

June 18 through June 24, 2020

FREE

# Whidbey Weekly

Your Source For "What's Happening" On Whidbey Island

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HAPPY FATHER'S DAY TO OUR DADS  
AND ALL THE GREAT DADS OUT THERE  
FROM WHIDBEY WEEKLY

**We stand for acceptance,  
equality, and mutual respect.**

# CARES Grant Application

## North Whidbey Island (zip code 98277)

### Small Business Relief Grant

Island County and City of Oak Harbor



Application starts June 16 and closes on June 23 at 5 p.m.

**CARES Grant Program Assistant | 360-279-4555 | [cares@oakharbor.org](mailto:cares@oakharbor.org)**

<https://bit.ly/CARESBizGrant>

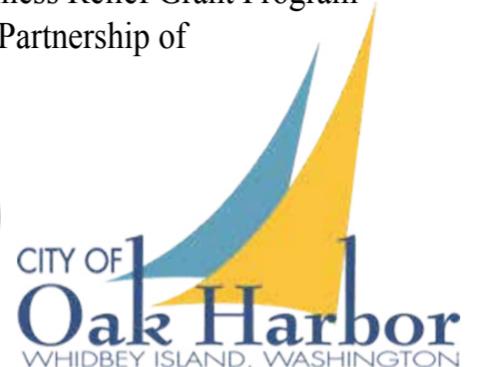
Grant application available  
on the City website at  
[bit.ly/CARESBizGrant](https://bit.ly/CARESBizGrant)

# APPLY TODAY

- Funding available is \$10,000 maximum
- This is a grant reimbursement program. Dollars requested will only be reimbursed if proof of payment/purchases is provided when reimbursement form is submitted.
- Applications are due on June 23, 2020
- More details about the program, rules, and restrictions is available on the website. This is a CARES Act Grant from the City of Oak Harbor and Island County that must adhere to Department of Commerce regulations and requirements for grant reimbursement requests.

**Questions?  
[cares@oakharbor.org](mailto:cares@oakharbor.org)  
360-279-4555**

Cares Small Business Relief Grant Program ~  
A Partnership of



Funds under the Contract are made available and are subject to Section 601(a) of the Social Security Act, as amended by section 5001 of the Coronavirus Aid, Relief, and Economic Security Act (CARES Act), and Title V and VI of the CARES Act. The Contractor agrees that any publications (written, visual, or sound) but excluding press releases, newsletters, and issue analyses, issued by the Contractor describing programs or projects funded in whole or in part with federal funds under this Contract, shall contain the following statements: "This project was supported by a grant awarded by US Department of the Treasury. Points of view in this document (Interagency Agreement) are those of the author and do not necessarily represent the official position or policies of the US Department of the Treasury. Grant funds are administered by the Local Government Coronavirus Relief Fund thru the Washington State Department of Commerce.

# ON TRACK

with Jim Freeman



How was your week-end?

How is your week going?

Part of me wants to manufacture a new bumper sticker –*Why Contemplate?*

Then I think about it a bit longer and realize I have other thoughts,

some of which are already on their way.

### Whether Forecast

Given the uncertainties of our individual and group situations, I have returned to the false sense of security which astrology offers.

Soothsaying solutions offer other alternatives, but they violate the six foot rule of social distancing.

Further, local fortune tellers and palm readers are not considered essential by the governor, although meteorologists are.

Back to astrology and today's *Tribune Media Services* prognostications.

When my horoscope is good, my day is good.

When my horoscope is bad, my fate must not be cast to the wind. As they say at Kay Jewelers, "Watch out."

Today's horoscope for me is rated eight on a one-to-ten scale. In college, this grade would be a B minus, an 80%, just one digit above a C plus. Not so good, right?

"Today is an eight. Professional matters require your attention. Talk is cheap. Don't believe everything you hear. Reserve judgment. Misinformation flows like water."

How would you take this?

If I am not supposed to believe everything heard, what about what is read? If misinformation flows like water, why am I reading this horoscope?

Forget it. Here is my selfie-horoscope. I figured it out the last time I saw stars.

"Plan on being more than doing. Plan on wondering more than wandering. Plan on using less gas, but possibly having more."

Shall I begin an ad campaign when we get to Phase III? Maybe by then I can sell these ideas to other non-essential, self-employed artisans.

"Good any day of the week. Coming to a mind near you. The Selfie-Horoscope, where not seeing is believing. Call now for instructions. 1-800-THINK ME."

Maybe throw in a free *Why Contemplate* bumper sticker? I may have extras.

### Quiet golf

Not being a golfer due to the time commitment, cost, and being an alumnus of the same high school as Jack Nicklaus, I enjoy watching golf on TV with the sound off.

When I look up from my reading or writing, I see beautiful scenery, pristine greens, and magnificent trees.

Noticing no gallery at today's Colonial match, I turned up the TV volume.

Amazing. The announcers were not whispering. The crowds were not even being rude with their proximity or profundity.

Where was the drunk guy who yells, "Get in the hole!"?

Maybe at church or the post-benediction brunch?

Sure was nice hearing the birds sing.

### Reader reads

Mike Joselyn of Building Source, Inc. in Free-land did another drive-by gifting. While I was in the midst of concentrating on my sarcasm, he knocked at the door with several May issues of the *Mountain Messenger*.

This publication, the oldest weekly in California, established in 1853, covers the news of Sierra County, Calif., and its residents, inhabitants, and passers-by.

What a difference a century makes as we, with permission yet to be acquired, share highlights from the news of 100 years ago in Sierra County.

### April 24, 1920

"Clarence Johnson and James Sinnott combined forces in capturing a big trout last Saturday after-

noon. The boys were fishing on the river back of Chinatown when, Clarence hooked on to the big fellow. The fish put up a game fight and it took the united efforts of both boys, one handling the pole and the other herding him toward shore to finally land it. The fish was thin, having evidently just finished spawning, but was 20 inches long and weighed 2 1/2 pounds. Several more big trout have been seen in the same hole, and young and old are industriously trying to hook one of them."

### May 1, 1920

"Joe McGregor of Forest who was recently operated upon in Nevada City, has about recovered and was expected to return home this week. Joe has a large carbuncle taken from the back of his neck near the spinal cord and had a very painful time for a couple weeks."

### May 22, 1920

"The social dance given by the ladies of Down-jeville last Saturday night was one of the most successful affairs enjoyed in many months.

People from Nevada City, Bullards Bar, Camp-tonville, Oak Valley, Alleghany, Forest, Goodyear Bar and Sierra City came in crowds, and when dancing began at 9 o'clock, the Armory Hall was comfortable filled with merry makers.

Excellent music was furnished by Harold Hartung, Homer Curry and Robert Carr, all of Nevada City, and a nice supper was served cafeteria style in the hall at midnight.

Some delay in settling all the bills was experienced, but it is known the net proceeds will be about \$45."

If you enjoy taking your mind off your mind, the *Mountain Messenger* is a fun road to take. Subscriptions are available by contacting Carl Butz, the gentleman who saved the paper, which once had Samuel Clemens aka Mark Twain as a writer, at <https://themountainmessenger.org/subscriptions/>.

### The dance of the cherry tomatoes

Sunday morning I did my fortnightly shopping for groceries. Masked up and ready to roll, I grabbed my freshly sanitized Payless cart.

Overly excited to see and dialog with Autumn at customer service and store manager Tom at the sanitizing station, it felt almost like a high school reunion, but without name tags.

Being one of the early patrons, I knew social distancing with my four foot cart would be a success.

Heading for frozen foods, I began salivating at the infinite possibilities. It was like having my own frozen food menu.

Fourteen cardboard cartons later, I headed to the water refill corner located between chocolate syrup and beer.

Not thinking, when I tried to place my still cap-less but filled three gallon jug into the sanitized cart, the frozen foods buckled underneath. The spillage commenced.

"Do you need any help?" I heard as the purified water dripped through the sanitized cart bars to the clean floor.

"No thanks, I'm doing okay. I saw this once in a Jerry Lewis movie."

As the kind masked lady retrieved my wet ball point pen from the floor, I took the pen from her extremely close fingertips.

"We just committed a violation," I said honestly from beneath my mask.

"Don't forget to wash your hands" she said, chuckling as she carted off.

At least I had plenty of water.

Many moments later, while finishing my shopping in the produce section, I noticed an apple on the floor. It had rolled beneath the display of cherry tomatoes, packaged in clear, aerated plastic, two for five bucks.

Feeling fine about almost being finished, I bent down, grabbed the loose apple and set it on the tiered stack of cherry tomatoes.

Wrong idea, masked man.

For the next eight minutes, I was rapidly retrieving cherry tomatoes from a very large circumference of potential liability.

Thank goodness the tomatoes were not yet ripe.

There could have been two bad apples on the floor.

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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**We're here for you, ready to listen and navigate this together.**

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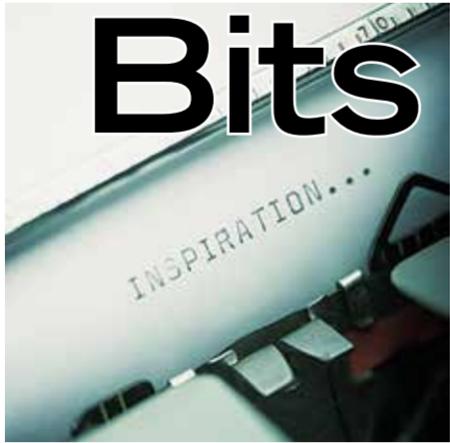
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Thank you for reading! Please recycle the Whidbey Weekly when you are finished with it.





# Bits & Pieces

## Letters to the Editor

### Editor,

Due to Covid-19, The Maxwellton 4th of July parade and its associated activities are canceled for 2020. We regret having to cancel our beloved parade, but it is for the safety of our community and all those who attend that we do so. There will be a 2020 parade button you can purchase next year to continue your collection! Thank you for your continued support!

Harriet Arnold  
Maxwelton Community Club  
Clinton, Wash.

### Editor,

I've read with interest Letters to the Editor by folks supporting Carolyn Cliff for Island County Superior Court Judge to replace retiring Judge Vicki Churchill. Without exception, they all mention how Carolyn is very fair, thorough and honest. That is my experience too! As owner of Hanson's Building Supply on Whidbey, over the years I have retained Carolyn's legal services, always with great success.

I believe Carolyn's attributes and extensive experience as a Pro Tem judge will make her a really good judge. Carolyn has my support – and I urge others to support her too.

Vic Hanson  
Langley, Wash.

### Editor,

Even those of us who have had many years of living feel 2020 is a remarkable time of isolation, confusion, and physical and emotional pain. Now, giving us hope, are outstanding leaders stepping forward, willing to serve with energy and courage. Angie Homola, candidate for Washington State House of Representatives, 10th District, is such a leader.

I will vote for Angie because she knows the needs of our community. She has lived here for over 20 years, schooling her kids here and working for community betterment. Unlike other candidates, her donations are predominately from people who live and vote here in the 10th District.

I will vote for Angie because she is qualified in training and experience. She holds a bachelor of science in architecture from WSU and a Masters in Environmental Law and Policy. She has served as chair of the Island County Board of Commissioners. During the 2008 recession, Angie donated \$30,000 in salary and benefits back to aid the county budget.

I will vote for Angie because her priorities will raise up our district and our state. She values honest government over politics and special interests. Angie will work for affordable housing and housing for the homeless, environmental protections, climate concerns, healthcare, social justice and academic and vocational education. Angie has demonstrated the skills and passion to get these things done.

Your vote will be critical in the months ahead in both local and national elections.

Gloria Koll  
Freeland, Wash.

### Editor,

It's important for me as a citizen of Island County that we elect Commissioners with vision, experience, and integrity. Aug. 4 is the

primary election and District 1 voters are faced with a number of choices. For me there is no question – my vote goes to Melanie Bacon!

First of all, Melanie has relevant experience. As the director of HR for Island County for the last 10 years, Melanie has been immersed in Island County issues on a personal level. She has been in the trenches with all groups affected by Island County government. Of all candidates she has the most first-hand experience. And her performance has earned her the endorsement of outgoing Commissioner Helen Price Johnson!

Second, Melanie understands people. From long years as a single mom, raising her two boys while working two jobs, to her life on Whidbey, Melanie has experienced life at its most difficult. She can empathize with people who are struggling under the weight of economic hardship. At the same time, as an entrepreneur and someone experienced at corporate life, she can appreciate the concerns of business owners as they grapple with the uncertainties in today's environment.

Melanie loves Island County, its people, its beauty, and she has stated her vision for our future, promoting all lifestyles, preserving our island way of life, and ensuring a place for everyone regardless their background or economic circumstances. I admire her courage to layout this vision, as certainly it won't be an easy task. But with clear leadership we will be way ahead.

Billie Risa Draves  
Langley, Wash.

### Editor,

I am writing to express my support for Kathleen Petrich for Superior Court Judge of Island County. I have come to know Kathleen while we have both served on the Board of the Friends of the Langley Library. As Board President, Kathleen took the lead in successfully completing large events, as well as keeping us focused on the smaller tasks from week to week. Kathleen showed a particular devotion to working tirelessly in her position, was always prepared for the next step or future goals, and yet took the time to produce newsletters that informed the membership of our activities. Kathleen is intelligent and confident and yet has a high degree of empathy for the emotions of others – offering support and giving extra care and compassion as needed.

I believe it is rare to find someone in the professional world who is both action-oriented and heart-driven. The court system can surely benefit from someone like Kathleen at the helm.

Please vote Kathleen Petrich for Superior Court Judge.

Donna Auer  
Clinton, Wash.

### Oak Harbor Chamber Cancels Fourth of July Parade, Carnival and Fireworks

As a matter of public health and safety, the Oak Harbor Chamber of Commerce will cancel their popular annual Fourth of July parade, carnival and fireworks display in accordance with Washington State Governor Jay Inslee's COVID-19 pandemic four-phase approach to reopen the state.

As America's 244th birthday draws near, the state will only be in Phase III by July, which restricts public gatherings to no more than 50 people in one public setting.

After conversations between Island County Public Health, Island County Commissioners, City of Oak Harbor Public Affairs, the city fire chief and with the governor's phasing requirements for county populations over 75,000, Island County will not be allowed to hold gatherings over 50 people before August. Island County Commissioners have publicly stated there will be no 4th of July events or fireworks in Island County and the county will not be petitioning against the governor's phasing requirements.

The Oak Harbor Chamber of Commerce and its board of directors strongly encourages Whidbey Island residents to continue their support to local businesses and restaurants when possible during this pandemic crisis.

[Submitted by Autumn Parks, Oak Harbor Chamber of Commerce]

### Island County Citizens' Advisory Board to discuss 2020 Conservation Futures Proposed Acquisition Projects

The Island County Citizens' Advisory Board (CAB) will hold a virtual public meeting at 6:00PM Thursday. This virtual public meeting will be held by video and audio conference. During the virtual public meeting, the applicants will make a presentation about the proposed 2020 acquisition projects and answer questions from the CAB. The CAB will also take public comment about the proposed projects. The proposed projects are:

Project Name: Hun Wetland Acquisition  
Sponsor: Whidbey Camano Land Trust  
Amount: \$175,000 requested from Conservation Futures Fund

Project Name: Kristoferson Farm and Forest Conservation Easement Acquisition  
Sponsor: Whidbey Camano Land Trust  
Amount: \$300,000 requested from Conservation Futures Fund

Documents related to the proposed projects may be found at [www.islandcountywa.gov/GSA/Pages/cff.aspx](http://www.islandcountywa.gov/GSA/Pages/cff.aspx).

To join the virtual public meeting on video, go to <https://meet.starleaf.com/4565917129/app>.

To join the virtual public meeting on audio, dial 1-699-800-5335 and, when prompted, enter meeting ID 456 591 7129.

These meeting access numbers are also available on the county website listed above.

For more information, contact Don Mason, CFF program coordinator at Island County General Services Administration, 360-679-7379.

[Submitted by Don Mason]

### Dine/Shop Out for Kids

Are you ready for some ice cream and shopping? Come celebrate the last day of school Friday and join The Community Foundation for Coupeville Public Schools for its next Dine Out/Shop Event at Kapaws and Honeybear. Both Kapaws and Honeybear will donate a portion of their sales to the Coupeville Schools Foundation to provide an "Extra Measure of Support" for Coupeville students through teacher grants, college scholarships and the Promise Fund. For more information, visit [www.4coupevilleschools.org](http://www.4coupevilleschools.org).

[Submitted by Kathy Harada]

### Whidbey Island Conservation District to Hold Public Meeting on Lone Lake Algae Management Plan

Whidbey Island Conservation District (WICD) will hold a virtual public meeting Tuesday, June 23 from 6:00 to 7:30PM to present a final update about the Lone Lake Algae Management Plan.

In the past few years, Lone Lake has been plagued with periodic toxic algae blooms, causing water quality concerns and limiting recreational use. In July 2018, WICD received grant funding from the WA Department of Ecology's Freshwater Algae Program to develop an Algae Management Plan for Lone Lake.

The overall goal of this project has been to produce a management plan focused on reducing nutrient loading to Lone Lake, allowing restoration of native aquatic vegetation and fish habitat, and improving water quality to restore and enhance recreational uses of the lake. The virtual public meeting will be held to present the findings of the project and to engage the users and residents of the lake to provide input and ask questions.

To read details about the project and to request an invite to the virtual meeting, visit [www.whidbeycd.org/lone-lake-management.html](http://www.whidbeycd.org/lone-lake-management.html), email [gwendolyn@whidbeycd.org](mailto:gwendolyn@whidbeycd.org), or contact the WICD office at 888-678-4922.

Please note, all information must be filled out to be eligible for attendance. Residents within the Lone Lake Watershed will be given priority attendance, followed by the general public on a first-come, first-serve basis.

[Submitted by Shannon Bly, Outreach Coordinator, WICD]

### Whidbey Community Foundation Joins Statewide COVID-19 Relief Effort "All In WA;" Amazon CEO Jeff Bezos Commits \$25 Million to Statewide Matching Gift Challenge

Whidbey Community Foundation has partnered with All In WA, a coordinated, statewide relief effort powered by a coalition of companies, philanthropic leaders, community foundations, United Way organizations, community leaders, front-line nonprofits, individuals, and public officials. These groups are coming together to provide immediate critical and emergency support for workers and families most affected by COVID-19 across Washington State, and to mobilize committed community and philanthropic groups to go All In for WA.

There will be a virtual benefit concert, All In WA: A Concert for COVID Relief by presenting sponsor, Amazon, June 24 to be streamed live beginning at 7:00PM on KING 5 (NBC, Seattle), KONG (Independent, Seattle) KREM (CBS, Spokane), KVEW/KAPP, and KGW Portland on Amazon Music's Twitch channel ([www.twitch.tv/amazonmusic](http://www.twitch.tv/amazonmusic)) and through [www.allinWA.org](http://www.allinWA.org). Immediately following the live stream, a recording of the concert will be available on Prime Video. KEXP will be a radio media sponsor.

The virtual concert will feature performances by Washington state talent including Pearl Jam, Macklemore, Brandi Carlile, Ciara, Russell Wilson, The Black Tones, Dave Matthews, Sir Mix-A-Lot, Pete Carroll, Mary Lambert, Joel McHale, Ben Gibbard, and Allen Stone with a full lineup to be announced at a later date.

For every dollar donated to Whidbey's COVID-19 Community Resilience Fund, All In WA will match dollar for dollar, up to \$1 million per unique donor. A total of \$25 million in matching funds is available statewide. It is important we maximize giving to take advantage of this match.

Whidbey Island community members can donate locally to the COVID-19 Community Resilience Fund at Whidbey Community Foundation and provide twice the impact in helping our neighbors in need.

Donate online by visiting [www.whidbeyfoundation.org](http://www.whidbeyfoundation.org). You may also donate by check - mail to: PO Box 1135, Coupeville, WA 98239. Please indicate "All In WA COVID-19" in the memo line.

### About the COVID-19 Community Resilience Fund at Whidbey Community Foundation

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. To date, WCF has awarded nearly \$110,000 to 22 organizations on Whidbey Island from the COVID-19 Fund.

### About Whidbey Community Foundation

Whidbey Community Foundation (WCF) was founded in 2016 by longtime community members. Its mission is to improve the quality of life on Whidbey by: providing support for the nonprofit sector, assisting donors to build and preserve enduring assets for charitable purposes, and meeting community needs through financial awards.



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



**Questions**

Please contact Whidbey Community Foundation at [info@whidbeyfoundation.org](mailto:info@whidbeyfoundation.org) or 360-660-5041.

[Submitted by Jessie Gunn, Program Manager, Whidbey Community Foundation]

**Lion's Garage Sale Goes Online**

Lion Sandy Johnson sits in a full storage area

To sell or not to sell. This was the question. Recently, the Coupeville Lions Club faced a dilemma; the annual gigantic garage sale the community anticipates could not be held this year due to COVID restrictions. But the storage areas were nearly full of items to sell, including over 500 plants of various types. The Lions Club works all year picking up donations from community members, cleaning, sorting and storing the items for the big June event, as well as nurturing plants donated from various gardening sources. Not knowing what to do this year, various options were considered. If they skipped this year and held the items for next year, then they would not be able to accept more donations until after the 2021 sale. That was not a good option since the Lions Garage Sale serves three purposes for the community: pick up surplus items that can be sold, sell items at affordable prices, and raise funds to support community nonprofit groups. And for the community, that much anticipated hunt is paramount.

The innovative Lions kicked into gear and set up an Online Garage Sale, which will run each week throughout the summer. "Knowing many of our garage sale customers are bargain hunters, the question was 'where do bargain hunters hang out if they can't attend garage sales?' Many search for bargains on Facebook Marketplace, so that's where we decided to focus our efforts for non-plant sales. We will also post selected items on our Coupeville Lions website for those who do not do Facebook," said Lion Dave Fish.

Two teams were formed, one to focus on plants and the other to focus on all other donated items. Both teams, with no e-commerce experience, have been burning the midnight oil to get ready for a late June launch. Each week, new items will be listed as the previous week's items sell. Items that sell each week will be picked up by the buyer that Saturday.

Plant Lead Lion Marilyn Pulk said, "The addition of plants at this event just seemed like a good marriage between garage sale hunters and plant addicts who may be late to the early spring garden party. The need for just one more plant after all other local garden club sales are over is a given in garden worlds. Both mesh well together and increase the visibility and value of the Lions Club sale." All plants will be listed and reasonably priced on the Lions website.

The Lions Garage Sale has developed a special relationship with the Coupeville School District. Each past year, for the two weeks prior to the two-day sale, items are moved from storage to Coupeville Elementary School with the much-appreciated help of Coupeville High School students. The Lions' other major fundraiser, the Scholarship Auction, raised \$32,000 for this year's graduating seniors. Funds raised from the garage sale have supported many school district projects, as well as many other community ventures.

The Lions are looking forward to community participation each week starting in late June by going to [www.CoupevilleLions.org](http://www.CoupevilleLions.org). Whether it's a search for a great garage sale find or a "Great Plant Pick," this year a click of a mouse replaces the roar of the Lions' air horn and the "to sell" question got answered.

The Coupeville Lions Club, established in 1938, with its 140 members, is the largest and most active service organization on the Island. The Club has more than 20 ongoing service projects and contributes funds to over 30 community organizations.

[Submitted by Brian Pulk, President, Coupeville Lions Club]

**The Sun May Shine, but Puget Sound Waters are Dangerously Cold**

The Deception Pass Sail and Power Squadron (DPSPS) reminds boaters, kayakers and paddlers that the sun may be shining on the Puget Sound islands, but the water is chilly, and a fall into the water could be dangerous and deadly. Wearing a life jacket is essential to survival.

With recent water temperatures hovering under 50 degrees, a fall into the water could bring on cold water immersion, which is the cause of many boating-related fatalities.

According to DPSPS Commander Pat Waters, cold water immersion refers to the effect sudden shock of cold water has on your breathing. "You fall in, and you have an automatic gasp reflex action as soon as you immerse in water under 50 degrees," Waters said. "If your head is under water, you can ingest water, drown, or have a constricted windpipe and suffocate."

Even experienced swimmers can experience shock within one minute in the frigid water and lose muscle control within 10 minutes.

According to the National Safe Boating Council, accidents on the water will happen much too fast to reach and put on a stowed life jacket. Drowning is the reported cause of death in 77 percent of all boating fatalities – and 84 percent of drowning victims in recreational boating accidents were not wearing a life jacket in 2018.

According to Waters, the onset of sunnier skies and the loosening of COVID-19 restrictions will bring locals and visitors to our beaches and waters. "It's not just those on the bigger boats heading out, but anyone on smaller boats, kayaks, jet-skiers, and paddleboards who need to heed the life jacket requirement."

Waters also stressed the importance of dressing properly for the weather. "Always wear layers, and bring an extra set of clothes in case you get wet."

The Deception Pass Sail and Power Squadron (DPSPS) is a 44-year-old nonprofit organization. It is a member of the United States Power Squadrons, the world's largest boating education organization. DPSPS has over 75 members from Whidbey and Fidalgo Islands.

[Submitted by Jennifer Geller, DPSPS]

**Local Business News****Oak Harbor Chamber Names Graham Interim Executive Director**

The Greater Oak Harbor Chamber of Commerce Board of Directors chose Vicki Graham as its Interim Executive Director effective June 12, after the recent departure of Miranda Hoppock.

Graham comes to the job with extensive experience, having served as the Oak Harbor Chamber's Events Coordinator for almost four years and alongside two previous executive directors.

"We are very excited for Vicki to step into this role. Her dedication and commitment to the Chamber's vision and mission is unsurpassed" said Joel Servatius, President of the Greater Oak Harbor Chamber of Commerce.

Graham, who is also a Navy wife of 27 years, brings to the job a wealth of knowledge working with the large Naval Air Station Whidbey Island military population.

"Miranda's enthusiasm for the Chamber has always shone, and while we will miss her and her leadership, we wish her the best of luck in her new endeavors," said Servatius.

The Chamber serves over 350 businesses as their primary advocate in empowering and connecting members to achieving their business goals as well as promoting the business interests of greater Whidbey.

**THURSDAY, MAY 21****11:41 am, Sparrow Dr.**

Caller wants to know if she should file police report about a co-worker sneezing on her husband, not sure if he did it on purpose or not.

**12:40 pm, Maxwellton Rd.**

Reporting party is at location doing COVID testing and is out of supplies. People are lined up and need to be turned away. Is expecting an issue.

**1:28 pm, Noisy Cir**

Requesting call regarding cousin leaving his vehicle on her property; would like law enforcement to make him move it out.

**5:29 pm, Whitney Dr.**

Requesting call referencing law enforcement walking around looking at cars. "I just bought a brand new car and don't want people touching it."

**8:32 pm, Morningtown Pl.**

Advising neighbor is being abusive towards reporting party's dog. States neighbor does not like reporting party's dog barking so has come up with a device that makes a very loud noise whenever dog barks.

**FRIDAY, MAY 22****8:41 am, Monkey Hill Rd.**

Requesting call as to what he can do about neighbor's peacocks coming onto his property.

**2:18 pm, Trisha Ln.**

Wants to know why law enforcement keeps coming out and looking at his vehicle; is there a problem with where it is parked? Is it blocking something, or...?

**5:03 pm, Timber Ln.**

Caller advising tweaker is in her bushes.

**SATURDAY, MAY 23****7:25 pm, Noisy Cir.**

Reporting party advising naked male subject is dancing outside residence.

**MONDAY, MAY 25****5:28 pm, Zimmerman Rd.**

Advising male on front porch, sitting on one of reporting party's chairs. Unknown who male is.

**5:33 pm, Rhododendron Dr.**

Reporting party states two of reporting party's wife's ex-friends have been harassing reporting party and his wife via social media and in person about a can of tuna.

**10:49 pm, N Main St.**

Caller advising male at location messing with helicopter, refusing to leave. States he was discharged.

**TUESDAY, MAY 26****8:40 am, SR 525**

Reporting party states male outside Good Cheer is bathing himself with a hose; has been there since yesterday.

**11:45 am, Tartan Way**

Requesting call referencing subject threatening to come take her dog away from her family.

**8:04 pm, Maxwellton Rd.**

Reporting party advising neighbor right next door is yelling at subjects at Maxwellton Park; is in own yard yelling at kids in the park.

**WEDNESDAY, MAY 27****9:02 am, Taylor Rd.**

Advising of cow in roadway, now in nearby yard. On Sleeper right on corner.

**THURSDAY, MAY 28****11:27 am, SR 20**

Caller advising of white truck with boat that came off hitch. In roundabout.

**3:32 pm, Main St.**

Reporting party advising female spraying subjects at location a few days ago.

**6:10 pm, Park Acres Rd.**

Reporting party advising brother texted that a man came into his house. Brother requested reporting party call 9-1-1.

**9:13 pm, 4th St.**

Advising someone came to door yelling "come out with your hands up." Male voice, loudspeaker.

**FRIDAY, MAY 29****8:52 am, Otter Way**

Requesting call. Yesterday neighbor threatened reporting party with garden tool. Reporting party asked her to turn her music down and she came over, yelled and shook tool at reporting party.

**12:43 pm, Virginia Ave**

Requesting contact referencing coming home to find neighbor came onto property and cut off portions of reporting party's tree.

**2:58 pm, Witter Beach Pl.**

Reporting party advising three boats abandoned in water, one of the boats, a 35-foot sailboat, is on shore other boats still out on water.

**6:33 pm, Fort Ebey Rd.**

Reporting party advising male subject climbed neighbor's tree across the street.

**6:36 pm, Morningtown Pl.**

Advising neighbor's landscaper is at location and reporting party wants him to leave. Is telling reporting party to talk to neighbor.

**10:15 pm, Crystal St.**

Advising neighbor entered reporting party's residence without permission. Admitted to stealing key that she stole. Neighbor threatened "Something bad would happen and this was a warning."

**SATURDAY, MAY 30****10:27 am, Point View Walk**

Reporting party states unmanned 30-foot sailboat washed up on east side of Sandy Point; requesting full marine response since unknown if anyone is in water. USCG doesn't have further information.

**1:31 pm, Mobius Loop**

Found boat that ran aground at Burrows Island, following into Washington Park.

**2:32 pm, Moran Beach Ln.**

Received report of vessel that ran aground at Moran Beach. Camo Smoker Craft aluminum, 12-foot, no one on board; some gear and a car battery inside.

**5:57 pm, SR 20**

Caller states was driving by about five minutes ago, saw Island County Sheriff unit on traffic stop; it didn't appear like deputy was actual law enforcement; requesting phone call.

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





### IMPROVING YOUR LANDSCAPE WITH BEST MANAGEMENT PRACTICES

Conservation is the care and protection of natural resources, including our water, biodiversity, native plants, wildlife, pollinators, farm and forestland, air, and energy. Our everyday human activities can unintentionally damage our natural resources. Conservation practices identify those damaging activities and implement changes to reduce the impacts of our actions.

At Whidbey Island Conservation District (WICD), we use the term Best Management Practices or BMPs (we like acronyms) to describe the conservation strategies and activities landowners can use on their properties to conserve, preserve, and improve soil, water, and other natural resources.

BMPs cover all natural resource management areas, from storm water and water quality to farming and ranching to wildfire protection. Examples of BMPs include composting facilities, weed management, cover cropping, storm water diversion, hedge-rows, and fire safety fuel breaks.

WICD's natural resource planners go out in the field on site visits and provide free, voluntary assessments of a farm or property's natural resource management. Farms and small acreage properties with livestock may take the next step and have the natural resource planner prepare a farm plan outlining BMPs the landowner or farmer can take to conserve the natural resources on their property and the surrounding area.

Two of WICD's farm plan cooperators shared with us their current conservation

projects and what it takes to achieve them. Home gardeners and backyard chicken owners can use the same BMPs described here, just on a smaller scale, to enhance their yards and conserve soil and water resources.

#### Filter Strips

The Eckholms own a farm in the Penn Cove watershed. They recently completed a farm plan with WICD planner, Gwendolyn Hannam, and have started implementing some of the recommended BMPs on their property. The farm plan outlines recommended activities, but the Eckholms plan and decide which activities they'll work on, and when.

One of the BMPs they are currently implementing is filter strips. Filter strips are areas of grass or other permanent vegetation used to reduce sediment, organics, nutrients, pesticides, and other contaminants from runoff and to maintain or improve water quality. The Eckholms' farm plan notes their property has a high water table and locates areas where filter strips can be placed to catch nutrients that are leaching from the soil in heavy winter rains, and slow the run-off of storm water that will eventually drain into Penn Cove.

Installing the filter strips begins with preparing the ground. On a warm June day, Linda Eckholm has measured out a filter strip directly below one of their orchards and is digging up the sod with a shovel. It's no easy job to remove well established pasture grass!

Once the sod is removed and the soil is



amended with compost, the strip will be planted with a mix of wildflowers and cover crop. The Eckholms have started different mixes in their barn under grow lights, repurposing old gutters to use as planters. Each gutter has a different mix of soil and seed so they can find the best combination to plant. Once the strips are prepped, they will plant the healthiest growing starts in the filter strip and monitor their growth. In the fall, they'll add some larger native shrubs to the filter strip to provide anchor plants.

Over the next few years, the filter strip will need watering and weeding to help the native plants and wildflowers get established. Changes to the plantings may be needed depending on how well the plants grow in their new home.

#### Mud Management

Another BMP recommended in the Eckholms' farm plan is managing the mud and manure in their chicken run. Chickens quickly remove all vegetation from the heavy use areas of their pens, leaving bare soil that is susceptible to erosion. Winter rains sweep through the exposed ground, carrying bacteria from the chicken's manure into our waterways. Protecting soil in heavy use areas and creating rotating pasture areas for chickens are two mud management BMPs to reduce soil erosion and manure run-off.

This past winter, the Eckholms added a thick layer of hog fuel to the main chicken run area. The hog fuel prevents standing water from building up in high traffic zones of the chicken run, keeping the chickens' feet drier, and protecting the soil structure from damage.

The Eckholms have also fenced off an area of their chicken pasture, removed a diabolical patch of thistle, and planted a pasture grass mix. As the grass is established, they will rotate the chickens on parts of it, so each area has a chance to be grazed and a chance to recover, reducing the amount of bare soil in the chicken pen. The grass is also intended to outcompete weeds, which is a goal for the Eckholms with their thistle infestation.

#### Cover Cropping

Cover crops can reduce soil erosion, build soil health, improve water quality, provide weed control, and increase biodiversity. When managed well, cover crops can provide so many benefits to farmers and home gardeners.

Orchard Farm and Kitchen, a farm and restaurant in Langley, completed a farm plan with natural resource planner Kelsi Mottet. They use the BMP cover cropping to protect and improve the health of their soil. Last season they were able to keep more than 90 percent of their soil covered throughout the year.

"We use cover cropping as a conservation practice to keep our soil protected as opposed to leaving a field bare until the next crop is planted, which can be months later," said Savannah Reid, head farmer. "This prevents soil erosion from wind and rain and helps increase our soil's organic matter by incorporating the cover crop into the soil in the spring."

Orchard Farm seeds a winter cover crop of rye, vetch and fava beans. The rye grass grows well in winter, the vetch and fava beans fix nitrogen into the soil, and the fava beans provide fresh greens in late winter, when local greens are scarce.

Other benefits of the fava bean cover crop, said Reid, are they "do well on our farm in fields with wetter, heavier soils and are a good indicator of areas of low fertility." Areas where the winter fava crop doesn't grow as well may need extra attention in the spring.

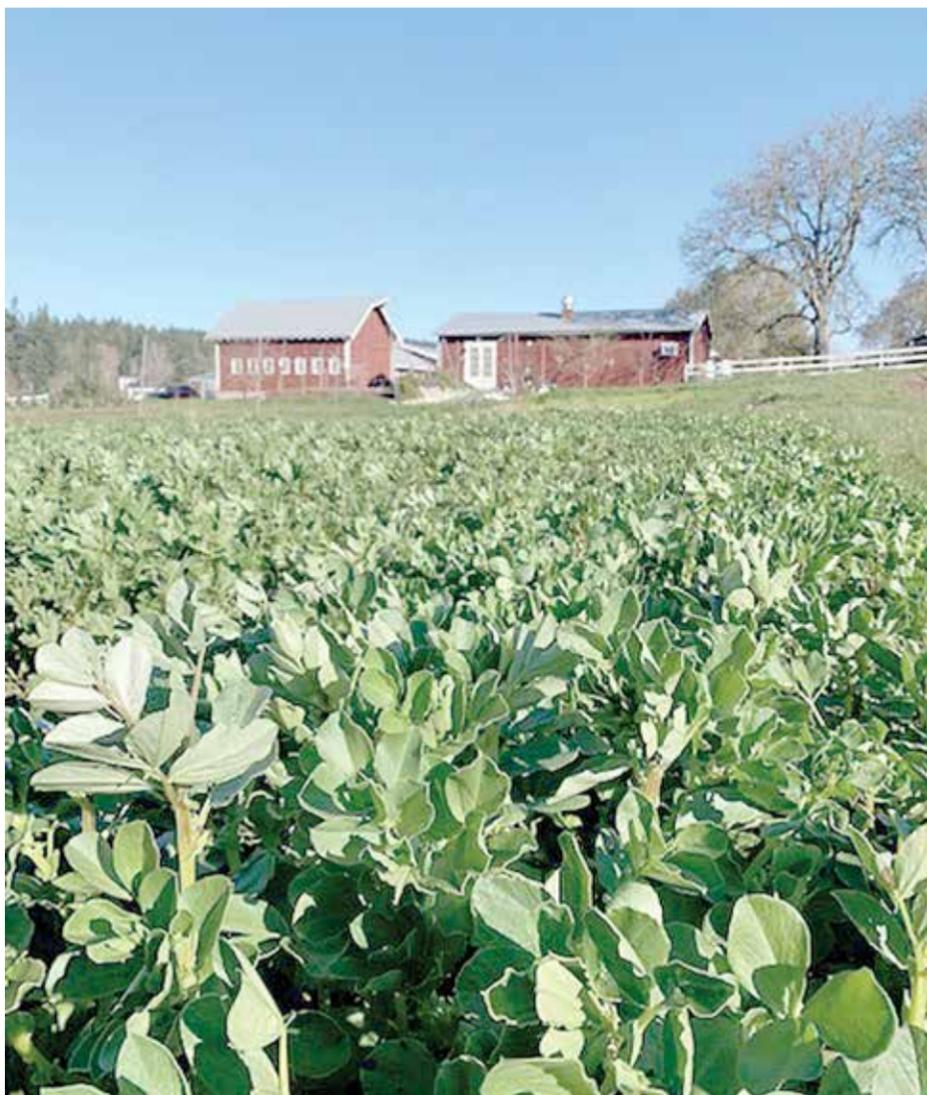
Orchard farm also uses quick growing cover crops in the summer, such as buckwheat, which matures quickly and keeps weeds down in fields that wait 10 weeks between plantings. They also use silage tarps to cover their new fields, accelerating the decomposition of plant material, suppressing weeds, and preventing soil erosion.

#### Conservation Assistance for All

Any landowner can schedule a site visit with WICD, no matter how small their yard. If you're a homeowner without a farm or livestock, we can provide BMPs for natural yard care, native plant landscaping, forest stewardship, and wildfire risk reduction.

When the farmers featured here - and any landowner on the island - practices conservation BMPs on their property, we all share the benefits of healthy water, soil, and natural habitat. Conservation is a community activity.

*Make a Difference* is coordinated by the Whidbey Island Conservation District. For more information about our services, visit [www.whidbeycd.org](http://www.whidbeycd.org).





Theaters waiting and watching p. 10

## Short window opens to apply for CARES Act grant funding: North Whidbey businesses can apply through Tuesday

By Kathy Reed Whidbey Weekly

The City of Oak Harbor has joined forces with Island County to create a local small business grant program using funds received from the federal Coronavirus Aid, Relief, and Economic Security Act (CARES), but the application window is short.

North Whidbey businesses located within the 98277 zip code can apply for small business relief grants of up to \$10,000 to cover expenses incurred due to the Coronavirus pandemic. A total of more than \$677,000 is available but applications, which opened Tuesday on the City of Oak Harbor's website, must be submitted online by 5 p.m. Tuesday, June 23. (<https://www.oakharbor.org/community/page/cares-grant-funding>)

To be eligible for these reimbursement grants, businesses must be located in the 98277 zip code; must have 50 or fewer employees; must have been established one year prior to March 1, 2020; and must have sustained a negative impact to the business due to COVID-19.

The City is using a detailed online application process through Survey Monkey.

"It should be straightforward for business owners," said Sabrina Combs, public information officer for the City of Oak Harbor. "After filling it out, where business owners are basically telling their story, it will go through a review process."

Business owners will be notified if they have been approved for a grant. At that point, they must plan to submit receipts for the expenses for which they want to be reimbursed.

"I'm likening it to the college application process," Combs said. "If you're approved, you don't have to accept the grant."

"This is a reimbursement program," she continued. "We will need proof of purchases, documents, receipts. This is not a payment-up-front grant and the reason for that is we have to meet requirements for how we disburse federal money. That money has requirements in the way it's spent; we have to be very careful how we receive applications, how we process them and how we keep records."

Those business owners who decide to proceed with the reimbursement grant process will be able to submit receipts between July



All businesses on Whidbey Island will be able to open – with restrictions – when Island County is approved to move to Phase III of the Safe Start program. The application has been submitted, meaning the county could soon move forward with reopening in the wake of the COVID-19 pandemic.

## PROCEEDING WITH CAUTION: Island County moves toward Phase III

By Kathy Reed Whidbey Weekly

Island County is moving steadily toward Phase III of the state's "Safe Start" plan to reopen businesses. County commissioners and the Island County Board of Health met Tuesday (after *Whidbey Weekly's* press deadline) to make the final decision to submit the Phase III application to the State Department of Health.

"We are frontloading as much of the application as possible," Island County Commissioner Jill Johnson told *Whidbey Weekly* via email last week. "So we will be ready to go, staff is working...to take all the data from Friday to run the calculations. We will post all of that information that goes into the application on Sunday/Monday and then take the votes we need to submit for the variance on Tuesday."

At that point, it will be up to state health officials to make the decision. There are three options: approve the application in its entirety, approve certain portions of the application or reject the application altogether.

"The application process is detailed," said Keith Higman, Island County Public Health Director. "Our Phase II application was 62 pages long. I believe that the application process is complex because decisions involving changing the way we interact and consume goods and services are important decisions."



Photo Courtesy of Coupeville Historic Waterfront Association  
Open signs will hopefully be waving soon for all Island County businesses, if the state approves the county's Phase III application.

Island County got a decision on its Phase II application in just one day, although there is no way of knowing exactly how long it will take state officials to make a decision this time around. It is possible, by the time this paper publishes, that Island County could already be in Phase III.

The reopening process has been a long, arduous one for many small business owners and the population in general, as government entities across the board try to balance economic needs with public health needs. While many officials agree the initial shutdown was necessary to try to control the COVID-19 outbreak, others are not pleased with the inconsistencies of the Safe Start plan.

"I was supportive of the Governor's leadership when things first shut down and case counts were rising," said Johnson. "The actions he took worked. I am not at all pleased about the reopening 'plan' and the inconsistencies in messaging, advice and directives. The activities in the phases seem arbitrary, many of the one-size-fits-all protocols are not warranted in every situation, and every time I watched instructions roll out to a business or industry days after the business was allowed to open, I just wanted to scream."

"So no, I do not feel the reopening plan was well thought out, or is being well implemented," she continued. "Keeping people home was a bold decision and not a bad one; not knowing how they would get back to work and resume a certain level of activity would have been something I'd have thought they would have figured out before the economic shutdown. Don't turn off your car if you don't know how to restart it."

In addition to the activities and businesses allowed in Phases I and II of the reopening plan, Phase III allows for outdoor group recreational/sports activities of 50 people or less; recreational facilities like gyms and public pools can operate at 50 percent capacity; gatherings of no more than 50 people can resume, as can non-essential travel; restaurants can operate at up to 75 percent capacity and bar areas in restaurants and taverns can operate at 25 percent capacity; movie theaters can open at 50 percent capacity; libraries and museums may reopen; and all other business activities and events with no more than 50 people can resume, with the exception of nightclubs. Tele-work is still strongly encouraged.

When Gov. Jay Inslee's stay-at-home order expired May 31, the state moved to a county-by-county approach for reopening, which requires at least three weeks between each phase of the Safe Start plan. Some local officials said they appreciate the flexibility this has provided.

"I appreciate that the Governor understands one size does not fit all in this situation," said Island County Commissioner Helen Price Johnson. "Also, I think this process has been difficult for everyone, but it is responsive to the unusual circumstances we face with this pandemic."

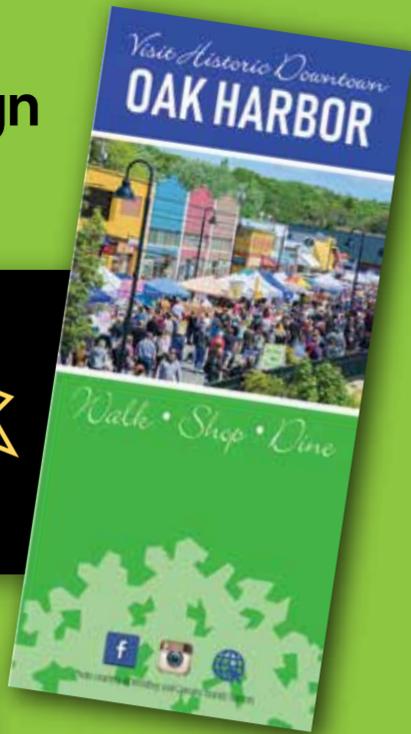
See CARES continued on page 10

See PHASE III continued on page 10



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By Carol Squire  
Executive Director of Good Cheer  
Food Bank and Thrift Stores

Oppression! Excessive force! Violence! The shock and outrage buzzing around would make one think that these are somehow new to America. One might also be led to believe these displays of domination are only applicable to racial issues. The sad truth is that our society is fundamentally structurally unjust, encouraging more powerful groups and individuals to keep less powerful groups and individuals down by means both obvious and stealthy, morally condemnable but legally defensible and ultimately, socially acceptable.

My point in mentioning the obvious is not to add to the histrionic hand-wringing or point a blaming finger at anyone, or even offer another knee-jerk solution to this latest outbreak. I'd planned to write about the hidden pandemic of domestic abuse and violence with enough cases in Island County to keep us in Phase I for a long time. I use the term "pandemic" because violence and emotional abuse afflicts families around the globe and because it is spread by exposure to examples in one's own environment. Of course, the contagion of interpersonal abuse extends to workplaces (#MeToo) and schoolyards (#Bullying, #Meangirls), whose alumni grow up to frequent bars and book groups (#GossipBehindYourBack). I wish we had a mask (gag?) for that one.

Ours is a reactive society. We wait to get sick then call in the surgeons. We wait for someone to get shot, beaten up or raped and then call for the cops and judges. We turn a blind eye to anything remotely disturbing in our personal circle out of embarrassment or helplessness or maybe a combination of both. We dismiss warning signs from the victims and the whistleblowers as long as possible. If we don't see it, maybe it will just disappear on its own. How well is that working out?

When we are finally forced to look, we see only the end results of our unjust systems and "contaminated" social environments. At that stage, we usually react by passing laws to keep ourselves safe from those who have caught the violence virus. Court-houses and prisons operate at full capacity with the latter turning a tidy profit in the process.

Fortunately, in Island County, the law enforcement and court systems have proactively created programs offering assistance to help fix difficult situations rather than punish. According to lawyer, legal educator and Superior Court candidate Kathleen Petrich, such "off-ramping" programs can help those on the edge stay out of trouble by providing powerful interventions supported for up to two years with regular check-ins and counseling." As Pro Tem Judge Petrich says: "Being in jail doesn't solve the bigger problem." Unfortunately, time and resources for such proactive programs are both in short supply and the waiting lists for PATCH (Parents and Teens Changing Habits), Family Treatment Court and Drug Court are long. As a society, we will pay for prison stays before more cost-effective prevention programs.

While systemic domination and abuse is undeniably socially acceptable (because if it wasn't, we the people would not accept it), we are, paradoxically, also a compassionate society that supports nonprofit and state-funded social services to help those who struggle to stay afloat economically or who need protection from further violence. Citizens Against Domestic Abuse (CADA) has a mandate to provide an emergency helpline, counseling, legal and shelter services for victims throughout Island County. Director Cynde Robinson reports more than 700 victims of abuse benefit from CADA services annually. We can be sure that this is the tip of an iceberg, but we don't even want to acknowledge this tip. As Robinson says of rallying support for CADA prevention services, "people are comfortable with us providing anti-bullying programs in schools, but they go turtle when asked to talk about addressing problems with adults in their own social groups."

Is there a magic bullet cure for this contagion? A vaccine? A medical metaphor isn't so far-fetched. If children "catch" the violence virus from their environment – in the form of direct observation or personal experience of dominating behavior that goes unpunished by peer and social disapproval – they are likely to in turn pass it to their friends, colleagues and children.

What would inoculate against the violence virus? Let's consider the following: Bullies lack empathy at least partly because they haven't been on the receiving end of it or experienced its healing qualities. Empathy is the ability to share the feelings of another, which requires the ability to first feel and understand one's own feelings. Those children who aren't inoculated with emotional literacy and empathy skills are those most likely to act out, bully, or be bullied. They are also those most likely to develop other non-adaptive behaviors and more fragile emotional and mental states. In other words, they are most likely to become either perpetrators or victims of emotional or physical violence.

If we find it hard to acknowledge and talk about our own emotions, we are (perhaps asymptomatic) carriers of the violence virus. It might take the form of aiding and abetting the violence of others by our own silence. It might erupt in times of stress in the form of a cutting word, an irritable response, or the silent treatment. Anytime we inflict any form of pain on another, we are exhibiting symptoms. Worse, we are contagious.

Emotional literacy is far from our current social norm, but we could change this reality. If every adult of any age took it upon themselves to attain a minimum level of emotional literacy and practiced it openly and publicly, with integrity and courage, our society would cease to accept our current collective behavior. Enough is enough. It's time to do something about it.

For acute symptoms, call the CADA helpline: 360-675-2232. For vaccination options, contact Carol at whirler@gmail.com.





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**#whidbeystrong**



# Local movie theaters practicing wait and see approach

By Kacie Jo Voeller Whidbey Weekly

After months of closure in the wake of COVID-19, certain businesses are gradually starting to open their doors. Movie theaters, museums, libraries and more will be allowed to open once Phase III of Washington's Safe Start approach begins, and in Island County, Phase III is near. For two local theaters, the next phase will not bring immediate reopening, but preparations to bring back movies for local audiences are in motion.

John Solin, owner of Oak Harbor Cinemas, said there are many considerations when it comes to reopening.

"We will not be opening instantly right after Island County goes to Phase III," he said. "We just feel that even though we can open, I do not know if the public is ready yet to go to a movie theater."

Bill Willeford, who owns The Clyde Theatre in Langley along with his wife, Lynn, said while the theater is making preparations to safely open, the timeline is still to be determined.

"We are doing some of the things we need to do before we can open in terms of figuring out how many people we can fit and setting up touchless payment and touchless hand sanitizing, that sort of thing," he said. "We are not in a huge rush to open; it is my opinion that given the demographic for South Whidbey Island, there will not be a lot of people anxious to take the risk of going to a theater early on in Phase III."

In addition to being unsure of how much public interest there will be for returning to movies, Solin said another challenge is at hand for reopening. While open theaters can play older



Photo Courtesy of John Solin  
Oak Harbor Cinemas has been a staple for community entertainment on Whidbey Island since it opened in 1981.

movies, many theaters in major markets including Los Angeles and New York remain closed, and film companies have few new releases planned for July, Solin said.

"It is literally week by week to see what the film companies are doing and for the past two weeks there have been no new developments on other film companies releasing new movies," he said. "They (new movies) are out there, they are ready to be released, they have a backlog, so to speak, of everything that was supposed to play in March, April, May and June, but have not put firm dates to them. Most of those that were slid have tentative August dates and so there is just a scarcity of films to play."

Willeford said, in addition to a shortage of new films to show at The Clyde, the number of people allowed in the theater will affect reopening.

"People want to go to the movies, but I am not sure that a lot of people will want to go to the movies until there is a vaccine," he said. "And it is also the case that if we are only allowed 25 percent capacity, it might not make financial sense for us to be open."

Solin said trying to balance the financial aspects and demand for movies has an impact on reopening Oak Harbor Cinemas as well.

"We are going to open as soon as we have product and as soon as we think we can determine there is a way that we can still open and be able to financially survive with a much smaller number of people initially," he said. "We just have to figure out when that is and we just hope the public will support us when we do so, so we can continue to offer the best movies possible."

In Langley, even though the doors to the theater have been closed, The Clyde is still making a difference in the community with its Magic Change Jar, Willeford said. The jar, which normally sits on the concession counter, is for donations to rotating charities in south Whidbey. The theater, along with



Photo Courtesy of John Solin  
Oak Harbor Cinemas has undergone recent renovations including new screens, carpeting, seating, speakers and amps.

four local business partners, each match the donations up to \$250. Through the Virtual Magic Change Jar campaign that continued in place of normal donations after the theater closed to patrons, Willeford said \$5,000 was raised for Good Cheer Food Bank.

"Lots of times, the patrons donate more than that and they certainly did for the Virtual Magic Change Jar, so that is how we were able to raise so much money to help feed our neighbors," he said.

During the closure, Oak Harbor Cinemas has continued renovations. Solin, who opened Oak Harbor Cinemas in 1981 and recently bought the business back after selling it in the 90s, said when the public is ready to return to the movies, they will be able to enjoy improvements ranging from new luxury reclining seats to a new concession counter. Solin said in addition to its renovations, the theater will also be looking to keep safety a priority when the decision to reopen is made.

"We have purchased all the CDC recommended cleaning supplies and disinfectants," he said. "We will follow all guidelines for making the entire cinema safe for everyone and part of that is we strongly suggest that everyone wear masks whenever possible. There will be multiple hand sanitizing stations and we will be wiping down surfaces in the auditoriums between shows and the same process in the lobby while they are playing. Just remember to wash your hands with soap and water before and after coming to the movie or any other restaurant or business."

For more information about Oak Harbor Cinemas, visit oakharborcinemas.com. More information about The Clyde Theatre can be found at theclyde.net.

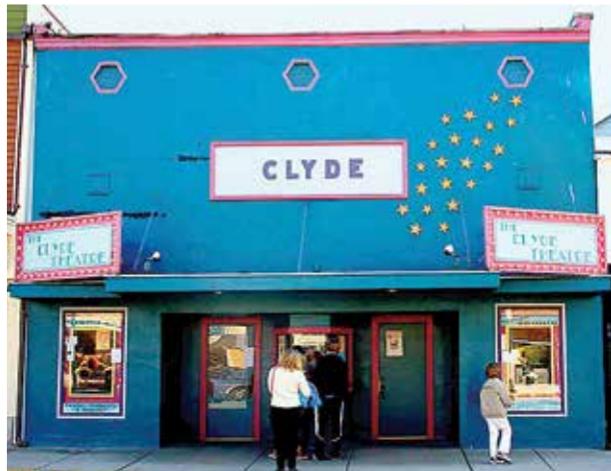


Photo Courtesy of The Clyde Theatre  
The Clyde Theatre has been showing movies in Langley since 1937. After months of closure to help flatten the curve, the theater's team has started to prepare plans to reopen safely at a later date.

## PHASE III continued from page 7

That flexibility allowed Island County to continue the camping ban when it moved to Phase II, but commissioners expect that restriction to be lifted when the county moves into Phase III, at least for state campgrounds.

"The Commissioners discussed the camping ban at our [last] work session meeting," Price Johnson said. "Based on that, I expect that camping will be allowed in Phase III. The state's sanitation requirements exceed the capacity of Island County Parks staffing levels, so this will prevent Rhododendron Park Campground from reopening at this time."

"Now that all the surrounding counties have opened for Phase II, our fear of having a rush of out-of-town campers from counties that were still experiencing high case counts has been dramatically diminished," Commissioner Johnson explained.

But a loosening of restrictions does not mean people should let their guard down, said officials. COVID-19 is still a threat.

"We don't have an escalation of case counts to warrant any further restrictions, but it's important to remember that people can still catch the virus and people still die from it," Johnson said. "The expectation isn't that there will be no cases, the expectation is that we will not get more cases than we can handle through our health-care system. So at this stage, our data is saying 'good to go,' but our messaging is still 'be careful and don't take unnecessary risks.'"

"We continue to remind everyone that we still need to social distance, wear masks where appropriate and regularly wash your hands," said Higman.

For now, the consensus is that everyone should be optimistic, but proceed with caution.

"Until we are vaccinated, this virus is present in our communities and it can spread quickly," said Johnson. "It is scary, there is still a lot about it that is unknown, and although I don't want people to live in fear, we can't live in denial, either. So stay vigilant. The best way to support your family, your local business community, first responders, our high risk populations, is to live like the virus



Photo Courtesy of Langley Chamber of Commerce  
When Island County is approved for Phase III of the Safe Start plan to reopen businesses, stores which have had to remain closed or operate at a reduced capacity can get back to business, with social distancing and larger limits on capacity.

is all around you. Limit your movements between businesses and your contact with others, maintain social distance, keep your hands washed, be respectful of others and stay home if you're sick. The COVID-19 pandemic is not over; the goal is to keep it at a manageable level to limit loss of life and not overwhelm our healthcare system. We can do that through good choices."

"I'm very grateful for our islanders and local businesses being so diligent in following safety measures," said Price Johnson. "It is great news that we've successfully flattened the curve of this virus on our islands. Let's keep up this effort as we move forward."

Find the latest information on Island County's move to Phase III at islandcountywa.gov.

EDITOR'S NOTE: The ban on camping was lifted just as this week's issue was going to press.

## CARES continued from page 7

25 through Sept. 30; the city will start mailing reimbursement checks Sept. 30. Business owners who submitted applications but were not initially approved will be placed on a waiting list and will be notified in late July if they will be approved for a grant.

The City of Oak Harbor is putting \$344,550 of its CARES Act funding into the North Whidbey Island Small Business Relief Grant program, Island County is contributing \$333,333, for a total of \$677,883. The grant is funded by the Department of Commerce. The City of Oak Harbor and Island County must adhere to Department of Commerce regulations and requirements for grant reimbursement requests.

The online application and more details on the program are available <https://bit.ly/CARESBizGrant> or at [www.oakharbor.org](http://www.oakharbor.org) (follow the COVID-19 link at the top of the page). The website includes a guide for the grant. Businesses with questions about the program may call 360-279-4555 or email [cares@oakharbor.org](mailto:cares@oakharbor.org).



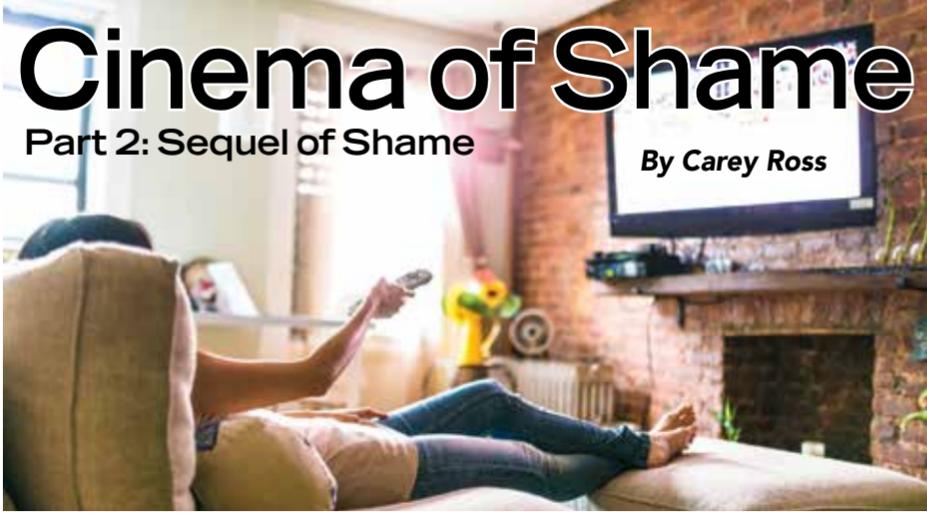
Thank you for reading! Please recycle the Whidbey Weekly when you are finished with it.



# Cinema of Shame

## Part 2: Sequel of Shame

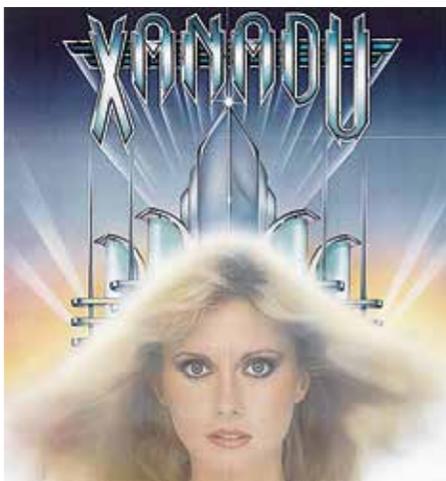
By Carey Ross



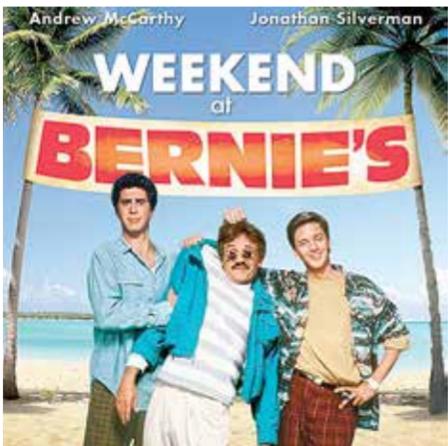
A couple of weeks ago, I wrote about an epic Facebook thread in which I asked my friends what were their cinematic guilty pleasures, and they told me – to the tune of nearly 300 comments, richly laden with movie gems that are equal parts terrible and wonderful. Because there were too many to talk about in a single story, I made mention of wanting to craft a Cinema of Shame series. In truth, I'm not sure I have the level of stamina such an undertaking would require, but I definitely have the energy for a sequel. Which could possibly become a trilogy. We'll see how it goes.

But for now, here's some more of the movies we love when no one's looking, all of which were released during the 1980s, evidently the golden age of shame cinema.

**Battle Beyond the Stars:** I was unfamiliar with this 1980 movie when my friend Steven suggested it, but since he knows his campy movies, I trust his lack of judgment. On paper, this so-called "space opera" has a pretty good pedigree: produced by B-movie master Roger Corman; written by the father of the indie film movement, John Sayles; score by John Horner, who won every award and accolade at least twice during his career; special effects by the master of the craft James Cameron; and based on "The Magnificent Seven," which is based on "Seven Samurai." So far, all good. Maybe things started to go wrong with the casting of Richard Thomas (aka John-Boy from "The Waltons") as one of the leads. It's tough to say because I've never seen it, but according to Steven, "It's so bad I won't show it to my 13-year-old son for fear of recrimination. But that doesn't mean I won't watch. Alone. In the dark."



**Xanadu:** Several people mentioned "Xanadu," therefore I am duty-bound to include it, even though Olivia Newton-John is the goddess who gave me "Grease," which is still a fun watch as long as you don't pay too close of attention to the lyrics, some of the themes and don't think about John Travolta's troubling allegiance to Scientology or the fact he'd go on to star in other Cinema of Shame contenders such as "Face/Off, Battlefield Earth, Swordfish, Wild Hogs, Old Dogs," and "Gotti," which wasn't on the list but should've been. At any rate, "Xanadu" is a musical fantasy in which Newton-John plays a muse sent to Earth to roller skate, fall in love with Michael Beck so he could have his film career killed by this movie, and perform at Xanadu, which is both a nightclub and her forbidden home. If it sounds like a mess, it's because it's a mess. According to my friend Ryan, upon rewatching, "Xanadu" no longer holds up. I'm not sure it ever did to begin with.



**Weekend at Bernie's:** This 1989 comedy was directed by Ted Kotcheff, the man who also gave us another entry on the Cinema of Shame list, "Wake in Fright" (one of the most messed-up movies I have ever seen—and I've spent 20 years working at an arthouse movie theater) as well as the OG Rambo movie, "First Blood." It stars Andrew McCarthy and Jonathan Silverman who are invited to the Hamptons by their boss ("played" by Terry Kiser), only to discover not only that he's dead, but also his company has been the subject of a massive fraud the mafia is somehow involved in. Truly, I'm making it sound more interesting than it actually is as the plot is just a thin pretext for McCarthy and Silverman to haul their boss' dead body around and get up to wacky high jinks. If memory serves, the body somehow never suffers from rigor mortis. I could be wrong about that, but it's not like I'm going to watch the movie again to find out.



**Enemy Mine:** A friend from high school, Andrea, said, "I don't know if it's terrible, but I love the 1985 movie 'Enemy Mine.'" Which prompted me to ask, "Is that the one where aliens drink rotten milk to get drunk?" She responded, "It very well may be – it is the one where Dennis Quaid delivers Louis Gossett Jr.'s baby." To clear up a few things: 1. Andrea did not know whether "Enemy Mine" qualifies as a "terrible" movie. It unequivocally does. 2. However, it is not the film in which aliens get drunk on rotten milk. That is "Alien Nation," also a truly awful movie. 3. Yes indeed, Dennis Quaid does deliver Louis Gossett Jr.'s baby in "Enemy Mine," and that pretty much tells you all you need to know.

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# Let's Dish!

with Kae Harris



## SOME DINNER WITH YOUR TV?

Getting everyone to gather at the dinner table for a meal isn't as easy as it perhaps once was. The kids are now often watching something on an electronic device and maybe their parents or guardians are wanting a little "me time" too. What gives? Why does the TV, or something to watch while we eat, have such a pull? Remember when we used to HAVE to have something to read at breakfast and we eventually resorted to re-reading the cereal box (for the millionth time) while we spooned puffed rice and milk into our mouths? I know I ended up reading the telephone book when all the cereal boxes had been read and learned by heart. That's right, I said the telephone book. An antiquated thing I know, but indeed it did the trick. I never knew so many people had the same name or very close variants of a name.

In any event, I was thinking about why it feels so relaxing to watch something while we eat. Is it a cultural thing? I'm not sure, but my research suggests it just might be. I know when I was growing up, I wasn't allowed to sit in front of the TV and watch it while we ate. Actually, I was. Twice by the time I was 13 and after that, it wasn't such a big deal. No idea why, but there are cultures wherein the main event of a meal time is, (get this) the food. Who knew?

Health experts often tell us to eat mindfully. Focus on every bite you take, feel the food in your mouth, truly savor the flavors, explore the textures, examine your feelings when you do this. All very good practices in my opinion, and at any rate, you should always

take your primary care manager's advice. You see, eating mindfully and being present when eating is intended to keep us satisfied with what we've ingested. It's supposed to curb over-eating. This doesn't seem to work for a lot of people (well, at least the people I asked). They seem to become extremely bored and their minds wander quite easily. I personally, am exceptionally easy to distract, so mindful eating is incredibly difficult for me.

Nutritionists claim when people watch TV in the evening, it's all down to their way of relaxing. They distract themselves from everything, "switch off" when they switch on the TV or turn to an electronic device. Interesting actually, and apparently the reason for this pairing of food and electronic entertainment is due to the fact both watching something and eating – eating while watching something – are thoroughly enjoyable. They excite the pleasure centers in the brain and provide us with a quick burst of dopamine. Of course, this might seem like a given; food and entertainment of our choosing gives us pleasure, but the source of it (I'm not referring to the food or entertainment here) is both simple and complex at the same time. In a nutshell, the reason why we find our food pleasurable is because we just enjoy it. Simple, no? No. It's because many of us enjoy our food so much, researchers found, we seem to attach guilt at finding such joy in the things we eat. Enter "The Distraction." This isn't some dark or ominous character sneaking stealthily in to quash our food happiness. It's literally an electronic device we watch in order to take our minds off of what

we're eating – or rather, the pleasure we're getting from what we're eating.

And to think all I wanted to do was enjoy the cookie I was going to get up and get. Now I have this conundrum to think about – or distract myself from – whilst eating my cookie. Do I go ahead and enjoy my cookie or should I distract myself from how much I might enjoy it? What if I don't watch an electronic device while chomping on the cookie's sweet, crumbly morsels? What then? Will I enjoy it as much, and if not, did I ever really enjoy this type of cookie? You see? Not so simple. Compounding all this kerfuffle about "to enjoy or not to enjoy" is understanding there is perhaps another reason we eat while watching something. Apparently, many people make a joint venture of eating and watching TV because American culture generally favors and finds value in productivity, so the ability for us to do these things individually, as singular events, is rare. It's kind of like why just eat when you can eat and watch TV? More bang for your buck, a two-for-one deal. Listen, I didn't think of why I eat while watching the television or something on my phone before, though if I'm honest, you're more likely to catch me reading the news on my phone, but that's neither here nor there. I decided I will start paying more attention to what I eat and whether I'm enjoying it as much as I always seemed to. So, do you, fellow foodies, watch anything or read when you're eating? If so, what's your favorite thing to watch or read? How about I ask it like this: what's your favorite thing to eat when you watch TV or read?

It really makes you think about what you eat, when you eat it and why. Personally, my favorite thing to eat when I watch anything are rice cakes with some butter spread on top. My partner says they look, sound and taste like packing peanuts, whereas I happen to enjoy the taste of them – especially with a pat of butter and especially while watching TV or reading news or even – gasp – doing both at the same time. Don't judge me, because I know a fair few people who do this besides me.

Dear readers, I want to first say you should never, EVER try to taste-test packing peanuts. That's my disclaimer. Second, I have a wonderful recipe which has little to do with the article except it might make a worthwhile snack to distract you from electronic enter-



tainment – or was it the other way around? Either way, enjoy this shortbread! If you try it let me know how you like it! Please send any and all comments, questions and certainly, any recipes you might like to share to letsdish.whidbeyweekly@gmail.com and we'll do just that – Dish!

## Scottish Shortbread Cookies

- 2 cups all-purpose flour
- 2 sticks unsalted butter, softened
- ½ cup caster sugar (not powdered sugar)
- ½ teaspoon salt
- 1 teaspoon vanilla extract (optional)

Grease an 8x8- or 9x9-inch square baking dish (I used a glass baking dish). Preheat oven to 350°F. Place the caster sugar, flour, salt and butter in a food processor and pulse until mixture resembles fine bread crumbs, or work with your fingertips. (This way is a bit messy though.) If you don't have caster sugar you can make some by putting about two thirds of a cup of granulated sugar in a food processor and pulse until the sugar is very fine. If the cookie mixture seems too dry, pulse it in the processor a little longer. Turn the mixture out into greased baking dish and press firmly into it with your fingertips and hands. Prick the prepared short bread with a fork to create rows and run a knife between each row to make cutting the cookies easier when they're baked and cooled. Bake on middle rack for 30 – 35 minutes or until light golden brown and firm. Allow to cool, cut, serve and enjoy with or without the TV.

www.wellandgood.com/good-food/eating-watching-tv

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7		2						
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		9		3	1			

Answers on page 15

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# CHICKEN LITTLE & THE ASTROLOGER

By Wesley Hallock

## ARIES (March 21-April 19)



Prisons are peopled with souls who broke the rules. So are the ranks of billionaire entrepreneurs, Zuckerberg, Musk and Jobs among them. Our conclusion? Rules are made to be broken, but first, KNOW WHICH RULES TO BREAK, AND WHY. Implied is a touch of genius, plus an intimate familiarity with the rule you wish to break, things that can take years to acquire. Clearly, rule-breaking is not for dilettantes. As a general rule, of course.

## TAURUS (April 20-May 20)



How do you control your destiny? How do you herd a cat? No one ever herds a cat. You simply try to influence the critter's thinking. The right tone of voice helps, as does a favorite food. After that, it's off to the races. Destiny is like that, but more finicky. The "here, kitty-kitty," of destiny is prayer, say the faithful, and we're open to that. And destiny's favorite food? Definitely fruitarian. The fruits of your labor!

## GEMINI (May 21-June 21)



Dare to be different. Easy to say, hard to do. Hard, until you realize the rewards that come to mavericks when their wild ideas take root and they become trend setters. Think the Beatles in 1960. Think Microsoft at a dollar a share. Who or what is your dark horse pick to become tomorrow's winner? We're betting some old ideas are about to become new again. Imagine, 2 + 2 might even become 4.

## CANCER (June 22-July 22)



It's a Great Awakening that's underway, and we hope you're not fumbling for the snooze button. The cock has crowed. The coffee pot is on. Time to get up and get at it. No need for future historians to tell you the story of this day. You're writing it. Is it a sad story of what might have been? An exciting story of renewal? Be sure of this: Your hopes, your dreams, your awareness matter as much as anyone's.

## LEO (July 23-Aug. 22)



False confidence is better than no confidence. That's called a bluff, and it wins many card games. Supreme confidence is believing you cannot lose, and that has lost many more games. What's your game? Who's your opponent? Where are you on the confidence spectrum? Where are they? You presently hold a good hand. Contemplating those four questions will help you play it well. Best advice? Don't bet more than you can afford to lose.

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



Studying your backtrail? Welcome to the club. Lots of people are looking over their shoulders these days. The reasons are many. Some are haunted by a no-no they're committed to hiding. A more admirable reason? The best foundation for the future is a solid understanding of the past. Whether

covering up the past, or exposing it, all can agree on one thing: Tomorrow's backtrail is what you do today.

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



Want new vigor in your life? Ice bath enthusiasts say cut through two feet of lake ice on any winter day, strip down and lower your body into the icy water! They rave about the physical and mental benefits. But in the summer? You need a way to invigorate yourself without an ice auger. Next best after an ice bath? A cold shower. If you're like us, the mere thought leaves you cold. So what's third best? Think hard.

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



Somebody has to be the contrarian. Always. That's the person who goes north when everyone else is going south. That pretty well describes you, at least for this week. Don't fret. Contrarians are essential. Without a contrarian, what would make the teeter-totter go up and down? So relish your role, whatever form it takes. If you say nay when all about you are yays, you're right where you want to be.

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



That thing you said, and continued to say, while everyone insisted you were wrong? Turns out you were right! Feels great, doesn't it? But wait. Stifle the I told you so's. Now, while your credibility is high, is the time to build allies. You don't convert skeptics into believers by rubbing your acumen in their noses. Give folks time. They'll come around. You're not done being right, not yet. Not by any means.

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



Your ideas are good. Solid stuff. Words you can take to the bank. So why are they so hard to sell? What's even stranger, the first to balk are those who know you best. Baffling. Or is it? When you present new ideas, what's the first thing that must change? People's image of YOU. When you no longer fit people's stock image of who you are, it upsets their apple cart. They don't mean to ignore you. It's just that they're busy bagging their apples.

## AQUARIUS (Jan. 20-Feb 18)



How can you mend a broken heart? How can you beautify a home? Homes respond well to raking and mowing. Some new paint, tamp a few flowers into the planter, and you're good to go. If only it were so easy for broken hearts. No home supply store we know has a broken heart isle, but a sympathetic clerk did share this: Time heals all wounds, provided you use the time well. Rake. Mow. . . .

## PISCES (Feb. 19-March 20)



Whoever said, "All glory is fleeting," never put a stop watch on happiness. By the time glory hits its stride, fickle happiness is across the finish line and soaping up in the shower. Still, we all pursue happiness. America's number one pastime is catching a glimpse of it. Should you succeed where others have failed, do us slow pokes a favor. Send us a picture. A reminder that happiness is real. Any blurry image will do.

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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					14				15			
16				17					18			
19				20				21				
			22				23			24		
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31			32		33		34				35	
36				37		38			39		40	
	41				42			43		44		
		45					46		47		48	
49	50		51			52			53			
54		55			56					57	58	59
60					61				62			
63					64				65			
66					67				68			

## CLUES ACROSS

- 1. American composer
- 6. Very fast aircraft
- 9. Workplaces
- 13. A mount on a surface
- 14. Small freshwater fish
- 15. Double-reed instrument
- 16. Canadian flyers
- 17. Famed astronomer
- 18. Smooth, shiny fabric
- 19. Profited
- 21. Conspiracy
- 22. Infections
- 23. Chum
- 24. Secondary school (abbr.)
- 25. Resistance unit
- 28. Sound unit
- 29. Ancient city of Egypt
- 31. Crease
- 33. Polished
- 36. For goodness \_\_!
- 38. College basketball tournament
- 39. Scorches
- 41. Describe precisely
- 44. Thick piece of something
- 45. Frocks
- 46. Indicates near
- 48. Senior enlisted US Army member
- 49. A note added to a letter

- 51. A nose or snout
- 52. Clumsy
- 54. Satisfied to the fullest
- 56. Display of strong feeling
- 60. Popular awards show
- 61. Cuisine style
- 62. Expresses pleasure
- 63. Monetary unit of the Maldives
- 64. Utah city
- 65. Fight
- 66. Messenger ribonucleic acid
- 67. Body part
- 68. Suspiciously reluctant

## CLUES DOWN

- 1. Fruit of the service tree
- 2. At some prior time
- 3. Mongolian city \_\_ Bator
- 4. Strongboxes
- 5. Russian river
- 6. Gurus
- 7. Horse mackerel
- 8. Pearl Jam's debut album
- 9. Confines
- 10. First month of Jewish ecclesiastical year
- 11. Famed Idaho politician
- 12. Prevents from seeing

- 14. Indicate time
- 17. Male parents
- 20. Tab on a key ring
- 21. The Great Dog constellation: \_\_ Major
- 23. Frying necessity
- 25. Former CIA
- 26. The leader
- 27. Produces
- 29. London soccer club
- 30. Closes
- 32. Region in the western Pacific Ocean
- 34. Not present
- 35. Small drink of whiskey
- 37. Begat
- 40. Helps little firms
- 42. Pointed end of a pen
- 43. Fencing swords
- 47. Inches per minute (abbr.)
- 49. Hymn
- 50. Philippine island
- 52. Flemish names of Ypres
- 53. A way to inform
- 55. Small lake
- 56. Linear unit
- 57. Central Japanese city
- 58. Partially burn
- 59. Sports award
- 61. Part of your foot
- 65. Atomic #21

Answers on page 15

## YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST

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### 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](mailto: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](mailto:njlish@gmail.com). More info at our Facebook Page: [www.facebook.com/NorthPugetSoundDragonBoat-Club?ref=hl](http://www.facebook.com/NorthPugetSoundDragonBoat-Club?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? Oppor-

### How'd you do?

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

tunities are available to spend constructive volunteer hours at the PBY-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: [imagineapermacultureworld@gmail.com](mailto:imagineapermacultureworld@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)

### LAWN AND GARDEN

Outdoor swing set seats, 4, \$25. Hank, 360-678-7591 (0)

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O	N	L	A	Y		D	A	C	E		O	B	O	E		
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M	R	N	A		E	A	R			C	H	A	R	Y		

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.

### WANTED

Running or Not: We buy cars, trucks, travel trailers, motorhomes, boats, tractors, & much more! If you want to sell or get rid of anything, call TJ's Recycling, 360-678-4363. We will haul junk vehicles away.

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Art, Antiques & Collectibles. Cash paid for quality items. Call or text 360-661-7298

Was your Dad or Gramps in Japan or Germany? I collect old 35 mm cameras and lenses. Oak Harbor, call 970-823-0002

### FREE

Drip irrigation system, 200 feet drip lines and fittings. Hank 360-678-7591 (0)

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## Home Projects Shouldn't Be A Pain

**At Harada Physical Therapy, we are mechanics of the human body. We find where your pain is coming from, and give you tools to return to pain free living.**

Our therapists are currently seeing an increase in DIY-related injuries, due to Stay At Home orders and the arrival of springtime!

We have identified the three body parts our clients are struggling with the most and are giving you exercises that will prevent and heal any injuries that might be causing you pain.

Please Note - If you suffer from serious pain or pre-existing conditions, please consult with your doctor or physical therapist before performing these activities.

### STIFF SHOULDERS – SCAPULAR RETRACTIONS



**WHY?** Most of us suffer from poor posture and forward-rounded shoulders. This exercise improves the muscles that create good posture. Better posture means all movements you do with your shoulders will be in better alignment, causing less neck and shoulder pain!

1. Stand or sit with good posture
2. Squeeze the shoulder blades together
3. Hold for 5 seconds, repeat 10 times

### SHOOTING LEG PAIN – PIRIFORMIS STRETCH



**WHY?** Tightness in the outer hips creates a pull on the sciatic nerve and tailbone. This stretch takes the pressure off them, decreasing pain and improving range of motion.

1. Sit on a firm chair.
2. Cross right ankle over left knee.
3. Grasp the outside of your right knee and pull it up and across, towards your left shoulder. You should feel a stretch in your right buttock, or outer right thigh.
4. Perform this stretch two times, 30 seconds each time, on each leg.

### SORE BACK – LYING OPEN BOOKS



**WHY?** The discs in your spine compress throughout the day due to gravity. This exercise helps to lengthen space between the discs, reducing the strain on the spine.

1. Lie on your right side, knees bent at 90 degrees, arms extended straight out in front of you with palms together.
2. Open your left arm towards the ceiling and behind you, as far as it will go, keeping your knees on the ground. Your eyes and neck will follow your left hand. Hold for 5 seconds, do this 10 times and repeat again on your left side.
3. Note: Pay attention to your body. Place a pillow between your knees for support and if you feel any pain, do not rotate as far or keep your head facing forward.

### COME SEE US!

Living with chronic pain is not normal – you shouldn't have to take an aspirin every time you finish doing yardwork or go for a hike!

We offer **free injury consultations** in which you can meet with a physical therapist who will determine if and how PT would benefit you.

Want to schedule a consultation or book an appointment? Call our Oak Harbor clinic at: 360-679-8600 or our Coupeville clinic at 360-682-2770.

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