

September 2 through September 8, 2021

FREE

# Whidbey Weekly

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## OAK HARBOR MUSIC FESTIVAL

2021  
SEPT.  
3 - 5

Special guests  
Sunday Sept. 5

# LARKIN POE

# NAKED GIANTS • LOCARNO HEART BY HEART • SWAY WILD LEROY BELL AND HIS ONLY FRIENDS STEPHANIE ANNE JOHNSON AND THE HIDOGS THE CHRIS EGER BAND • ZAN FISKUM • BROHAMM

# CYTRUS • SHAGGY SWEET • HEELS TO THE HARDWOOD

# DUENDE LIBRE • KRISTEN GRAINGER & TRUE NORTH • KING OF HAWAII

# JANIE CRIBBS AND THE T.RUST BAND • PETE • BROKEN BANJO

# ANDRE FERIANTE • JACOB NAVARRO DUO • ASTERHOUSE • ALWAYS NAKED

# NATHANIEL TALBOT • OUTSIDE THE LINES • LONELY TOGETHER

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## Oak Harbor Music Festival rocks again

By Kathy Reed Whidbey Weekly

Music lovers near and far are ready to rock, roll, dance, clap, tap, snap, stomp, clomp and generally get their groove on this weekend, as the sweet sounds of the Oak Harbor Music Festival fill the air once more. The Nick Drummond Band starts things off at 6:15 p.m. Friday, immediately following the opening ceremony at 6 p.m. on the Island Thrift (east) stage. Seattle-based band Asterhouse kicks things off on the Peoples Bank (west) stage at 6:30 p.m. Music begins Saturday and Sunday at 11 a.m. and will feature a wide range of genres and styles sure to please just about everyone over the course of the three-day festival.

Organizers say they are more than ready to be back, following last year's cancellation due to the pandemic.

"[I feel] honored, proud, blessed, excited, over-the-moon, filled with joy to show off the town I call home and rest-in-the-knowing of we really do take care of each other here on Whidbey Island," said OHMF board president Cynthia Mason. "We are ready to rock this rock! Larry Mason has stacked this line-up! It's just loaded with an incredible variety of music."

The full lineup of performers is available online at [oakharborfestival.com](http://oakharborfestival.com), and Larry Mason would seem to agree this year's performers – whether nationally known or local favorites – are top notch, with too many highlights in the lineup to list them all.

"I have tunnel vision when it comes the festival, so my answer is the music – Naked Giants, Locarno, LeRoy Bell and his only Friends, Heart by Heart, Larkin Poe, local favorites Janie Cribbs and the T. Rust Band, PETE, Nathaniel Talbot, Broken Banjo, The Hot Club of Troy and Andre Feriante," he said.

"Larkin Poe, currently from Nashville, is a national act featuring the siblings Rebecca and Megan Lovell," Larry continued. "They are incredible musicians, classically trained, and together with their band put on a great show! I was trying to secure them last year for the 2020 music festival, until we were interrupted. When I booked them back in March of this year, they only had seven shows booked. Currently they have 47 more shows this year alone in [24 states. Their appearance Sunday] at the Oak Harbor Music Festival is their only show in Washington state this year; we are very fortunate to have Larkin Poe coming to Whidbey Island."

You can see Larkin Poe perform on the Island Thrift (east) stage at 5 p.m. Sunday.

"Naked Giants are touring everywhere, and they are coming to this beautiful island," added Cynthia Mason. "Are you fans of 'The Voice?' I'll just say Stephanie Anne Johnson and The Hidogs. So many favorites to list here – see the line up!"

Naked Giants will close the west stage Friday night starting at 9:45 p.m. while the R&B group BroHamM will wrap things up on the east stage beginning at 9:30 p.m. Saturday night's closers feature Citrus on the west stage at 10 p.m. and Heart by Heart takes over the east stage at 9:45 p.m.

This will be the second appearance at the OHMF by Heart by Heart, a group consisting of original Heart bassist Steve Fossen and drummer Michael Derosier, plus vocalist Somar Macek, Lizzy Daymont on guitar, keyboard and vocals, and guitarist Chad Quist.

As a founding member of Heart, Fossen said Heart by Heart's goal is to do justice to the music and have a great time doing it.

"Most of my career with Heart was spent doing basically what Heart by Heart's doing now," he said. "We play, make enough money to keep everybody happy. Heart was lucky enough to get a record deal and make 'Dreamboat Annie,' one of the top debut albums ever. It took it to a new level."

Fossen left Heart in the early 80s. He and the other original members of Heart were inducted into the Rock 'n Roll Hall of Fame in 2013. By then, though, Fossen had already teamed up with Derosier and Macek (to whom he is now married) and formed Heart by Heart.

"Playing the Heart music is very satisfying," he said. "Mike, Somar and I decided if we are going to do this, we want to do the songs as they were conceived, written and recorded, so when people come to see us, they get the nostalgia. We want to play the music the way we remember it, they way fans remember it, that's the only way it taps into your soul, it's what made you like music in first place."

Fossen said he and the band are very happy to be back in front of live audiences once more. A Seattle-area native, he said music is something which came naturally to him. He and his sister took slack key guitar lessons as children and he remembers a band teacher sending him home with a trumpet one weekend and telling him to "see what he could come up with." He took the challenge to heart.

"The next week comes around and all the kids are trying to show how they could play a couple of notes, or make a sound and everything sounds weird," he recalled. "I was so intent on this instrument, I learned the 'Star Spangled Banner.' When I was younger than that, my parents had friends who had an organ with a double keyboard and they'd tell me 'See what you can do on the organ.' I was able to pick out melodies. For me it was fascinating. I've always been musically inclined. Musicality is a gene, you either have it or you don't."

While Fossen does compose new music, he said Heart by Heart sticks to the material fans want to hear.

"Heart by Heart performs the music in the way it written. Nobody else in the Heart camp is doing it the same way we're doing it," he said, promising a good show Saturday night. "People are going to see five musicians who are fairly good friends, who hang out together, who practice and do a lot of rehearsing. Our motto is 'Do our best to do our best.' Every night we try to do the last gig. We try to be personable with the audience, in the moment. We just really, really try to play the music properly, so people can experience the nostalgia of it."



Photo Courtesy of Larkin Poe

Larkin Poe, featuring sisters Rebecca and Megan Lovell, will make its only Washington state appearance at the Oak Harbor Music Festival Sunday at 5 p.m.

Of course, one can't talk about events these days without talking about health and safety protocols. Cynthia Mason said the festival will adhere to all current safety regulations, which currently (as of press time) call for masks in all public indoor spaces. The State Department of Health recommends people mask up outdoors when in large crowds.

"The Oak Harbor Music Festival will follow all mandates passed down to us from the state, county and city," Cynthia said. "At the moment in time I am answering this question, outdoor events are still open. Masks are suggested. Outside of that, we have invited the Island County COVID mobile team to be on site Saturday and Sunday from 12 to 4 p.m. for any festival goers to get vaccinated, free of charge."

"The volunteers at check in will be a little different – signing in and out stays the same. Masks and face shields will be on hand for those working the beer/wine garden," she continued. "Hand sanitizer will be available along SE Pioneer Way. Signs will be posted asking people to mask up. It's the board's focus to be as pro-active as possible. The OHMF will do what is mandated, please do what's right/best for you and your family; we'll be there doing the same."

Mason said the festival couldn't happen without volunteers. Due to the delay this year in even knowing whether the festival could go forward, organizers say volunteers are still needed and encourage those interested to see the website for information ([oakharborfestival.com](http://oakharborfestival.com)). It's never too late to get involved.

"Show up at the volunteer sign-in location any day of the event if you haven't done so pre-event – we'll find a place for you to lend a hand and your time," she said.

The festival, which awarded more than \$22,000 in scholarships in 2020 and 2021 to Whidbey Island high school students wishing to pursue musical education, will once again feature the teen talent showcase on the east stage at noon Sunday. Inspiring young members of the Whidbey community through music continues to be the organization's main purpose.

"It's why we do this. All of us," Cynthia said. "It's their home, their future. We want to make sure they are supported and understand the foundation being paved for them, giving them the ability to follow their dreams."

Find more information and performance schedules online at [oakharborfestival.com](http://oakharborfestival.com). Find more information on Heart by Heart at [heartbyheart.com](http://heartbyheart.com).



Steve Spatafore Photo Courtesy of Heart by Heart

Heart by Heart performs classic hits by the band Heart and features two original members of the rock band. Bassist Steve Fossen says Heart by Heart focuses on playing the classic Heart hits as they were originally written and recorded.



# ON TRACK

With Jim Freeman



An exciting time of year it is. School, baseball, and football, all at the same time. Memories of wearing new school clothes are still present. Every fall I worried about getting the cuff of my new slacks caught in my greasy bike chain. It only happened once.

### Signs

There are certain things in life that help us create the characteristics of our character-ness.

For me, I have always been a sucker for a sign in the window that said, "home cooking." I knew gravy would be coming.

In recent months, I have been a sucker for "breaking news." The reality of breaking news is news is always breaking. We are all in the middle of something.

It could be my overreacting. I am the middle child.

### Age

The older I get, the more I appreciate being older. As a veteran, I am occasionally on the receiving end of "Thank you for your service."

Shall we begin a variation on a theme? How about "Thank you for your oldness"?

My mate, Peter Lawlor, recently set sail a few months before his 100th celebration. Anyone who ever enjoyed Peter's company can verify the joy-ness he beamed. An inspiration and beyond.

Peter and I met in a grieving class. We were the only guys.

We became mates. It was an honor to be Peter's mate. He would have smiled broadly at "Thank you for your oldness."

I feel a T-shirt coming on.

Peter was the Poet Laureate of Whidbey. Here is an example of why:

### Creativity

Each night I think I must  
Have thrown the day away.  
What to show before  
I lower my head? There's nothing  
Much for pride upon my desk.  
The morning gave me every chance.  
I drank my tea with plans  
But where's the prose that stands?  
A partial poem upon a grocery slip  
Is all maybe. I look out on the cherry tree  
For buds, they're there so quiet  
And swirled, small fists to hammer  
Open in the spring, and I could take  
A hint of promise from their plan  
And work the half-formed poem  
To make it live and some  
Might say I have not thrown the day away.

Santa Fe, 1991, page 17, Windsocks and Lyrica

Peter's poetry books are like the man. No matter the lyric, I feel a smiling closeness whenever and whatever I read. Hopefully his daughter Gretchen has some of her dad's books. She surely did a great job with his last birthday celebration. Check it out at <https://thisiswhidbey.com/2021/07/28/now-is-the-hour/>.

Why do people have to be gone for us to realize the level of love we feel for them?

### Wonder no more

Growing up a fan of college basketball, I was fishing a stocked pond. Oscar Robertson at Cincinnati; Jerry West at West Virginia; Havlicek, Siegfried, and Lucas at Ohio State; Walt Bellamy at Indiana. It was a glorious time to be a teen.

Yet, none of these guys slapped hands after a free throw.

So why do basketball players today slap hands after free throws?

According to my web research, doing so "builds team camaraderie and helps with morale."

Then I asked who started this. All of the answers were without much authenticity. This one was my fave.

*Looka here. It was 1922. The economy was booming and people more joyous than I can remember. Me and the fellas were enjoying a neat game of pickup basketball at the local Y as Joe, the goofball of the group, did a miraculous hand gesture between his free throws, slapping his palm against mine. It was later named appropriately as "giving high five" but Joe, the originator of that gesture, called it "palm slap."*

Go Joe go.

### Church bulletins

The following are supposed to be real. Like leftovers, they are really good no matter when they were served.

- The Fasting & Prayer Conference includes meals.
- Don't let worry kill you off-let the Church help.
- For those of you who have children and don't know it, we have a nursery downstairs.
- Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.
- The church will host an evening of fine dining, super entertainment and gracious hostility.
- Pot-luck supper Sunday at 5:00 PM-prayer and medication to follow.
- This evening at 7 P.M. there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.
- The pastor would appreciate it if the ladies of the Congregation would lend him their electric girdles for the pancake breakfast next Sunday.
- The eighth-graders will be presenting Shakespeare's Hamlet in the Church basement Friday at 7 P.M. The congregation is invited to attend this tragedy.
- Weight Watchers will meet at 7 P.M. at the First Presbyterian Church. Please use large double door at the side entrance.

### Realization

I'm glad I am not a girl.

The pressure of the measure. It has to be difficult.

Hairdos, hair-don'ts, clothing, shoes, purses, scarfs, and whether to make up or not make up.

The pressure of the measure. It is not fair.

Men have two things to worry about.

Where is the wallet and where are the keys?

### Waitin'

In over a week, the Seahawks will begin making us all nervous again.

I really don't know how Pete Carroll can have hair. For sure, mine has changed since Carroll got the helm. I wonder if worry is a litigable act. Does losing one's hair every Sunday give me cause?

No matter the opponent, I feel better when I wear blue and yell "Go Hawks!"

### Steinbeck speaks

Ideas are like rabbits. You get a couple and learn how to handle them, and pretty soon you have a dozen.

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

# DONATIONS NEEDED

## We could use your help with these items:

- Oatmeal, individually wrapped
- cheese and crackers, peanut butter and crackers, small pop-top cans of
- beanie wienies, tuna, chicken, ham,
- Hamburger Helper
- and Tuna Helper



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# Bits & Pieces

## Letters to the Editor

### Editor,

Drivers on Whidbey Island: It is time to check your headlights and taillights. I have seen five cars this week with lights burned out, and since we all think we are great drivers, I have news, we are not.

Sitting at a stop light and seeing a car in the left lane making a right turn with what he or she thinks their signal is signaling is going to wind up with a huge fine or in an accident and then claim "oh, but I had my turn signal on." Please check your lights, it will take less than five minutes of your hurried day. The life you save may be your own.

Lynette Richardson  
Oak Harbor, Wash.

### Skagit Valley College Announces Fall Quarter COVID-19 Safety Requirements for In-Person Courses and Activities

Skagit Valley College will require employees and students that attend courses or other activities in-person to be fully vaccinated against COVID-19 or request an exemption based on medical, religious, or philosophical reasons prior to the start of Fall Quarter 2021. The college will continue to require everyone to wear face coverings inside all college buildings at each of its campuses and centers regardless of vaccination status.

"Safety is our number one priority for our students, employees, and community," said Dr. Tom Keegan, SVC President. "Based on the guidance from the Governor's Office and public health officials, it is clear that requiring vaccinations for our college community will allow us to offer a safer working and learning environment and better serve our students and community."

Regardless of vaccination status, all are welcome at SVC and the college will continue to offer online, hybrid, and in-person options for instruction and services. To attend in-person education and other activities, employees and students must attest that they are fully vaccinated or claim an exemption by Sept. 20. Visitors will not be required to submit an attestation.

To help students and the community get vaccinated by the fall, SVC has partnered with Skagit County Public Health and Island County Public Health to host free vaccine clinics on its Mount Vernon and Whidbey Island campuses. More information about the clinics is available at [skagit.edu/vaccine-clinic](http://skagit.edu/vaccine-clinic).

Registration for fall quarter is currently underway, and the college will offer in-person, hybrid, and online class options. Currently, the college is open for in-person services Monday-Wednesday from 9:00AM to 4:00PM on its Mount Vernon and Whidbey Island campuses and offers online services on Thursday. Starting Sept. 7, all campuses and centers will be open for services Monday-Wednesday from 9:00AM to 4:00PM and offer online services Thursdays and Fridays. For information to apply and register for classes, visit [skagit.edu/get-started](http://skagit.edu/get-started).

For more information about SVC's COVID-19 protocols, return to campus plans and resources, visit [skagit.edu/coronavirus-information](http://skagit.edu/coronavirus-information). For more information about the Governor's higher education proclamation and

details of a 'Fully-Vaccinated Campus,' visit Proclamation 20-12.3.

[Submitted by Marisa Pierce, Executive Director of Strategic Marketing and Communications]

### WhidbeyHealth Achieves Quality-Based Accreditation Status

WhidbeyHealth is now a DNV-GL Accredited Critical Access Hospital. By earning accreditation, WhidbeyHealth has demonstrated it meets or exceeds patient safety standards (Conditions of Participation) set forth by the U.S. Center for Medicare and Medicaid Services (CMS).

"This is a major milestone for healthcare on Whidbey Island," stated Ron Telles, WhidbeyHealth CEO. "The entire accreditation process is consistent with our long term commitment to continuous improvements in quality of services and patient safety." Telles continued, "The ability to integrate ISO 9007 quality standards with our clinical and financial processes is a major step forward."

DNV-GL's accreditation program, called NIAHO® (Integrated Accreditation of Healthcare Organizations), involves annual hospital surveys - instead of every three years - and encourages hospitals to openly share information across departments and to discover improvements in clinical workflows and safety protocols.

DNV-GL is a global independent certification, assurance and risk management provider, operating in more than 100 countries. Through its broad experience and deep expertise, DNV-GL advances safety and sustainable performance, sets industry benchmarks and drives innovative solutions.

For more information about DNV, visit: [www.dnvcert.com/healthcare](http://www.dnvcert.com/healthcare).

Stay connected with WhidbeyHealth for current information at [www.facebook.com/whidbeyhealth](http://www.facebook.com/whidbeyhealth) or at [www.whidbeyhealth.org](http://www.whidbeyhealth.org).

[Submitted by Conor O'Brien, Marketing Manager, WhidbeyHealth]

### Central Whidbey Lions: Building a Better World Through Service to Others

Lions Clubs from Washington, California, and Mexicali, in conjunction with Rotarians from California and Mexicali, have been working together for more than 45 years. Together, they have been providing eye exams, eyeglasses, medical equipment, medical services and construction services to the people of Mexicali, Mexico.

Medical equipment and cash donations are collected year-long by the clubs and stored until March/April, when large trucks are rented by club members to transport everything to the Mexicali General Hospital. Once through customs, a clinic and work party are held over a long weekend, usually at a school site outside the central city limits of Mexicali.

The clinic is staffed with medical doctors, podiatrists, optometrists, opticians, veterinarians, and dentists. The construction projects provide building maintenance, renovations and upgrades to electrical and plumbing systems, exterior painting and playground equipment installation.

Locally, in Coupeville, the Central Whidbey Lions have adopted and funded this project for more than five years. Medical supplies, wheelchairs, walkers, crutches, canes, hospital beds, electric scooters and sterile dressings are collected throughout the year. Donations come from the Central Bellingham Lions, the Oak Harbor Lions, Coupeville Lions, and from many individuals. Cash donations are used to finance the rental of the transport vehicles and travel expenses for drivers.

This is an international project, building community with various service clubs and the people of Mexicali. The Central Whidbey Lions welcome local support for this project in the form of donations of any used medical equipment in good condition, unused medi-

cal supplies and financial contributions to fund future work in Mexicali. Contributions are tax deductible through the Coupeville Central Whidbey Lions Foundation, a 501(c)(3) charitable organization.

Please consider donating old eyeglasses, all prescriptions and sizes, and even non-prescription sunglasses, no longer needed. They are recycled and used for projects such as this one in Mexicali. Collection boxes are in several locations around Coupeville, including the Island County Administration Building (near the Treasurer's office), and the Coupeville Post Office.

Contact Dr. Ted Mihok at [tedmihok@yahoo.com](mailto:tedmihok@yahoo.com) or mail the Coupeville Central Whidbey Lions Foundation, PO Box 1042, Coupeville, WA 98239-1042 for additional information.

[Submitted by Wanda Grone]

### Island Transit Installs Active Air Purification System

Island Transit is completing installation of the UNITED SAFETY Active Air with RGF PHI Cell@Technology Air Active Purification System in all of its buses. This is part of the agency's continued commitment to maintain a safe environment for passengers and operators.

This safe, durable and effective technology continually sanitizes the air and surfaces in the vehicle, reducing the risk of exposure to SARS CoV2, H1N1, Avian Flu, MRSA, E. coli, bacteria, mold and carcinogens.

"The draw to this system is that it actively disinfects both air and surface areas," states Todd Morrow, Executive Director. "Safety is paramount to our services and therefore we strive to enhance our technologies, building confidence in public transportation."

Island Transit has various bus types and sizes and as a result, some of the air purification systems are mounted in the rear while others are mounted on top of the bus. Some of the systems will be mounted externally in view of passengers while others will remain out of sight, a blue light indicating it is working.

Other agencies, such as Kitsap Transit in Bremerton and Link Transit in Wenatchee as well as agencies in Texas, New York, California and Hawaii, have embraced this technology, completing the retrofitting of their fleets.

The Active Air Purification System complements and enhances the safety practices already in place in Island Transit's facilities and buses. These health measures include complimentary masks for all passengers, installation of plexiglass to support social distancing from coach operators, hand sanitizer and disinfectant wipes for coach operators, hand sanitizer installed in all larger buses for passengers, hydrostatic disinfecting of all vehicles daily, use of gloves and masks onboard vehicles and inside transit facilities, and daily COVID-19 self-screening.

For additional information regarding this technology and Island Transit's commitment to ensuring safe and reliable transportation for Island County residents, please visit [www.islandtransit.org/commitments](http://www.islandtransit.org/commitments). Questions? Please call 360-678-7771.

[Submitted by Selene Muldowney-Stratton, Marketing & Communications Officer]

### Local Business News

#### Hair Happenings Celebrating 20 Years in Business



Since opening in August 2001, Kim Welch, owner and operator of Hair Happenings in

## Start thinking about your retirement income plan

If you're getting close to retirement, you're probably thinking about the ways your life will soon be changing. And one key transition involves your income – instead of being able to count on a regular paycheck, as you've done for decades, you'll now need to put together an income stream on your own. How can you get started?

It's helpful that you begin thinking about retirement income well before you actually retire. Many people don't – in fact, 61% of retirees wish they had done better at planning for the financial aspects of their retirement, according to an Edward Jones/Age Wave study titled Retirement in the Time of Coronavirus: What a Difference a Year Makes.

Fortunately, there's much you can do to create and manage your retirement income. Here are a few suggestions:

- **Consider ways to boost income.** As you approach retirement, you'll want to explore ways of potentially boosting your income. Can you afford to delay taking Social Security so your monthly checks will be bigger? Can you increase your contributions to your 401(k) or similar employer-sponsored retirement plan, including taking advantage of catch-up contributions if you're age 50 or older? Should you consider adding products that can provide you with an income stream that can potentially last your lifetime?

- **Calculate your expenses.** How much money will you need each year during your retirement? The answer depends somewhat on your goals. For example, if you plan to travel extensively, you may need more income than someone who stays close to home. And no matter how you plan to spend your days in retirement, you'll need to budget for health care expenses. Many people underestimate what they'll need, but these costs can easily add up to several thousand dollars a year, even with Medicare.

- **Review your investment mix.** It's always a good idea to review your investment mix at least once a year to ensure it's still appropriate for your needs. But it's especially important to analyze your investments in the years immediately preceding your retirement. At this point, you may need to adjust the mix to lower the risk level. However, you probably won't want to sell all your growth-oriented investments and replace them with more conservative ones – even during retirement, you'll likely need some growth potential in your portfolio to help you stay ahead of inflation.

- **Create a sustainable withdrawal rate.** Once you're retired, you will likely need to start taking money from your IRA and 401(k) or similar plan. But it's important not to take too much out in your early years as a retiree, since you don't want to risk outliving your income. A financial professional can help you create a sustainable withdrawal rate based on your age, level of assets, family situation and other factors.

By planning ahead, and making the right moves, you can boost your confidence in your ability to maintain enough income to last throughout your retirement. And with a sense of financial security, you'll be freer to enjoy an active lifestyle during your years as a retiree.

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



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THANK YOU FOR READING WHIDBEY WEEKLY | REDUCE → REUSE → RECYCLE

Oak Harbor, has offered the best hair services and hair care products. She is a one-on-one stylist-to-client and sole stylist in the salon. Kim uses Paul Mitchell Hair Color and sells LOMA hair care products; both are cruelty free and committed to being in the GREEN beauty category, using sustainable and ethically sourced products and packing material to help preserve and protect our planet. She is also proud that she is a business that has always been a Welcome To All/Open to All salon.

Throughout the last 20 years Kim has also supported and has been active in local community events by volunteering in public schools, coaching youth soccer, facilitating classes and giving one-on-one sessions for the American Cancer Society-Look Good Feel Better program. She started the first Whidbey ACS-canine cancer team, Merry's Heart, and has participated in WAIF's Wag N Walk events with her dog rescue. She has hosted dog food/blanket drives and assembled baskets for WAIF raffles, natural disaster relief and canned food drives for The North Whidbey Help House and held AVON breast cancer awareness events.

Along with having a warm and welcoming salon, she is an animal advocate and also runs Family Tails Dog Rescue, which she adopts out small fluffy/scruffy dogs from So. California high kill shelters.

Kim has great concern for our planet and tries her best to be a considerate steward through recycling, carefully choosing product ingredients and sourcing and often picks up trash on beaches and in the neighborhood.

Kim must say, that behind her success has always been her mom, supporting her every step of the way.

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# Life Tributes

## Lt. Colonel James Edward Scully, USAF (Ret.)



James E. "Jim" Scully, Lt. Colonel, USAF (Ret.), age 70, of Whidbey Island passed away peacefully Aug. 11, 2021, after a long, brave battle with cancer.



Jim was born April 6, 1951, in Chula Vista, Calif., to the late Robert L. Scully, CDR, USN (Ret.) and Geraldine (Reid) Scully. He grew up with his Navy family in San Diego, Calif., and Oak Harbor, Wash. Jim graduated from Oak Harbor High School in 1969 and received a Presidential appointment to the United States Air Force Academy (USAFA).

During his time at USAFA, Jim was in the Rebel 11 squadron, played college baseball for two years, and according to Jim "he battled the dean all four years of college." After his graduation in 1973, Jim traveled all over the country and went to Europe with one of his best friends for two months, before returning to Williams Air Force Base for pilot training. Jim was stationed at McConnell AFB flying the KC-135s, which is where he met his bride of 43 years, Carol. He joked that he joined the Air Force to see the world and he ended up spending most of his career in Wichita, Kan.

Jim and Carol were stationed at Travis AFB, California, the United States Air Force Academy, Colorado and McConnell AFB, Kansas, during his career. During his three years at Travis, AFB, Jim was an instructor pilot, flew worldwide missions, and earned a Master's in Business Administration. In 1983, Jim transferred to the USAFA, where he was an Air Officer Commanding to Cadet Squadron 28 for two years, was the Chief of Military Training for all 4,400 cadets for two years, and then spent one year as the Airfield Manager while training cadets to fly the T-41's at the "busiest" airfield in the Air Force at the time. After leaving the USAFA, Jim returned to McConnell AFB to fly the R-Model KC-135's and was the Flight Commander and Assistant Ops Officer. While flying the KC-135's, Jim flew worldwide missions and served in Desert Shield and Desert Storm. Jim transferred to the Defense Plant Representative Office at Boeing, Wichita and became the Chief of Program and Technical support and later the Chief of Flight Operations and the Government Flight Rep in charge of all government flying at Boeing, including the 89th Squadron Presidential fleet. Jim retired as a Lt. Colonel in 1995 after 22 1/2 years of devoted service to his country.

Jim loved flying so much, he began another career flying for Southwest Airlines, where he had the joy of flying with his wife Carol, who was a flight attendant for Southwest as well. He had the great privilege of flying several groups of World War II veterans on Honor flights. Jim stated he never felt like he was "working" because he loved the culture of Southwest Airlines and flying was his passion. Jim would joke with his passengers and was so loyal to them he even bought food for whole flights of passengers if they were stranded or delayed. He went above and beyond in caring for others. Jim retired from Southwest after 21 years.

Jim was extremely patriotic, humble, had an impeccable work ethic, and was an avid adventurer. He loved fishing, golfing, and anything related to a Datsun 240-Z. Jim brought humor to most everything he did and never complained a day in his life, despite the extreme challenges he experienced with his health. Jim was an avid history buff and loved exploring historical sites across the country. Giving back to the community was important to Jim; he coached softball and baseball, was a Boy Scout leader, headed the United Way campaign for McConnell AFB, and participated in Southwest Airlines Adopt-A-Pilot program for elementary schools in Wichita, Kan.

Jim was the beloved husband and is survived by the great love of his life, Carol (Folks) Scully. They met at a friend's house and danced to the sounds of the 1976 Worlds Series. Jim and Carol were married in 1977 and loved each other dearly for almost 44 years. They had a passion for anything related to Disney World and were true kids at heart.

Jim was a devoted father and is survived by his daughter, Angel, and her husband, David Rollins; and by his son, Shaun Scully. Jim was so proud of his daughter in her work as an emergency room nursing director and earning her MBA. Jim was equally proud of his son who followed in his steps of serving the country while in the Army, becoming a warrant officer, flying Kiowa helicopters and earning his aviation degree and commercial pilot's license.

Jim was blessed with, and survived by, his 10 grandchildren who were the joys of his life: Joshua and Lauren Obermeyer; Karson and Xander Rollins; Paige and Ava Scully; Aislinn Nolan; Hayden Scully; Madison Boyzuck; and Trinity Faulkner. He loved spoiling his grandchildren and introduced them to the world of travel and adventure. He loved cooking breakfast and Wok dinner for them and taking them to the beach to search for heart-shaped rocks and shells.

Jim is also survived by his sister, Sandy, and her husband, Gary Auckland; nephews Brian, David, and Steven Auckland; his brother-in-law, William Folks and partner Erlene Robertson; his uncle, Richard Scully; his cousins: Ronnie, Chip, and Pal Scully.

Funeral Mass for Jim will be held Friday, Sept. 17, 2021, at 9 a.m. at the United States Air Force Academy Community Chapel. Military Honors will be rendered. Immediately following Mass, interment will occur at the USAFA Cemetery, where he will be laid to rest among his band of brothers.

In lieu of flowers, Jim's wish was for donations to be made in his name to The Wounded Warriors Project and St. Jude's Children's Research Hospital.

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



# Island 911

Seriously, we do not make this stuff up!

### THURSDAY, JULY 15

#### 12:27 pm, Ault Field Rd.

Advising female cashier started banging the counter because she told reporting party she was trying to get his attention. Reporting party told her he was going to call law enforcement.

#### 1:45 pm, Classic Rd

Reporting party states male subject ("'ass-hole' who works at Nichols Brothers") continues to trespass at location. Tried to pick a fight and assault reporting party. Left location in vehicle.

### FRIDAY, JULY 16

#### 11:27 am, Tree Frog Ln.

Reporting party advising three women on porch looking into home; reporting party advising asked them to leave and they won't leave. Female now on line "No one is trying to make a fire on the porch."

#### 2:31 pm, Honeymoon Bay Rd.

Reporting party advising mother-in-law constantly contacting reporting party and husband and sending messages of threatening nature, saying she is calling CPS. "She said she would bash our heads."

#### 3:15 pm, West Beach Rd.

Reporting party wanting to report issues with neighbors; advising neighbors have been threatening to shoot reporting party's cats; advising they have made statements against reporting party because they were Christian; reporting party just wanting to report.

### SATURDAY, JULY 17

#### 11:33 am, Arnold Rd.

Found pig; reporting party has pig at address; small pig with black marking; unknown who belongs to. No tags.

#### 2:29 pm, Fircrest Ave.

Reporting party not giving phone number, advising there is a "privacy invasion" going on; reporting party not making any sense and is rambling about refrigerator.

#### 6:28 pm, Degraff Rd.

Reporting party advising wife attacked by pig. Dislocated shoulder and laceration. Requesting animal control assist with putting pig down and medical for wife.

#### 6:35 pm, Oak Harbor Rd.

Caller states vagrant female outside pooping in roadway. Yelling and screaming. Has been loitering for 45 hours.

### SUNDAY, JULY 18

#### 8:40 am, Bonnie View Acres Rd.

Advising neighbor possibly has too many chickens, sometimes come into reporting party's yard.

#### 10:59 am, Resort Rd.

Reporting party advising male acting lewd after being asked to move moving van blocking reporting party's driveway. Has moved van; reporting party states male should not act like that.

#### 5:12 pm, Keystone Ave.

Caller advising person on beach walking eastbound on private beach property. States looks like they are from Bellevue.

#### 5:16 pm, Noble Pl.

Reporting party states lent her vehicle to her friend who never returned it to her; White, 2004 Ford Explorer with tinted windows; now thinks friend is deceased.

#### 7:44 pm, Arnold Rd.

Reporting party states still has pig reported as found yesterday.

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



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# Always Dizzy?

## Look in your Ears!



By: Dawn Miller, Mark Hinderaker

Have you ever been in a windowless elevator, and felt it descend? Or felt an airplane take a slight dip while flying? How did you know you were moving? The answer: your vestibular system!

The vestibular system is housed in our inner ears and is made up of small canals, organs and receptors that constantly send signals to your brain about your head's position and movements.



A simplified vestibular system

Unfortunately, when something in our vestibular system gets off kilter, it can throw a lot of things out of whack, and interfere with simple daily activities.

Individuals with vestibular disorders might suffer from things like:



- Dizziness or spinning sensations
- Avoiding certain positions (lying down, turning head quickly) because they cause vertigo
- Feeling constantly off balance
- Feeling like they are always drifting or listing to one side
- Headaches/migraines

If you suffer from any of the above symptoms, one option to explore is **vestibular physical therapy**. A vestibular physical therapist (PT) is specifically trained to diagnose and treat vestibular disorders.

### How Vestibular Physical Therapy Works

The vestibular system is quite complex. First, the PT will perform assessments to verify that symptoms are stemming from problems within the vestibular system.

Treatment for vestibular disorders is varied and will depend on the root cause. For example, one common disorder occurs when small calcium crystals, which are important for sensing movement, become dislodged. A vestibular PT can perform a maneuver to put the crystals back in place, making the symptoms disappear after as little as one session!

Other times, there is a disconnect in a reflex involving the eyes, ears, and brain. In this case, treatment might involve exercises to recalibrate these systems. The vestibular PT might even purposely expose patients to dizziness, so their brain becomes accustomed to the signals, and allows them to feel normal. This therapy is not easy and can make symptoms feel worse in the short-term, but over time, they will decrease, and patients will find that they are able to return to daily activities without severe dizziness or balance issues.

### Could Vestibular PT Help Me?

If you suffer from any of the symptoms above, vestibular therapy could help. In addition, if you have had a stroke or brain injury and frequently fall or feel dizzy, vestibular therapy is a treatment option as well. Your migraines might be caused by a vestibular disorder if they are accompanied by balance issues or dizziness.

At Harada Physical Therapy, we offer free screens with our vestibular physical therapist, Dr. Mark Hinderaker, who can determine if this would be a good treatment option for you. **You do not need a referral to come in for an injury screen!** To book, please call us at one of our locations: Oak Harbor - 360-679-8600 or Coupeville - 360-682-2770.

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Mark Hinderaker, PT, DPT

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FRI SEPT 17	STANWOOD*	7:00PM	HOME	OHHS
FRI SEPT 24	MARYSVILLE GETCHELL	7:00PM	AWAY	QUILCEDA
FRI OCT 1	CASCADE	5:00PM	AWAY	EVERETT
FRI OCT 8	FERDALE	7:00PM	HOME	OHHS
FRI OCT 15	MOUNT VERNON	7:00PM	HOME	OHHS
FRI OCT 22	MARYSVILLE PILCHUCK	7:00PM	AWAY	QUILCEDA

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# What's Going On

## Bloodworks Northwest Blood Drive

Thursday, September 2, 9:00AM-4:00PM  
Whidbey Island Center for the Arts, Langley  
Local blood supply is currently at emergency levels (less than a one-day supply). Sign up to donate at upcoming pop-up donor centers by visiting [bloodworksnw.org](http://bloodworksnw.org) or calling 800-398-7888. WICA is located at 565 Camano Ave.

## Live Music: Kelly Shirey

Friday, September 3, 6:00-9:00PM  
Penn Cove Taproom, Oak Harbor

Kelly Shirey is a folk-rock singer/songwriter who performs in the Pacific Northwest as both a solo artist and leader of the band, Kelly Shirey & Co. No cover. For more information, call 360-682-2247 or visit [www.penncovebrewing.com](http://www.penncovebrewing.com).

## Street Dance: Eric Vanderbilt-Matthews Quartet (EVM Quartet)

Wednesday, September 8, 6:00-8:00PM  
Bayview Cash Store, 5603 Bayview Rd, Langley

Multi-instrumentalist Eric Vanderbilt-Matthews is a graduate of both SWHS and UW jazz studies program. Rain or shine! Free admission and family friendly. Beverages are available for purchase. Visit <https://goosefoot.org/news-events/> for up-to-date information about COVID-19 safety regulations.

## Meetings & Organizations

### Public Hearing

Friday, September 3, 9:30AM  
Zoom Meeting

The Island Transit board will hold a virtual business meeting, which will include a public

hearing for input on the 2021-2026 Transit Development Plan (TDP). To receive a draft of the TDP #1, email [info@islandtransit.org](mailto:info@islandtransit.org), or mail to Island Transit, 19758 SR 20, Coupeville, WA 98239.

Join the Zoom meeting: <https://zoom.us/j/98883304220>, or dial 253-215-8782, Meeting ID: 988 8330 4220. These numbers may change, so confirm by checking [islandtransit.org](http://islandtransit.org) or calling 360-678-7771 the morning of the meeting.

## Classes, Seminars and Workshops

### NRA Personal Protection In The Home Class

Friday, September 17, 6:00-9:00PM  
Saturday, September 18, 8:00AM-6:00PM  
NWSA Range, 886 Gun Club Rd., Oak Harbor  
Cost: \$50 and includes a book

This class builds on skills already gained in other shooting classes and shooting styles, which the student must be able to show documentation or competency. The class also gives a thorough legal brief, presented by an attorney, about the provisions of law pertaining to the ownership and use of a firearm. Defensive shooting skills are emphasized in this class. For questions or to register, call NRA instructor John Hellmann at 360-675-8397 or email [NWSA.Training@gmail.com](mailto:NWSA.Training@gmail.com). Additional information can be found at [www.northwhidbeysportsmen.org](http://www.northwhidbeysportsmen.org).

# Woodpalooza celebrates Whidbey's woodworkers

By Kathy Reed Whidbey Weekly

The art of woodworking will take center stage this weekend at Whidbey Island Center for the Arts in Langley, as the Whidbey Island Woodworkers Guild presents the 17th annual Woodpalooza event at Zech Hall. This free exhibition will be open Saturday through Monday from noon to 5 p.m. daily and there will be a "meet the artist" opening Friday from 6 to 9 p.m.

Approximately 20 wood artists are participating in Woodpalooza this year, which is actually an increase over the average of 16 to 18 participants. Organizers say the artists are ready to share the projects on which they've been working, but the show itself has had to make a few adjustments due to health and safety protocols.

"Things will be more spread out and we've limited it to smaller pieces to allow for more distancing," explained Gary Leake, Guild secretary and a woodworker himself.

He said the past year or more has been a strange time. On the one hand, shutdowns closed galleries across the state, which was a big blow to those artists who display their work that way. On the other hand, the pandemic proved to be good for those in the repair or cabinetry business, according to Leake.

"After looking at the wall for six months, some people took their stimulus money and bought wall art or paint for the walls," he said. "A lot of people remodeled interior-wise, so folks making closets or kitchen cabinets, for example, did alright. For most of us, I won't say we were immune, but it was different. Did it give us more time to make pieces for Woodpalooza? Creativity and inventiveness bloomed and blossomed, but as far as getting pieces done, no."

Marian Quarrier, one of five women participating in the show this year, said she was quite busy catching up with projects, although she was still putting the finishing touches on the mid-century modern walnut writing desk she will display at Woodpalooza.

"I found my woodworking became the most prolific it has been during the pandemic," she said in an email to *Whidbey Weekly*. "In the beginning, I found myself turning to building outdoor wood structures. My partner and I doubled the size of our vegetable garden to 20-by-48-feet, with deer fencing and raised beds. Then we fenced in a large backyard for our dog with two large cedar arbors and double gates. Next, I built our floating double vanity in our master bathroom that we had been waiting on for over 10 years."

Quarrier said even after many years doing woodworking, she appreciates the opportunity to discuss projects and techniques with fellow Guild members.

"I love the camaraderie that the Guild provides, especially knowing that I'm not alone in this woodworking," she said. "Although I've been building furniture for 14 years,



Photo Courtesy of Marian Quarrier  
This floating vanity created by woodworker artist Marian Quarrier is made from sapele and demonstrates the high quality of the pieces to be on display this weekend at the 17th annual Woodpalooza in Langley.

every piece presents different situations that make me question 'What's the best way to do this?' That's when I turn to fellow Guild members to find answers. It's nice because woodworkers generally love talking about wood, so I never feel as though I'm imposing!"

Leake said Woodpalooza, especially this year, represents an opportunity for artists to enjoy some friendly competition and the chance just to visit with one another and the public.

"Since most of us are one- or two-person shops, Woodpalooza is a great opportunity to get together and talk about things," he said. "Otherwise, we can get isolated in our own world. This is an annual get together; it's not our only one, but it's the biggest. We try to do our best work to compete against each other. It's the camaraderie. We really missed it for a year."

Education is another big component of Woodpalooza.

"We use it as an educational time to talk to people about our work," said Leake. "We can say, 'See this piece, this is how it's joined.' We try to teach others, especially younger people and maybe get them to consider woodworking's career potential, perhaps, or at the very least, as a hobby. We love that educational component, that's what it's all about."

Woodworking has long been a popular hobby in the U.S. and around the world. Leake said he hopes the Guild's efforts will help it remain popular.

"Unlike maybe, cars, woodworking hasn't changed much for 300 years," he said. "If you like working with your hands, it's an easy hobby to get into."

And both Leake and Quarrier said it's a satisfying hobby as well.

"I love the design aspect," said Leake. "Coming up with an initial design is a lot of fun. The next best thing is when you put that first coat of stain on that wood and you see the beauty of the grain. Finally, I enjoy when the finished product gets in front of customers. Those are the three high points for me."

Really, [I like] the whole process, beginning with imagining a piece of furniture and starting to doodle in one of my many tiny art books that I have lying around the house, to wiping on the first coat of finish and seeing the richness of color and grain in the wood come to life," Quarrier said. "That's really the icing on the cake that takes away all the angst of endless decision making, planning and intensive labor leading to sleepless nights with sore, numb hands."

Find more information on Woodpalooza 2021 and the Whidbey Island Woodworkers Guild at [woodpalooza.com](http://woodpalooza.com). See more work by Leake at [GaryALeakeWoodworking.com](http://GaryALeakeWoodworking.com) and you can find out more about Quarrier's creations at [quarrierwoodworks.com](http://quarrierwoodworks.com).

"There's always an element of surprise that actually draws a lot of people," said Leake. "They want to see the latest creations. It's the mystery of the unknown."



Photo Courtesy of Marian Quarrier  
This cedar arbor and gate is one of many projects that occupied Whidbey Island Woodworking Guild member Marian Quarrier's time during the pandemic. Quarrier will have a walnut writing desk at the 17th annual Woodpalooza, which takes place at Whidbey Island Center for the Arts in Langley Saturday through Monday from noon to 5 p.m. each day.

## Did you know the 2021 Relay For Life Is At The Blue Fox Drive In?



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**PLUGGING FOR RIVER SALMON**

For me, the technique of plugging for salmon in a river system is closely related to trolling for salmon in the Puget Sound; they both involve the use of an artificial lure that is pulled along or guided through the water to grab the attention of a salmon and entice that salmon to strike! The biggest and most obvious difference is the design of the lure. In saltwater, the use of a 3.5- to 4.0-inch thin metal spoon design is the norm. In the rivers, however, a wooden or plastic banana-shaped lure is the predominant winner.

There are two well known lure manufacturers that have cornered the plug-lure market: Yakama Bait makes the "FlatFish" and Luhr Jensen makes the "Kwikfish;" these two lures are the leaders when it comes to plugging for river salmon. Their rhythmic, side-to-side movements while suspended in moving water makes the salmon so mad they will charge after and bite this swimming piece of plastic.

Successful plugging can be achieved a few different ways. One of the simplest is on anchor from a boat. After selecting a known river location and recognizing the right water conditions, cast or free-spool the plug of choice down river, generally 15 to 30 feet back from the boat; engage the reel, set the drag and place the rod in a pole holder if desired. The quick wiggle of the rod-tip indicates the plug is doing its underwater dance. Grab a hot cup of coffee, sit back and wait for the rod to bend like a willow branch. In late fall when the Skagit River was full of chum salmon, my fellow fishermen and I would anchor our jet boat in a few deep holes near the town of Lyman and enjoy the thrill of hard hitting, hard fighting chums.

Back-trolling plugs is a technique used quite often by drift boat fishermen. The drift boat's banana-shaped hull allows it to glide through the water with very little drag. Because of this characteristic, with the use of a good set of oars, it allows the oarsman to hold the boat's position against the moving current, which allows us to fish on the move. Most back-trollers will deploy two or three plugs approximately 25 feet downriver in front of the boat. Afterwards, the oarsman maneuvers the boat downriver, rowing against the current just hard enough to make the plugs wiggle and dart in the faces of the salmon.

You might think the oarsman gets the raw end of the deal because he never gets to fight the fish once hooked; this is generally true, however, it is the oarsman that is putting the plugs in the sweet-spot or



These are some typical colors and a very popular size used to catch salmon.

fishy spot in the water. The oarsman must be able to read the water and determine where the fish are laying and put three wiggling lures in that very spot, while at the same time, adjust the boat for different water conditions from fast, slow, swirling and back-eddy currents or a combination of the four. The oarsman is really the one fishing until one of the rods gets a take-down.

Plunking with a plug from the riverbank is another way to use these wiggling baits. The most important part of bank-plugging is finding the right area or stretch of the river where the salmon are traveling. The lure is at the mercy of the fish – wiggling and dancing in basically one spot and waiting for the fish to intercept it. I have only used one method to get the FlatFish or KwikFish to sit in the strike zone – with the use of 40-pound braided line and a 2- to 3-ounce pyramid sinker. Twenty inches up from the sinker, I tie in a barrel swivel and slip on a large bead. Next I cast the weight out into the current and let it settle to the bottom and grab. After that I use 30 inches of 30-pound test monofilament leader with the lure on one end and a "duo lock snap" on the other, I then clip the snap onto the braid and let the lure and leader slide down the braid until it rests on the large bead. This combination keeps the working lure off the bottom and the pyramid weight keeps the lure in place.

KwikFish and FlatFish come in various sizes, from approximately 2.5-inches up to approximately 8-inches. The smaller lures have a faster action and have a shallower water target zone. Remember, big fish will eat little baits – even Elephants eat peanuts. The larger size lures have a much slower action but dig down into the deeper water where the big king salmon lay, so having a few different sizes is a smart move. Some fishermen add small strips of herring, sand shrimp or salmon roe in fine mesh attached with "magic thread" to the underbelly of the lure; be cautious not to add too much bulk to the lure, you still want the lure to produce the natural action it was designed with.

Hooking salmon on plugs in the river is exciting and rewarding. It takes practice to get things right, but when you get it figured out it adds another way to continue fishing for these wonderful fish in the surrounding river systems. Pink salmon catches are on fire right now! The coho will be right on their tails, so be prepared to start hooking some silvers, too. Be patient with other fishermen on the beaches; take the young anglers with you. Have a wonderful Labor Day and GOOD LUCK out there!



Here is a KwikFish with some added flavor to the belly.

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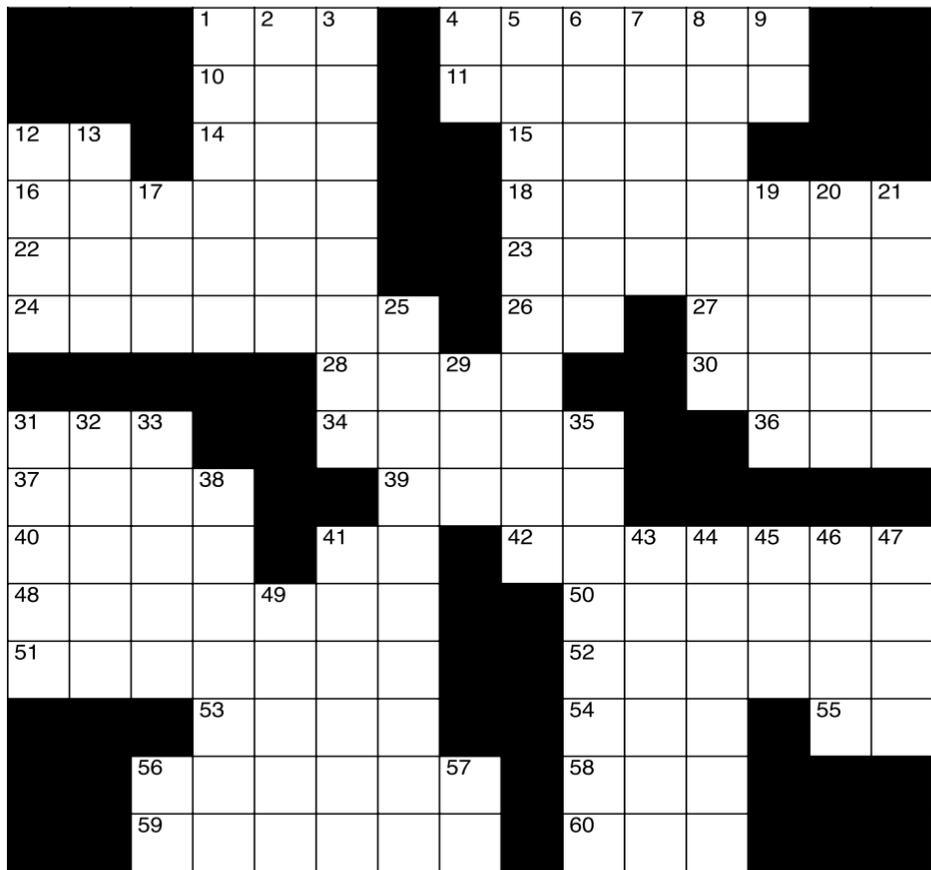
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# Crossword Puzzle



## CLUES ACROSS

- 1. Numbers cruncher
- 4. Creator
- 10. A type of center
- 11. About spring
- 12. Equal to 64 U.S. pints (abbr.)
- 14. Precursor to the EU
- 15. Something that can be cast
- 16. Gold-colored alloy
- 18. A salt or ester of acetic acid
- 22. A hard coating on a porous surface
- 23. A type of detachment
- 24. Filmmakers need them
- 26. Promotional material
- 27. \_\_\_ Blyton, children's author
- 28. Short, sharp sound
- 30. Feeling of intense anger
- 31. Popular TV network
- 34. Island entry point
- 36. Disfigure
- 37. College army
- 39. One who's revered

- 40. Long, winding ridge
- 41. Football stat
- 42. Stealing
- 48. Hawaiian island
- 50. More raw
- 51. In one's normal state of mind
- 52. Daniel LaRusso's sport
- 53. Tropical American monkey
- 54. Measures heart currents
- 55. Midway between south and east
- 56. Knotted again
- 58. Born of
- 59. Value
- 60. Soviet Socialist Republic

## CLUES DOWN

- 1. Mother tongue
- 2. Removes potato skins
- 3. True
- 4. Early multimedia
- 5. The making of amends
- 6. Discovered by investigation
- 7. Small arm of the sea

- 8. More seasoned
- 9. Atomic #81
- 12. Type of pear
- 13. Chemical compound
- 17. One's mother
- 19. Vietnam's former name
- 20. Snow forest
- 21. Church officer
- 25. Hardens
- 29. Ancient
- 31. Advertising gimmick
- 32. Subatomic particle
- 33. Not fresh
- 35. Loosens
- 38. Religious symbols
- 41. Film
- 43. Orthodontic devices
- 44. Grilled beef sandwich
- 45. Journalist Tarbell
- 46. Brooklyn hoopsters
- 47. Japanese social networking service
- 49. Romantic poet
- 56. Dorm worker
- 57. Poor grades

Answers on page 11

## YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST

<p>Thurs, Sept. 2</p> <p>North Isle H-65°/L-50° Mostly Sunny</p> <p>South Isle H-69°/L-52° Mostly Sunny</p>	<p>Fri, Sept. 3</p> <p>North Isle H-67°/L-52° Plenty of Sunshine</p> <p>South Isle H-72°/L-55° Partly Sunny</p>	<p>Sat, Sept. 4</p> <p>North Isle H-68°/L-54° Mostly Sunny</p> <p>South Isle H-71°/L-58° Partly Sunny</p>	<p>Sun, Sept. 5</p> <p>North Isle H-69°/L-52° Sunny and Pleasant</p> <p>South Isle H-71°/L-54° Mostly Sunny</p>	<p>Mon, Sept. 6</p> <p>North Isle H-68°/L-52° Partly Sunny</p> <p>South Isle H-67°/L-54° Partly Sunny</p>	<p>Tues, Sept. 7</p> <p>North Isle H-65°/L-52° Mostly Cloudy</p> <p>South Isle H-69°/L-54° Partly Sunny</p>	<p>Wed, Sept. 8</p> <p>North Isle H-71°/L-53° Plenty of Sunshine</p> <p>South Isle H-67°/L-52° Mostly Sunny</p>
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# OUR Community

## An Upbeat Question of the week

By Helen Mosbrooker

Thinking of this coming Labor Day weekend, how did you decide to do the work you're doing now?

### Mark Lucero, Coupeville

As a therapist I chose to specialize in grief counseling after serving for a number of years as a volunteer for Whidbey Health Hospice. I was greatly influenced in this choice by my dear friend Dave Bieniek, who served as the hospice chaplain here on Whidbey Island for many years. Grief counseling and bereavement care are dear to my heart because as a culture we generally do a poor job of supporting people in grief. I consider it a great honor and a sacred privilege to be invited to companion people on their grief journey. I often say that I get paid to listen to love stories. This is true because the reason that we grieve is because we form deep loving attachments to others. Navigating through loss is a painful but often transformative journey, and I am blessed to walk along this challenging path with my clients.



### Jackie Dieterle, Oak Harbor

I'm an Environmental Planner for the Navy. Since I was young, I dreamed of living on Whidbey Island. My heart and spirit feel free on the coasts of the Pacific Northwest. After graduating from Colorado State University in Wildlife Biology and Fisheries Biology, I returned to Washington State. Having a husband, father, and grandfather serve our country, I have a commitment to serve. Working for the Navy allows me to put my skills to work and serve in a civilian capacity. I am truly honored for this opportunity.



### Seth Koorn, Oak Harbor

Working on my family farm I always knew I wanted to work in some sort of trade work. I enjoyed working with my hands, building things, and fixing things. So after high school I began working the go-karts at the drive-in during the summer. Towards the end of summer one of my best friends and I were talking, and he said his job as a hod carrier was hard work, but fun to get a foot in doing masonry. I told him to let me know if there ever was a job opening and I'd be happy to give it a whirl. In the beginning of November he called me up and said that there was a spot open if I was still interested, and I jumped on it... fast forward eight years and I still look at it being one of my best decisions I made because I found a passion in doing masonry work and it became a wonderful career to have...



### Abby Geist, Oak Harbor

I started beauty right out of high school, thinking it would just be something I could do while going to school. Still not sure what I really wanted to do. Then once half way through my program I found my true passion. I've been a hairstylist for 10 years now. It has truly blessed my life. Meeting some incredible people. Helping people express themselves. It doesn't feel like work!



## CAN DO SUDOKU!

On a scale from 1 to 10...6.1

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

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

Answers on page 11



# Community Bulletin Board

To place an ad, email [classifieds@whidbeyweekly.com](mailto:classifieds@whidbeyweekly.com)

**GARAGE/ESTATE SALES**

Huge Multi-family Sale: Friday, Sept. 3 & Saturday, Sept. 4, 8am-4pm, 1963 Zylstra Rd, Oak Harbor. Furniture, clothing, musical equip. (amps, mixers, guitars, mics etc.), books, tools, toys, etc. No early birds!

Yard and Plant Sale: Friday-Sunday, Sept. 3-5, 9am-4pm, 2156 Inverness in Teronda West, north of Greenbank. Great variety of camping gear, antiques, collectibles, housewares, plants, toys, linens, furniture, books, & lots more.

**ANNOUNCEMENTS**

Pregnant? Need baby clothes? We have them and the price is right – FREE. Pregnancy Care Clinic, open Tuesday 10am-4pm, Wednesday 12pm-7pm, and Thursday 10am-4pm. Stop by at 670 SE Midway Blvd. in Oak Harbor.

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@servalc-cfs.com

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

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

If you or someone you know has been a victim of homicide, burglary, robbery, assault, identity theft, fraud, human trafficking, home invasion and other crimes not listed, Victim Support Services has advocates ready to help. Please call the 24-hr Crisis Line 888-388-9221. Free service. Visit our

web site at <http://victimsupportservices.org>

**VOLUNTEER OPPORTUNITIES**

Island Shakespeare Festival is seeking new members to join our Board of Directors. We're looking for people who are passionate about high-quality live classical theater and can devote time and energy to support the work of Island Shakespeare Festival's important cultural, social, and fiscal position on Whidbey Island. Our current needs include individuals with backgrounds in the following areas: human resources, donor relations, finance, as well as other skills related to overseeing a performing arts organization. Board members are asked to provide input and feedback to the Board and staff of ISF, attend one full board meeting per month, serve actively on board committees, and attend activities and events sponsored by ISF. Women and persons of color strongly encouraged to apply. For more information, please contact [jeff.natter@islandshakespearefest.org](mailto:jeff.natter@islandshakespearefest.org).

Big Brothers Big Sisters of Island County (BBBSIC) is actively seeking new member(s) for its Board of Directors. Join the board's exciting array of professionals! BBBSIC is seeking individuals who are committed to defending the potential of youth in our community through their time, skill sets, and influence in the community. To complement the existing board, candidates with expertise in accounting, law, nonprofit management, networking, or fundraising are of particular interest. Committed to diversifying its board to better represent our community, BBBSIC encourages BIPOC and LGBTQIA community members to inquire. Please contact [admin@bbbsislandcounty.org](mailto:admin@bbbsislandcounty.org) for more information.

The Island County Medical Reserve Corps (ICMRC) is a local network of volunteers organized to improve the health and safety of communities on Whidbey and Camano Island. Volunteers include medical and public health professionals as well as other community members with no prior healthcare background. ICMRC utilizes volunteers to strengthen community health,

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enhance emergency response capabilities, and boost community resiliency. They prepare for and respond to natural and manmade disasters such as winter storms, flooding, earthquakes, as well as public health emergencies such as disease outbreaks. If you are interested in volunteering please go to the Island County MRC website for more information or contact [s.ziemer@islandcountywa.gov](mailto:s.ziemer@islandcountywa.gov)

If you are looking for a meaningful volunteer opportunity, look no further! When you volunteer at one of the Habitat for Humanity of Island County stores, you are helping local families attain decent, affordable housing. Income from the stores is vital to giving families a path to homeownership. We need people who can commit to help out in our Oak Harbor or Freeland store at least two-hours per week. Schedules are flexible. Our friendly volunteers provide customer service, help with receiving donated household items and furniture, and maintain the store. We also need drivers and driver helpers who will professionally represent Habitat as they pick up donated items using our trucks. Please call either store for more information. Oak Harbor: 360-675-8733, Freeland: 360-331-6272.

College student? Student of history? History buff? Opportunities are available to spend constructive volunteer hours at the Pacific Northwest Naval Air Museum. Go to [www.pnwnam.org](http://www.pnwnam.org) and click on "Volunteer" or just stop by and introduce yourself.

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)

**JOB MARKET**

Island Transit is Hiring! If you are looking for a solid career with great pay and benefits including two retirement plans, we are hiring. Visit [www.islandtransit.org/employment](http://www.islandtransit.org/employment) to apply. Island Transit is a drug and alcohol free workplace and an equal employment opportunity employer.

**MISCELLANEOUS**

Firewood: Fir rounds, 1 to 1-1/2 cords, you haul, \$130. Coupeville/Greenbank area. 360-929-6771 (1)

**ANIMALS/SUPPLIES**

Excellent grass hay, no rain, good for horses, \$7 per bale. 20 bale minimum. Good quality round bales available also. 360-321-1624

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

**How'd you do?**

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

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you need assistance, please stop by.

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Was your Dad or Gramps in Japan or Germany? I collect

old 35 mm cameras and lenses. Oak Harbor, call 970-823-0002

**Always buying antiques, collectibles, sporting goods, tools, garden equipment, furniture, vehicles, tractors and boats. Cash paid at loading out. 45 years experience. 360-678-5888 or text 360-969-1948.**

**FREE**

Oak barrel. Top rim is rotten, but bottom half will make a nice planter. Contact 360-678-3817 (0)

**No Cheating!**

			C	P	A			A	R	T	I	S	T				
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