question. Walk barefoot into a shoe store, and what happens? The shoe clerks rub their hands in glee, because they see you as an easy sale. Given that all of us are up to our ears in "opportunity" these days, ask, who are the clerks, and what are they selling? But first put your shoes on. And hold onto your wallet.

SAGITTARIUS (Nov. 22-Dec. 21)



Mountains, mole hills and treadmills. The rules for conquering each differ drastically, but in the end, all are climbed one step at a time. Will your next step land you a hundred feet down in an icy crevasse? You're excused. All others, give thanks for whatever predicament you're in. There's always someone faced with worse. So onward and upward, one step at a time. When you get to the top, give a yodel.

CAPRICORN (Dec. 22-Jan. 19)



When options are few, are decisions made easy? Only for robots, computers and Mr. Spock. Human emotions complicate things. Greatly. So don't be buffaloeed by unsavory either-or decisions. Your emotions will guide you beyond logical choice to an option that doesn't yet exist. When your head and your heart agree, you'll know you've found it. Makes you proud to be human, yes? Live long and prosper.

AQUARIUS (Jan. 20-Feb 18)



Burdens become less burdensome when they are shared. Enter the whale. In financial circles, a whale is someone with deep pockets. Lottsa money. Perfect for easing the burden in times of heavy expense or financial loss. If your pockets are deep, folks are looking for you. Now is a great time for giving. If they're not so deep, don't despair. Climb the rigging to the crow's nest and keep your eyes peeled for a whale.

PISCES (Feb. 19-March 20)



Sometimes you can flop and still win. Dick Fosbury proved that in 1968, when he changed the world forever by flopping backwards over the high jump bar to win Olympic gold. Parallels exist in your own life. Can you see any? Anything that now feels unorthodox and ungainly, but given a chance, might smooth out into something good as gold? Limber up and take a run at it. What have you got to lose?

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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

1	2	3	4		5	6	7	8	9		10	11	12	13
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60					61				62		63			
64					65						66			
67					68						69			

CLUES ACROSS

- 1. Common request
- 5. Department in France
- 10. Fungi cells
- 14. Famed inventor
- 15. Hillsides
- 16. Cold wind
- 17. La __ Tar Pits, Hollywood
- 18. Resembling a doddering old woman
- 19. Geological periods
- 20. Assists
- 22. Comedienne Gaster
- 23. Jewish spiritual leader
- 24. English soccer club
- 27. Body art
- 30. No (Scottish)
- 31. Clumsy person
- 32. Swiss river
- 35. Belittled
- 37. Luxury car
- 38. Single sheet of glass in a window
- 39. Monetary units
- 40. Supervises flying
- 41. Indian term of respect
- 42. Breezed through
- 43. The bill in a restaurant
- 44. Flower cluster
- 45. Moved quickly
- 46. Shooters need to do it
- 47. High schoolers' test

- 48. Split pulses
- 49. Salts
- 52. Breaking Bad actor __ Paul
- 55. Set ablaze
- 56. Semitic Sun god
- 60. Nervous system cells
- 61. Tourist destination Buenos __
- 63. A way to bind
- 64. Behave uncontrollably
- 65. Feels concern
- 66. Sportscaster Andrews
- 67. Subway dwellers
- 68. Astrological aspect
- 69. You may take one

- 25. Small amount
- 26. Hem's partner
- 27. Turkic people
- 28. Member of the banana family
- 29. Liam Neeson franchise
- 32. Expressed pleasure
- 33. Inward-directed part of psyche
- 34. Insurgent
- 36. Unhappy
- 37. Gateway (Arabic)
- 38. Fundraising political group (abbr.)
- 40. Well-known
- 41. Satisfies
- 43. ' __ death do us part
- 44. Jailhouse informant
- 46. French river
- 47. A cotton fabric with a satiny finish
- 49. Drenches
- 50. Clouds
- 51. Companies need to make them
- 52. Created from seaweed
- 53. One's school: __ mater
- 54. A type of act
- 57. Member of Russian people
- 58. Neutralizes alkalis
- 59. Monetary unit
- 61. Play a role
- 62. Midway between south and southeast

CLUES DOWN

- 1. Swedish rock group
- 2. Serbian
- 3. Away from wind
- 4. Actor Oliver
- 5. Helps little firms
- 6. Intricately decorative
- 7. American state
- 8. Type of tumor
- 9. Midway between east and southeast
- 10. On a line at right angles to a ship's length
- 11. Fruit of the service tree
- 12. Grouch
- 13. Romanian city
- 21. Units of loudness
- 23. British Air Aces

Answers on page 15

YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST

Thurs, May 7	Fri, May 8	Sat, May 9	Sun, May 10	Mon, March 17	Tues, March 18	Wed, March 19
North Isle H-60°/L-46° Partly Sunny	North Isle H-68°/L-54° Mostly Cloudy	North Isle H-69°/L-54° Cloudy	North Isle H-67°/L-51° Cloudy Showers Possible	North Isle H-64°/L-49° Cloudy Showers Possible	North Isle H-63°/L-50° Cloudy Showers Possible	North Isle H-63°/L-50° Partly Sunny
South Isle H-59°/L-47° Cloudy with Sunbreaks	South Isle H-72°/L-55° Mostly Cloudy	South Isle H-74°/L-54° Cloudy	South Isle H-73°/L-51° Mostly Cloudy	South Isle H-68°/L-51° Cloudy Showers Possible	South Isle H-66°/L-50° Cloudy Showers Possible	South Isle H-67°/L-50° Mostly Cloudy



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GARAGE/ESTATE SALES

ESTATE SALE – Beginning sale of All Things Horses: 48 yrs union, former B&B horse operators, back country trail riders, quality stuff only. No agents. One example: Owner's saddle, custom made Limited Edition #2082 by Billy Cook (Oklahoma), new \$4800. All leather, 16" swede cushion seat. Wide boot stirrups wrapped for safety. Excellent condition. Price negotiable. See to make offer. Long list of other equipment including 13-yr. Saddlebred sport horse, Logan trailer, and tack room finds. 206-409-5383. Leave message: 360-321-7184 (1)

ANNOUNCEMENTS

Pregnant? Need baby clothes? We have them and the price is right—FREE. Pregnancy Care Clinic, open most Wednesdays and Thursdays, 10am to 4pm. Call 360-221-2909 or stop by 6th and Cascade in Langley. 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@servalt-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.

More info at our Facebook Page: www.facebook.com/NorthPugetSoundDragonBoatClub?ref=hl

Medical Marijuana patients unite; If you need assistance, advice, etc. please contact at 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

How'd you do?

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

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. For our Freeland store (1592 Main Street, Freeland WA 98249), please contact John Schmidt: 360-331-6272, john@islandcountyhabitat.com. Habitat for Humanity of Island County, www.islandcountyhabitat.org, 360-679-9444.

College student? Student of history? History buff? Opportunities are available to spend constructive volunteer hours at the PBY-Naval Air Museum. Go to 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

No Cheating!

A	S	A	P		S	O	M	M	E		A	S	C	I		
B	E	L	L		B	R	A	E	S		B	O	R	A		
B	R	E	A		A	N	I	L	E		E	R	A	S		
A	B	E	T	S		A	N	A		R	A	B	B	I		
					T	O	T	T	E	N	H	A	M			
T	A	T			N	A	E			O	A	F		A	A	R
A	B	A	S	E	D			B	M	W		P	A	N	E	
T	A	K	A	S			F	A	A		S	A	H	I	B	
A	C	E	D			T	A	B			R	A	C	E	M	E
R	A	N			A	I	M			S	A	T		D	A	L
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A	A	R	O	N			L	I	T		S	A	M	A	S	
G	L	I	A			A	I	R	E	S		L	A	C	E	
A	M	O	K			C	A	R	E	S		E	R	I	N	
R	A	T	S			T	R	I	N	E		S	I	D	E	

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

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 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

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ANIMALS/SUPPLIES

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If you or someone you know needs help in feeding pet(s), WAIF Pet Food Banks may be able to help. Pet Food Banks are located at WAIF thrift stores in Oak Harbor (465 NE Midway Blvd) and Freeland (1660 Roberta Ave) and are generously stocked by donations from the community. If you need assistance, please stop by.

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WhidbeyHealth

**THANK
YOU!**

2020 has been designated the Year of the Nurse

- Nurses are with us in every moment we receive healthcare, from birth to death.
- Nurses at WhidbeyHealth have stepped up to work wherever they are needed: in swabbing tents, screening stations, COVID-19 hotline.
- Nurses are on the front line of patient care, which means they - and potentially their families - are in the high-risk category for infection themselves.

May 6-12 is National Nurses Week, and the 12th marks the 100th Anniversary of Florence Nightingale's birth. Please give a heartfelt **THANK YOU** to all of our WhidbeyHealth nurses!

National Hospital Week follows National Nurses Week, and we recognize the extraordinary performance of our entire team.

Thanks to the whole team:

- WhidbeyHealth was among the first to provide drive-through testing for coronavirus.
- Facilities have had rapid, major upgrades.
- Procurement teams have worked non-stop to secure precious PPE and supplies to keep operations running.
- Telehealth calls are about half of all clinic visits.
- At the same time, we maintain capacity to care for everyone.

Our lives have been put on pause, but our healthcare needs have not.

Do not delay needed care and risk your condition becoming worse.

Our Medical Center and clinic locations are safe, our providers are ready and our facilities have capacity.



Our team is here for the community, and our community has been here for our team.

Together, we are fighting for the lives of everyone on Whidbey Island.



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