

November 18 through November 24, 2021

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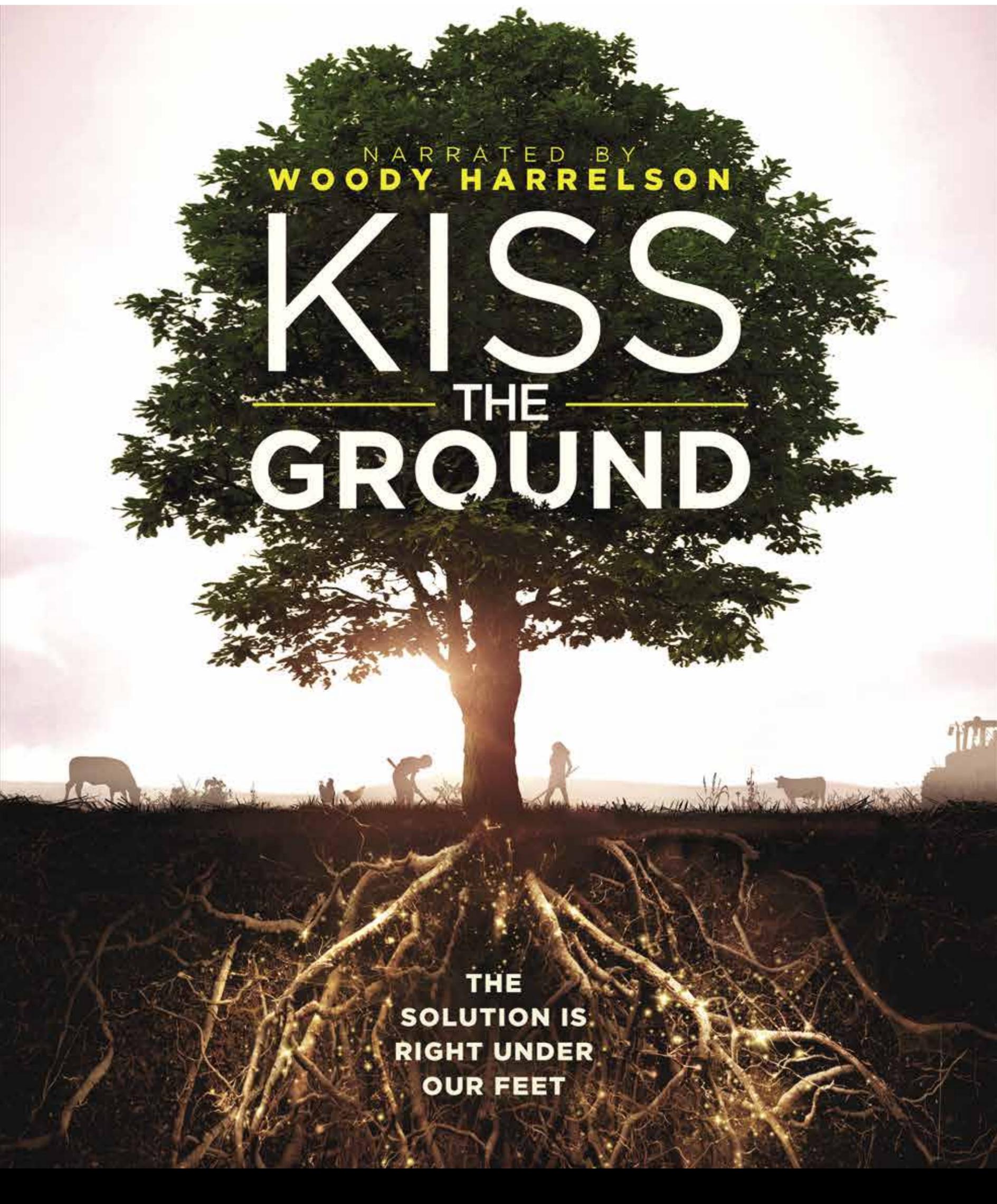
Whidbey Weekly

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OH team crowned champs p. 10



Photo Courtesy of the Organic Farm School
The Organic Farm School's Class of 2021, poses for one last photo among the cover crops before their graduation.

WICA presents: "Kiss the Ground" Documentary examines climate change from the ground up

By **Kathy Reed** Whidbey Weekly

Could the solution to the Earth's climate crisis lie beneath us? That is the premise of "Kiss the Ground," a documentary narrated by actor Woody Harrelson, being shown Friday at 7:30 p.m. at Whidbey Island Center for the Arts in Langley. The evening includes a presentation and question and answer session following the film by a panel from Whidbey Island's Organic Farm School.

In the film, directors Josh Tickell and Rebecca Harrell Tickell explore the question of whether regenerating the Earth's soil could help stabilize climate, restore ecosystems and pro-

vide abundant, healthy food supplies. The WICA event was originally meant to coincide with the Langley Chamber of Commerce's Harvest Festival, which had to be cancelled due to COVID concerns.

"WICA reached out to the owners of the film and were thrilled that they are allowing this local screening in conjunction with a conversation with the Organic Farm School," said Deana Duncan, WICA's artistic director. "When the Langley Chamber needed to cancel its festival, we felt the film and conversation were too important, so we decided to move forward with it."

Duncan said films like "Kiss the Ground," along with the discussion from the Organic Farm School, fit WICA's mission perfectly.

"We know that art is much more than entertainment and that story is the heartbeat of humanity," she said. "This story is important and relevant, and we want to participate/facilitate this event in order to create space for critical conversation in the community. Plus, personally, I really wanted an opportunity for the Organic Farm School to be seen and heard; its work is vitally important in our rural community and beyond."

"We were thrilled to be asked by WICA to be on hand to engage with viewers before and after the film," said Judy Feldman, executive director of the Organic Farm School. "It's so encouraging to see farming make the big screen, but sometimes in translation, the messages can come across as a bit simplistic. For instance, 'do these things to sequester more carbon' doesn't begin to address what it takes in terms of capital, time, markets, and experience. I suspect WICA wanted to generate a robust, 'grounded' discussion in this community that might move beyond the '4 Easy Steps' to the real work that is within our reach."

Duncan said events like the one Friday evening are vital when it comes to bringing global issues to the community.

"This allows the community to come together to be informed, debate and learn about an issue that affects us all," she said.

"The Organic Farm School wants to engage in community-wide conversations that move beyond 'good vs. bad' when it comes to farming and instead engage in conversations about how to support all farmers and foresters in ways that allow them to move from degenerative to regenerative methods. Like all things in life, farming is complex. Farming is an honorable profession and we need the best and brightest to literally step into the field. That won't happen if we keep repeating the stories of farmers as broken, financially down-trodden, anti-environment backward thinkers."

Instead of telling people everything they've done or continue to do wrong, Feldman said "Kiss the Ground" offers hope to viewers, by exposing food production practices that are harm-



Photo Courtesy of the Organic Farm School
Sheep help feed the soil at the Organic Farm School in Clinton by adding fertility and stimulating growth of pasture grasses.

See **ROOTS** continued on page 10



ON TRACK

With Jim Freeman



As the folks say on the evening news, "Thank you for joining us." Thank you for reading this far.

I read when I have to. I like magazines.

I don't read a lot of magazines, but I subscribe to several to get the free men's

cologne glued to the side of the advertisement. It must be an amazing job to work in a perfume and cologne factory. Do you suppose they have a smoking room?

Our high school had a teachers' lounge that billowed secondary smoke and tertiary gossip. Why didn't we write an on-the-scene story for the school paper? Maybe a picture for the annual showing the smoke filled adult sanctuary with talking teachers trying to finish a second Salem?

Why 70 is cool

These statements were obtained by a reader from an email. We thank him.

1. Kidnappers are not very interested in you.
2. In a hostage situation you are likely to be released first.
3. No one expects you to run – anywhere.
4. People call at 8 p.m. and ask, "Did I wake you?"
5. People no longer view you as a hypochondriac.
6. There is nothing left to learn the hard way.
7. Things you buy now won't wear out.
8. You can eat supper at 5 p.m.
9. You can live without sex but not your glasses.

Orca Network Fun

The public is invited to join a virtual birthday celebration for the organization and its work Saturday, from 3-5 p.m. Registration information is available at the Orca Network website, www.orcanetwork.org.

As Susan Berta notes, "Orca Network has grown to a global community of citizen scientists, activists, advocates and researchers that encompasses the Whale Sighting Network, the Central Puget Sound Marine Mammal Stranding Network, and the Langley Whale Center on Whidbey Island. Annual events like the Ways of Whales Workshop, Welcome the Whales Parade, the Penn Cove Capture Commemoration and Orca Month have engaged thousands of people over the years."

All are invited to share your stories about seeing whales or being part of Orca Network's extended pod through the Facebook Birthday Event page <https://fb.me/e/28sBzbwRA>.

Tongue Twisters

National Tongue Twisters Day was Nov. 8. Why didn't we try to recite these at recess instead of trying to play four square?

Peter Piper picked a peck of pickled peppers. A peck of pickled peppers Peter Piper picked. If Peter Piper picked a peck of pickled peppers, Where's the peck of pickled peppers Peter Piper picked?

Betty Otter bought some butter. But she said the butter's bitter. If I put it in my batter, it will make my batter bitter. But a bit of better butter will make my batter better. So 'twas better Betty Otter bought a bit of better butter.

How much wood would a woodchuck chuck if a woodchuck could chuck wood? He would chuck, he would, as much as he could, and chuck as much wood As a woodchuck would if a woodchuck could chuck wood.

She sells seashells by the seashore.

How can a clam cram in a clean cream can?

I scream, you scream, we all scream for ice cream.

I saw Susie sitting in a shoeshine shop. Susie works in a shoeshine shop. Where she shines she sits, and where she sits she shines.

Fuzzy Wuzzy was a bear. Fuzzy Wuzzy had no hair. Fuzzy Wuzzy wasn't fuzzy, was he?

Can you can a can as a canner can can a can?

I have got a date at a quarter to eight; I'll see you at the gate, so don't be late.

You know New York, you need New York, you know you need unique New York.

I saw a kitten eating chicken in the kitchen.

If a dog chews shoes, whose shoes does he choose?

I thought I thought of thinking of thanking you.

I wish to wash my Irish wristwatch.

Near an ear, a nearer ear, a nearly eerie ear.

Eddie edited it.

Willie's really weary.

A big black bear sat on a big black rug.

Tom threw Tim three thumbtacks.

He threw three free throws.

Nine nice night nurses nursing nicely.

So, this is the sushi chef.

Four fine fresh fish for you.

Wayne went to Wales to watch walrus.

Six sticky skeletons. (x3)

Which witch is which? (x3)

Snap, crackle, pop. (x3)

Flash message. (x3)

Red Buick, blue Buick. (x3)

Red lorry, yellow lorry. (x3)

Thin sticks, thick bricks. (x3)

Stupid superstition. (x3)

Eleven benevolent elephants. (x3)

Two tried and true tridents. (x3)

Rolling red wagons. (x3)

Black back bat. (x3)

She sees cheese. (x3)

Truly rural. (x3)

Good blood, bad blood. (x3)

Pre-shrunk silk shirts. (x3)

Ed had edited it. (x3)

We surely shall see the sun shine soon.

Which wristwatches are Swiss wristwatches?

Fred fed Ted bread, and Ted fed Fred bread.

I slit the sheet, the sheet I slit, and on the slitted sheet I sit.

A skunk sat on a stump and thunk the stump stunk, but the stump thunk the skunk stunk.

Lesser leather never weathered wetter weather better.

Catholic parrots

A lady goes to her priest one day and tells him, "Father, I have a problem. I have two female parrots, but they only know to say one thing."

"What do they say?" the priest asked.

They say, "Hi, we're hookers! Do you want to have some fun?"

"That's obscene!" the priest exclaimed, then he thought for a moment...

"You know," he said, "I may have a solution to your problem.

I have two male talking parrots, which I have taught to pray and read the Bible."

"Bring your two parrots over to my house, and we'll put them in the cage with Francis and Peter.

My parrots can teach your parrots to pray and worship, and your parrots are sure to stop saying that phrase in no time."

"Thank you," the woman responded, "this may very well be the solution."

The next day, she brought her female parrots to the priest's house As he ushered her in, she saw that his two male parrots were inside their cage holding rosary beads and praying. Impressed, she walked over and placed her parrots in with them.

After a few minutes, the female parrots cried out in unison: "Hi, we're hookers! Do you want to have some fun?"

There was stunned silence...

Shocked, one male parrot looked over at the other male parrot and says "Put the beads away, Frank, Our prayers have been answered!!"

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

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Bits & Pieces

Letters to the Editor

Editor,

I am writing to you today to pose a question to the author of the re-cap of the 2021 local 'Election Results' published on Page 10 in the Nov. 11-17, 2021 issue of your paper.

The article states that our area "...made history.." this past Election Day because "...a person of color.." was appointed to a local governing Seat.

My questions are:

WHY were these particular words used in the article?

Is the subject's 'color' an 'important' personal trait?

Is this characteristic somehow more noteworthy than, let's say... their EXPERIENCE?

My point is, going out-of-one's-way to SEPARATE people by their 'skin color' is the very definition of 'racism'; it would have been perfectly fine for the author to announce this person as the Elected winner WITHOUT mentioning their 'skin tone'; or more specifically, that they are "...of color.."; which is, possibly, borderline insulting to those who are considered, by default to be 'of no color'.

The issue of race-relations wouldn't even be an issue if people would just understand and acknowledge that we are all HUMAN, and everyone is just as important as the next person. A person's 'skin tone' has NO PLACE in describing one's character or attributes in this Country. It would be nice to see that message embraced worldwide and then watch the so-called 'issue' of racism and discrimination disappear overnight.

Thank you. Keep up the great work.

Thomas Niemeyer
Freeland, Wash.

Whidbey Art Market

Whidbey Art Market returns Nov. 26-27 at Freeland Hall, offering some of the best local art, made right here on Whidbey Island, by 14 truly amazing island artists. There will be something for everyone - oil, acrylic, watercolor and mixed media paintings, photography, sculpture, jewelry, basketry, textiles, collage, assemblage, and much more. You're invited to join the artists for this very special weekend event. Come see what they have been creating, visit with old friends and snack on exquisite baked goodies from Acorn Bakery. And don't forget: PLEASE BUY LOCAL this Black Friday and Small Business Saturday. Keep your dollars on the island while shopping for the holidays.

Freeland Hall is located at 1515 Shoreview Dr, Freeland. Market hours are 10:00AM to 4:00PM. Please observe current state COVID guidelines - masks and social distancing are mandatory. Visit www.whidbeyartmarket.com for more information and to subscribe for updates on future Whidbey Art Market events.

[Submitted by Kim Tinuviel]

Join the Holiday Fun in Langley

Langley welcomes the winter holidays with the Lighting of Langley gathering Saturday, Nov. 27. The annual progressive tree lighting will begin at 4:00PM starting at Langley Park at Second and Anthes and proceed to the plaza on Second Street, ending at Boy and Dog Park on First Street. Trees this year will have a snow globe theme, created by JM Designs. Santa's

dome next to Langley City Hall will echo this theme.

Santa will be in his dome next to Langley City Hall every weekend starting Nov. 27 at 2:00PM. Visit Santa from 11:00AM to 2:00PM Nov. 27-28, Dec. 4-5, 11-12 and 18-19.

Nov. 27, free cookies provided by Seabiscuit Bakery will be accompanied by cocoa and hot cider. Photo ops will be provided by Studio J Prints and Hoof Prints Photo Booth. Bring the whole family and/or pets for a Santa photo that day.

Little ones can call and leave a phone message for Santa at 360-444-ELF1. All of the free phone booths provided by Whidbey Telecom will connect callers to Santa's message by dialing ELF1. Or, send Santa an email at email at Santa@whidbey.com.

[Submitted by Betty Freeman, Langley Chamber of Commerce]

Whidbey SAR Conducts MEDEVAC and Rescues from Skagit River Area

A Search and Rescue (SAR) team from Naval Air Station (NAS) Whidbey Island conducted a medical evacuation (MEDEVAC) of an 85-year-old woman from Concrete, Wash., Nov. 10.

The SAR crew was called when civilian helicopter MEDEVAC assets were unable to land near the patient because of flooding.

At about 5:50PM the SAR crew launched to the patient's home, which was near the Concrete Airport. When they arrived at the location the crew elected to land in a field about 50 yards from the patient's house. The patient was then transported, with her service dog, to Skagit Valley Hospital.

Monday, Nov. 15, a Search and Rescue (SAR) team from Naval Air Station (NAS) Whidbey Island rescued three people caught in flood waters during a wind and rain storm impacting large swaths of Western Washington.

The SAR crew was originally notified about a car with two occupants that was half-submerged in flood waters on the the Skagit River near Marblemount shortly before 9:00AM. During the transit to that incident, the crew learned the car's occupants were rescued by other local first responders when they received another alert about a second submerged vehicle in the Cape Horn neighborhood.

Upon arrival the crew discovered the vehicle had two occupants they helped move to higher ground. Prior to hoisting back aboard the Navy helicopter, the crewmembers learned of another individual near Rockport clinging to a tree in rising waters. After arriving at the scene and discovering the distressed man, the crew deployed a crewmember to help assist the survivor. The man, who said he'd been in the water for a couple of hours, was treated for exposure and handed over to medical personnel at Mears Field in Concrete.

Naval Air Station Whidbey Island SAR has conducted 49 missions this calendar year, which includes 11 MEDEVACs, 33 rescues, and five searches.

The Navy SAR unit operates three MH-60S helicopters from NAS Whidbey Island as search and rescue/medical evacuation (SAR/MEDEVAC) platforms for the EA-18G aircraft as well as other squadrons and personnel assigned to the installation. Pursuant to the National SAR Plan of the United States, the unit may also be used for civil SAR/MEDEVAC needs to the fullest extent practicable on a non-interference basis with primary military duties according to applicable national directives, plans, guidelines and agreements; specifically, the unit may launch in response to tasking by the Air Force Rescue Coordination Center (based on a Washington State Memorandum of Understanding) for inland missions, and/or tasking by the United States Coast Guard for all other aeronautical and maritime regions, when other assets are unavailable.

[Submitted by Michael Welding, NAS Whidbey Island]

Skagit Valley College Receives \$2.5M Federal Grant to Provide College Access to Migrant, Seasonal Farmworker Families

Skagit Valley College (SVC) is pleased to announce it has received a \$2.5M College Assistance Migrant Program (CAMP) federal grant from the U.S. Department of Education. The five-year grant provides academic and financial support services to eligible students from migrant and seasonal farmworker families as they complete their first academic year of college and continue into a second year.

The grant reflects the college's core themes of equity in access, achievement, and community. SVC is one of only two higher education institutions in western Washington to house this program; University of Washington is the other.

"Many migrant and seasonal farmworker families dream about attending college and we want them to know a college education is within their reach," said SVC President Tom Keegan. "The CAMP grant will help us welcome them to SVC with holistic and caring support that is specifically designed to meet their needs."

The first group of 30 students will begin fall quarter and the program will add 35 students in years two through five. All students will receive wrap around services and support to help them succeed:

Students will develop individual education plans, financial plans, and career goals; Students will have access to at least one supplemental activity quarterly (workshops on study skills, growth mindset, and cultural/educational activities); Students will have access to mentoring and tutoring.

Within the SVC district, migrant and seasonal farmworkers are primarily Latino and Native American and work in the agricultural and fishing industries concentrated in Skagit County. Skagit County has higher minority populations, lower educational attainment, and higher poverty levels than the State. Skagit County has a much larger population of Latino (18.4 percent) and Native American (1.9 percent) residents than the state (12.7 percent and 1.3 percent, respectively). Poverty rates are higher than the state average for Latino and Native American residents. Education attainment in the county is lower than the state average for Latino and Native American residents.

[Submitted by Laura Daniali, Director of Strategic Marketing and Communications, SVC]

Washington State Department of Archaeology and Historic Preservation Announces New Grant Program to Support Rehabilitation of Historic Theaters

In 2021, the Washington State Legislature approved funding in the Capital Budget to establish the Historic Theater Capital Grant program. The program is intended to recognize and preserve historic theaters as an essential element to economic vitality and social health of any community - especially in the wake of the COVID-19 pandemic.

The grant program is housed within the Washington State Department of Archaeology & Historic Preservation (DAHP) and managed under contract by the Washington Trust for Historic Preservation. For this first round, approximately \$300,000 in matching funds are available in the 2021-2023 Biennium, with a limit of \$50,000 per request.

More than 80 operating historic theaters remain in Washington. They are scattered in both small towns and urban neighborhoods. In fact, 25 percent of the theaters are located in communities with a population of under 5,000, and nearly 56 percent are in communities under 50,000. As businesses, they contribute local economies in purchasing goods and products, employing people, and paying

taxes. As venues for performances and film, they support an arts economy that ripples far beyond individual artists to include construction workers, graphic designers, electricians, and many other trades and services. Additionally, historic theaters are indispensable assets in developing cultural tourism—the fastest growing segment of the tourism market. As theater closures statewide were eminent through the last year and a half, the grant program hopes to not only offset deferred maintenance but also foster a preservation ethic for these cherished community gathering spaces.

The grant application period is open until Sunday, Dec. 19 with award announcements scheduled early next year. More information, including the online application form can be found at preservewa.org/theater-grants or by contacting Huy Pham at the Washington Trust at 206-462-2999 or grants@preservewa.org.

[Submitted by Huy Pham, Washington Trust]

Local Business News

Life Flight Network Invests in Safety, Expands Access to Air Medical Transport with Addition of 12 New Bell 407GX Helicopters

Life Flight Network, the nation's largest not-for-profit air ambulance provider, will add 12 Bell 407GX helicopters to its air medical fleet. Delivery of the aircraft will begin in May 2022 and will bring the total number of Bell 407GX series helicopters operated by Life Flight Network to 17. Life Flight Network also operates a host of other helicopters and airplanes throughout its service area.

The addition of these IFR certified Bell 407GX helicopters will allow the program to continue to strategically position its bases to serve rural communities throughout the Pacific Northwest and Intermountain West.

"Life Flight Network is excited to add more Bell 407GX helicopters to our fleet. The aircraft's proven reliability and enhanced safety features enable us to be continuously at the ready and meet our mission of saving lives with industry leading care and transport." said Ben Clayton, Interim CEO.

With a range of over 400 miles and an airspeed of 161 miles per hour, the Bell 407GX is able to quickly transport patients to a higher level of care when they need it most. The aircraft also has a power-to-weight ratio that provides for excellent performance at the higher altitudes within Life Flight Network's service area. Also enhancing the transport environment are the aircraft's large bi-fold side door for ease and speed of patient loading and a three-axis autopilot that contributes to improved safety. Additionally, all 12 aircraft will come certified for Instrument Flight Rules (IFR), which allow for a greater margin of safety and additional operational capabilities.

Each Bell 407GX will be equipped with a Spectrum Aeromed medical interior which provides for equipment necessary for ICU-level care provided in transport. These aircraft are staffed with a Certified Flight Registered Nurse and a Certified Flight Paramedic who possesses the experience and training that enables them to provide an advanced scope of practice to their patients. Critical care services can include mechanical ventilation, cardiac monitoring, maintenance of hemodynamic intravenous infusions and the administration of blood products.

"Bell is proud to provide Life Flight Network with the most capable and technologically advanced aircraft on the market," said Jay Ortiz, Vice President, Commercial Business, Americas. "The Bell 407GX with IFR capabilities will ensure Life Flight Network's critical response team is able to perform their mission in any environment."

For more than 43 years, Life Flight Network has provided ICU-level care to patients in need of emergency medical transport. Throughout Oregon, Idaho, Washington, and Montana, the company has 25 rotor-wing bases, nine fixed-wing bases, and two neonatal and pediatric bases and operates 30 ground ambulances.





THURSDAY, SEPT. 16

7:03 am, Helena St.

Caller states someone has stolen new trees still in their pots that were to be planted in the community. Reporting party home for contact; available for call.

8:35 am, Newell Dr.

Advising peacocks have been staying at location; unknown who they belong to. Concerned about their welfare since it is getting cold.

1:41 pm, SR 20

Reporting party advising truck and trailer are blocking mailbox and road onto Waterloo from highway; reporting party advising she has asked them to move and they were rude to her; advising no one is supposed to be at location.

6:21 pm, View Ridge Dr.

Reporting party advising subject used her email address to sign up for service and reporting party is now getting all the junk email forwarded to her that should be for him.

10:40 pm, SR 20

Reporting party advising of white and brown horse on side of highway, northbound lane.

Friday, Sept. 17

8:15 am, SR 20

Reporting party states driver in front didn't go when ample opportunity for vehicle to pull out onto road. Multiple vehicles were honking at female. When reporting party honked, driver got out of her gold Honda Odyssey van and yelled at reporting party and took video or pictures of reporting party's vehicle.

8:19 am, Paul Ave.

Reporting party states distress light is going off on porch of the residence. Front lights blinking intermittently.

8:35 am, Ault Field Rd.

Reporting party states non-injury, multi-vehicle accident. Elderly male driver went around reporting party at a light and broke reporting party's mirror and ran red light at location.

Vehicle did not pull over and reporting party followed vehicle to Coupeville.

11:47 am, Marine Dr.

Advising sailboat was coming onto shore, looked like he was struggling; advising went to get binoculars from a different room and came back and sailboat is no longer seen.

5:52 pm, Oakes Rd.

Advising two black cows in reporting party's yard.

6:22 pm, N Main St.

Reporting party letting law enforcement know has found person who has reporting party's bike. States is not going to share information, is just going to beat them up.

SATURDAY, SEPT. 18

12:16 pm, Central Ave.

Reporting party advising female was dropped off at reporting party's residence; states ongoing issue with female running through yard. Hangs out in tow yard; does drugs; runs off.

12:32 pm, Zylstra Rd.

Reporting party states boyfriend's ex posted nude photos of reporting party on Facebook while she is having sexual relations with boyfriend.

2:40 pm, View Ridge Dr.

Reporting party wants to know if his wife is aware the mafia is coming to get them. Reporting party advising cops would know this.

6:39 pm, Mutiny Bay Rd.

Reporting party advising parked vehicle in parking lot of business on Mutiny Bay. Owner blocked reporting party's

vehicle in; not allowing her to move; has children in vehicle.

SUNDAY, SEPT. 19

12:57 am, SR 525

Reporting party states vehicle floored it, leaving parking lot and hitting a tree across the street. Blue Ford F-350.

12:03 pm, N Main St

Reporting party wants it recorded "I am going to sue Island County for a major drug ring;" was reported two months ago.

5:33 pm, Mobius Loop

Oak Harbor is run over with meth; someone needs to do something about it. Reporting party hung up before providing contact information or address.

MONDAY, SEPT. 20

9:05 am, S Ebey Rd.

Caller is looking for someone to help trace a leak. Water already turned off.

9:06 am, N Main St.

Caller states he has "saved Island County;" "I am a prophet;" "I own the Cartoon Network;" "FBI will be investigating."

2:48 pm, N Main St.

Caller rambling once again about his daughter needing to be taken out of Oak Harbor School District. Mentioning mafia, FBI and Cartoon Network.

TUESDAY, SEPT. 21

8:04 pm, SR 525

Reporting party advising his wife got too drunk at restaurant and husband decided to leave; now wife is damaging his car.

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

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southstore@islandcountyhabitat.com

What's Going On

All entries are listed chronologically, unless there are multiple entries for the same venue or are connected to a specific organization (such as Sno-Isle Libraries) in which case all entries for that venue or organization are listed collectively in chronological order under one heading.

Holiday Pie Drive Thru

Thursday, November 18, 4:00-6:00PM
Summer Hill Senior Living, Oak Harbor

Meet and greet with the leadership team! As a token of gratitude, enjoy a complimentary apple or pumpkin pie, along with sparkling cider or hard cider, and kettle corn from Ma & Pa Kettle Corn. Please call or text Karen Ray at 360-672-6047 or email info@summerhillssenior.com to schedule a tour. Summer Hill Senior Living is located at 165 SW 6th Ave.

Mr. and Mrs. Fitch

Thursday, November 18, 7:30PM
Friday, November 19, 7:30PM
Saturday, November 20, 7:30PM
Black Box Theater, Langley

When the social circuit no longer provides juicy morsels, when the pressure to create news in our never-ending news cycle becomes just a bit much, gossip columnists Mr. and Mrs. Fitch realize it's time to toss back the martinis, toss around the bon mots and realize great celebrity can just appear out of thin air. This wicked, urbane comedy is a scathing look at who is in, who is out and who may not even exist at all, starring Patricia Duff and Jeff Natter. Tickets are \$16 for students/seniors (62+) and \$20 for adults. Reservations for tickets are available by emailing Outcast Productions at ocp@whidbey.com; payment is made by cash or check at the door.

Greenbank Farm Holiday Market

Saturday, November 27, 11:00AM-5:00PM
Saturday, December 4, 11:00AM-5:00PM
Greenbank Farm, 765 Wonn Rd

All vendors are local to the area. Enter the raffle for prizes from Greenbank Farm shops. Santa will be available for photos from 12:00-2:30PM. Masks required. For more information, visit whidbeyislandmarkets.com.

Classes, Seminars and Workshops

NRA Basics of Pistol Shooting Course

Friday, November 19, 6:00-9:00PM
Saturday, November 20, 9:00AM-5:00PM
NWSA Range, 886 Gun Club Rd, Oak Harbor
Cost: \$50

This course introduces students to the knowledge, skills and attitude necessary for owning and using a pistol safely. The pistol handling and shooting portion is completed at the NWSA range where students will learn about safe gun handling, pistol shooting fundamentals, and pistol shooting activities. The Basics of Pistol Course will also help prepare the student for participation in other NRA courses. This class includes shooting on the NWSA Pistol Range. Students can register online at nrainstructors.org

For questions or to register, call NRA instructor John Hellmann at 360-675-8397 or email NWSA.Training@gmail.com. Additional information can be found at www.northwhidbey-sportsmen.org.

HOLIDAY HAPPENINGS

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- Masks required

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November 27

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- 2-4 pm Studio J Images Professional photos and Hoof Prints Photo Booth...kids, dogs, families welcome!
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- 5-6 pm Magic Shopping Hour.

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Make a Difference

By Anna Toledo

Island County Marine Resources Committee and Shore Friendly Coordinator

IT'S ALL CONNECTED

This is the time of year when we are often asked to reflect on what we are grateful for. Even as the weather turns colder and wetter, I find myself grateful for the ability to enjoy a walk in the woods, covered by a canopy of evergreens. For this month, I would like to take a new spin on the gratitude of this season, and invite you to reflect on the inter-connectedness of the natural world.

Earlier this year, the Island Local Integrating Organization (ILIO), published a report on a survey focused on Island County residents' natural resource values, their sense of place and their interactions with the shoreline. One of the key findings from this report, which can be read on the ILIO website (www.islandcountywa.gov/Health/DNR/ILIO/Pages/Home.aspx), was that residents understand Island County's natural resource goals are connected. That is, it is hard to prioritize natural resource goals precisely because each component of the ecosystem is connected to and reliant on other components of the ecosystem.

In a complementary effort, the Island County Marine Resources Committee (MRC) conducted a needs assessment, involving in-depth interviews with county leaders and natural resource partners, with one of the goals being to identify pressing and emerging marine resource issues. The report and supporting materials can be read on the MRC website: www.islandcountymrc.org/projects/2021-needs-assessment/. One of the key findings from this report was also related to the interconnectedness of ecosystem relationships – recognizing how actions in one part of the ecosystem impact species and processes in other parts of the ecosystem.

With this recognition of the complexities and interconnected relationships of the environment we live in, what can we do with this information?

A great first step is to dig a little deeper into our own behaviors. In this season of reflection and gratitude, I invite you to an increased awareness of your natural surroundings. I encourage you to choose a couple of different habitats; get to know them up close and reflect on their connection to other parts of the ecosystem. To get you started, here are a few suggestions:

Take a walk in a shoreline habitat. Ask yourself:

- What materials do I see here that originated in the uplands? Which are natural and which were introduced by humans?
- What organisms do I see here? What natural resources do they rely on? How are they impacted by actions in the upland?

Next week, take a walk in an upland habitat. Ask yourself:

- When rain falls here, where does it go? What might it pick up along the way?
- What actions in the upland might have a positive impact on neighboring habitats? What actions might have a negative impact?
- You can try this with other habitat types as well – lakes, wetlands, streams, forest, prairie.

Now, take a walk around your yard. Ask yourself:

- What organisms utilize this area?
- How does my use of this space impact the habitat?
- What do I value about the natural environment? How can I help protect what I value?

We each have a role in the habitats we live in and those we visit to consider how our actions affect the ecosystem as a whole. The impact we have on the environment stretches beyond our immediate view. Living on an island, this impact can be felt even more closely. We are surrounded by the very water that is impacted by our actions in the upland. The fertilizer we spread on our yard may wash into a nearby stream. The native vegetation we plant on our bluff may stabilize the soil and provide important habitat for nearshore organisms. The candy wrapper we leave on the picnic bench may blow into a storm drain and out into Puget Sound.

Our actions have far-reaching impacts, and we have the choice to make positive impacts or negative ones. With increased awareness, we can be more mindful of what potential effects our actions might have and choose to protect the natural resources not only in our own backyard, but throughout the Whidbey ecosystem and beyond.



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MIKE

Bus Operator

With his short stature, red hair, and long beard, Mike would fit in on the Lord of the Rings movie set. His character would step in to help the faltering hero, tip his hat, and humbly be on his way. In fact, Mike recently did something like that. He was driving his bus through town when he saw a man fall on the sidewalk and hurt his head ... twice. Mike secured the bus, called for assistance, and delivered first-aid until paramedics arrived. When the man was taken care of by the paramedics, he continued driving his route. Mike was a bus rider before he came to work for Island Transit. He feels his experience taking the bus gives him a better perspective as a bus operator. He likes helping people, hearing their stories, whether as a paratransit driver, on the regular routes, or occasionally assisting someone on a sidewalk. "Customer service", he says, "is where the rubber meets the road."



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Photo Courtesy of North Cascade Youth Football League
The Oak Harbor Wildcats Youth Football team (11/12 year-olds) have won the championship in the Junior Mountain division of the North Cascade Youth Football League.

Oak Harbor team wins youth football championship

The Oak Harbor Wildcats are winners of the Junior Mountain Division of the Youth Football Championships, held Saturday.

The 11/12-year-olds were the underdogs going into the game, but the team dominated the competition. Number 59 Noah Bradley had two touchdown runs, while #32 Cory Moyer, Jr. and #10 Dylan Ebersberger helped the team reach a combined 250 yards and claim the championship for the Wildcats.

Here are more results from the Youth Football Championships, courtesy of Rob Norman, president of the North Cascade Youth Football League:

Peewee Valley:

Team Captain and game MVP Griffin Bjornstad led the Friday Harbor Tigers to victory, rushing for over 120 yards while finding the

end zone five times. Bjornstad was the focal point in a team effort that saw the Tigers finish off their season with a perfect 10-0 record.

Peewee Mountain:

The one-two punch of #1 Nick Leonard and #2 Dequan Dunmore carried the day for the Knights as they capped off a perfect 10-0 season. Nick Leonard rushed for two scores and passed for another while Daquen Dumore found paydirt on the ground and through the air with a rushing touchdown and a reception from Leonard. Number 5 Jack Murphy contributed to the scoring on the defensive side of the ball with an interception returned for a touchdown.

Midget Valley:

A combined effort on the ground by #31 Kash Griffith and #33 Paker Aylward led the

Friday Harbor Tigers. With a pair of touchdowns on the ground and a combined total yardage of just over 200 yards on the day, the duo secured the victory for their team.

Midget Mountain:

Number 2 Kai Sokol found the endzone on two separate occasions on the ground while #6 Sebastian Lucatero joined the festivities on the ground leading the Mount Vernon Bulldogs to carry the day. The ground attack led the Bulldogs on their way to capping off their season with a perfect 10-0 record on the year.

Junior Valley:

The Lakewood Cougars had an array of support on their way to bringing home the Junior Valley Championship. Number 40 Derek Wilson put up 164 yards and two touchdowns on offense, while #58 Wesley

Wise tallied 3.5 sacks and a game-tying fumble recovery in the endzone. To top the Cougars performance, #33 Aaron Stringham converted the game-tying touchdown PAT to secure the championship for the Cougars.

Seniors:

The Bellingham Knights ended their season with a huge victory for their outgoing Senior Division team. Number 4 Harley Kaiser joined forces with game MVP and team Captain #2 Nolan Wright to combine for just over 230 yards on the ground and four scores. Number 2 Nolan Wright accounted for three of the four scores on the board, putting the team on his back on both the offensive and defensive side of the ball, adding some hardware to the cabinet for the Knights as he looks to continue his play at the high school level.

ROOTS continued from page 2

ing the Earth, what can be done to repair the damage and how this work can have a positive impact on climate change. She hopes it will raise questions for those in the audience.

"We hope they leave with big questions," Feldman said. "The kind that won't let you go. Questions that generate more questions and thus lead to critical thinking. We hope they leave with ideas they can implement themselves, rather than just work they want others to do."



Photo Courtesy of the Organic Farm School
The Organic Farm School in Clinton tries to retain "permanent beds" to reduce the need for tillage as it prepares beds in the spring. For this reason, straw is put down in the tractor paths to maintain cover and protect against erosion. Notice the rye (a cover crop) beginning to grow in the actual beds.



"Arenas for public discourse, for the sharing of science and culture, for shared learning and thoughtful doing – these are critical at this point in time," she continued. "We must find opportunities to engage in meaningful conversations that move beyond us/them and instead focus on we/us."

"WICA hopes to accomplish a conversation around what could be a powerful solution to the growing effects of Climate Change," said Duncan. "The 'New York Times' says of this film: 'Kiss the Ground' inspires a rare feeling of hope.' This is an opportunity to showcase art in a way that speaks to our humanity."

Tickets for Friday's screening and panel discussion are \$15 each and are available at wicaonline.org. The panel includes Feldman, farm manager Peyton Cypress and Will Noe, field assistant and a graduate of the Organic Farm School. OFS is

a nonprofit organization that offers a fulltime, seven-month training program aimed at teaching aspiring farmers the skills needed to run a small, organic farm. Find more information online at organicfarmschool.org. Learn more about the film at kissthegroundmovie.com.

"'Kiss the Ground' is a beautiful, inspiring movie," said Feldman. "It is not a robust 'how to,' instead it is a rowdy rally cry for 'why not,' that leaves the specifics to farmers who are willing to be in a relationship with their land and the people they feed."

"I think attendees will be deeply moved by this film while being informed on a global issue," Duncan said. "Then, to have our local Organic Farm School speak to its work right here on our island, we begin to see how important all our choices are. It will be a thought-provoking evening."



Let's Dish!

with Kae Harris



THE MYSTERIOUS MAGIC OF MUSHROOMS

Nothing captures the imagination as much as mushrooms do. Featured in literature and early childhood fables, including the faded watercolor-like illustrations, mushrooms have long since been a focal point for humans. That's not to say it's relegated to the pages of old books, of course, and in fact, the Pacific Northwest and its rather amenable climate allows for the perfect conditions in which to go-a-mushrooming. Now, as a disclaimer: educate yourself about mushrooms and never assume anything is safe to touch or eat without referring to professionals and experts first! I am not a mushrooms expert, though I am highly intrigued by the fungi. In any event, I'm talking today about this rather old member of Mother Nature, and yes, I know I've covered mushrooms before, but there are always new and exciting things to learn in the world of food! Let's take a look.

Mushrooms have been used in the cuisine of various civilizations for not only their flavor but for medicinal and herbal properties as well. Mushroom use in the culinary world is experiencing a resurgence because of their low carb, low fat and high protein properties, combined with their ability to be used as a meat substitute. In fact, eating mushrooms (or mycophagy) has been a part of human culture as far back as 3400 BCE and in those times, it wasn't just seen as a food, it was also a status symbol. Ancient Greeks and Romans were spearheading status with mushrooms, as it was viewed as a food reserved for the higher-ranking members of society. Many of these powerful mycophagists (a marvelous word I learned in writing this column!) employed food tasters to make sure the mushrooms they were being served were not poisonous. And, while it's doubtful these "taste testers" were envied or looked upon as part of the "in crowd" of the rich and well-to-do, there was something that clearly made mushrooms a highly prized commodity in ancient kitchens. Well, enough to sacrifice other humans in the quest for the best and most non-poisonous ones, at any rate. So what was it? It comes down to the fungi's properties. We are still discovering new medicinal purposes of mushrooms today, but their use as medicines is something that has been clearly documented over the millennia. Mushrooms being made into soups and served in stews were among the most effective ways of extracting the essential vitamins and minerals that purportedly make mushrooms such an effective disease-fighting remedy.

While the conventional way of cooking mushrooms has been to sauté them in a pan with butter or oil to "drive out the moisture," there are newer techniques and methods that you may find more advantageous in not only cooking mushrooms more effectively, but in preserving their nutritional profiles better. Oddly enough, one of the best ways of cooking mushrooms is to start them off in a cold pan with some water. It might seem counterintuitive to do this but as our understanding of mushrooms has increased, especially in regard to their cellular structure, research has shown the most effective way of getting the Maillard reaction every cook craves is to allow the natural fats of the mushroom to come out during the cooking process, as opposed to drowning them in added lipids. That being said, mushrooms sautéed in butter and garlic will always be one of my all-time favorites, but I have found myself more open to other cooking methods that may seem rather unconventional.

The complex structure of mushrooms means they do not always respond to traditional cooking methods in the way we might expect. The Mushroom Technological Center of La Rioja (CTICH) in Spain conducted several studies to find out which cooking method preserved the most nutritional value in our mysterious fungal friends. Its research found the best techniques to employ are grilling – and using a microwave. I have never felt so underwhelmed by reading such findings. I doubt any Michelin star award-winning chef would be very

understanding if a sous chef arrived in the kitchen with a microwave in tow because they need it for the mushrooms! But for us home cooks, grilling and microwaving are very acceptable and I would be happy to see something come out of my microwave that isn't neon yellow and masquerading as a super healthy snack for my kids!

So, why are grilling and microwaving the best ways of cooking mushrooms? It turns out cooking mushrooms in these ways ensures hardly any nutrients are lost and that, surprisingly, antioxidant levels in the mushrooms increased! Who knew a microwave could one day be the key to better health and an improved diet? Regardless, mushrooms are still delicious boiled in soups (in fact, some mushrooms such as enokis are best suited to this culinary style) or sautéed, but it is worth looking into new cooking techniques as our understanding of mushrooms grows.

Now that we've covered cooking techniques, I guess all that's left to do is figure out which mushroom is best suited for your meal! White button mushrooms are amongst the most widely available and their mild texture means they are perfect to be sliced and eaten raw in salads, although they are just as delicious in a cream sauce or as a pizza topping. The portabella (and smaller version called the cremini) are ideal for grilling, sautéing and being made the star of a dish by acting as the main source of protein and if need be, a meat substitute. Enoki and shitake mushrooms are perfect for soups and to be added as toppings in ramen or any other noodle dish you may have whipped up. Additionally, dried mushrooms can be reconstituted and their intense umami profile will give a soup, or any dish you are incorporating them into, that kick to take it to the next level!

I hope you have found a new appreciation for the often forgotten and rather mysterious mushroom. Not only are they fantastic ingredients, but they are fascinating organisms that keep on stumping and revealing new qualities and features to scientists every day. I would encourage you to incorporate mushrooms into your diet in any way possible; if you have a favorite recipe or way of preparing mushrooms, please write to me at letsdish.whidbeyweekly@gmail.com and I'll be sure to Dish with you! In the meantime, I'm going to share one of my favorite creamy mushroom sauce recipes (tweaked a little, as per my taste buds) from damndelicious.net and I hope you thoroughly enjoy it!

Creamy Mushroom Sauce

- 3 tablespoons water
- 2 tablespoons butter
- 3 cloves minced garlic
- 16 oz cremini mushrooms, thinly sliced
- 1/3 cup heavy cream
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried parsley
- Salt and pepper to taste

Start by placing your mushrooms in a cold pan with water and butter. Increase the heat to medium high and sauté. You might notice the water content increase; that's okay, keep cooking until the water starts to evaporate off, at which point, add your garlic and reduce heat to medium, sautéing for another couple of minutes or until mushrooms are tender. Reduce heat to low and add heavy cream, oregano, basil, parsley, salt and pepper and bring to a simmer until reduced and the sauce has thickened somewhat. Remove from heat, serve however you choose and enjoy!

<https://damndelicious.net/2015/01/02/easy-creamy-mushrooms/>
<https://foodprint.org/real-food/mushrooms/>
www.thespruceeats.com/a-new-way-to-cook-mushrooms-913400
<https://www.mushroomcouncil.com/cooking-quickly-how-to-microwave-mushrooms/>

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Saturday, November 20

SVC Men's Basketball @ Everett CC - 2pm

Sunday, November 21

SVC Men's Basketball @ Everett CC - 4pm

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SVC Men's Basketball vs Big Bend - 7pm

Stream opens 60 minutes prior to tip-off times.

Pre-game is 15 minutes prior to tip-off for start of every cast.

www.soundsportsnet.com





Life Tributes

Larry Dale Sieffert



Larry Dale Sieffert, beloved and longtime resident of Oak Harbor, passed away unexpectedly Nov. 10, 2021, at the age of 67, due to complications from COVID-19.

Larry was born in Oak Harbor on Earth Day, April 22, 1954, to George and Jennie (Lam) Sieffert. He grew up on a small farm on Monkey Hill Road with his four siblings. Before heading to school each day, Larry's morning chores would include milking the cows by hand and feeding all the animals. The hard work on the farm provided him with an incredibly strong work ethic. Larry attended Oak Harbor High School and graduated with the class of 1972.

Larry worked with the Washington State Parks and absolutely loved being out in nature. He developed and maintained trails and campsites and made sure the park was kept clean. Larry loved the perks of working at the park; he got to camp out in all the special spots and enjoy the nature surrounding him. Larry spent most of his career driving mixer trucks and working as a mechanic for several sand and gravel companies and ultimately retired from Concrete Nor' West in Oak Harbor.

Larry was a man of many interests and talents! He was an avid outdoorsman and a highly skilled bow hunter; he even helped build an archery course in Oak Harbor. Larry loved to go hunting with his brothers and friends, traveling all over; he very rarely came home empty-handed. He and his brother, Gene, would make delicious sausage with the harvested meat and share it with their families. Larry loved going out on his boat to go fishing and crabbing and shooting carp with his bow. His favorite places were out in nature and on the golf course. Larry was also an amazingly talented artist; he blessed many people with his paintings over the years.

Larry met the love of his life, Jill, in April of 2003 while out for an evening of dancing and live music. He asked her to dance to his favorite dancing song, "Mustang Sally," and the rest was history! They were married two years later, in April of 2005, in Oak Harbor. They created a beautiful life together! Larry welcomed Jessica and Jamesa into his heart as his own daughters and loved them with his whole heart. Larry had a huge sense of adventure. He loved going on new adventures with his Jilly! There was always something new to do, or someplace new to visit. There were many family trips and experiences, especially with his grandchildren. His grandchildren brought him so much joy!

Larry was known for his larger-than-life personality and his absolute zest for life! He will be deeply missed by everyone who knew and loved him. Larry most certainly left his mark on this world by showing kindness and compassion toward everyone he ever met. There is no one in this world who has a bigger heart than our Larry!

Larry is survived by his loving wife of 16-and-a-half years, Jill (Daugherty) Sieffert; his children, Tovi Sieffert of Bend, Ore.; Daniel Mack of Clinton, Wash.; Jessica (Aaron) Bingham of Temecula, Calif.; and Jamesa Woods of Tacoma, Wash.; his siblings, Ed Sieffert of Buckeye, Ariz.; Gene (Mickey) Sieffert of Hermiston, Ore.; and Shelley (John) Shepherd of Concrete, Wash.; his grandchildren, Austin Ryan, Draven Smith, Cadynce Sieffert, Emily Bingham and Benjamin Bingham; several nieces, nephews, and cousins; and his very special golfing and fishing buddy, Michael Murcay. He was preceded in death by his parents and his older brother, Butch Sieffert.

Services will be held Friday, Nov. 19, 2021, at Wallin-Stucky Funeral Home in Oak Harbor. In lieu of donations and condolences, the family asks that you bless other people with acts of kindness in honor of Larry. Please pay his kindness forward and let his light shine on.

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

Pam's Prayer Corner

In honor of my late mother-in-law, Pamela Kaye Young, this column is a place where believers can share their prayer requests for others to help lift them up in faith. The prayers can be for you, a family member, or anything weighing on your soul. Email info@whidbeyweekly.com or call 360-682-2341 to share your prayer requests.

Heavenly Father,

The holiday season can be a joyful time but it can also be quite a trial and even a deep sadness for many people, especially those who are alone at this time. Draw close those who are alone and lonely over this holiday season. We pray they discover a closeness in their relationship with You perhaps they did not enjoy before.

Amen.

"Keep me safe, my God. For in you I take refuge."

Psalm 16:1



EDITOR'S NOTE:

In last week's "Our Community" column, the conclusion of Bob Bartlett's response to the question was inadvertently deleted. Also, due to space issues, we could not include the response from Dick Johnson.

We regret this, and are therefore including Mr. Bartlett's full response as it should have appeared, as well as Mr. Johnson's response.

OUR Community

An Upbeat Question of the week

By Helen Mosbrooker

As a veteran, what is your most memorable and positive experience while serving our country?



Bob Bartlett, Oak Harbor

As a member of the VFW Post 7392 in Oak Harbor, One of my most memorable and positive experiences, while in the service of our country and my 20 year Navy career, was in 1971 when I was returning home from a one year tour in-country South Vietnam. I was assigned to maintenance support for the Navy's HAL-3 Seawolves (Light Attack Helicopter) squadron at Binh Thuy, RVN. This was likely the most unpopular war in our country's history, with all the war protests going on it was not a good time to be wearing a military uniform. So I was directed to wear civilian attire while traveling back home in the United States

to avoid the protesters. My thoughts were, it was not a "welcome home" while serving my country that I had imagined. After the MAC flight landed at Travis Air Force base in California, I made my way to the airport in San Francisco to catch my flight back home while avoiding several protesters. I had a layover in Phoenix and while there a gentleman approached me and kindly asked if I was in the military. We shared some information after a few minutes and he wanted to "thank me for my service" and bought me a drink at the airport lounge. He helped me to be "proud to be an American" again.

Dick Johnson

formerly of Oak Harbor, now Prescott Valley, Ariz.



There were many memorable and positive experiences during my Navy career because of my many hours as a Flight Crew Plane Captain/Flight Engineer in transport aircraft (1953 - 1972) and meeting many challenges, such as four different model aircraft, extreme weather conditions resulting in the loss of two engines due to water ingestion into the engine ignition systems, engine failures/fires and in one case a massive oil leak and electrical fires or problems! Philosophy then was this: YOU signed for the aircraft, YOU flew the aircraft, YOU broke the aircraft, SO YOU fix the aircraft and YOU bring it home!

But I guess being selected by Vice Admiral Cooper as the first Force Master Chief for the Chief of Naval Reserve and serving on the CNO's (Chief of Naval Operations) Fleet/Force Master Chiefs Advisory Board along with the Navy's second MCPON Jack Whittet (Master Chief Petty Officer of the Navy) tops them all, as I was able to set the tone for the future Naval Reserve Force Master Chiefs (and I was told that by the 3rd Force Master Chief Harvey Murphy at the 96th anniversary of the Naval Reserve at the Pentagon in Washington, D. C.) and provide feedback to the CNO from the enlisted community i.e., the sailors, without the filtering that occurs using the normal chain-of-command route. I always spoke my piece but ensured that I had valid backup for supporting my statements!

I enjoyed my Navy service totally and feel fortunate that I had the ability to help my military brothers and sisters protect our REPUBLIC as defined in our country's Pledge of Allegiance!

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OUR Community

An Upbeat Question of the week

By Helen Mosbrooker

What are three rewarding things you have experienced while being in 4-H?

Sammie L., 11, Coupeville

"I have learned to have compassion for the people that are around me and also for the animals.



Courage is something else I have learned because it's scary having to be in front of people.

And lastly, I have learned to keep my head held high. I may not always get the score or place I wanted, but I've learned there's always a next time.

Zoe W., 13, Freeland

1. Meeting friends that share my interests.

2. All the fun things I get to do in 4-H.

3. Being able to learn about my animals.



Madison T., 14, Oak Harbor

K9 Korps Dog Club in Oak Harbor.

"Among the things 4-H has taught me and that have been rewarding, are learning to be comfortable in public speaking and in leadership roles. Also, what has been rewarding is that my dog, Stella, has only been trained by me. Stella is now 3 years old and does all sorts of events. She was also a finalist at Westminster, which was quite an accomplishment.



Bailey W., 18, Coupeville

Senior 4-H member of south Whidbey Centaurs



"It has been rewarding learning the skills that I will need to benefit my future goals. It is rewarding to help kids and adults at the fair who don't get to experience horses every day light up with joy seeing the animals and learning new things about them. As we are coming to the end, last thing that is the most rewarding thing about 4-H is what I call my 4-H family – the ones who have taught me as much as they. They are the people I'm proud to call family.

Abby R., 15, Freeland

Three of the most rewarding things I have experienced through 4-H are confidence, leadership, and responsibility.

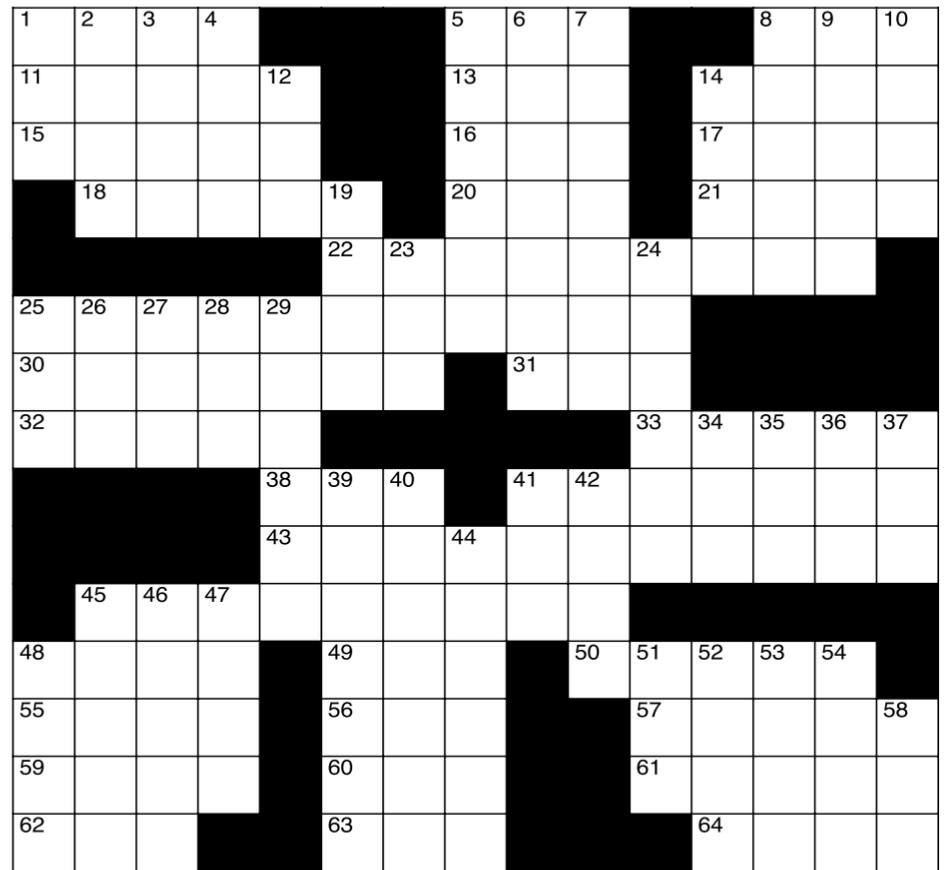


I have learned confidence by being able to speak publicly and present myself and my animal in the best possible way. I have learned just as much by losing humbly as I have by winning gracefully.

I've learned leadership through years of working with all ages of kids, both being mentored and mentoring others.

I've learned responsibility through the care of my animals, meeting deadlines, and planning events. I have really grown through 4-H.

Crossword Puzzle



CLUES ACROSS

- 1. Taxis
- 5. Mega energy unit (abbr.)
- 8. Single-strand break
- 11. Combinations of countries
- 13. Cutting tool
- 14. Small bay in Gulf of Maine
- 15. Actress Lathan
- 16. Chatter incessantly
- 17. Energy, style and enthusiasm
- 18. Simple shoe
- 20. Woman (French)
- 21. Abnormal rattling sound
- 22. Able to change
- 25. Future butterfly
- 30. Used in cooking and medicine
- 31. A street for night-mares
- 32. French modernist painter
- 33. Dishonors
- 38. Integrated data processing
- 41. Frameworks
- 43. Apply new materials
- 45. Where merch is displayed
- 48. American figure skater Lipinski
- 49. Cycles per second

CLUES DOWN

- 50. Oohed and __
- 55. Dark olive black
- 56. Peyton's little brother
- 57. Plant in the bean family
- 59. A wife: __ covert
- 60. Born of
- 61. Arranges balls on the pool table
- 62. Title of Italian monk
- 63. Tooth caregiver
- 64. American feminist poet
- 1. Dan Rather's old network
- 2. Expression of sorrow or pity
- 3. __ fide (Latin)
- 4. Sign of healing
- 5. Warm-blooded vertebrate
- 6. Model
- 7. Of or relating to plants
- 8. Plant of the heath family
- 9. Where to weigh something
- 10. Internal structure
- 12. __ Paulo, city
- 14. South Slavic person
- 19. A way to record
- 23. Have already done
- 24. As much as one can hold

- 25. Auburn legend Newton
- 26. Comedienne Gasteyer
- 27. Beloved dog Rin Tin __
- 28. Midway between east and southeast
- 29. Call it a career
- 34. Former CIA
- 35. American time
- 36. Confederate general
- 37. Soviet Socialist Republic
- 39. Travel downward
- 40. Made red-blue
- 41. Vietnamese revolutionary Le Duc
- 42. Capital of Italy
- 44. Small bunches of flowers
- 45. Calvary sword
- 46. A distinctive, pleasant odor
- 47. A well-defined track or path
- 48. Cereal used to make flour
- 51. Retrospective analysis (abbr.)
- 52. Grayish white
- 53. Engrave
- 54. Famed men's basketball program
- 58. Midway between south and southeast

Answers on page 15

CAN DO SUDOKU!

On a scale from 1 to 10...6.0

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

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

Answers on page 15

YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST

Thurs, Nov. 18	Fri, Nov. 19	Sat, Nov. 20	Sun, Nov. 21	Mon, Nov. 22	Tues, Nov. 23	Wed, Nov. 24
North Isle H-44°/L-41° Rain	North Isle H-48°/L-43° Mostly Cloudy	North Isle H-49°/L-42° Cloudy	North Isle H-50°/L-40° Rain Possible	North Isle H-52°/L-45° Cloudy with Possible Shower	North Isle H-50°/L-43° Showers	North Isle H-51°/L-44° Mostly Cloudy Possible Shower
South Isle H-43°/L-40° Rain	South Isle H-45°/L-38° Mostly Cloudy	South Isle H-46°/L-40° Cloudy	South Isle H-45°/L-41° Rain Possible	South Isle H-47°/L-43° Cloudy with Possible Shower	South Isle H-47°/L-41° Cloudy	South Isle H-50°/L-43° Partly Sunny



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- ✓ FREE Battery Fluid & Fill

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Community Bulletin Board

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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@servalt-cfs.com

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

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

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

VOLUNTEER OPPORTUNITIES

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@islandshake-spearefest.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 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 Islands. 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, 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

How'd you do?

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

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are interested in volunteering please go to the Island County MRC website for more information or contact 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 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 or call 360-321-1484.

JOB MARKET

Senior in Coupeville needs light cleaning help. Call Hank, 360-678-7591 (3)

CAREGIVER: All Heart Agency, LLC is hiring full and part time caregivers for adults with disabilities on Whidbey Island (Oak Harbor and Coupeville). Must pass background check and be at least 18 years old with high school diploma/GED or higher education. NO EXPERIENCE NEEDED. Paid training and benefits. COVID and Flu vaccinations required. Please call 360-969-3553 (1)

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Forget Me Knot Cake Co. can make your holidays delicious

The holidays are fast approaching and the best way to cap off a special occasion is with an extra special dessert! Let Forget Me Knot Cake Co. help make your holidays deliciously unforgettable.

Forget Me Knot Cake Co. is a small, artisanal bakery which focuses on wedding and special occasion cakes. Based in Oak Harbor, Forget Me Knot serves Whidbey Island as well as Skagit and Whatcom Counties. While the business was founded in 2019, owner Kathy Reed is a longtime cake decorator and brings more than 20 years of decorating and baking experience to the dessert table.

Each and every order placed with Forget Me Knot Cake Co. is baked from scratch to your specifications, meaning Reed has the ability to spend time making sure every order looks and tastes its best. Plus, with that much experience, Reed is able to offer services and products not readily available elsewhere, such as fondant icing and gumpaste flowers and accents, all handmade to exacting and food-safe standards. Customized edible prints or photos are also available to add even more personalization to your special events or business functions.

Planning a holiday gathering? Reed can provide custom, specialty cakes of all shapes and sizes for any occasion. Consider adding a little sweetness to your holiday festivities with cupcakes, decorated cookies or even cake pops. All you have to do is ask! Just remember, dates book quickly, so it's always best to get your orders in early.

Perhaps you're looking to give someone a delicious gift – Forget Me Knot Cake Co. can provide gift certificates and custom orders to make gift-giving easy and delectable this holiday season!

If you've already begun planning for a wedding in the future, Reed is happy to arrange a complimentary cake tasting and consultation to discuss design ideas and ways to make sure your cake is the perfect touch for your special day.

If you are interested in discussing a cake for an upcoming event or in placing an order, call her at 360-929-1452 or email forgetmeknotcakeco@gmail.com. To see more of Reed's work, check out the gallery at forgetmeknotcakeco.com.



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