

SOUTH WHIDBEY RECORD

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Whidbey cookbook project encourages children to eat healthy

By KIRA ERICKSON
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The creators of a free, easily accessible cookbook for kids that encourages healthy eating are looking for people to contribute their best recipes for snacks and easy meals.

Melinda Gardiner, executive director for Whidbey Island Nourishes, said one of the goals of the cookbook project is to solve some of the disconnect she has observed between children who are enthusiastic about eating food fresh from the school gardens, but not so eager to eat that same food when it is in a recipe.

"It's really about developing that love of healthy eating that will last them a lifetime," Gardiner said.

WIN is partnering with the South Whidbey School Farms Program, Good Cheer Food Bank, Coupeville Farm to School Program and Whidbey Island Grown to complete the project, which is titled "Snacking Through the Seasons — A Whidbey Island Cookbook."

Recipes must use local ingredients, can be adapted for a range of culinary skill levels and should be equitable, meaning they can be cooked in households of varying economic situations.

"The average student maybe doesn't have carrot juice in their fridge, or the means to purchase those things," Gardiner said with a laugh.

Recipes that are primarily snack-based are being collected, although easy meals are acceptable too.

Community members can use the Google Form to submit recipes, forms.gle/3h2Gr1G7Vd8uKFLw6, or email to snackingthroughtheseasons@gmail.com.

SEE COOKBOOK, A3



Photos provided by South Whidbey Fire/EMS

Elwood, a six-week-old elephant seal, was rescued from the vault of a storm water drainage system Tuesday near Mutiny Bay. Responders to the scene wrapped him in towels while awaiting a veterinarian to give the exhausted seal the all-clear.

Young seal rescued near Mutiny Bay

Baby 'Elwood' stuck after swimming up stormwater pipe

By KIRA ERICKSON
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An unusual kind of pup was rescued by first responders Tuesday night.

South Whidbey Fire/EMS responded to a call at about 7:27 p.m. April 27 involving a young, trapped elephant seal near Old Beach Road.

Island County Sheriffs deputies, Langley police and a representative of the Orca Network also responded to the call.

The six-week-old seal, identified as "Elwood" by the Orca Network, managed to swim through a large pipe at least 50 feet in length that led to the vault for a stormwater drainage system of a nearby condominium complex in the Mutiny Bay area, according to South Whidbey Fire/EMS.

Young Elwood was not able to retreat and treaded water in the vault for an estimated six to eight hours. He was discovered by a resident of the condominiums who heard unusual splashing and noises of desperation and contacted first responders.



Photo provided

Firefighters used a net to hoist Elwood out of the stormwater vault.

The fire department began the rescue by hoisting down a ladder for Elwood to rest against. Next, a cargo net was maneuvered around the seal. Using the net, he was carried back to the shore on a stretcher. He was unable to swim away because of exhaustion.

A veterinarian from the mainland arrived on scene to check on Elwood, who was bun-

SEE SEAL RESCUE, A2

Island County likely to stay in Phase 3

By JESSIE STENSLAND
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Island County will remain in the least restrictive phase of the state's latest reopening plan.

State statistics show that 10 counties, including King and Snohomish, are in danger of being downgraded to Phase 2 of the reopening plan when officials look at the numbers May 4. Pierce and Cowlitz counties were moved to Phase 2 on April 16 and will likely stay there.

The rest of the counties, including Island County, will probably stay at Phase 3, which allows restaurants, bowling alleys, movie theaters, fitness centers and other indoor business activities to operate at 50 percent capacity.

In an email to Island County commissioners, COVID Response Manager Don Mason indicated that the county is safe in Phase 3 under the state's reopening metrics.

SEE PHASE 3, A2

Woman claiming exemption to mask regulations

By JESSIE STENSLAND
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A Whidbey Island woman has filed a request for an injunction to prevent several governmental entities from denying her service because she won't wear a mask.

In the petition in Island County Superior Court April 27, Alethea Butler claimed that her medical exemption to wearing a face mask during the COVID-19 pandemic wasn't being honored, leading to her being "locked outside of businesses and denied even basic curbside services by more than one public business."

Under Gov. Jay Inslee's July 7 emergency order, businesses are required to refuse service to people who are not wearing masks unless they have a medical exemption or are younger than 5 years old. No proof of

SEE INJUNCTION, A2

Online meeting for Bayview housing project May 4

By JESSIE STENSLAND
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A committee that's steering an ambitious affordable housing project on South Whidbey will be explaining the proposal and gathering public

input during an online meeting Tuesday, May 4.

The Bayview Vision Steering Group is made up of representatives from Goosefoot Community Fund, the Henny Family and Legacy

Family Tree, LLC and Island Senior Resources.

The group's goal is to create a master plan for community-appropriate workforce housing, preferably on vacant property on the east side of

Highway 525 in Bayview.

The Zoom meeting will begin at 5:30 p.m. with a presentation and will be followed by a question-and-answer session, according to Goosefoot.

SEE HOUSING, A2





Photo provided

First responders carried the seal to shore on a stretcher, but due to exhaustion, he was unable to swim right away. He has spent the last few days resting on the beach before going back into the ocean.

SEAL RESCUE

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dled in towels and placed in the bed of a truck.

Garry Heinrich, the investigator and volunteer coordinator for the Central Puget Sound Marine Mammal Stranding Network, said fluids were administered to the seal to stave off dehydration.

Heinrich, who is familiar with the young seal's antics, said Elwood was found sitting on someone's deck a few days ago. He has been "cruising" around Mutiny Bay, where he was born in mid-March to Ellie, the elephant seal matriarch who has given birth to a handful of pups over the years.

The last Heinrich heard, Elwood was resting on the beach after his latest adventure Tuesday night. He was tagged on his tail flipper so investigators can keep track of his movements.

"He seems fine, just tired," Heinrich said.

Marine mammals, when found on the beach, should not be disturbed. Right now elephant seals are going through a molting period, but Heinrich said it is

nothing to be concerned about.

Although he is still considered a pup, Elwood is 200 pounds and nearly four and a half feet long.

"He's so darn cute," Heinrich said.

There are currently a few theories floating around out there about why Elwood decided to "cruise" into the pipe.

"He must have been meandering about and found a hole," Heinrich said.

South Whidbey Fire/EMS Deputy Chief of Operations and Safety Terry Ney said he had heard theories that there was an orca just off the beach that Elwood may have been escaping from.

Gaylon Whiteside, a resident of the condo who watched Elwood's rescue, wondered aloud if maybe the seal saw a fish and decided to follow it into the pipe.

Whiteside said he was amazed by the first responders' efforts to save Elwood from the water vault. He noted one of the firefighters was holding the seal "like he was holding a child."

"I suspect some people might think this might be a waste of time, but we have to take care of nature because nature takes care of us," Whiteside said.

INJUNCTION

CONTINUED FROM A1

a medical exemption is required and business aren't supposed to ask for medical details.

The injunction wasn't filed against businesses, however, but Sno-Isle Regional Libraries, Island County Health Department and WhidbeyHealth primary care. It's unclear why the library district and health department are named since the document doesn't address any issues with either. According to Sno-Isle, state rules regarding libraries say that all patrons, no matter their medical status, must wear masks while in the facility.

Butler, who isn't represented by an attorney, wrote that WhidbeyHealth denied her "both standard medical services as well as emergency medical services based on my 'refusal to wear a face mask.'" She also wrote that she was directed to a "back entrance used for COVID-19 positive

patients without my knowledge or consent thus exposing me to SARS-COV-2."

Butler doesn't name the Oak Harbor police as defendants in the injunction request, but she claims that police have "trespassed" and harassed her based on her disability and "exemptive status" under the statewide facial covering mandate.

"Their behavior has caused me undue psychological stress and fear based on the complications related to my PTSD, a stress-related condition and threats of arrest," the document states.

Attached to the injunction is a note from a WhidbeyHealth doctor that states, "it was clear that Ms. Butler is at risk for direct medical harm when wearing a mask."

The note goes on to say that Butler assured the doctor she was not planning on venturing out very often "because of her fear for her own health."

WhidbeyHealth did not comment on the injunction before press time. Butler could not be reached for comment.

PHASE 3

CONTINUED FROM A1

"Based on this information we expect to remain in Phase 3 for the next three-week period, and we are seeing less growth over time for these metrics," he wrote.

The first metric measures COVID-19 cases per 100,000 population, which must be below 200 to remain in Phase 3. For the dates April 11-24, Island County had a rate of 89 cases per 100,000 people.

Another metric looks at hospitalization, with the target for Phase 3 being five per 100,000 population. From April 15-21, Island County had one hospitalization per 100,000 people.

The next metric is the statewide intensive care occupancy, which was well

■ "Based on this information we expect to remain in Phase 3 for the next three-week period, and we are seeing less growth over time for these metrics."

below the 90 percent target.

Counties must meet at least one of the county-based metric thresholds in a given phase in order to remain in that phase. Counties that no longer meet both metrics will move back one phase, according to the state. The phases are reassessed every three weeks.

The state dashboard shows that 26,147 residents in the county have been fully vaccinated, or about 31 percent. That's slightly ahead of the statewide average.



Photo courtesy of Goosefoot

The Bayview Vision Steering Group is inviting South Whidbey residents, business owners and their employees to an online meeting 5:30-7 p.m. Tuesday, May 4 about future workforce housing in Bayview.

HOUSING

CONTINUED FROM A1

Those interested should go to www.goosefoot.org/planning to register and receive the Zoom meeting link.

Architects, engineers and other housing de-

velopment professionals will share the initial ideas and information about the project.

"They'll also talk about what's feasible and the potential trade-offs around housing types, rent levels and time-to-completion around this first development and into the future," Goosefoot reported.

Goosefoot encourag-

es South Whidbey residents, business owners and employees to attend the online meeting.

A second meeting with more specific details — and hopefully in-person — is planned for the fall.

"Our goal is to provide more predictable and sustainable development in the Bayview area over the next 20 years that builds and enhances the community, rather than a piecemeal approach," according to Goosefoot.

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CORRECTIONS

• The April 28 *South Whidbey Record* article, "Whidbey boaters promote safety, education" identified the wrong organization as the hosts of a Stand-Up Paddle board race at Cornet Bay. It was organized by Salmon Bay Paddle.

• The April 28 *South Whidbey Record* story, "Whidbey's leisure, hospitality sector seeing worker shortage," incorrectly stated that Langley restaurants had to turn away half of their customers. Fifty tables from Prima Bistro had been turned away, not 50 percent of all customers had been turned away from all restaurants.

– The April 28 Sound Off on page A4 by Lionel Peoples contained an incorrect figure. The sentence should have said, "The Super Hornet program supports 39 Washington suppliers and generates \$510 million in annual estimated economic impact throughout our state."

We regret the errors.