

January 20 through January 26, 2022

FREE

# Whidbey Weekly

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## WHIDBEY GARDENING WORKSHOP



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KEYNOTE SPEAKER  
**Dan Hinkley**, noted  
horticulturist, plant explorer,  
and engaging speaker.



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*read more about the workshop inside*

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## Welcome spring at Whidbey Gardening Workshop

By **Melanie Hammons** Whidbey Weekly

An old nursery rhyme poses the question, "How Does Your Garden Grow?" The Island County Master Gardener Foundation invites all those seeking answers to that question and more to its 34th annual Whidbey Gardening Workshop March 4-6.

Foundation chair Carole Matthews says this year's workshop, for the first time ever, is a three-day event.

"We've included so many classes, seminars, and field trips, we found that one [day] just couldn't accommodate everything. This year's workshop offers people both indoor and outdoor experiences, and there'll be something for everyone," she said.

Field trips are slated for Friday, March 4, and cover various locations on Whidbey Island and Everett. Topics include everything from seed propagation to hands-on pruning techniques. Knowledgeable subject matter experts will conduct the field trips, said Matthews.

"Participants will have the opportunity to sign up for a morning field trip and one in the afternoon, if they so desire. Space is limited on these, so we highly recommend early sign-up," she said.

The workshop's second day, Saturday, March 5, is held on the Oak Harbor High School campus. The approximately 30 in-seat classes, as with the field trips, are taught by experienced, knowledgeable gardeners. A diverse range of courses includes everything from ornamentals, food gardens, and how to encourage helpful pollinators, birds, and honeybees. One course in the early afternoon session is the informative, yet whimsically titled, "Botanic Nomenclature for 'Fraidy' Cats."

As deeply comprehensive as all the aforementioned promise to be, the rest of Saturday's itinerary encompasses what could be the zenith of the workshop's many attractions, according to Matthews.

"Our keynote speaker is Dan Hinkley, a renowned teacher, gardener, naturalist, writer, and consultant," she said. "Dan's presentation is titled 'Gardening for Good.' He will outline ways and suggestions for how to prepare gardens and plants to cope with projected future growing conditions that are changing."

In his presentation, Hinkley draws on his own world-wide travels and extensive horticulture experience. He is credited with designing the renowned gardens, Windcliff and Heronswood Garden. Books authored by him include "Winter Ornamentals" and two iterations of "The Explorer's



Photo Courtesy of Island County Master Gardener Foundation

An in-person marketplace will be back at this year's Whidbey Gardening Workshop, set for March 4-6. The marketplace, to be held Saturday, March 5, will feature garden art, plants, seeds, tools, books and much more.

Garden." His latest book, "Windcliff: A Story of People, Plants and Gardens," will be available for purchase.

"Participants in Saturday's workshop have the opportunity of sharing a box lunch with Dan, too," said Matthews. "Limited to 30 attendees, it will be a show-and-tell type event over a delicious box lunch that's prepared by Oak Harbor High School Wildcat Catering."

As if that were not enough, there are many more enticements to be enjoyed at Saturday's workshop. In addition to the in-seat classes, there will be a Master Gardener Plant Clinic at which gardening questions from A - Z find answers. In another first, the WGW is providing an online auction. Those prizes focus on Whidbey Island-style adventures, such as sailing excursions, wine tastings, weekend stays with dinner and more. Results will be announced Saturday afternoon.

"There will also be book signings by authors, including one by Dan Hinkley," Matthews said. "Ticket-holders have the chance to win raffle prizes donated by our sponsors. And the Spring Marketplace, including over 40 local vendors, is not to be missed, either."

The Marketplace, slated to be set up in the high school's gym-

nasium, promises everything a gardener's heart could possibly desire to round out and complement gardens, front and back yards and landscape needs, said Matthews.

"This year's Marketplace includes vendors selling everything from unique garden art, plants, seeds, tools, books, furniture, gifts and much more," she said. "Many local vendors have signed up, giving people the chance to buy unique creations while helping out our small businesses all at the same time. And our own Master Gardener's Store features one-of-a-kind items crafted especially for the workshop; these purchases go to support ICMGF's mission."

Since the Marketplace opens Saturday from 8 a.m. to 5 p.m., there will be plenty of opportunities for workshop attendees to browse and shop. (The Marketplace opens to the general public at 10 a.m. for a suggested donation of \$5.)

The third day of the workshop, Sunday, March 6, is designed to meet the needs of those who love all things gardening-related, but are more comfortable taking part in a virtual-style environment, Matthews explained.

"These classes and courses are every bit as informative as our in-seat offerings on Saturday. They are webinars covering topics such as how to grow tomatoes in the Pacific Northwest, Japanese

See GARDENING continued on page 8



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# ON TRACK

With Jim Freeman



NOTE: Jim Freeman is on vacation the month of January. This column originally ran Jan. 24, 2019.

\*\*\*\*\*

Do you have trouble staying upbeat in a down jacket?

Have you ever upgraded while feeling down?

Did Hugh Downs live uptown?

Just wondering.

## Speaking of downsizing

Without checking with Siri and Alexa and Bixby and any of the other self-appointed manufactured gurus of the Wi-Fi world, I would guess most folks do not begin to think of downsizing until reaching the decade of their seventies.

For me, downsizing has never been on my bucket list.

I have no bucket list.

I have no bucket.

However, while living in a 91-year-old railroad caboose which just birthed hundreds of winter flies the size of baby drones, I decided over the weekend to begin a quasi-downsizing by relocating my books so I could swat flies.

For some reason, these winter flies, in no hurry, like to read.

Others like to rest on my paper towels.

Tip-Buy white paper towels so the winter flies are easier to see when they land.

According to Wiktionary, which would not have been allowed as a source in Miss Reid's 12th grade English class at Oil City Senior High, "downsizing," when used as a noun, is "An act in which a company downsizes or is downsized."

Don't you love it when the dictionary dudes use the word you want to define to define the word?

We would all be staying after school, writing it on the black board.

So, in looking up the root word of the gerund form, **downsize** is defined three ways, whether it is used as an *intransitive*, a *transitive*, or a *transitive euphemistic*.

Now I have three more words to define.

In the interest of keeping you wonderful readers, let us cut to the quick and use Wiktionary's examples.

**Downsize** (*third-person singular simple present downsizes, present participle downsizing, simple past and past participle downsized*)

1. (*intransitive*) To reduce in size or number.  
*Joe and Edna moved to a bungalow after deciding to **downsize** when the children had left home. The company chose to **downsize** by laying off half of its workers.*

2. (*transitive*) To reduce the workforce of.  
*They **downsized** the division by offering attractive early-retirement packages and selling off an office building.*

1. (*transitive, euphemistic*) To terminate the employment of.  
*Joe got **downsized** and became a plumber.*

Are you still with me? I wonder. Where did Joe use to work?

I believe I just heard several of you put away your pencils and close your test booklets.

The point I am not making is *downsizing* has little to do with getting rid of your stuff.

## Get down

One cannot change the size of one's possessions without smashing them or breaking them.

We can change their shape.

We can change their amount.

Yet, we cannot change their size.

Big is big. Small is small. Bigger is larger, downsize or not.

Why then do we say "downsize" when referring to getting rid of our acquisitions?

Why don't we just say we are "de-acquisitioning?" How about "de-hoarding?"

It could be the word *downsize*, whether transitive or intransitive, and who knew anyway, sounds more professional.

To *downsize* is softer.

When people hear that two syllable word, people think down.

Down is soft.

Just ask a pillow.

While downsizing can be uplifting, it can also be rewarding.

While moving books to swat winter flies or chase them, I found some of my original library books from childhood. As an uptown guy, how can I even think of downsizing such sentiments?

Shall we plagiarize instead?

## Terrific Triple Title

Remember the books in the 50s published by Franklin Watts, Inc. at 575 Lexington Avenue, New York 22, New York?

These books were part of the *Terrific Triple Title* series.

Books like *Alaska, Alaska, Alaska; Danger, Danger, Danger; Fun, Fun, Fun; Jokes, Jokes, Jokes*, and *Science, Science, Science*.

My 1953 copy of *Riddles, Riddles, Riddles*, is a bit soiled, but so are some of the riddles.

*What starts with a T, ends with a T, and is full of T? A teapot.*

*Tommy Tucker took two strings and tied two turtles to two tall trees. How many T's are there in that? To be perfectly frank, there are only two T's in that.*

Several of you just left the playground while the kids playing four square laughed with approval.

*If Dick's father is Tom's son, what relation is Dick to Tom?*

Tom is Dick's grandfather.

That last one tells me it is time to turn to *Jokes, Jokes, Jokes*, published in 1954, with selections by Helen Hoke, and she's no joke.

Did you hear about the absent-minded professor who returned from lunch and saw a sign on his door, "Back in 30 minutes," and sat down to wait for himself?

The absent-minded professor staggered from a train, his complexion very white.

"Riding backwards for ten hours," he explained. "I never could stand that."

"Why," his wife inquired, "didn't you ask the person sitting opposite to change seats with you?"

"I couldn't do that," said the professor. "There wasn't anybody there."

Mrs. Richmoney's new maid, Norah, had a very bad habit of interrupting her mistress with unpleasant household problems, usually just when Mrs. Richmoney was in the middle of a telephone chat, or serving tea to the Friday Afternoon Club ladies. One day just after Norah had interrupted a particularly important party, Mrs. Richmoney warned her that if she ever did it again, she could pack her things and leave immediately.

The very next day, Mrs. Richmoney was in the midst of a bridge game, and Norah appeared in the doorway, gesturing and about to speak. Mrs. Richmoney waved her back, finished the game, excused herself, and stepped into the kitchen to talk to Norah. "I'm glad to see you understand that I meant what I said yesterday. Now tell me, what's on your mind?" "Well, ma'am," said Norah, "I just wanted to tell you that the house is on fire."

According to Toronto Downsizing Diva Karen Shinn, CPCA, in her January 17 blog about simplifying, [www.downsizingdiva.com/blog/simplify-diva-dozen](http://www.downsizingdiva.com/blog/simplify-diva-dozen), here are twelve things we can do right now to simplify and rectify.

- Clean out under your bathroom sink(s).
- Make sure all lights are in working order. Change to energy-efficient bulbs.
- Fill a box with gently-used clothing and donate it to your favorite charity.
- Re-pot or refresh indoor plants and give them a new lease on life.
- Clear horizontal surfaces and only put back things you love. Donate the rest.
- Get bill paying up-to-date. Reconcile your checkbook.
- Update family photos in frames around the house.
- Open your junk drawer. De-junk it!
- Keep cleaning supplies you use regularly. Dispose of the rest responsibly.
- Edit your clothes. Keep the ones that make you feel fabulous.
- Sharpen all your pencils and make sure all your pens are working!
- Clean your fridge. Eliminate items past best-before dates OR unrecognizable.

My advice—just start with #11, then watch a movie, but maybe not *Downsizing*.

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

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Volume 14, Issue 3 | © MMXXII Whidbey Weekly

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# Bits & Pieces

## Letters to the Editor

Editor,

Just wanted to reach out to the community at large to say thank you for your ongoing generous support of the Coupeville Lions Club 16th Annual Scholarship Fundraiser.

For the second year, we are unable to hold our long-established in-person dinner and auction. So, again this year we are relying on community donations. Once again, we are looking to give our Coupeville High School Class of 2022 graduating seniors both recognition and financial support as they head off to college or vocational programs.

Our club members, as well as past and new donors, have already responded to a mailer we sent out last November. For this, we are thankful! We're hoping to add another \$10,000, or more, so we can invest meaningfully in the future of our inspiring youth.

We hope you will consider joining us in supporting our fundraising efforts by donating at [www.CoupevilleLions.org](http://www.CoupevilleLions.org) or sending your check to Coupeville Lions Club, PO Box 473, Coupeville, WA 98239.

Thank you,

Janet Burchfield  
President, Coupeville Lions Club

Editor,

This is a letter to the county commissioners: Apparently you are considering adding one percent to the sales tax to create free (?) housing for someone.

Let's examine this: Washington State has \$8.8 billion surplus, \$2 billion in reserves, and \$1.5 billion in unspent federal COVID money. The legislature and the governor have been going berserk raising taxes on anything they can dream up, and you want to raise our taxes even more? How about calling Inslee and have him chip in a million or two instead?

Second point: It's unlikely that a single 2X4 or box of nails will ever be bought. After salaries, expense accounts, office overhead, travel expenses, permits, design expenses, yada, yada, as in most government programs, none of it ever trickles down, only huge vaporous amounts of virtue signaling.

Here is my question: Why should I pay for somebody else's house? I spent 50+ years working to make sure my wife and I had a home when I couldn't work anymore. I didn't have two nickels to rub together, twice, but the last place I would go is to the government. I told the guy in the mirror, "get to work!" There are a few cases where outside help is needed, private charities are 1000 percent more efficient, the freeloaders who can work but don't or won't take care of themselves, load them on the free (?) bus, give them ferry fare, wave goodbye.

Last point: If it ever got to actually building, that means a bunch of land would be taken off the tax rolls, plus adding more property to maintain, which means I would pay MORE taxes.

To the people pushing this: If it is such a great idea, why don't you put a mother-in-

law house in your backyard? Yeah, that'll happen.

Rick Kiser  
Oak Harbor, Wash.

*EDITOR'S NOTE: Island County Commissioners are considering a 0.1 percent (one tenth of one percent) increase in the county's sales tax, to be earmarked for affordable housing for those residents earning 60 percent or less of the Area Median Income (AMI). A decision on the matter is expected in March.*

### Island Transit Executive Director Elected as Washington State Transportation Association's President for 2022 Board of Directors

Island Transit Executive Director Todd Morrow has been chosen as Washington State Transportation Association's (WSTA) board of director's president for 2022. WSTA, a nonprofit corporation, represents 30 public transit systems in Washington state as well as the Washington State Department of Transportation's (WSDOT) Public Transportation Division. Its mission is to promote and enhance public transit for Washington state citizens and advocate for legislation beneficial to public transit. The WSTA's board of directors are all chief transit administrators for their respective agencies.

Morrow, a 22-year transit industry veteran, will serve a two-year term beginning January 2022. In his role as Island Transit's executive director, Morrow has helped the agency weather the pandemic, expanded the agency's dedication to safety, successfully secured increased funding for capital improvement projects including the installation of solar panels on the Camano and Coupeville transit facilities, and guided the agency through the inter-agency process of moving towards a ZERO emission fleet.

Morrow brings a wealth of knowledge to this new role, serving as a leader in the public, private and nonprofit sectors. He is currently a board member of The Bus Coalition, which works to restore and increase federal funding for transit agencies across the United States. Throughout his career, Morrow has worked to promote public transportation at the local, state, and federal level. He believes transit is an integral part of the community, providing residents access to opportunities and a means to reduce our carbon footprint and improve our environment.

[Submitted by Selene Muldowney-Stratton, Island Transit]

### Cascadia Eye Opens Three "Excellence In Education" Scholarships to All Areas of Study

Cascadia Eye is pleased to announce it will offer its 20th annual \$1,000 scholarship opportunity to high school senior students in its service areas with a G.P.A. of 3.25 or better. Applicants must be planning to attend full-time programs at any trade school, college or university with no limitation to study focus or major.

The scholarships will be offered in three regions: 1) Skagit/North Snohomish County (including Camano Island), 2) Whatcom County, and 3) Island County except Camano Island.

Applications must be received no later than April 15. The application consists of the application form, an essay, official transcripts and one letter of reference from either a teacher or employer. Applications may be printed from Cascadia Eye's website, [www.ncascade.com/practice-news/scholarship-application](http://www.ncascade.com/practice-news/scholarship-application) and may be duplicated as necessary. Applicants may also find applications at their high school counseling office, or they may be picked up in any of Cascadia Eye's five locations: Bellingham, Mount Vernon, Sedro-Woolley, Stanwood or Coupeville.

Students should email completed appli-

cations (or are welcome to ask questions) to [marketing@ncascade.com](mailto:marketing@ncascade.com), or may drop off completed applications at any of Cascadia Eye's five locations.

[Submitted by Kristie Lindell, Cascadia Eye]

### Opportunity to Apply - 2022 Island County Conservation Futures Funds

Island County is accepting applications for grants from the 2022 Conservation Futures Program. The Conservation Futures Program is funded by a local property tax. The Conservation Futures property tax is used for land protection and stewardship to preserve the irreplaceable character of unique, distinctive lands and to protect habitat.

The organizations eligible to receive Conservation Futures grants include Island County government, cities, towns, special purpose districts, nonprofit nature conservancy organizations (as defined in RCW 84.34.250), and nonprofit historic preservation organizations (as defined in RCW 64.04.130).

Application and funding information is available on the conservation futures website: [www.islandcountywa.gov/Health/DNR/Pages/cff.aspx](http://www.islandcountywa.gov/Health/DNR/Pages/cff.aspx).

Since 1992, Island County Conservation Futures funds have been used to help protect over 3,800 acres in the county through either purchasing the property or purchasing a conservation easement. These grants are often leveraged with state or federal funds to increase their impact locally. Recent projects the CFF has helped fund include:

Lone Lake Shoreline and Farm Protection Project

Protect Kristoferson Farm and Forest on Camano Island through a conservation easement

Increased protected wetland area at the headwaters of Glendale Creek by acquiring adjacent property

Expanding and improving the Barnum Point Park on Camano Island

Creating the new Pearson Preserve on South Whidbey for public waterfront access

Expanding the Strawberry Point Preserve and adding public parking and trail access.

To be considered in the 2022 funding cycle, completed applications for projects must be emailed to [jennifer.johnson@islandcountywa.gov](mailto:jennifer.johnson@islandcountywa.gov) by the end of day Monday, Feb. 28. For further information, please visit the website above or contact Jennifer Johnson, Island County DNR manager at 360-679-7352.

[Submitted by Jennifer Johnson, Ph.D., Island County Public Health]

### Seeking Applicants for Board of Equalization

The Island County Board of Commissioners is seeking applicants to fill positions on the Board of Equalization.

The Board of County Commissioners appoints Board of Equalization members for three-year terms, which may be renewed by mutual agreement. The Board of Equalization renders decisions on taxpayer petitions for property tax equalization. Most meetings are held at the courthouse in Coupeville, with periodic hearings scheduled on Camano Island. All qualified applicants shall be county residents, shall neither be a holder of public office nor an employee of any elected official, and may not have been employed by the Island County Assessor within the previous two years. Newly appointed members must complete the required training course/schooling within one year of appointment. Members are paid \$100 per day during active service.

## Should inflation affect your investment moves?

As you know, inflation heated up in 2021, following years of pretty stable – and low – numbers. And now, early in 2022, we're still seeing elevated prices. As a consumer, you may need to adjust your activities somewhat, but as an investor, how should you respond to inflation?

First, it helps to know the causes of this recent inflationary spike. Essentially, it's a case of basic economics – strong demand for goods meeting inadequate supply, caused by material and labor shortages, along with shipping and delivery logjams. In other words, too many dollars chasing too few goods. Once the supply chain issues begin to ease and consumer spending moves from goods to services as the COVID-19 pandemic wanes, it's likely that inflation will moderate, but it may still stay above pre-pandemic levels throughout 2022.

Given this outlook, you may want to review your investment portfolio. First, consider stocks. Generally speaking, stocks can do well in inflationary periods because companies' revenues and earnings may increase along with inflation. But some sectors of the stock market typically do better than others during inflationary times. Companies that can pass along higher costs to consumers due to strong demand for their goods – such as firms that produce building materials or supply steel or other commodities to other businesses – can do well. Conversely, companies that sell nonessential goods and services, such as appliances, athletic apparel and entertainment, may struggle more when prices are rising.

Of course, it's still a good idea to own a variety of stocks from various industries because it can help reduce the impact of market volatility on any one sector. And to help counteract the effects of rising prices, you might also consider investing in companies that have a long track record of paying and raising stock dividends. (Keep in mind, though, that these companies are not obligated to pay dividends and can reduce or discontinue them at any time.)

Apart from stocks, how can inflation affect other types of investments? Think about bonds. When you invest in a bond, you receive regular interest payments until the bond matures. But these payments stay the same, so, over time, rising inflation can eat into your bond's future income, which may also cause the price of your bond to drop – a concern if you decide to sell the bond before it matures. The impact of inflation is especially sharp on the price of longer-term bonds because of the cumulative loss of purchasing power.

However, Treasury Inflation-Protected Securities (TIPS) can provide some protection against inflation. The face value, or principal amount, of each TIPS is \$1,000, but this principal is adjusted based on changes in the U.S. Consumer Price Index. So, during periods of inflation, your principal will increase, also increasing your interest payments. When inflation drops, though, your principal and interest payments will decrease, but you'll never receive less than the original principal value when the TIPS mature. Talk to your financial advisor to determine if TIPS may be appropriate for you.

Ultimately, inflation may indeed be something to consider when managing your investments. But other factors – especially your risk tolerance, time horizon and long-term goals – should still be the driving force behind your investment decisions. A solid investment strategy can serve you well, regardless of whether prices move up or down.

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



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MAKING SENSE OF INVESTING



Interested individuals should provide a letter of interest and statement of qualifications by mail or email no later than 4:30PM Feb. 7 to:

Island County Board of Commissioners  
ATTN: Board of Equalization Vacancy  
PO Box 5000, Coupeville, WA 98239

Email applications should be sent to j.roll@islandcountywa.gov.

For additional information please contact Nicole Wheat, BOE Program Coordinator, at 360-679-7379 or by e-mail at NR.Wheat@islandcountywa.gov.

[Submitted by Jennifer Roll, Deputy Clerk of the Board]

### 2021 Ferry Ridership Nears 75 percent of Pre-Pandemic Levels

Annual ridership aboard Washington State Ferries rebounded from 2020 pandemic numbers by almost 3.3 million customers in 2021 to nearly 17.3 million. The arrival of COVID-19 vaccines and a boost in tourism are the main reasons for the system's largest year-to-year ridership increase on record.

For only the second time since it began operations in 1951, and the second year in a row, WSF carried more vehicles with a driver (8.9 million) than passengers (8.4 million) in 2021, as many continued to work from home or chose to drive on board because of the pandemic.

#### Current ridership trends

State ferry ridership in 2021 rose to roughly 72 percent of 2019 pre-COVID-19 numbers, with vehicles climbing to 85 percent and walk-on customers up to 42 percent of pre-pandemic levels. Ridership is expected to rebound further when COVID-19 eases and as WSF restores sailings closer to pre-pandemic levels.

#### 2021 route-by-route ridership highlights

The greatest year-to-year increase came on the Seattle/Bainbridge Island route, where total ridership – vehicles and passengers

combined – was up 44 percent. The boost lifts the run back into the top spot as the system's busiest after dropping behind Mukilteo/Clinton and Edmonds/Kingston in 2020 for the first time in more than 40 years. The Anacortes/San Juan Islands route had the second largest growth at 36 percent with ridership on those runs reaching 95 percent of pre-pandemic levels. System highlights include:

Seattle/Bainbridge Island: System-high rise in walk-on passengers of 54 percent; vehicles jumped a system high 32 percent.

Edmonds/Kingston: Total riders climbed 20 percent, vehicles grew 14 percent.

Mukilteo/Clinton: Total riders rose 14 percent, vehicles increased 11 percent to remain as busiest route for drivers.

Fauntleroy/Vashon/Southworth: Total riders up 13 percent, vehicles jumped 9 percent.

Anacortes/San Juan Islands: Total riders surged 36 percent, vehicles climbed 23 percent.

Seattle/Bremerton: Total riders grew 29 percent, vehicles rose 20 percent.

Point Defiance/Tahlequah: Total riders increased 18 percent, vehicles up 13 percent.

Port Townsend/Coupeville: Total riders jumped 22 percent, vehicles climbed 14 percent.

Anacortes/Friday Harbor/Sidney, British Columbia: The international route did not resume service in 2021 due to U.S.-Canada border restrictions and continued crewing and vessel availability challenges.

[Submitted by Justin Fujioka, WSDOT]

### Local Business News

#### Harmony Health Grand Opening Celebration

Harmony Health has opened a new location in Oak Harbor, Wash. and is inviting everyone interested to join them for an open house and ribbon cutting ceremony Wednesday, Feb. 2. They will be cele-

brating all day with the ribbon cutting at 2:02PM at their 285 Midway Blvd location, Suite 7, Oak Harbor.

Harmony Health, a chiropractic health care facility, offers reliable chiropractic care services without unnecessary treatments, therapies or excessive costs. At Harmony Health, Dr. Keith Martin believes in a total wellness experience, helping patients achieve total health through comprehensive and holistic medical care personalized to suit each individual's needs.

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Dr. Martin, a graduate of Palmer University in Davenport, Iowa, has been licensed to practice chiropractic care since 1983. He practices the Diversified and Thompson manipulation technique as well as Activator method.

Any individuals seeking adjustments will be required to fill out minimal healthcare paperwork giving permission for treatment. These adjustments are available on a first come/first served basis.

Erchonia's Zerona Z6 is being offered for weight loss at this location through association with Dr. Kat O'Halloran, a naturopathic doctor, located in Edmonds, Wash. Staff are trained to administer the treatments and assist with recommendations for financing.

Harmony Health is committed to following CDC Guidelines and taking every precaution necessary to ensure the safety and health of all patients and the community.

For additional information please visit [www.HarmonyHealthOakHarbor.com](http://www.HarmonyHealthOakHarbor.com) or contact the clinic at 360-672-9898 or email [HarmonyHealthOakHarbor@gmail.com](mailto:HarmonyHealthOakHarbor@gmail.com).



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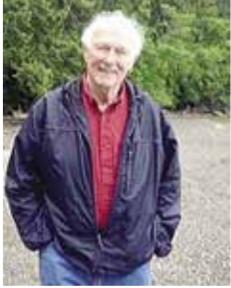
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**John Patrick Tyson**



John Patrick Tyson was born June 19, 1936, in Fort Worth, Texas; he died Nov. 25, 2021, Thanksgiving Day, with his son and spouse by his side.

He grew up in Fort Worth, and attended college at Texas Tech in Lubbock, Texas, graduating with a degree in English Literature; he completed his master's degree in English at TCU in Fort Worth, then completed his PhD with a specialty in John Milton at Tulane University in New Orleans. His interests were in history, Shakespeare, poetry, music, sculpture and gardening.

He taught at Whitman College in Walla Walla, Wash., for 33 years, with specialties in teaching John Milton, Shakespeare, and in his last 10 years of teaching at Whitman, he participated in teaching classes in theater and directing plays. His goals were to share his knowledge of language and expression, which he taught with a passion to his English and theater students.

He retired early at age 62, moving with his spouse, Peggy (Margaret Ann Hager, whom he married in 1963, at the Episcopal Cathedral in New Orleans, La.) to Steilacoom, Wash. Then they decided to move to Oak Harbor on Whidbey Island. During their first year in Oak Harbor, he was involved in the little theater, then decided to become a Master Gardener. He loved to garden and created a beautiful landscape at his home; he loved to help with gardening when friends needed a hand. He also volunteered his gardening talents at one nursing home and at St. Stephens Episcopal Church.

The last six years of his life were limited by COPD, affecting his ability to participate in his love of travel, gardening and creating sculpture. He is survived by his spouse, Peggy; son, Richard; daughter-in-law, Bara; grandson, Stellan; daughter, Elizabeth Martin; son-in-law, Martial Victor Martin; daughter, Anne Kendrick Tyson; and by a niece, Molly King Chew, in Mississippi. He was preceded in death by his sister, Dianne King; nephew, James Albert King, IV; and by his parents, John Frank and Eva Napier Tyson.

You may remember him by planting a garden or a tree, or by helping create beauty in yours or a friend's garden in his memory.

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

*Pam's Prayer Corner*

*In honor of my late mother-in-law, Pamela Kaye Young, 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](mailto:info@whidbeyweekly.com) or call 360-682-2341 to share your prayer requests.*

My Lord and Savior,

Your Word says that Your thoughts towards me number more than the sand. I know I often forget that when I awake in the morning, I am still with You. I know nothing can separate me from You. Help me focus on this truth and not on my circumstances. I pray that even in my darkest night, there will be light around me because You are with me.

Amen.

Matthew Erikson  
Hope Church Oak Harbor - Pastor



*"Then Jesus again spoke to them, saying, "I am the Light of the world; he who follows Me will not walk in the darkness, but will have the Light of life." John 8:12*

**SATURDAY, NOV. 20**

**4:18 pm, Silver Lake Rd.**

Advising just caught prowler on property, male said he was mushroom hunting.

**SUNDAY, NOV. 21**

**10:46 am, Goss Lake Rd.**

Caller states someone needs to stop subjects from going "blah, blah, blah;" states is going to go to court.

**1:52 pm, Crescent Acres Rd.**

Reporting party has four goats in her yard; belong to neighbor behind her, does not know neighbor's name; divided by a wide stretch of land. Reporting party grows flowers for a living and goats are eating her livelihood (flowers).

**10:32 pm, Cameron Rd.**

Caller states one of her good friends is a "sex addict;" states is someone she knew from church and he started coming on to her. Reporting party told male it was inappropriate; he told her he was sorry and that he was a "good guy with bad thoughts."

**MONDAY, NOV. 22**

**7:29 am, Vine St.**

Reported arrow found in residence yesterday; never had follow up from law enforcement; now scared to step outside residence. Neighbors still acting aggressive.

**10:42 pm, Rhododendron Dr.**

Reporting party advising ongoing issue of people ringing her doorbell; says this time they swung the door open; advising occurred 20 minutes ago. Reporting party says she heard door slam open and hit the wall; no one came into location.

**TUESDAY, NOV. 23**

**5:09 am, Zylstra Rd.**

Reporting local cow on the loose near intersection; big boy cow, advising he is black in color; difficult to see.

**8:27 am, NW Alexander St.**

Advising male subject in park across from location is walking with bow and arrow, stating he has permission to hunt deer in town. Male now on foot, walked away from library, last seen heading in direction of the church.

**WEDNESDAY, NOV. 24**

**6:13 pm, Mobius Loop**

Caller advising just got out of hospital, says he missed a few calls from private number. Has a case of racism and identity theft.

**THURSDAY, NOV. 25**

**12:28 am, Lockwood Dr.**

Reporting party advising cat was in the hood of her car, turned the car on and cat may have gotten stuck. Is requesting help, if possible, to get the cat.

**SATURDAY, NOV. 27**

**8:35 am, Goss Lake Rd.**

Reporting party states Langley and Island County Sheriff's Office cops are lying and at her home every night with 2-year-olds and drugs. Should be busting them. States does not want contact from an officer, just documented.

**SUNDAY, NOV. 28**

**9:41 pm, Crosswoods Cir.**

Reporting party advising someone called her business phone number and left a

message alluding to sexual requests.

Then, after reporting party declined, the person said they would kill reporting party and her family.

**TUESDAY, NOV. 30**

**4:42 pm, Fish Rd.**

Advising customer tried to use three fake bills. Customer still outside; seemed aware they were fake. Unknown if arrived on foot or by vehicle.

**WEDNESDAY, DEC. 1**

**7:40 am, Hastie Lake Rd.**

Loose cow in the middle of Hastie Lake Road near Zylstra.

**8:57 am, Goss Lake Rd.**

Caller states she was threatened by officer and to leave dispatchers alone. She didn't like his attitude; was called a liar.

**9:09 am, SR 20**

Reporting party states dog was running around the roundabout, then ran off.

**10:18 am, Wilson Rd.**

Reporting party states son sold vehicle, but reporting party owns vehicle and has the title.

**11:53 am, SR 525**

Reporting party states smoke is causing problems with person's mental status. Advising near Greenbank Sand and Gravel on SR 20.

**12:37 pm, SR 20**

Dark gray Suburban turned onto Ault Field Road; is "bullying drivers."

**9:40 pm, Cultus Bay Rd.**

Reporting party advising is being harassed as they're moving out; banging the walls and yelling.

**THURSDAY, DEC. 2**

**7:40 am, Penn Cove Rd.**

Reporting party states a bald, middle aged man is standing on the dock, harassing him as he is hunting. No weapons seen.

**9:32 am, Quail Walk Ln.**

Requesting phone call regarding email received with an offensive political joke in the message. Reporting party calling from Russia; 11 hours ahead in time; if unable to reach by phone, okay to respond via email.

**FRIDAY, DEC. 3**

**8:53 am, Bonnie View Acres Rd.**

Neighbor's turkey is in reporting party's yard.

**1:51 pm, SR 525**

Male subject came in location with no mask, became very verbally abusive and belligerent with staff and refused to leave. Took three employees to get him to leave, unknown name.

**SATURDAY, DEC. 4**

**4:13 am, Hastie Lake Rd.**

Reporting party advising four, possibly more, cows in road at location.

**8:58 am, Bonnie View Acres Rd.**

Reporting party states neighbor's turkeys, ducks and chickens are loose in reporting party's yard. Ongoing issue.

**11:05 am, SR 20**

Reporting party states a bullet, arrow or rock hit his window when there were no other vehicles around. Advising damage to his vehicle. No injury. Requesting call.

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



**OFF-SEASON HERRING AND SMELT**

If we Island Anglers can catch a lucky break from the rough winter winds, we could pull our boats down south past the city of Edmonds, which marks the northern boundary of Marine Area-10. Why must we travel when we are surrounded by five saltwater Marine Areas? From what I've observed, an unproven Stillaguamish River salmon return model was used to convince the co-managed Washington Department of Fish and Wildlife to close all but Marine Area-10, which is currently open for winter Blackmouth Chinook retention. Or we could stay close to home and spend some time chumming the water with cooked sticky rice mixed with canned cat food and playground sand while vertical jigging a multi-hook sabiki rig off some of our docks to catch some herring or smelt. These two small, but tasty, fish are delicious pickled and while we're at it we could freeze a few packages of herring for spring Chinook season.

Most fishermen do not take the time to fish for herring or smelt but when fishing is in your blood, fishing is fishing, right? Especially when winter saltwater opportunities are slim and the weather keeps most people close to home. Here is a wonderful way to enjoy a mess of freshly caught smelt: After removing the head and fins with a pair of kitchen shears, slice open the stomach cavity, remove the small amount of belly-spaghetti, leaving a small, butterflyed piece of goodness. Dip the fillet in an egg bath, then roll it in a mixture of flour, salt, and pepper or your favorite light batter, then carefully lower the fish into heated cooking oil (350 degrees) and cook until golden brown. Serve these credit card sized crispy morsels with yellow saffron rice, a leafy green salad drizzled with your choice of dressing and your family will never turn down a smelt fishing trip again.

Pacific herring is also delicious cooked the same way, however, I recommend removing the scales on the herring first. To me, the herring has a slightly stronger taste than the smelt. My first exposure to eating smelt was not this involved; after handing me a cold beer, my friend simply rinsed off any sand left on the smelt, coated the whole fish in egg, rolled it in a flour mixture then deep-fried them. We ate the entire smelt, head, fins, and belly-spaghetti (entrails). It was actually pretty good; the only thing I noticed was the entrails were a little bitter. If eating these small but tasty fish is not to your liking, then by all means



This is what the butterflyed smelt will look like after cleaning



Golden fried smelt for the whole family!

catch a limit of herring and get them ready to feed to the salmon. Herring are a natural food source to the Chinook salmon. You can decide whether to slow troll them whole, make spinning cut-plugs, pin them inside a white or glow-in-the-dark herring helmet, or cut them into strips to be added to the hook of a bucktail fly. When it comes to getting a salmon to strike, herring can often be your biggest game changer.

The freezer takes a pretty quick toll on the table fare of these little fish, but have no fear! Slow thawed herring make great Lingcod bait when the month of May rolls around. Plus, any and all of my remaining smelt and herring get dropped into the coarse blades of my meat grinder and added to halibut and crab chum buckets. When halibut, lingcod, salmon, and greenling fishing take center stage, it's easy to overlook these small opportunities. But until things turn around for the recreational fishermen in this state it seems we are almost forced into fishing the fish section in the local grocery store; let off-season herring and smelt fishing help soothe the anxiety of waiting for spring and it's a great way to get young anglers excited about fishing.

A very successful, seasoned fisherman named Gene Poole gave me a good recipe for curing herring strips to add to my hardware. After filleting some red or green label-size herring, cut as many pennant-shaped strips out of the filets as possible and set aside. Place a cup of plain white borax, a heavy shake of kosher salt, three drops of Anise oil, and a shake of powdered krill in a medium Ziploc bag. Place the herring strips in the bag and shake gently. Leave the herring in the mixture for two to four hours, depending on the jerky-like texture you want. When ready, pierce the hook tip of your lure through the wide end of the strip and get ready to get bit! Be safe out there and think spring!



This is an example of a typical Sabiki rig

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WHIDBEY'S LARGEST SELECTION OF FINE ART SUPPLIES!



# Langley Creates is counting creativity

By Kathy Reed Whidbey Weekly

Anyone in the greater South Whidbey area who earns a living through their creativity is being asked to stand up and be counted by Langley Creates.

The organization has created an online survey and is asking Whidbey Island "creatives" to complete the questionnaire as part of its effort to understand, support and expand Langley's creative economy.

"In order to do that, we need to understand our creative community and understand the people who are trying to make a living off of their creativity," said Joann Quintana, with Langley Creates. "We are trying to get a good sense of how people are making their livings now while using their creativity, what problems they are running into in doing that, what successes they're having and what they need from us. What is it we can do to make them more successful? In our minds, it makes the entire community more successful...if all the creatives in our community are able to thrive."

The more responses Langley Creates receives from the survey, the better the organization can target its programming.

"Essentially what we're looking to do is gather the information as to the makeup of the entire community and then be able to tailor

the services and help that we're offering the community from those results," explained Inge Morascini, a member of the Langley Creates steering committee and executive director of the Langley Chamber of Commerce. "If, from the community at large, we find out 'x' amount of the community are fine artists, 'x' amount are makers, 'x' amount are agriculturally related, we can tailor programs specific to those communities."

Quintana said they have already received about 85 responses from the survey by doing a "soft" launch by word of mouth, etc. But already, she said they have noticed a couple of trends.

"One, the desire to focus on our area in Langley as an 'art town' and the idea of building that identity so that the creative things you can get from our area are more valuable," she said. "There's a certain cachet when you are working as an artist in an area that's known as being a creative, cool place to be."

"The second I keep seeing is people saying 'The public doesn't understand what goes into [making] art,'" Quintana continued. "I think those two things work together – how do you build value and tell the story of what went into creating some of these magnificent, creative pieces of art?"

Morascini said there is value in being unique,

and that's what Langley Creates hopes to build upon to support the creative community.

"So much of what we encounter every day has all been homogenized," she said. "The reality is that we want to hold up those things that are distinctly Whidbey Island, that have a Whidbey Island signature, a Whidbey Island feeling to them and create a relationship between the public that's here, the public that visits, and the artistic community, to create a bond and a relationship between them."

The term "creatives" is quite broad and people may not even know they fit into that category, another reason Morascini feels makes the survey an important tool.

"You have everything from someone who grows specialty crops to a winemaker, that's considered a creative endeavor," she explained. "Metal working is a creative endeavor, writing code for some new program is a creative endeavor, writing a novel obviously is a creative endeavor, so it's a very broad definition. It's not as narrow as just an art definition."

With 90 to 95 percent of south Whidbey businesses having five or fewer employees, according to Morascini, it means there are a lot of small businesses and creatives looking for help.

"There are a lot of entrepreneurs that want exposure, that need help discovering how to get their names out there, how to sell their products, how to gain notoriety for their product, etc., and that's what we're here to do," said Morascini.

And while the "creative district" of Langley Creates has defined borders, creativity has no boundaries.

"Obviously our objective is to support creativity on Whidbey Island and a lot of the product that is made locally is sold in Langley," Morascini said, "but we have a lot of people that live outside of Langley proper that we want to touch with Langley Creates. The Chamber of Commerce supports businesses of all kinds and that expressly includes small businesses and those people on the island that are making products and need exposure to local retail stores. We provide that. The intent is for Langley Creates to augment that as well."

Langley Creates is part of a state program, but Quintana said other states are doing similar things because they see the creative economy as one that will continue to grow.

"A lot of people are earning their livings from doing creative work and that's just seen as increasing and increasing and increasing," she



Interested in taking the Langley Creates survey? Scan this QR code with your smart phone and it will take you directly to the survey.

said. "The Department of Commerce at the state level is now funded to develop a creative economy plan for the state of Washington. They're seeing there's a whole shift in a different direction and we need to figure out how to do that right. We need to figure out what do creative people need and how can we build an infrastructure that supports creative people?"

The survey is fairly simple and can be found online at [www.langleycreates.org](http://www.langleycreates.org), by picking up a postcard from the Langley chamber or other businesses which contains a QR code, or by scanning the QR code above that accompanies this story.

"We're asking people what type of work they're doing and it's quite expansive – music, computers, dance, theater, photo, video, food, drink, culinary, literary, just a whole long list of things," Quintana said. "We're asking them whether they're able to make a living here, and if so, is their creative work their primary source of income, do they have a second job, that sort of thing, to gauge how they're able to get along here."

"We have asked them how and if COVID has affected them and we're asking them open-ended questions about what is it that frustrates them, what is it that is working, what isn't working, all of that stuff," she continued. "You can see we're trying to gauge the community – where they are now, but we're also trying to gain information so we can design our programs appropriately, so they're really effective."

As a thank you, all those who take the survey are also asked to enter a drawing to win a freshly baked pie from Wild Crow Pies in Langley – a business which fits squarely in the "creative" category.

"Creativity abounds here," said Morascini. "We're looking to build and support that."



Photo Courtesy of Langley Creates  
Local artist Clara McGinnis, left, is the first Whidbey Island "creative" to win a freshly baked Wild Crow pie as a thank you from Langley Creates, represented by Joann Quintana, right, for submitting her response to an online survey. The organization is conducting a survey of all those who make their living creatively, hoping to learn how to direct its programming in the future.

## GARDENING continued from page 2

Maple selection, kitchen gardening, wildfire preparedness landscaping, and a lot more. Those who purchase the webinar-only format will have access to the webinar recordings until March 29," she said.

"There will also be an online Master Gardener plant clinic offered during the lunch break," continued Matthews. "And of great interest to many of us is a presentation, 'Gardening for Life,' by author/gardener Toni Gattone. She will share ways, in her own words, on how to garden smarter, not harder. Gattone's book, 'The Lifelong Gardener: Garden with Ease and Joy at Any Age,' is also available in our bookstore."

Island County Master Gardener Foundation states its mission "is to help gardeners through education and outreach." The annual gardening workshop may be its signature event, but it supports many other endeavors, Matthews said.

"Throughout the year, we also conduct smaller projects, such as plant clinics at farmers markets. We assist with school and community gardens. And we also oversee the demonstration garden at Greenbank Farm," she said.

Surprisingly enough, Matthews describes her own gardening experience as having a somewhat limited beginning.

"I'm a recent convert to all this. For me, it started five years ago when I moved into a new house with no trees, landscape, or garden to speak of – nothing but dirt."

"I joined ICMGF for improvement ideas," she continued. "Not only did I receive a very comprehensive education on that, but I found a wonderful community of people, too. So I decided to stay, not only for the mission, but for the community. And now I have trees, shrubs, flowers, and two gardens of my own, front and back yards."

The benefits of home gardening are almost too many to number, Matthews said.

"You're adding beauty to the environment. A lovely landscape enhances not only your own property but that of your neighborhood," she said. "It provides sanctuary for birds and endangered honeybees. And there's just something about seeing the results of your labor in the land, that's tremendously rewarding."

Following public safety guidelines, ICMGF would like to remind participants that admission to the workshop requires either proof of COVID-19 vaccination or a test taken within the past 72 hours that is negative. Masks will be required for all indoor and outdoor events.

Complete descriptions of all the workshop course offerings and packages available are given on the ICMGF website, [whidbeygardening.org](http://whidbeygardening.org).

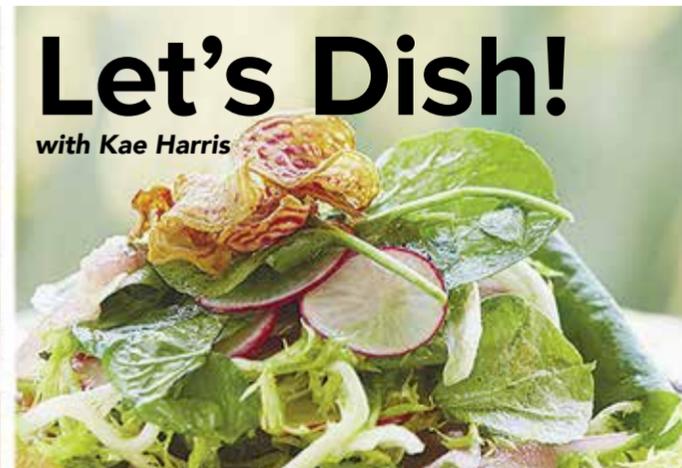


Photo Courtesy of Island County Master Gardener Foundation  
For the first time, the Whidbey Gardening Workshop March 4-6 will feature three days of learning opportunities, from field trips March 4, to in-person classes and marketplace March 5 to several virtual workshops March 6. Registration is now open at [whidbeygardening.org](http://whidbeygardening.org).



# Let's Dish!

with Kae Harris



## LET'S GO ROOTING FOR VEGGIES!

It's strange how easy it is for us to take for granted the ingredients we use the most and bring us the greatest comfort. Not because we don't appreciate them, but because they've always been around and we've sort of taken them for granted. At least that is my relationship with root vegetables. While they are not the latest fad or the trendiest must-try ingredient this season, root vegetables are always in our kitchens. They form the base of so many dishes and are also the stars of a number of concoctions that are just wholesome classics we crave! But while some see root vegetables such as the potato to be good only for side dishes, there are many exciting recipes from around the world that use these humble, yet versatile, veggies in a way to make them the star attraction. Let's dig into the world of root vegetables and see what incredible possibilities await!

Before we get started, we need to define what a root vegetable is. While a lot of fruits and vegetables display their goods in a colorful panorama above ground, root vegetables are more coy, preferring to hide their glamor below ground in the form of bulbs, roots, and tubers! Come harvest time, these treasures are revealed in some very vibrant colors as displayed by the varieties of carrots and beets that exist. But apart from these flashier veggies, there are root vegetables that prefer to be subtle but are vital in every kitchen. Examples of these include onions and garlic (both of which are ALWAYS on hand in my kitchen), which are needed in almost any savory dish I cook.

Potatoes provide a cheap, filling meal rich in nutrients and calories that are especially needed during the winter months and the fact there are such a wide variety of potatoes with differing textures and water content levels, means there are many different ways this wonderful tuber is prepared around the world. A wonderful recipe, which I've touched upon in a previous column, is the tortilla de patata. This dish hails from Spain and is made from thinly sliced potatoes (with onions, bell peppers, or chorizo, depending upon which region of Spain you're in) and eggs to create a thick potato omelet similar to a frittata. Best served when cooled, this tortilla is excellent as a meal, accompanied with a simple side salad, or as an appetizer! To make this dish, fry about 2 pounds of finely sliced potatoes (I prefer Yukon Golds) in some olive oil for about 20 minutes; drain the potatoes and let them cool before adding them into a bowl with 8 beaten eggs and allow the mixture to sit for another 20 minutes. Return the egg and potato mixture to the pan on medium heat, cooking each side for about 6-8 minutes (use a large plate to help flip the omelet!). Let the tortilla de patata cool before sharing it with your loved ones!

Another root vegetable that is not commonly used anymore is the turnip, also known as the rutabaga or swede

(depending on where you are from). This wonderful vegetable is not only known for its root but also for its leaves, which are used to make delicious side dishes in Southern cooking. This versatile veg can be eaten raw (peel and slice it like an apple to enjoy its mildly spicy flavor) or cooked in a variety of ways to unlock its sweet and nutty taste. Whichever way you choose to incorporate turnips into your diet, they make great side dishes and form an important part of cuisine in the United Kingdom, with a myriad of variations in Irish, Scottish and English cooking. One of my favorite turnip dishes is roasted turnips, which makes the turnip a great substitute for potatoes. Peel and cut about 2 pounds of turnips and toss them in 2 teaspoons of olive oil before seasoning with salt and pepper and roasting at 425°F for about 30 minutes. Delicious just like this, you can kick these roasted neeps up a notch by drizzling a puréed mixture of olive oil, 1 clove garlic, 1 teaspoon capers, ½ teaspoon lemon zest and salt over the hot roasted turnips. This is a perfect side dish, although I must admit I love eating this all by itself, especially on a really cold day!

The last rootie I want to touch upon is a relatively unknown and highly underrated one – salsify. Nicknamed the "oyster plant" because of the way it tastes when cooked, salsify is very unassuming in appearance (looking like a brown stick, literally), but this little guy punches way above his weight class in the flavor department and is a great addition to soups and stews. Looking like a long, thin parsnip, the salsify is a member of the dandelion family and should be prepared by scrubbing it under cold water, peeling it and then submerging it in water with lemon juice to prevent it from oxidizing. Add cubed salsify to soups or stews instead of potatoes (or with them if you like!), but my favorite way of eating them is to simmer them for about 30 minutes before sautéing them in some butter with crushed garlic. Add some lemon zest to elevate the dish and give it a fresh, fragrant dimension!

Root vegetables have long been relegated to the lower rungs of the cuisine ladder for not being interesting and have, in essence, been the work horses of the kitchen, forgotten in how versatile and delicious they can be on their own. I hope you'll be inspired to go try out some of the suggestions I have made and to find other interesting root vegetables in season right now and put your own twist on them to make a great side, or main, dish! Let me know what recipes you've come up with, along with any other questions or comments, by writing to me at letsdish.whidbeyweekly@gmail.com, where we can continue to Dish! all winter long!

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



BOOK ONLINE

Movie Showtimes:  
1-21-2022 thru 1-25-2022:

SCREAM 5 (R)  
Friday – Tuesday: 4:15pm & 7:15pm

SPIDER-MAN: NO WAY HOME (PG-13)  
Friday – Tuesday: 4:00pm & 7:00pm

SING 2 (PG)  
Friday – Tuesday: 4:30pm & 7:30pm

CLOSED WEDNESDAY & THURSDAY!

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[www.oakharborcinemas.com](http://www.oakharborcinemas.com)

Your Donations Are Always Needed and Appreciated!

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**Now Showing!**

Friday, Jan 21 thru Sunday, Jan 23

**SPIDER-MAN: NO WAY HOME**  
(PG-13)

**SCREAM (R)**

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11 & OVER \$6.50\*; KIDS 5-10 \$1.00\*; 4 & UNDER FREE \*CASH PRICES  
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1403 N MONROE LANDING RD • OAK HARBOR  
360-675-5667 • [www.bluefoxdrivein.com](http://www.bluefoxdrivein.com)



## GOOD HEALTH STARTS WITH YOU WE'RE WITH YOU FOR LIFE

Now that 2022 is upon us, there's no better way to welcome the new year than with a renewed commitment to your health and wellbeing.

We each have unique needs to help us stay healthy and it's important to have a healthcare provider who can take care of you from head to toe. Someone who understands your health history, wellness goals, and concerns.

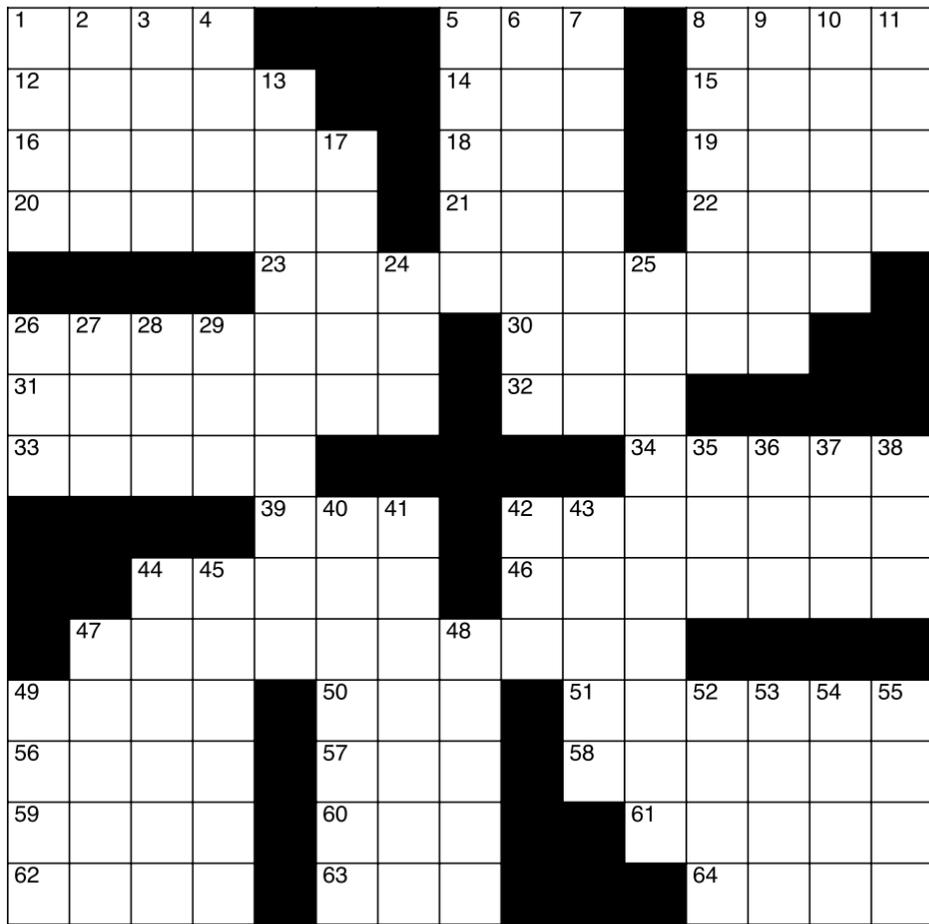
From infants to grandparents and all points in-between, our **PRIMARY CARE CLINICS** provide wellness exams, laboratory tests, and treat illness and injuries, including minor surgical procedures—all close to home.



**HEALTH STARTS HERE!**

Visit: <https://whidbeyhealth.org/primary-care>  
or contact a WhidbeyHealth Primary Care Clinic near you!  
Primary Care Cabot Drive Oak Harbor 360-675-6648  
Primary Care Freeland 360-331-5060

# Crossword Puzzle



## CLUES ACROSS

- 1. Requests
- 5. Calendar month
- 8. Invests in little enterprises
- 12. Bird sound
- 14. S. American plant cultivated for tubers
- 15. Car
- 16. Bullfighter
- 18. Hill (Celtic)
- 19. Strong criticism
- 20. Detector
- 21. When you hope to get there
- 22. Having the skill to do something
- 23. Legendary MLB broadcaster
- 26. Vulcanite
- 30. C. Asian mountain range
- 31. In a way, healed
- 32. Midway between east and southeast
- 33. Small appendages of insects
- 34. \_\_\_ Greene, "Bonanza" actor
- 39. A place to bathe
- 42. Postal worker accessory
- 44. Classical music
- 46. A way of wrecking

## CLUES DOWN

- 13. Excluded from use or mention
- 17. Speak
- 24. Bloodshot
- 25. Make better
- 26. Keyboard key
- 27. Type of degree
- 28. Paddle
- 29. Peacock network
- 35. Not young
- 36. Baseball stat
- 37. One's grandmother
- 38. Breakfast food
- 40. Bathroom features
- 41. Disease-causing bacterium
- 42. NY ballplayer
- 43. Got up
- 44. Prophet
- 45. Part of the mouth
- 47. Unnatural
- 48. Acronym for brain science study
- 49. Three are famous
- 52. Languages spoken in Patagonia
- 53. Freedom from difficulty
- 54. Widely used OS
- 55. Many people pay it

- 11. Cola
- 13. Excluded from use or mention
- 17. Speak
- 24. Bloodshot
- 25. Make better
- 26. Keyboard key
- 27. Type of degree
- 28. Paddle
- 29. Peacock network
- 35. Not young
- 36. Baseball stat
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- 53. Freedom from difficulty
- 54. Widely used OS
- 55. Many people pay it

Answers on page 11

## YOUR GUESS IS AS GOOD AS OURS WEATHER FORECAST

Thurs, Jan. 20	Fri, Jan. 21	Sat, Jan. 22	Sun, Jan. 23	Mon, Jan. 24	Tues, Jan. 25	Wed, Jan. 26
North Isle H-49°/L-41° AM Showers PM Breeze	North Isle H-49°/L-38° Mostly Cloudy	North Isle H-46°/L-40° Mostly Cloudy	North Isle H-48°/L-39° Partly Sunny	North Isle H-49°/L-39° Mostly Sunny	North Isle H-48°/L-40° Rain	North Isle H-49°/L-41° Partly Sunny
South Isle H-49°/L-42° AM Showers	South Isle H-48°/L-38° Mostly Cloudy	South Isle H-45°/L-41° Mostly Cloudy	South Isle H-49°/L-38° Partly Sunny	South Isle H-50°/L-39° Partly Sunny	South Isle H-48°/L-37° Mostly Cloudy	South Isle H-47°/L-38° Partly Sunny



# OUR Community

## An Upbeat Question of the week

By Helen Mosbrooker

What are you most grateful for, living in Coupeville?



**Danielle Gladstone, Coupeville**

I am grateful to live in Coupeville because of the natural beauty surrounding us on Whidbey Island and the caring, small-town feel of our community. My husband and I were thrilled to get married locally at Greenbank Farm (Port of Coupeville) and I love my daily drive on Madrona Road, our frequent visits to Ebey's landing at sunset and perfect blue sky mornings for walks along Front Street and a stop at Red Hen Bakery.

**Lisa Bernhardt, Coupeville**

I feel so grateful to step out my front door on foot, on a bike or in car and instantly see a stunning vista or view at every turn! How many of us get to say we live within the boundaries of a National Historical Reserve, where looking any direction we can see water, mountains and unspoiled cultural landscape? We are some of the most fortunate folk on the planet to get to walk windswept beaches, hilltops, forests and live in a caring and loving community full of passionate and like-minded folk. Pure gratitude!



**Dianne Binder, Coupeville**

I'm most grateful for living in Coupeville for our loving and helpful community. We recently sold our bed and breakfast and had to move 23 years' worth of stuff. Our community of friends showed up with trucks to take things to the dump, helpful hands in packing boxes, made trips to the thrift stores and lots of encouragement. We couldn't have done it without all the help. We have moved into a much smaller house, but it's here in Coupeville and we're not going anywhere else.

**Lynda Eccles, Coupeville**

There are so many reasons why I am grateful to live here. Watching the eagles fly overhead as you walk the trails, getting a glimpse of Orcas as you stroll the beach, walking through history as you wander Front Street or the wharf. Coupeville is special in so many ways, not only because of being in the heart of a National Historical Reserve, but its sense of community; people really care about one another and the future of our town. We are welcoming, supportive of each other, from a simple smile or hello as you pass by to the overwhelming caring and concern people show. I was reminded of that last year when my husband passed away. The outpouring of support has been overwhelming and much appreciated, and again today when I received a phone call from a community member who was reaching out on behalf of a group of friends to help someone in need. It isn't surprising because that is who we are, but it reaches deep into your soul, that, in this time in our lives, when there is so much turmoil, fear and frustration with COVID, that our very small part of this country still cares about others and the wellbeing of our community. That is how it should be.



## CAN DO SUDOKU!

On a scale from 1 to 10...3.1

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

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

Answers on page 11

# Community Bulletin Board

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

**AUTO/PARTS FOR SALE**

1930 Ford Model "A" pickup. Flathead V-8 Ford engine, 12 volt system, hydraulic brakes, four on the floor, plus other features and upgrades, \$15,950 out the door. 360-632-5440 (0)

**RV/TRAILERS**

1995 Winnebago Vectra motorhome, 35 ft, top line model, "460" work horse engine. Less than 100,000 miles. Needs work. Needs fuel pump. Make offer. 360-632-5440 (0)

**GARAGE/ESTATE SALES**

LEDGEWOOD ESTATE SALE: Friday, Jan. 21 & Saturday, Jan. 22, 9am-3pm, 2028 Coe St, Coupeville. Furniture, Yard art, Tools, Stampin' Up, Office, Crafts, TV & Cabinets, Shelving, Rattan. CASH - see pics [www.alleycatantique.com](http://www.alleycatantique.com)

Yard Sale: Saturday, Jan. 22 and Sunday, Jan. 22, 9am-5pm each day, 26431 SR 20 & Holbrook Rd by Three Sisters Market. Lots of stuff. Cash only.

**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](mailto:mostermick@servalt-cfs.com)

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

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

If you or someone you know has been a victim of homicide, burglary, robbery,

assault, identity theft, fraud, human trafficking, home invasion and other crimes not listed, Victim Support Services has advocates ready to help. Please call the 24-hr Crisis Line 888-388-9221. Free service. Visit our web site at <http://victimsupport-services.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@island-shakespearefest.org](mailto:jeff.natter@island-shakespearefest.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

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Whidbey Weekly  
 1131 SE Ely Street Oak Harbor

local network of volunteers organized to improve the health and safety of communities on Whidbey and Camano Islands. Volunteers primarily include medical and public health professionals but other volunteers who have no healthcare backgrounds are also utilized. MRC responds to local emergencies such as natural disasters and public health emergencies. If you are interested in volunteering please contact us at Island County MRC website for application and information.

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.

**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.

**MUSICAL INSTRUMENTS**

Steinway vintage pianos - Pro-Tech rebuilder, refinisher collection. Probate Sale: Steinway "A", 6'-2" ebony satin; Steinway "B", 6'-11" ebony polished; Steinway "O", 5'-10" ebony satin; Steinway "D", 9' ebony polished; Total of 12 Steinways available. Other makes and models also available. At this time, we have 19 pianos we would like to sell as a package to an investor. Maybe to be sold overseas. 360-632-5440 (0)

**ANIMALS/SUPPLIES**

Good quality grass horse hay round bales for sale, \$70: Feeder round bales for sale, \$60. 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

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 A102, Oak Harbor  
[rvoit@farmersagent.com](mailto:rvoit@farmersagent.com)

you need assistance, please stop by.

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**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.

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

**How'd you do?**

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

**No Cheating!**

A	S	K	S			D	E	C		S	B	I	C		
C	H	E	E	P		O	C	A		A	U	T	O		
T	O	R	E	R	O	T	O	R		F	L	A	K		
S	E	N	S	O	R	E	T	A		A	B	L	E		
				H	A	R	R	Y	C	A	R	A	Y		
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**CLASSIFIED INFORMATION**

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 Telephone..... 360-682-2341  
 Fax ..... 360-682-2344

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- Check Charging System
- Test Ignition Cables
- Tire Rotation & Balance
- Inspect Suspension
- Check all Fluids
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