

Events, Information, and Entertainment in the Port Susan Area Camano Island • Stanwood • Warm Beach • Silvana • Conway

Our Saviour's Lutheran Church

Holy Week and Easter Worship Schedule 2025



Palm Sunday - April 13

8:15 AM Palm Walk / 8:30 AM Traditional Worship 10:30 AM Contemporary Worship



Maundy Thursday - April 17

7:00 PM Maundy Thursday Service of Holy Communion

Good Friday – April 18

11:30 AM Senior Fellowship Luncheon and Good Friday Service 7:00 PM Good Friday Worship Service

Easter Sunday – April 20

† 6:30 AM Easter Sunrise Service

7:30 AM—10:00 AM Easter Breakfast

† 8:30 AM Traditional Festival Worship

9:45 AM Easter Egg Hunt (ages walking through 5th Grade)

† 10:30 AM Contemporary Festival Worship at the Stanwood High School Performing Arts Center

> 27201 99th Ave. NW, Stanwood WA 98292 360-629-3767 oursaviourschurch.org



SAVE THE DATE!

ALOHA

SAY FAREWELL TO CHIEF YENGOYAN

WEDNESDAY, APRIL 30| 6-8PM

CAMANO CENTER

606 ARROWHEAD ROAD, CAMANO ISLAND





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Welcome to The Crab Cracker! Here's What's Crackin'...

The Crab Cracker is a community magazine created **BY** local residents **FOR** local residents. It is a FREE publication printed every two weeks and distributed throughout the communities of Camano Island, Stanwood (and Warm Beach area), Silvana, and Conway. It contains an extensive calendar of events, original stories, feature articles, fun and interesting sections, community news and announcements, tide tables, and more. Please send us any material you want our communities to know about for possible entry into this publication. It is content provided from YOU that makes this publication the popular source of information and entertainment that all of our friends and neighbors enjoy.

Cover photo: Happy Easter from the Crab Cracker Community Magazine.



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thecrab@thecrabcracker.com or 425-299-7892 / 425-299-7893 P.O. Box 2535, Stanwood, WA 98292 • www.thecrabcracker.com

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Submission **DEADLINE: APRIL 24** for Next Edition (May 2-15)

FRIDAY, APRIL 18

FRONTLINE + HIGH FRIDAY + DEEP CONTACT

8 pm – Arcadian Public House. Tickets \$10 Advanced \$15 At Venue. Genre: Hard Rock & Alt. Rock. Band Merch Available.

FRIDAY, APRIL 18

STEWART WOODS - FRIDAYS IN THE SPEAKEASY

Bring your dinner in and enjoy Stewart's music and a cocktail! 6:30 – 8 pm – No Cover. Arcadian Public House, 18444 Spruce Street, Conway.

FRIDAY, APRIL 18

FRIDAY NIGHT KARAOKE

WITH MARCUS. 8pm at Stanwood Hotel Saloon. 26926 102nd Ave NW. Stanwood. 360-629-2888.

FRIDAY, APRIL 18

STORY TIME - ARMOR OF GOD

Event by Tailored Homeschool - Stanwood. 1:30pm. Come enjoy a reading of The Armor I Wear, a beautiful story about strength and faith. After the story, we'll have a fun activity to bring the lesson to life! Our storytime events are free for the community, but we rely on generous donations to keep them going. If you'd like to support us, your gift helps provide more books, activities, and learning opportunities for kids. Thank you for being part of this mission! (425) 374-9110. Email: intricatelydesignedinstruction@gmail.com.

FRIDAY, APRIL 18

STANWOOD HIGH SCHOOL SPORTS

Varsity Boys Golf vs Oak Harbor. 3-6pm at Camaloch. C Team Girls Tennis vs Mount Vernon. 3:30pm.

FRIDAY, APRIL 18

THE ROCK MARTENS

The Rock Martens LIVE at Pub 282! Get ready for a high-energy night of rock 'n' roll, powerhouse vocals, and electrifying riffs. This band knows how to bring the heat, so grab a drink, hit the dance floor, and let's rock the night away!

look for us online at

www.TheCrab Cracker.com

or on **Facebook.**

Download current or past editions.



NOW ACCEPTING NEW CLIENTS

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FRIDAY, APRIL 18

EASTER FACE PAINTING EVENT



Event by Merry Little Baker LLC. Join us from 4-6pm at Karen's Place, 8701 271st St NW #101, Stanwood, for a free face painting event with Cascading Colors Face Art! With a minimum purchase of \$2.75 per child, kids can enjoy this fun activity from 4-6pm on a first come, first serve basis (limited to 30 kids). Start your Easter weekend off right with this exciting event!

EASTER TRIVIA

Question: About how many chocolate bunnies are produced each year?

Answer: 90 million

SATURDAY, APRIL 19

SPRING FLING

Event by The Spare Room Vintage Flea Market starting at 10am at 1215 State Highway 532, Camano Island. Spring Sales & taste our new food and drink products!

SATURDAY, APRIL 19

IRLEN SYNDROME FREE WORKSHOP

FREE Community Workshop – Learn About Irlen Syndrome. Join us at Tailored Homeschool in Stanwood from 11 AM to 12 PM for a special workshop. This event is FREE and open to ALL parents. If your child struggles with reading, attention, headaches, or light sensitivity, this could be life-changing information for your family. Come learn, ask questions, and connect with others in our local community. Bring a friend and help us spread the word! www.tailoredhomeschool.com.





Camano Island Library Friends presents:

AUTHOR TALK

Kim Fay







Saturday, May 3, 2025 2pm to 4pm at Camano Center, 606 Arrowhead Rd., Camano Island

Memories of time spent with her Great-Uncle Frank and Great-Aunt Emma in their Camano Island cabin inspired Kim Fay's instant national bestseller, Love & Saffron, which in turn sparked the idea for her newest release, Kate & Frida.



CAMANO ISLAND LIBRARY

Seaport Books from La Conner will be on hand to sell books.

Refreshments will be served.

Kim will have a Q&A session and be available to sign copies of books.

FREE ADMISSION. Seating will be limited.

SATURDAY, APRIL 19

FOREST BATHING AND AWE: AN INVITATION TO AN EMBODIED PRACTICE



11:00 AM – 1:00 PM at Cama Beach State Park. Join Cascadia Forest Therapy in a mindful experience of forest bathing. Explore how the practice of forest bathing can invite awe into our lives. After a brief presentation we will shift to a guided forest bathing session through Cama Beach State Park. WA Discovery Pass required. Hosted by the Stanwood Library. (360) 629-31. askus@sno-isle.libanswers.com.

SATURDAY, APRIL 19

ANNUAL COMMUNITY EASTER EGG HUNT



at Conway Public School. Hosted by Fir-Conway Lutheran Church. 10am at 19710 SR 534, Conway. Ages are from littles to 5th grade!

EASTER TRIVIA

Question: The first Easter eggs were dyed what color?

Answer: Red

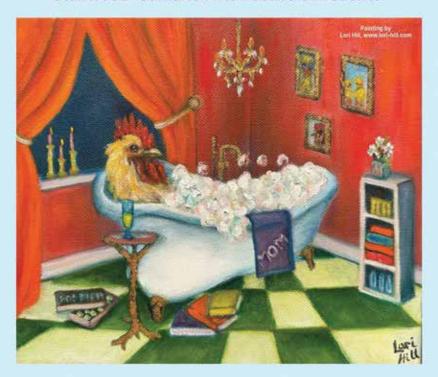


May 3, 2025 9 am to 3 pm Stanwood Camano Fairgrounds

Craft Sale with Many Vendors
Plant Sale by Stanwood Kiwanis
Kids Crafts by Burlington Home Depot
Food and Fun
Hooves and Heroes
Skagit Gleaners
Come join in the Fun for the whole Family



Stanwood-Camano Arts Festivals Presents:



19th Annual Mother's Day Art Festival

at Terry's Corner, Camano Island

www.ArtsFestivals.org

May 9-11, 2025

10am - 5pm

Music by Marcia Kester

Face painting by Challice Face Painting Sat + Sun | 11am - 3pm

EASTER TRIVIA

Which first lady is credited with sponsoring the first annual Easter egg roll on the White House lawn?

- a) Martha Washington
 - b) Mary Todd Lincoln
 - c) Lucy Hayes
- d) Eleanor Roosevelt

The correct answer is c) Lucy Hayes. First lady Lucy Hayes, the wife of President Rutherford B. Hayes.

SATURDAY, APRIL 19

EARTH DAY CELEBRATION



Join us at the Camano Island Library for the following events celebrating Earth Day: *Traveling Museum* 10am-noon. Join us for a fun trip to the museum--at the library! Courtesy of the Burke Museum, this traveling exhibit features actual specimens of birds, reptiles and amphibians. Learn about what makes these animals so unique and amazing. You can move through the exhibit at your own pace and check out some related books. **3rd Annual Seed Swap** 10am-1pm. Attendees of the seed swap are urged to bring seeds to share, but it is not required. This event is FREE and open to all. We have some lovely seeds this year and will try and have enough for everyone to take some home. If you bring seeds to share: Share only seeds of vegetable, herbs, and flowers that your fellow gardeners would grow from seed. If donating home-saved seed, please winnow and clean off the stems or stalks as much as possible and bring only the seed. All shared seed should be fresh, within three years of purchase or saving. Label all seed donations with seed type, variety if known, and year it was grown/saved. *The Mysterious Seed* 2:00 PM - 3:00 PM. Learn about the mysterious seed with gardening educator Lisa Taylor. Lisa will explore life cycles, pollination, and more through music, creative drama, and puppetry! All attendees will also have an opportunity to plant their own seed to take home at the end of the show. Supplies are limited so we encourage you to arrive promptly to guarantee a spot for the plant a seed take home activity.

SATURDAY, APRIL 19

GARDEN HELP

Spring is here and we're all busy gardening! If you need some help with your gardening projects, or have some concerns please come and see us at Haggen Saturday April 19th from 10:00 -2:00. Snohomish Master Gardeners will be hosting a gardening clinic. (It is very helpful of you bring pictures and/or samples of you concerns.)

SATURDAY, APRIL 19

FAMILY BINGO

at the American Legion Hall ON CAMANO ISLAND, 609 W. Camano Drive. "Camano Island American Legion Bingo is pushing it up...Now with \$150 and \$250 blackout jackpots!" Doors open at 4:30 P.M. and Bingo starts at 6pm. Snacks and beverages available.





SATURDAY, APRIL 19

SLEEPY ALLIGATORS

8 pm – Arcadian Public House, Conway. Tickets \$12 Advanced \$15 At Venue. Genre: Grateful Dead Covers.

SATURDAY, APRIL 19

STACY JONES

7-11pm at Pub 282, 70 NE Camano Dr #6, Camano. Blues, rock, and soul like you've never heard before—Stacy Jones is bringing her powerhouse vocals, killer guitar, and raw energy to Pub 282! A night of electrifying music, deep grooves, and unforgettable vibes.

SATURDAY, APRIL 19

KRISTOFERSON CRAFTER MARKETPLACE

10am at 332 NE Camano Dr, Camano Island.

SATURDAY, APRIL 19

EASTER EGG HUNT



Stanwood Eagles is hosting our annual Easter egg hunt at the Stanwood Fairgrounds at 10am sharp. Ages 12 and under divided into four age groups, staggering times. Expect to see the Easter Bunny for great photo opportunities! Over 15,000 eggs, hundreds of baskets, chocolate bunnies and prizes! Bike raffles for \$1.00. Open to the public, hope to see lots of smiles!

EASTER TRIVIA

Question: Where is the most popular Easter parade held each year?

Answer: New York



Master Gardener Annual Plant Sale



Saturday May 10, 2025 9 am-2 pm

Monroe at the Fairgrounds (Don Britton Livestock Pavilion) 18361 Cascade View Dr SE Monroe, WA 98272 free parking & admission

http://plantsale.map.snomg.org

Great Location, Protected from Weather, More Plants.

4,000 Tomato Plants, 40+ varieties; 4,000 Herb and Vegetable starts;
Garden Art, thousands of Perennials:
Hostas, Bog Plants, Dahlia Tubers, Shade Plants, Ground Covers, Natives, Trees and Shrubs.

Bring your own boxes! No pets. No carts or strollers.

Holding area & load out area are available.

Fairground regulations do not allow dogs.

All proceeds go to the Snohomish County Master Gardener Foundation, a 501(c)(3) non-profit, which exists solely to support the WSU - Snohomish County Extension Master Gardener Program.

Visa, MasterCard, Checks and Cash accepted.

425-357-6010 or visit www.snomgf.org

WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office. Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Mary Watts at 6705 Puget Park Drive, Snohomish, WA 98296, 425-357-6001, manywalts@wsu.edu.at least two weeks prior to the event.

SATURDAY, APRIL 19

WARM BEACH EASTER EGG HUNT



11am at Warm Beach Community Park. This year we will have more Golden Eggs to score Easter baskets or stuffed bunnies. More info: wbcassociation@gmail.com

SATURDAY, APRIL 19

RUBBER DUCKY QUEST



Event by Freedom Park Association. 10am at Freedom Park, Camano Island Terry's Corner. Our normal Easter Egg can't happen this year, but we wanted to still do something! We will distribute 2500 Rubber Ducks all over the park Saturday morning. Starting at 10am, no early birds please. 2 Ducks per person please until they are all gone. Come meet park volunteers and purchase a fence pickét!

EASTER TRIVIA

Ouestion: In the 13th century, the church prohibited eating what during Holy Week?

Answer: Eggs

Mabana Flames Auxiliary ANNUAL PLANT SALE

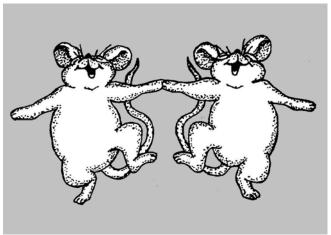
Saturday, May 3, 9am to noon Perennials, tomato plants, annuals, sun/shade hanging baskets, and Master Gardeners' Table.

Location: Mabana Fire Station, 3651 S. Camano Drive, Camano Island

MORe info: kk6sue@gmail.com



SATURDAY, APRIL 19 PSEC EARTHDOG PRACTICE



Event by Sil Sanders and Puget Sound Earthdog Club. 10am-1pm at 33101 44th Ave NW, Stanwood. Bring your short-legged terriers and Dachshunds to practice Earthdog before our May 17-18 events. Recommend bringing high value treats, ideally light in color. We will practice at all levels, from beginners to Master. Beginners should be sure to be there at 10 am for orientation.



SUNDAY, APRIL 20

HAPPY EASTER! SATURDAY, APRIL 19

CABAM! CAMANO BLUEGRASS JAM + DINNER (\$) + OPEN MIC

at the South Camano Grange, 2227 S Camano Drive. Come and join the Jam & enjoy some smokin' bluegrass. Banjos, mandos, guitars, fiddles, dobros and a bass or two. It's all here. All we need is YOU! Old timers and newbies alike. Git on down here! (Free admission except for the optional dinner). 3:00 - 5:30 pm - Bluegrass Jam. 5:30 - 6:00 pm - Dinner (Optional) (Donation or \$10 cash per person). 6:00-ish - 8:30 pm - Open Mic (To perform, sign up before dinner!).

SATURDAY & SUNDAY, APRIL 19 & 20

COME AND CELEBRATE JESUS IS ALIVE!

Invite your friends, family and neighbors as we reflect and rejoice in what Jesus did for us on the cross and with His resurrection. There are egg hunts for kids with over 10,000 eggs and prizes on Saturday (6:15pm) and Sunday (10:15am). www.4sq.church/easter

SUNDAY, APRIL 20

OSLC'S ANNUAL EASTER EGG HUNT



9:45am at Our Saviour's Lutheran Church, 27201 99th Ave NW, Stanwood. Ages: Walking to 5th grade.

MONDAY, APRIL 21

STANWOOD HIGH SCHOOL SPORTS

Girls Tennis vs Snohomish. 3:30pm. Varsity Boys Baseball vs Marysville Getchell. 4pm.





Saturday, May 17, 2025 10am - 4pm





The Camano Center 606 Arrowhead Road, Camano Island

HEY LADIES!!

Empowerment Sponsor

Grab your friends and treat yourselves to a fun day made just for YOU!

Come enjoy some retail therapy, delicious lunch, refreshing drinks and good company!

- Free Admission
- Delicious \$10 Lunch
- Refreshing \$5 Sips
- Photobooth
- Woman Focused Services & Resources
- Amazing Raffle Prizes \$5 Tickets (cash or check preferred)



Inspiration Sponsor



Elevate Sponsors









Photobooth: SKIN & HAIR CARE LOUNGE

MONDAY, APRIL 21

NAUGHTY BINGO

8pm at Beauty Bar Salon + Lounge. Always free to play. Come have some naughty fun and maybe win some prizes! 360-629-2324.

MONDAY, APRIL 21

ALL AGES MONDAY NIGHT TRIVIA

6pm at Rockaway, Camano Island. An exciting night of prizes, great food and drinks, and the chance to win big. Our Trivia winners are invited to a monthly Winner Dinner – on us and of course more importantly... bragging rights. This is a family friendly trivia, so grab your little ones and join us!

MONDAY, APRIL 21

TRIVIA NIGHT

with Darren. 6-8pm at SAAL Brewing Company, 10209 270th St NW, Stanwood. It is free to play with prizes for first and second place. Always a lot of fun!

TUESDAY, APRIL 22

ALL DISTRICT MUSICAL EVENT



All day at Stanwood High School. Elementary, middle, and high school concert. An evening filled musical talent, wonderful performances, and community spirit. More info: bbailey@stanwood.wednet.edu.

EASTER TRIVIA

Question: The world record for the largest chocolate Easter egg was made in what city?

Answer: Tosca, Italy





NEW LISTINGS



NORTH STANWOOD

\$950,000

Retreat with spacious shop and wraparound deck, nestled on over 5 acres of land. Soaring ceilings, expansive windows and chef's kitchen. #2355953



LAKE KI

\$1,100,000

Lakeside property with 2,400 sq. ft home situated on a private 1.02 acres. 2 spacious shops. 40' private dock. #2353029



CAMANO

\$799,000

Fully remodeled gem with seasonal ocean views and exclusive beach and boat launch access just steps away. #2355568



CAMANO

\$1,899,000

Custom built 5,738 sq. ft. retreat, nestled on 10 acres, backing to a lush greenbelt. A rare blend of luxury and serenity. #2349701



MADRONA

\$1,350,000

Sweeping Puget Sound, mountain and sunset views from this gorgeous home. Studio/gym level with separate entry and sauna. #2335788



WARM BEACH

\$699,000

Warm Beach home with view. Bonus room off the garage and 1,200+ sq. ft shop including a 1/2 bath and ample parking space. #2343740



RE/MAX Elevate

370 NE Camano Dr, #6 Camano Island, WA 98282 (360) 387-6888



Visit us online at elevatenw.com for more information and property details.

TUESDAY, APRIL 22

STAY & PLAY

10-11am at the Camano Island Library. Come play with fun and educational toys. Caregivers and children will engage in in-person play, socialize with others, and reconnect with the library. The first 15 minutes will be a mini-storytime with a read-aloud, and the last 45 minutes will be free play. Drop in any time.

TUESDAY, APRIL 22

STANWOOD HIGH SCHOOL SPORTS

Boys soccer vs Snohomish. JV: 5pm. Varsity: 7pm.

TUESDAY, APRIL 22

INTRODUCTION TO GAME DEVELOPMENT

3-4pm at the Stanwood Library. Join us for an insightful introduction to game development disciplines, core concepts, and practical advice for starting your journey in game creation, whether you're aiming to work for a major studio or launch your own indie project.

WEDNESDAY, APRIL 23

KINDER FAIR - ANNUAL KINDERGARTEN FAIR



5 to 6:30 p.m. in the Stanwood High School Commons. Families can register for kindergarten at the event or online at any time. A kindergarten student must be 5 years old prior to September 1, 2025, to enroll for the upcoming school year. The Kindergarten Fair will celebrate the Class of 2038 with activities, a school bus tour, community resources, a chance to meet their new principal, a "Class of 2038" photo, and much more! Learn more, visit stanwood.wednet.edu/fair.

EASTER TRIVIA

Ouestion: How much did the world's largest chocolate Easter egg weigh?

Answer: 15,873 pounds, 4.48 ounces

Language

Talk like Shakespeare Day: April 23rd **Embrace** the Bard

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WEDNESDAY, APRIL 23

STANWOOD HIGH SCHOOL SPORTS

Varsity Girls Tennis vs Everett. 3:30pm. JV Boys Baseball vs Marysville Getchell. 4pm.

WEDNESDAY, APRIL 23

WEDNESDAY NIGHT TRIVIA!

7-9pm at Pub 282. Test your knowledge on music, history, current events, pop culture & more! All ages and free to play!

WEDNESDAY, APRIL 23

READ WITH A THERAPY DOG: MEET THE TEAM!



4:00 PM – 5:00 PM at the Stanwood Library. Learn about therapy dogs! Linda and Preacher will introduce themselves and share about their work as a certified therapy dog team, and with the remaining time we'll have time to read. Practice your reading at the library with Linda and her certified therapy dog Preacher. Children build reading skills and confidence by reading aloud to a certified therapy dog. For elementary age kids, with an adult. Sign up online to save a spot in line, or sign up at the event.

EASTER TRIVIA

Question: What was the circumference of the world's largest chocolate Easter egg?

Answer: 64 feet, 3.65 inches

THURSDAY, APRIL 24

STANWOOD HIGH SCHOOL SPORTS

JV Girls Golf vs Glacier Peak. 3pm at Camaloch. Boys and Girls Outdoor Track vs Arlington. 3:30pm.



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THURSDAY, APRIL 24

THE BARD'S BIRTHDAY PARTY



3:00 PM – 5:00 PM at the Stanwood Library. Celebrate William Shake-speare's 461st birthday and summon your inner thespian to strut and fret your hour upon the stage with famous last words, Elizabethan insults or compliments, short scenes, and birthday cake!

EASTER TRIVIA

Question: What baked good is a Good Friday tradition in England?

Answer: Hot cross buns

FRIDAY, APRIL 25

STANWOOD HIGH SCHOOL SPORTS

C Team Girls Tennis vs Lake Stevens. 3:30pm. Boys soccer vs Everett. JV: 5pm. Varsity: 7pm. Varsity Girls Softball vs Lake Stevens. 6:30pm.

FRIDAY, APRIL 25

THE PROBLEM

7:00 PM – 11:00 PM at Pub 282, 370 NE Camano Dr #6, Camano. No problems here—just high-energy rock, killer riffs, and a night of pure live music mayhem!

FRIDAY, APRIL 25

BINGO NIGHT AT EBE

Iger Bay Elementary is hosting Bingo Night at Elder Bay Elementary School. Prizes and auction baskets. Doors open at 5:30pm. Game starts at 6pm.





FRIDAY, APRIL 25

PRETTY MUCH NOTHING + NURHACHI + SUPREMO

8 pm – Arcadian Public House, Conway, WA. Tickets \$11 Advanced \$12 At Venue. Genre: Alternative. Emo & Punk.

FRIDAY, APRIL 25

TEEN LATE NIGHT

7-10pm at Stanwood YMCA.

FRIDAY, APRIL 25

STEWART WOODS - FRIDAYS IN THE SPEAKEASY

Bring your dinner in and enjoy Stewart's music and a cocktail! 6:30 – 8 pm – No Cover. Arcadian Public House, 18444 Spruce Street, Conway.

FRIDAY, APRIL 25

FRIDAY NIGHT KARAOKE

WITH MARCUS. 8pm at Stanwood Hotel Saloon. 26926 102nd Ave NW. Stanwood. 360-629-2888.

FRIDAY-SATURDAY, APRIL 25-26

CAMANO COUNTRY CLUB & COMMUNITY GARAGE SALE FUNDRAISER

8am to 4pm at the Camano Country Club Clubhouse. All proceeds benefit the CCC Clubhouse. 1243 Beach Drive, Camano Island.

SATURDAY, APRIL 26

SOUTH CAMANO GRANGE PANCAKE BREAKFAST

8 am - 11 am at South Camano Grange, 2227 S Camano Drive. Menu: Pancakes, sausage and fruit.

SATURDAY, APRIL 26

TORCH & MUTUAL STOKE LIVE AT THE CRC!

Get ready for an epic night of music and community with TORCH & Mutual Stoke live at the Community Resource Center! 9612 271st St NW, Stanwood. DOORS - 7:00. MUTUAL STOKE - 7:30-8:00. CRC TEEN BANDS - 8:00-9:00. TORCH - 9:00-9:30. Free show, reserve your spot early in case we hit capacity!

EASTER TRIVIA

Question: How many jellybeans do Americans consume each Easter?

Answer: 16 billion



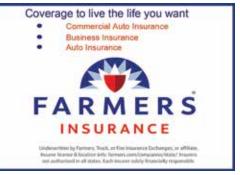
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EASTER TRIVIA

Question: In the Bible, what Jewish holiday was being celebrated the week of Jesus' death and resurrection?

Answer: Passover

SATURDAY, APRIL 26

CHILL DEVILL

7:00 PM at Pub 282, 370 NE Camano Dr #6, Camano. A night of killer vibes and smooth grooves! Don't miss this high-energy performance that'll have you dancing, sipping, and vibing all night long.

SATURDAY, APRIL 26

FAMILY BINGO

at the American Legion Hall ON CAMANO ISLAND, 609 W. Camano Drive. "Camano Island American Legion Bingo is pushing it up...Now with \$150 and \$250 blackout jackpots!" Doors open at 4:30 P.M. and Bingo starts at 6pm. Snacks and beverages available.

SATURDAY, APRIL 26

HORSE WISDOM FOR MOTHERS OF ADDICTS - OPEN HOUSE EVENT!



10am-3pm at 29831 15th Ave NE, Stanwood. A heart-centered day of connection, community, and possibility on the farm. Come experience the beauty of our space, learn more about Horse Wisdom sessions, take a nature walk in the rain forest and meet others on a path of healing and growth. A powerful, soul-nourishing experience you won't forget. Bring a bag of nonperishable food, toiletries for the Stanwood Food Bank and you'll be entered into a special drawing for a Free Horse Wisdom session a \$200 Value. Drawing at 3:15pm. You do not have to be present to win.

SATURDAY, APRIL 26

GRAND OPENING CELEBRATION

Please join us from 11am-3pm at Beautiful Skin By Lynn & Co., Skincare & Beauty Spa, 8701 271st St NW, Stanwood. Refreshment tickets provided. Raffle and prize wheel. Yard games. Spa tour. Skin care questions & answers with our experienced estheticians.

SATURDAY, APRIL 26

TIM MECHLING & THE DUCT TAPE DANDIES + STEEL RESERVE + BUDDY MAC

8 pm – Arcadian Public House, Conway, WA. Tickets \$15 Advanced \$20 At Venue. Genre: Country.

Are you new to **computers**, **internet browsers**, **social media**, or frustrated by **technology** in general?



TECHNOLOGY ACCESS PROGRAM

sponsored by the Camano Island American Legion and Camano Center.

Come join us for a 4-week series on Fridays, 10:00-11:30am, May 16 - June 5, at the Camano Center to learn the basics of safe and effective technology use.

Sessions will include technology basics & communication, accessing important services, online banking, shopping, everyday tasks, and staying safe online.

Call the Camano Center at 360-387-0222

to sign up now. Bring your own laptop.

Don't have one? Ask about options—
devices may be available for
income-qualified participants.



SATURDAY, APRIL 26 CHILDREN'S BOOK FAIR



St. Aidan's Episcopal Church is hosting the first book fair for books directed towards children. 11am-4pm at 1318 SR 532, Camano. There will be five local authors and Kona, a therapy dog. Each author will speak or read to the children for about 20 minutes and then be open for questions. Participating authors: Carole Schaefer of Camano Island, Nicola Pearson of the Concrete area, Olive Rankin of Sedro Woolley, Michelle LeFevre (and Kona) of Camano Island, and Cindy Lou Aillaud of Camano After all are done theere will be time for signings and sales of their books.

EASTER TRIVIA

Question: In Britain, the Easter Act of 1928 was an attempt to do what?

Answer: Establish a set annual date for Faster

SATURDAY, APRIL 26

CONFLICT '25 - DAY OF WARGAMING

Event by Camano Island Miniature Wargamers and Samuel S. Drucker. 9am-6pm at Island County Multi-Purpose Center, 141 N East Camano Dr, Camano Island. FREE ENTRY! ALL EXPERIENCE LEVELS ARE WELCOME! Organized demonstration wargames, hobby vendors, and concessions (first year for on-site food)! All are welcome as we share the hobby of miniature wargaming in a variety of genres with like-minded hobbyists! camanowargamers@gmail.com.

SATURDAY, APRIL 26

SHS STUDENT EXHIBITION OPENING RECEPTION

Join CAA and the entire community from 4-6pm to celebrate student artists from Stanwood High School; explore a collection of stained, fused, and mosaic glass, ceramics, photography, painting, and drawing by students. Enjoy music from an SHS ensemble, snacks and sparkly beverages. Show runs through June 8th.

SATURDAY, APRIL 26

COMMUNITY PLANT SALE

10am-3pm at at the South Camano Grange. Meet your local farmers, gardeners, and growers to fill your garden beds this spring.

SATURDAY, APRIL 26

CAMANO'S BARNUM POINT GLACIAL HISTORY,
BLUFFS, SHORELINE, AND MORE



9:30 am – 12:00 pm. Join Paul Belanger at Barnum Point park, 278 S Sunrise Blvd. After introductions we will have a short walk to the bluff and have discussion of the park. Paul will then discuss the glacial history that created the recent islands of Whidbey and Camano. We will then walk and explore the beaches and bluffs as we walk to the point and Triangle cove. We will discuss bluff erosion, feeder bluffs, longshore currents, habitats, etc. We will learn how to document bluffs, seeps and slides using the MyCoastApp (download and install the cell phone app before you do – give it an easy password).

Maximizing Your Home's Value in Today's Market

In today's housing market, research shows that there are 3 top questions that homeowners have when getting ready to sell their home.

- #1. How to get top dollar.
- #2. What's strategic marketing look like?
- #3. What are practical ways to improve my home to sell for a higher price?

I consider these questions daily on my facebook page with tips from easy electrical upgrades, staging advice and how to select the right paint pallette. I am here to guide you every step of the way. My goal is simple: make your home quickly stand out, attract more attention and increase its appeal in this competitive market. Stay up to date and

informed by following my Facebook page or YouTube channel @tourwithmelanie.

You'll get daily tips and insights. Let's work together to get your home sold for top dollar!

Melanie Galloway 360-391-4628

Interior Designer + Real Estate Broker License #23018393 Realty One Orca





SATURDAY, APRIL 26 EARTH DAY AND OPEN HOUSE AT CAMP K



Event by Camp Killoqua and Camp Fire Snohomish County. Noon-4pm at 15207 E Lake Goodwin Rd, Stanwood. Join us for a FREE day of fun and exploration as we combine two great events—our Earth Day Celebration & Open House! Enjoy games, crafts, and activities for all ages, take a tour of camp, and learn more about our programs. Stay as long as you'd like and experience the magic of camp!



MQ Welcomes You!

Spring has sprung and we look forward to seeing you soon.

April

15th to 30th - Shop Local Win Local Participant 23rd - Admin Professional's Day - Let us help you show appreciation

8706 271st ST NW, Stanwood, WA 98292 www.mqstanwood.com Open 7 days a week



May 3rd

Book Signing - Pansies

Brenna Estrada, Flower Farmer / Author -Three Brothers Blooms

Come say hello and chat pansies with Brenna from 1pm-3pm! Books will be available for purchase, or bring your copy to have it signed.

EASTER TRIVIA

Question: In England, when you dance between Easter eggs on a floor, it's called what?

Answer: Hop-egging

SUNDAY, APRIL 27

MCCLINCHY CAMANO CLASSIC CENTURY

7am at Stanwood Middle School. Biking Camano Island offers beautiful water and mountain views plus 1 mile of climbing in the full century route. There's also a metric century (65 mile), an island perimeter (50 mile), half island (35 mile) or flat 15 miler. Four food stops, SAG support and choice of gourmet tacos at a SAAL Brewing are included in your ride fee. Learn more at https://bikesclub.org/McClinchy

MONDAY, APRIL 28

NAUGHTY BINGO

8pm at Beauty Bar Salon + Lounge. Always free to play. Come have some naughty fun and maybe win some prizes! 360-629-2324.

MONDAY, APRIL 28

ALL AGES MONDAY NIGHT TRIVIA

6pm at Rockaway, Camano Island. An exciting night of prizes, great food and drinks, and the chance to win big. Our Trivia winners are invited to a monthly Winner Dinner – on us and of course more importantly... bragging rights. This is a family friendly trivia, so grab your little ones and join us!

MONDAY, APRIL 28

TRIVIA NIGHT

with Darren. 6-8pm at SAAL Brewing Company, 10209 270th St NW, Stanwood. It is free to play with prizes for first and second place. Always a lot of fun!

MONDAY, APRIL 28

STANWOOD HIGH SCHOOL SPORTS

Varsity Girls Tennis vs Monroe. 3:30pm. Boys Baseball vs Archbishop Murphy. 4pm. Varsity Girls softball vs Ballard. 5pm.

TUESDAY, APRIL 29

STAY & PLAY

10:00 AM – 11:00 AM at the Camano Island Library. Opportunity for children and their caregivers to come play with fun and educational toys provided by the library. Caregivers and children will engage in in-person play, socialize with others, and reconnect with the library. The first 15 minutes will be a mini-storytime with a read-aloud, and the last 45 minutes will be free play. Drop in any time.

TUESDAY, APRIL 29

TEEN CHILL AND RECHARGE

3:00 PM – 5:00 PM at the Stanwood Library. Swing by to unwind, charge up your devices, and have fun! This week, we'll provide you with pre-painted prints and canvases from Island Girl Creative Studio and it's up to you to add your own twist. Painting not your thing? Add a touch of artistry to your fridge or locker with custom marble magnets! We've got everything you need to make unique designs that you can either keep for yourself or gift to a loved one. This is a laid-back drop-in event for teens and tweens ages 9 to 18. No experience is needed and all materials and snacks are provided. Just bring your imagination and creativity – we'll take care of the rest!

EASTER TRIVIA

Question: What celebrity was made into a chocolate bunny for the first time in 2015?

Answer: Benedict Cumberbatch TUESDAY, APRIL 29

STANWOOD HIGH SCHOOL SPORTS

C Team Girls Tennis vs Everett. 3:30pm. Boys Soccer vs Monroe. JV: 5pm. Varsity: 7pm.

TUESDAY, APRIL 29

LINE DANCING AND LESSONS

Event by Lady Di Dancin'. 6pm-8pm at Stanwood Eagles Foe 3041, 6419 Pioneer Hwy. No cover charge for lessons, tips and donations accepted & appreciated for lessons. ALL ages and ALL welcome.

WEDNESDAY, APRIL 30

FAREWELL CELEBRATION / APPRECIATION

The Mabana Flames invite you to join us in a farewell celebration for former Fire Chief Levon Yengoyan from 6-8pm at the Camano Center. He served as chief for more than 5 years and spent more than 20 years within Camano Fire. A formal program will start at 7pm. Cake and light refreshments will be served. A basket will be available for personal cards. Please join us as we say aloha to Chief Yengoyan with a Hawaiian-themed evening. Dig out your best tropical apparel and join us for this celebration. No RSVP required.

WEDNESDAY, APRIL 30

WEDNESDAY NIGHT TRIVIA!

7-9pm at Pub 282. Test your knowledge on music, history, current events, pop culture & more! All ages and free to play!

WEDNESDAY, APRIL 30

STANWOOD HIGH SCHOOL SPORTS

Varsity Girls Tennis vs Marysville Pilchuck. 3:30pm. JV Boys Baseball vs Monroe. 4pm.

WEDNESDAY, APRIL 30

MINDFUL REFLECTION THROUGH ART

4-6pm at the Camano Island Library. Spring Forth & Bloom. Discover yourself from the inside out through both hidden, revealed and personally embellished art in this intuitive and process based approach to art making. All Levels. Registration link at SCAACwa.org/classes.



Tree Removal & Trimming Stump Grinding View Clearing Hazard Trees Arborist Services

FREE ESTIMATES • LIC. • BOND. • INS.





Join us on May 26, 2025 at 1:00 pm for a **Memorial Day** program featuring Marysville NJROTC at the Stanwood Veterans Memorial and the Floyd Norgaard **Cultural Center** 27130 102nd Ave NW Stanwood sahs-fncc.org

Orthopedics & Sports Medicine

Call to schedule an appointment:

360-435-6641

SkagitRegionalHealth.org/ orthopedics







THURSDAY, MAY 1

TRANSITION RESOURCE NIGHT

6-8pm at Stanwood High School Commons. What is next for my child? What will my child do as an adult? What help is available? Join us for answers. All ages welcome. Leanr about community resources and services that support individuals with special needs.

THURSDAY, MAY 1

LIT LAB

The theme will be "My First Five Years" so plan to share approximately 1000 words with us (about 5 minutes). 6pm at Camano Lutheran Church off SR532 at 850 Heichel Road.

THURSDAY, MAY 1

STANWOOD HIGH SCHOOL SPORTS

Girls Tennis vs Anacortes. JV: 3:30pm. Varsity: 5pm.

THURSDAY, MAY 1

THE 2025 SALISH SEA EARLY MUSIC FESTIVAL

Tonight's Chamber Music concert features MUSIQUE DE LA CHAMBRE of LOUIS XIV: Caroline Nicolas, viola da gamba; William Simms, theorbo & baroque guitar; Jeffrey Cohan, baroque and renaissance flutes. 7:00 PM at Fir-Conway Lutheran Church at 18101 Fir Island Road in Conway. Admission is by suggested donation (a free will offering) of \$20 to \$30. Those 18 & under are free. All are welcome regardless of donation. www.salishseafestival.org/skagit





@ ARROWHEAD RANCH CAMANO



of Stanwood Camano

TICKETS INCLUDE:

SMALL BITES
LIVE MUSIC
LIVE AUCTION
WINE/SPIRIT PULL
1 DRINK TICKET AT BAR
21 AND OVER EVENT



TICKETS \$100
ON SALE JUNE 1ST
CRC-SC.ORG OR
SCAN QR CODE

Bring your appetite to empower!



REAL ESTATE



VIEW HOME

\$875,000

Impressive SW views of Saratoga Passage and out to the Olympics from beautiful Camano home complete with beach access. #2319035



ROCKY POINT

\$925,000

Located on the north end of Camano, great 3-bedroom home on a beautiful 5-acre property with mature fruit trees, and room for outdoor fun. #2332781



MADRONA

\$534,000

Cute two-story Camano cottage on the west side of the island has a covered back deck and fully fenced back yard. #2342219



DRIFTWOOD SHORES

\$699,900

Level and sunny Camano waterfront with a picture-perfect cottage on Driftwood Shores is turn-key for year-round or weekender. #2349994



CAMALOCH

\$749.000

Beautifully maintained Craftsman-style home nestled in gated golf community on Camano. #2351710



VIEW HOME

\$1,125,000

Surrounded by 25 acres of vibrant green space, Custom home with uninterrupted west views and stunning sunsets. #2351973

STANWOOD

7359 267th St. NW, #D 360.629.8233



CAMANO ISLAND

818 N. Sunrise Blvd. 360.387.4663

Visit WindermereStanwoodCamano.com for more information

Windermere Real Estate/CIR

Korner Korner

NATURE COLORED SCAVENGER HUNT



Spring is here, and it's the perfect time for a fun and free activity at home: Here's how to do it: 1. Gather Supplies: Grab some paper, colored markers, or crayons. Create a list of colors (like green, yellow, pink, etc.) that you want to find in nature. 2. Set Your Boundaries: Decide whether you'll be hunting in your backyard, a nearby park, or even just around your neighborhood. 3. Start the Hunt: Go outside and look for natural items that match the colors on your list! This could be flowers, leaves, rocks, or even insects. 4. Document Your Finds: Take pictures or collect small items (if it's allowed) to create a colorful collage later. 5. Share Your Results: Once you're done, share your findings with friends or family, or tag us.!! This activity is not only fun but also a great way to appreciate the beauty of spring while exploring your surroundings. Happy hunting!!

Source: Posted on Early Bloomer's Child Care Stanwood Facebook post, April 6.

EASTER TRIVIA

Question: What's the name of the jeweler who decorated Easter eggs for royalty?

Answer: Peter Karl Faberge



Jan Mather

Camano Island Expert 360-507-4133

Excellent Service • Extensive Knowledge Especially Fun To Work With!

WINDERMERE 🗱 REAL ESTATE

Activity for Adults

EASTER TRIVIA

Question: What state held the largest Easter egg hunt ever in the United States?

Answer: Florida

HOT CROSS BUNS RECIPE



Spiced, sweet Hot Cross Buns recipe, which is a lovely sweet bread with mixed fruit perfect for Easter and springtime baking.

INGREDIENTS: Bun Dough: Bread flour; Ground mixed spice: A combo of cinnamon, coriander seed, caraway, nutmeg, ginger, cloves, allspice, and mace; Salt: Just a pinch; Butter: Feel free to use salted or unsalted butter, just make sure to keep it cold and cut it into cubes. Save some on the side for greasing your baking she; Granulated sugar: Granulated sug; Lemon zest; Instant dried yeast; One large egg; Egg wash: To make egg wash, beat one large egg and a tablespoon of milk until well combined. Egg-washing your pastry will create a nice, shiny finish; Milk; Raisins; Honey. Icing: Powdered sugar; Vanilla extract; Milk.

DIRECTIONS: In a bowl, sieve the flour, salt, and mixed spice. Then, rub in the butter using your fingertips until the mixture is the texture of fine breadcrumbs. Stir in the sugar, lemon zest, and yeast. Beat the egg with warm milk and add to the dry ingredients. Mix together to form a soft, pliable dough. Turn out the dough onto a lightly floured surface. Sprinkle over the dried fruit and knead the dough lightly. The dough should be smooth and elastic with dried fruit throughout. Grease a bowl with oil. Shape the dough into a ball and place it into the prepared bowl. Cover with plastic wrap and set aside in a warm place to proof. The dough should double in size. Turn out the proofed dough onto a lightly floured work surface and divide it into equal pieces. Roll each piece into a ball. Grease a baking sheet with butter, and transfer the buns to the tray in rows. Cover with plastic wrap and return to a warm spot to proof for another hour until the rolls are proofed together. After the second proof, preheat the oven. Brush the buns with egg wash for a shiny finish. Bake until golden brown and shiny. As soon as you remove the buns from the oven, brush them with a little warmed honey or golden syrup. Set aside to cool on a wire rack. Frosting the Buns: Whisk together the icing ingredients until smooth but stiff enough to hold their shape. If it is too stiff, add a splash more milk. Scoop icing into a piping bag fitted with a small nozzle. Carefully pipe crosses on the cooled buns. Set aside while the icing sets for 30 minutes. Serve the buns with butter and a big cup of tea.

Are you interested in promoting your art, craft, or live performance?

Email us info or a bio about yourself and we will feature this page to you... and it's all FREE!

KONA



Kona is somewhat of a celebrity around Camano Island and Stanwood. Kona is a Bernese Mountain Dog and the star of his own children's book entitled. On Kona's Pond. It is the adventure about Kona and the animals that live in and around the pond where he lives on Camano Island. Kona is a therapy dog and travels to schools, libraries, and retirement homes along with his owner and the author of the book, Michelle LeFevre. Kona has a gentle spirit and he and Michelle love to share his story with kids and adults alike. While traveling in the area, Kona has made a special impact with the special needs children and the memory care residents that he has met along the way. He has this love inside him that helps him to know that he needs to spend some extra time with these special children and adults. They have become magical and unforgettable moments and we realize that this goes far beyond the sharing and reading of the book. Children that were so afraid of dogs soon became connected to Kona's love and support. He even gently placed his head on the laps of children and adults in wheelchairs so that they could feel his love. Kona is a gentle giant that has touched many lives in the two years that the book has been out. Kona will be participating in the Children's Book Fair on April 26th at St Aidens Church on the Island if you would like to come and hear the story and meet him and the other authors participating in the event.



MUZZLES UP DOG ACADEMY LLC

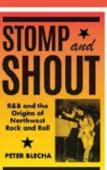


Muzzles Up (Camano Island dog trainer) now offers a FREE 30-minute one-on-one behavior consultation with ALL dogs adopted from CASA! Consultations include training tips and advice on ways to help your new family member settle in. Muzzles Up will also be working with CASA dogs regularly for enrichment, building confidence, and training basic manners in an effort to prepare them for their new homes.

(305) 849-6436 / jess@muzzlesup.com / muzzlesup.com

STOMP AND SHOUT:

The Untold Story of Northwest Rock & Roll by Peter Blecha



May 4th, 2025 Sunday afternoon 4 - 6 pm







SAHS History Lecture Series

Floyd Norgaard Cultural Center 27130 102nd Ave NW, Stanwood

2025 Stone Carving Class

at Matzke Fine Art Gallery and Sculpture Park, Camano Island, WA

June 27, 28 and 29

Call 360-387-2759 or email: matzke@camano.net

Workshop \$465

Includes: Instruction from Master Stone sculptor, Kentaro Kojima, lunches every day, loaner tools provided as well as stone for sell. Lodging: check out the Camano Chamber of Commerce for VRBO.



Moonshine Wisdom & Wit

Story by Jack Archibald.

For further moonshine wisdom and wet powder wit, check out the SKEETER DADDLE DIARIES at www.

STUDENT SPOTLIGHT ON THE "ART ISLAND"

Not so very long ago Camano Island was essentially undiscovered, tucked between Whidbey and the mainland, hidden in the Straits. Most of us can't remember the logging era, the Mabana chicken ranch days, the resort era or the time of one room schoolhouses. Camano wasn't 'known' or labelled the way, say, Stanwood was a river town or Pt. Townsend and La Connor were Victorian towns, historical places, locked in their identities. Camano was a tabla rosa, a blank slate, and when the urban masses finally did discover the island, it was fast becoming a retirement place and a commuter enclave.

Back in the '90's a few artists banded together and joined the Chamber of Commerce to build the Camano Gateway. Businesses and individuals donated time and money and materials to make a small vision a larger reality. Once completed, that successful project was rewarded with 3 plus acres for a sculpture park that became Freedom Park, an aesthetic landmark in the strategic location where islanders either turn south or west.

The Stanwood Art Guild created Art by the Bay about the same time, a yearly event going on now for over a quarter century, followed shortly by the annual Mother's Day Studio Tour organized by the Camano Arts Association (CAA). In the years that wandered into the 21st Century, little by little the island slowly became a sort of Art Island. Artist studios sprang up and flourished, galleries opened, public buildings sported sculptures, interior artworks and stained glass murals. Fire stations, the Senior Centers, the Administration Building, the thrift store, Grange hall --- art was everywhere on display.

Over the past two years, the Gateway Center re-imagined itself, replaced the battered stained glass front with a new glasswork, remodeled the building and turned it the Gateway Gallery and Visitor Information funded by the CAA. What is being imagined now is to encourage the next generation of artists to step into their own future. And to that end CAA's Gateway Gallery is giving our young people, our next generation of artists, an opportunity to show their work and for the island to view a new vision from fresh eyes. The Art Island will be theirs to imagine, to remake in their image. This will be a preview of what will come next.

April 26th through June 8th the Gateway Gallery will feature stained, fused, and mosaic glass, ceramics, photography, painting, and drawing from Stanwood High School art students. Come celebrate them Saturday April 26th from 4pm to 6pm!





Do you have a press release or an announcement you want the community to know about? Let us know and we will publish it here in Community Information

FOR FREE!

Call us for info. 425-299-7892.

TECHNOLOGY ACCESS PROGRAM

sponsored by the Camano Island American Legion and Camano Center. Are you new to computers, internet browsers, social media, or frustrated by technology in general? Come join us Thursdays, 1-2:30pm, May 16-June 5 at the Camano Center to learn the basics of safe and effective technology use." Call 360-387-0222 to sign up.

FREE FITNESS CONSULTATION FOR COMMUNITY

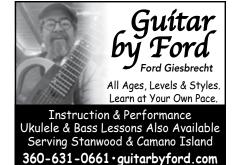
Stanwood Anytime Fitness is offering free fitness consultations to any residents of Camano and Stanwood. Receive expert advice on all aspects of your health - nutrition and diet, fitness and movement, joint health and pain management. Conduct a body scan to better understand your health status and wellness goals. Come join the community of people taking control of their health, for this generation and the next! No membership is required."

COME CHEER YOUR STANWOOD WOMEN'S FOOTBALL TEAM



at the 2nd Annual Women's Football Jamboree! April 27, Noon-4pm at Granite Falls High School. Make sure to buy your ticket at the Stanwood Spartan Women's Football entrance to help raise sport scholarship funds for youth in the Stanwood/Camano area! Also, save the date and come to our only home game this season on 5/17 at 6pm at SHS! https://stanwoodspartanmoms.org/





EASTER TRIVIA

Question: Easter Sunday is also called what?

Answer: Resurrection Day

SPRING UPDATE: CELEBRATING GENEROSITY

"Just last week we came together to celebrate the community contributions of our 19th Annual Philanthropists of the Year. Our award recipients are: Barbara Christoferson (Clarene Ricarte Pay-It-Forward Award); Mark & Debbie Phibbs (Floyd & Delores Jones Spirit of Philanthropy Award); Seaside Services - Chad & Jennie Davis (Heritage Bank Organization Making a Difference Award); Dan Haskins - Boscovet USA (Hometown Hero Award). I also got to share some information from our annual report, which highlights the impact that SCAF is able to have through the generosity of our donors. I want to reiterate a couple of those points here for those that were not able to attend. Most people have heard about the impact of our scholarship program, but did you know our commitment goes far beyond handing out certificates? We focus on the success of our students before and after they receive their awards. The generosity of our community allowed me to spend an evening on Zoom, walking a recent graduate through the FAFSA application process—helping her navigate a complicated system that didn't recognize her unique situation. When she faced setbacks, we stayed in touch, exchanging 55 text messages as she figured out her next steps. She moved across the country, applied to another technical college, and finally used her scholarship funds. She wanted to give up, but we wouldn't let that happen. We visited our local high schools seven times this year to help students successfully complete their scholarship applications. We tracked down transcripts, chased down recommendations, and took calls from parents—all to ensure every student had the opportunity to participate. "I know you've received many thank you letters and I decided to send this thank you a little later so I could emphasize the importance of you're kind gesture. I live with my grandparents who have custody of my sister and me. They are in their 60's and should be preparing for retirement, but instead they have had to sacrifice a lot for us. All help is greatly appreciated, and your scholarship helps achieve my goals and makes everyone in our home extremely happy. From my heart and my families, Thank you." - HS Scholarship Recipient. This past year, we also piloted an Educational Enhancement Grant program, getting funds directly into the hands of teachers and staff for needs that otherwise wouldn't be funded. In uncertain times, it matters that we can look our educators and students in the eye and say, "We care about you. We support you." The generosity of our community makes this happen If you haven't already done so, I hope you'll take a moment to read our annual report and see all the ways that we are creating a stronger Stanwood-Camano community. If you would like to sponsor an Adult Scholarship, the deadline is May 1. We'd love to partner with you in this way." With gratitude, Natalie Hagglund.

WARM BEACH CAMP OPEN HOUSE

Come enjoy a day of fun at Warm Beach Camp on May 18 from noon to 4! This is our way of saying thank you to everyone who cares so lovingly for Warm Beach Camp! The event is free, but an RSVP is required, you can do that here: https://www.warmbeach.com/warmbeach-open-house/

CELEBRATION OF LIFE

Patricia A. Major January 31, 1942 - July 18, 2024 A celebration of life will held in Par's honor. April 19, 2025, 1-4 pm Stillaguamish Grange 6521, Pioneer Hwy, Stanwood. More info: 360-770-5002.



CAMANO ARTS ASSOCIATION'S

GATEWAY GALLERY





PRESENT





THE 1ST ANNUAL

Student (Art Show

Featuring stained, fused and mosaic glass, ceramics, photography, painting, and drawing from Stanwood High School Art Students

April 26 - June 8 2025

Opening Reception Saturday April 26 4pm - 6pm

> w/ SHS musical ensemble sparkling beverages hors d'hoeuvres

Gallery Hours: Fridays 12-4 Saturdays 10-4 Sunday 12-4 Studio Tour Hours May 9,10,11 and 17, 18 10am to 5pm 578 E North Camano Drive (at Freedom Park) camanoarts.org

INCOMING FRESHMEN FOOTBALL PARENTS INFORMATIONAL MEETING

April 21, 6pm at Stanwood High School. Calling 8th grade parents with football players interested in participating in the '25 SHS Freshman season. Join us for an informational meeting at the SHS commons. Meet the new coaching staff & board members. Learn about: registration, spring / summer workouts, camp, volunteering, sponsorship opportunities, golf tournament, grade requirements, etc. The season will be approaching quickly & there is lots of information to filter out! We hope to see you!

SHOEBOX BAKING COMPANY

To all my loyal fans of "The Shack", Shoebox Baking has fired up the oven & is back baking again. From Chocolate Chip Flip Flops & Salted Caramel Pecan Sandals to Rolo Romeos & everything in between. Open 7am to 7pm, 7 days a week. Located on Roberts Way in Madrona Beach. Come on by the self-serve "Shack".

127,000 POUNDS OF DOG POOP

Did you know there are an estimated 170,000 dogs in Snohomish County? Together, they produce over 127,000 pounds of poop EV-ERY DAY! Unfortunately, rain washes bacteria from pet waste through ditches, drains and into our waterways. High levels of bacteria can make our lakes, rivers, and even Puget Sound unsafe for people, pets and aquatic life. Do your part: Scoop the poop, bag it, and put it in the trash. Learn more at https://www.snohomishcountywa.gov/3366.

EASTER TRIVIA

Question: What two games are traditionally played with Easter eggs?

Answer: Easter egg hunts and Easter egg rolls

FREE EARTH DAY GREEN RECYCLING EVENT



Event by Lenz Enterprises, 5210 SR 532, Stanwood. Lenz's FREE Clean, Green Recycling Event is back in celebration of Earth week! Bring in your yard debris, branches and brush in for free April 18th, 19th, 21st & 22nd! Bring as much yard waste as you'd like—and come as often as you'd like! Here's what qualifies during the free event: Brush; Grass clippings; Leaves; Branches; Stumps. Here's what is not included during our free event: Dimensional Lumber; Yard waste bags (even if compostable); Soil & Rocks; Non-organic material.

PROJECT PC

(nonprofit): Join monthly community events supporting veterans and frontline heroes. Explore healing and connection. Projectpc.org.

Do you have a press release or an announcement you want the community to know about? Let us know and we will publish it here in Community Information

FOR FREE!

Call us for info. 425-299-7892.

VILLAGE ROADSIDE FLOWER STAND NOW OPEN

Fresh cut flowers grown right here at Village Roadside Farm in Stanwood. Fill your Easter season with local beautiful bouquets including single and specialty double tulips. 4206 Village Road, Stanwood. Friday, April 11th 10am (until sell out) Each bundle of a dozen tulips: \$24 Bud Vases \$6. Message us on Facebook to reserve your flowers ahead of time! Follow for our next farm stand opening featuring gorgeous ranunculus blooms. We love our community and can't wait to share.

THE BLOOM'N PLANT SALE



is sprouting back up this spring, with vibrant annuals, hardy perennials, veggie starts, herbs, and gorgeous flower baskets — all grown by Stanwood High School's horticulture students! From seed to sale, students in Greenhouse Production and Horticultural Science have been digging deep all year long to grow a wide variety of plants. But it doesn't stop at the soil — they're also cultivating real-world business skills by managing the sales floor themselves. The community is invited to stop by the greenhouse parking lot on the north side of Stanwood High School to shop the organically grown selection. Proceeds go right back into the horticulture program, helping it continue to grow and flourish. Opening day is April 23. Sale runs from the last week of April through the first week of May. Hours: 2:30 to 5:30 p.m. Wednesdays, Thursdays, Fridays; and 10 a.m. to 2 p.m. Saturdays. Want a sneak peek at what's blooming? Follow along at Stanwood High School Greenhouse Stanwood High School Greenhouse.



ACE HARDWARE - MARCH ROUND-UP



"This is a happy story --- I sat in my car at the IGA parking lot yester-day. Pondering the possible response to the round-up for the South Camano Grange, as we have property taxes (\$1,750) due at the end of April. Well, hummm - it's been a month, my best guess \$35.50 - maybe stretching to \$65.75. The Ace Hardware Manager Danie Couchon, said. She would go get the check for the Grange....she almost had to pick me up off the floor - the check was for \$2,342.90. I almost started to cry (me a full grown man), as I returned to my car check in hand I was dumb founded, how many wonderful people rounded up? At 50 cents each round up, that would be 4,686 customers. OMG wish I could thank each and everyone! And, I do thank you all." - Mike Nestor

EASTER TRIVIA

Question: What's the name of the Peanuts Easter special?

Answer: It's the Easter Beagle, Charlie Brown

SHOP LOCAL WIN LOCAL - SPRING 2025

Shop local and win big! From April 15th-30th, spend \$20 at participating businesses and get a stamp from Stanwood and Camano participating businesses on your passport for a chance to win amazing prizes. Complete your passport by April 30th and enter to win! The More You Shop, The More You Win! You can complete as many passports as you like. Don't forget – completed passports must be submitted by April 30th. Winners will be announced on May 12th!

CAMANO ISLAND LIBRARY FRIENDS

Please join the Friends for their General Membership Meeting, Thursday, April 24th, 3:00 p.m. in the Community Room at the Camano Island Library. Mark your calendars and come to hear about our upcoming Author Talk at the Camano Center on Saturday, May 3rd from 2:00 p.m. to 4:00 p.m. WA writer Kim Fay who will talk about her instant national bestseller Love & Saffron and her latest release Kate & Frida. Her first novel was inspired by the many happy hours spent in the Camano Island cabin of her Great-Uncle Frank and Great-Aunt Emma. Also, hear Committee plans for our August 16th Celebration of the 10th Anniversary of the library's opening. Scholarship season is here! In partnership with the Stanwood Camano Area Foundation, the Friends will award four \$2,500 scholarships this year. We are seeking candidates to fill the Secretary's position on our Board, if interested, please reply to camanolibraryfriends@gmail.com.

Christ Centered. Care Focused.



Assisted Living

Designed for seniors who are active and engaged yet may need help and support with the fundamentals of daily living, our caring and dedicated staff members provide round-the-clock assistance while encouraging residents to maintain a high level of independence.

Enhanced Care Assisted Living

A brand new approach to care. Residents living in our Enhanced Care neighborhood have the security of receiving an increased level of health care traditionally not available within an assisted living environment.





Memory Care

Our professional and dedicated staff understand that memory care is more than a service - it's a residential journey of dignity, respect, and personal growth. Our memory care neighborhood is designed with this philosophy at heart, ensuring that every resident feels valued and secure in a loving Christ-centered environment.

WARM BEACH

SENIOR COMMUNITY

Call Laura Perkins: (360) 652-4591 www.warmbeach.org

> 20420 Marine Drive Stanwood, WA 98292

House In S

EASTER TRIVIA

Question: Which day of Holy Week is to honor the Last Supper?

> Answer: Holy Thursday

COMMUNITY LOAVES



Community Loaves begun in 2020 to help get delicious healthy homemade bread to local food banks. We are an organization of bakers (from those who have never baked to professional bakers) who fight food insecurity from our home kitchens. There are over 900 bakers serving 46 food banks in 60 neighborhood in 5 states. Originating in Kirkland, to date we have donated over 188,291 loaves and 186,956 Energy cookies. In March of 2025 we connected with the Stanwood - Camano Food Bank delivering fresh whole grain bread and healthy energy cookies twice a month. We have bakers of all ages and backgrounds and we need more! We spoke with the food bank recently and they told us of the value of fresh wholesome bread. The majority of baked items they receive can be sugar heavy. Having high quality fresh baked nutritious bread and energy cookies is a helpful addition to their baked offerings. Join us in baking the world a better place from your home kitchen. CONTACT: www.communityloaves.org.

PILCHUCK SPRING TOURS: TEA & GENERAL TOUR

Pilchuck Glass School's annual Spring Tours are one of the only times throughout the year when we welcome the public to tour our historic campus, and watch renowned glass artists at work. During Spring Tours, visitors can view the fascinating processes of glassblowing, talk with renowned glass artists, tour Pilchuck's studios, and learn about the rich history and future of the school. www.pilchuck.org.





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KELLER HOSPITALITY









SHS CHEER BOOSTERS EGG MY YARD



Let the Stanwood Spartan Cheer Boosters do the work for you! We'll come by on Saturday, April 19th and hide pre-filled Easter eggs at your home. You will receive a text message prior to eggs being hidden so you have a better idea of a time that we will be there. All eggs will be hidden between the hours of 12:00-6:00 pm If you would like to purchase this as a gift for someone, please let them know ahead of time that we will be contacting them. Contact spartancheer.shsb-cfundraising@gmail.com with any questions.

EASTER TRIVIA

Question: Why are pretzels considered an Easter food?

Answer: Because their design is said to look like praying arms and hands

STANWOOD AREA HISTORICAL SOCIETY MUSEUM EXHIBITS

Open for guided visits and history research 1 - 4 pm Wednesday and Saturdays. Tour the D. O. Pearson House Museum, the Eldridge Center Gallery and Library, the Floyd Norgaard Cultural Center 3rd Floor Exhibits and the Veterans Memorial (Outside). Volunteers welcome! More info: www.sahs-fncc.org.

ART AT THE SCHOOLHOUSE

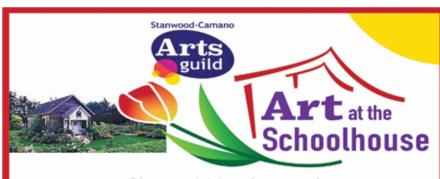
at Christianson's Nursery, 15806 Best Rd., Mount Vernon, March 28-April 27, 10am-5pm daily, (360) 540-0146.

CENTER HALL THRIFT STORE NOW OPEN

inside Lincoln Hill Retirement Community, 7430 276th St NW, Stanwood. Monday-Friday, 10am-4pm. 360-629-7403.

STATE PARK FREE DAYS

No Discover Pass needed to park at a state park on these days: April 22 (Earth Day), June 7-8 (Free Fishing Weekend), June 19 (Juneteenth), August 9 (Smokey the Bear's Birthday), September 27 (National Public Lands Day), October 10 (World Mental Health Day), and November 11 (Veterans Day). Learn more at discoverpass.wa.gov.



Plan on visiting the annual

Art at the Schoolhouse Show.

This fun Art show is held in the 1888 one-room schoolhouse at Christianson's Nursery in Mt. Vernon.

March 28 to April 27, 2025

at Christianson's Nursery

15806 Best Road, Mt. Vernon, Washington www.christiansonsnursery.com

Art, Tulips and Fun... What could be better.

2025 | CAA PRESENTS the 26th ANNUAL

CAMANO ISLAND STUDIO TOUR

Art lives on Camano Island and in Stanwood



Mother's Day Weekend

MAY 9-10-11

10am - 5pm

Encore Weekend MAY 17-18 10am - 5pm

Art by Doug Landreth Photographic fine art -"In the Late Afternoon"





camanostudiotour.com

Photos and Art



Vintage Easter. Photo by Luisa Moreno.



EASTER TRIVIA

Question: From what is the filling in Cadbury Creme Eggs made?

Answer: Fondant



Easter Garden. Photo by Irina K.



Specializing in the removal of existing concrete and the set-up / re pouring of new concrete projects. Projects include but are not limited to: driveways, patios, hot tub slabs, walkways, stairs, and garages.

Zach McNutt

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camanoisland.org









Cooking Mamas

CARROT CAKE CUPCAKES

My favorite spice cake filled with shredded carrots, crushed pineapple, coconut, chopped pecans and sweet raisins, topped with cream cheese frosting and these cute candy carrots!



CAKE: 2 c. all-purpose flour; 2 tsp. ground cinnamon; 2 tsp. baking soda; 1 tsp. salt; 2 c. granulated sugar; 4 lg. eggs; 1 c. vegetable oil; 2 tsp. vanilla extract; 3 c. shredded carrots; 1/2 c. crushed pineapple; 1/2 c. shredded coconut; 1/2 c. chopped pecans; 1/2 c. raisins

CREAM CHEESE FROSTING: 1 (8 oz.) pkg. cream cheese, room temperature; 1/2 c. butter, softened; 1 lb. confectioners' sugar; Lemon juice as needed; Green and orange candy melts, optional

DIRECTIONS: 1. CAKE: Preheat oven to 350 degrees. Line two standard muffin tins with 24 paper cupcake cups. 2. In a medium bowl, whisk together flour, cinnamon, soda and salt; set aside. 3. In a large bowl, beat sugar, eggs, and oil until well combined. Gradually add flour mixture, beat until combined. Stir in shredded carrots, pineapple, coconut, pecans and raisins. 4. Pour batter into cupcake cups filling them 2/3 full. Bake for 20 minutes. Cool in pan for 10 minutes, and then remove to wire racks to cool completely before frosting. 5. CREAM CHEESE FROSTING: In a large bowl, beat together cream cheese, butter and confectioners' sugar. If too stiff add lemon juice until spreading consistency is achieved. Pipe or frost cupcakes and decorate with a candy melt carrot if desired. 6. CANDY MELT CAR-ROTS: Line a baking sheet with wax paper. Melt the green candy melts per the package instructions then transfer to a re-sealable plastic bag or piping bag. Cut off the tip and pipe the greens of each carrot. 7. Melt the orange candy melts per the package instructions then transfer them to a resealable plastic bag or piping bag. Cut off the tip and pipe the shape of a carrot partially overlapping the bottom of each green stem so the two parts stick together. 8. Place the baking sheet in the refrigerator for 5 minutes or until the candy melts have fully hardened. Using an offset spatula, carefully release each carrot from the baking sheet and place on top of frosted cupcakes. 9. Once the cupcakes have cooled completely, top them with the cream cheese frosting and a candy melt carrot.

Recipes by Cooking Mamas created by Dusty Hutchins-McNutt.

"Great recipes begin in Mama's Kitchen!"

Visit me at: www. CookingMamas. com

Hop on into Stanwood Hearing



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Dr. Shashi Churchill, Doctor of Audiology, Hearing Instrument Specialist

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p: 425-272-9435 | f: 360.572.4765 StanwoodHearing.com



Classes and Workshops



EASTER TRIVIA

Question: Children in Finland dress as what on Easter?

Answer: Witches

Medicare Education Workshop. Learn the essentials! We will cover Medicare eligibility, Medicare Parts A, B, C, and D. This is no-cost no-obligation and will give you the basics you need to understand your options. Located at Camano Center. Dates: April 23, May 7, May 21, June 4, and June 18. RSVPs not required but encouraged. More info and to RSVP: 425-361-2944. info@vidorassociates.com.

Medicare Basics Information Class April 24 (10:15am-11:15 am) @ Camano Island Library. Free event open to the public. Learn how to navigate the Medicare maze. Discover your available options for supplementation through private insurance. RSVP with John, a licensed insurance agent on Camano Island: 360-967-9601.

Stone Carving Class 2025: 3 Day Stone Carving Workshop, June 27-29 on Camano Island. \$465, includes: Catered lunches, Instruction from master carver, Kentaro Kojima, stone is available for a discount and loaner tools provided. Matzke Fine Art Gallery & Sculpture Park. Info and applications: matzke@camano.net or call 360-387-2759.

Private Music Lessons (in-home or in-studio): piano, guitar, sax, clarinet, flute, voice; ages 5 and up; all skill levels. Our experienced teachers provide personalized instruction to help you reach your musical goals. Call 425-780-2289 with questions. Try it first! Book a free 30-minute lesson: HartMusicSchool.com/free-trial. (Music teachers apply here: HartMusicSchool.com/apply-to-teach).

Yoga for Beginners April 1-29, Tuesdays 6-7:15pm. Whether you are brand new to yoga or returning after a long absence, this five-week course will prepare you with the first steps toward a regular practice. \$95 Register at movementarts.com/events or call 360-629-9100.

Guitar Lessons with Ford Geisbrecht. All ages, levels & styles. Learn at your own pace. Ukelele & Bass also available. 360-631-0661.

FamilySearch Center – FREE Open Genealogy Workshop at 795 Ell Rd., Camano Island. Tuesdays 10 am-2 pm; Wednesdays 6pm-8pm. Get help to find your ancestors with free access to subscription websites and records. Contact us at camano@familyhistorymail.org.

Movement Arts Yoga Classes In-studio & Online. ONLINE VIDEO LIBRARY – practice anytime, anywhere – just practice! Go to www. movementarts.com and follow the links to view our video library of online hour length classes.

Line Dance Lessons at the Camano Center with Kari — every Wednesday 3:00pm-3:45pm. Fun and exercise! socialdancesimplified.com.

High Fitness Saturdays: Join us for a FREE high-intensity (or low intensity, you choose) group exercise class (like dance fitness) Saturdays at 7:45 at 795 Ell Rd on Camano. Classes are also available Wednesday mornings at 6 am in Stanwood at The Dance Project NW for \$10/class. Go to "High Fitness Stanwood PNW" on Facebook for more info!



A Park For and by the Community

PLAYGROUND FENCE COMING DOWN! PURCHASE PICKETS NOW!

Freedom Park relies 100% on donations and volunteers!

The fence around our community playground desperately needs to be replaced. Pickets are \$45/each and available as supplies last.



freedomparkassociation.com













#1 Agent of 2024!



Tracy Stevens, Broker

Tracy Stevens is a top local Real Estate Broker in Stanwood and on Camano Island. Her client service and her expertise are of the Highest Caliber. If you are thinking about making a move, please reach out to Tracy today!

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TracyStevens.remax.com | TracyStevensHomes.com cell: 425.330.7052 - email: Tracy@TracyStevensHomes.com RE/MAX Elevate on Camano Island (at IGA Plaza).



MISCELLANEOUS:

I buy vinyl record albums: Rock, Pop, Jazz and more. I'll buy a few or a collection. Call Mike @ 425-530-8021.

Venue for rent: The Stanwood American Legion Post 92 has space for rent. Located next to Rite Aid, we have a large room and full kitchen. For information, call 360-629-2851 after 1 PM daily.

PROFESSIONAL SERVICES:

Stained glass shop, design, and fabrication. Got broken stained glass? We can fix it. Message 360-629-9377.

Camano Decks & Sheds LLC Local, Affordable & Efficient, Free estimates 10% discount for seniors & ADL ramps. Jim 360-913-2941 E-mail: jmitchell8974@gmail.com. Serving Outlying Areas.

WANTED:

Considering a career in real estate? Windermere is looking for sales associates in our Stanwood and Camano Island offices. Contact Jill at iillvail@windermere.com for more information, windermerestanwoodcamano.com.



It's time to tackle that growing list of home projects. The multi-skilled craftsmen at Ace Handyman Services have the expertise you can trust with the helpful approach you'll LOVE.

360-926-0926



Hanging Basket Sale





May 3rd, 2025 9:00 AM - 3:00 PM

Limited Quantities Available

615 Arrowhead Rd. Camano Island, WA

Clubs and Meetings



EASTER TRIVIA

Question: How many Peeps do Americans eat during each Easter season?

Answer: 1.5 billion

Stanwood Camano Heartbeats Meeting: Join us for the launch of Stanwood-Camano Heartbeats, a new networking group for local women business owners! Connect, collaborate, and grow with like-minded professionals on April 17th at the Stanwood Library Conference Room—free to attend!

Friendship Tea - "A cup of tea shared with a friend is happiness tasted and time well spent" – Anonymous. Join us for tea, treats, and a nice visit with friends, both old and new on the first Tuesday of each month at the Camano Center. No charge (donations welcome) to Camano Center members. Non-Members \$5 fee paid at the front desk. Call Connie at (360) 652-7211 for more information.

Rainy Day Room Playgroup Free weekly play group on Mondays at 10am and Thursdays at 3:30pm at Community Resource Center for ages 0-5 and their grown-ups! Friendship and community....getting out of the house. More info: www.crc-sc.org/events.

Teen Programs Monday through Friday, 2:30-5:30pm at the Community Resource Center, please visit www.crc-sc.org/teenprograms for more details and schedule of activities.

Interested in joining Camano Island Quilters? We would love to meet you, stop by, and/or check us out on our website at https://Camanoislandquilters.wildapricot.org.

Kaleidoscope Play & Learn Tuesdays and Wednesdays, 10-11:30am and 3:30-4:30pm - a FREE play group for 0-5 years and their grown ups. A variety of developmental activities that promote early learning. Inclusive of all young children, languages, and cultures. RSVP at www.crc-sc.org/events.

Are you troubled by someone else's drinking? When you don't know where to turn...Al-Anon/Alateen Family Groups can help! SUN-DAY, "Courage to Change" Camano Lutheran Church, 850 Heichel Rd, Camano Is, 6:00pm; WEDNESDAY, "One Day at a Time," Stanwood Senior Center, 7430 276th ST NW, Stanwood, 7:00pm (For Zoom hybrid meeting call 360-618-0464 if you would like the meeting ID for Zoom), THURSDAY, "Stanwood AFG", United Methodist Church, 27128 102nd Dr., Stanwood, 7:00pm, SATURDAY, "Paths to Recovery," Camano Lutheran Church, 850 Heichel Rd, Camano Is, 10:30am. For more info call 360-618-0464.





CASA'S PET OF THE WEEK:

Meet BOB! This gentleman is about 11 years old and has a heart of gold. Bob got his name from his short, cute tail. He is a gentle giant that would love a relaxing home for the rest of his days. He would prefer to live with adults only in a calm environment. He would do well with cats or dogs that are easy going and relaxed. If this cuddle bug sounds like the boy for you, stop by to visit him to-day!

Camano Animal Shelter Association (CASA): 360-387-1902. www.camanoanimalshelter.org



NOAH'S PET OF THE WEEK:

Hi! My name is **LIVI** and I am 1 year old. I've been a very nice girl here and would love to find a nice loving home. I love long walks and playing in the river, although car rides make me a bit nervous! I'm still very much puppy-like, and sometimes don't realize my on strength! I've done well in a home with other dogs. If you think I might be a good fit into your family, please come and visit with me.

The N.O.A.H. Animal Adoption Center: (360) 629-7055. www.thenoahcenter.org



SAVE-A-MUTT'S PET OF THE WEEK:

LENNY is the definition of friend. He is loyal, loving, gentle and will melt you heart within minutes of meeting him. Lenny loves and needs the companionship of other dogs. He is a true family dog. FIRST STEPS: Visit www.save-a-mutt.org/adoption-application/ to fill out an application. We are a foster home based rescue.

Save-A-Mutt (Silvana, WA): (425) 280-0502. www.save-a-mutt.org



View from the Bleachers

Read more of Tim Jones' humor every week at www. ViewFromThe-Bleachers.net or check out his new YouTube channel by the same name.

THE SIMPLE SECRET TO LOSING WEIGHT AND STAYING FIT

Hey friend. Have you tried every diet plan known to mankind and still can't seem to lose your unwanted belly fat? Did you abstain from all alcohol and carbs completely for the past two months, only to step on the scale and discover you gained three pounds?

Well, friend, if this sounds all too familiar, there's a simple explanation for why you can't seem to shed the pounds and get those six-pack abs. YOU'RE DOING IT ALL WRONG!

But at Miracle Fitness Solutions (a wholly owned subsidiary of In-N-Out Burger) we have some exciting news. Introducing a revolutionary new diet and fitness plan that will guarantee you'll lose at least 50 pounds and get into the best shape of your life (assuming you don't die in the process).

I'm Tim Jones, president and CEO of Miracle Fitness Solutions. And I'm about to change your life. Forget about all those diet pills and Kale & Tofu shake diets. Don't waste your time on the Eat-Nothing-But-Donuts Diet. I tried it. Sure, it was delicious, but I gained 12 pounds in three weeks.

Forget everything you thought you knew about getting into shape. Those fad shortcuts are designed to suck cash from your pockets. But our program lets you pay by credit card. Isn't it time you put your faith in a Scientifically (un)Proven program that will have your friends wondering, what's wrong with you what's your secret?

Let me explain. My Program is the FOUR S Super Fitness System: Stretch, Steps, Supplements, ... oh and Starve.

Stretch, in other words, Exercise. Did you know that the human body has over 600 muscles, divided into 14 distinct muscle groups? These muscle groups are the Abdominal, Obliques, Pectoral, Deltoid, Trapezius, Latissimus Dorsi, Erector Spinae, Biceps, Triceps, Quadriceps, Hamstrings, Gastrocnemius, Soleus, and Gluteus.

But the only muscle groups our program requires you to work on are the ones just listed in the previous paragraph. By devoting no more than 30 minutes a day to each of these 14 critical muscle groups, within two years, you'll have a body like the Statue of David. Please allow approximately 12 weeks for your various muscle, ligament, and tendon tears to heal from all the over-exertion you'll be putting your body through.

Steps. After you've finished stretching, toning, and lifting weights for seven hours, it's time to get your daily steps in. We'll provide you with your own Fitbit step counter (for an additional \$500). I recommend you start off with a modest, achievable goal so as not to feel overwhelmed. Shoot for no more than 25,000 steps a day during your first week. Gradually increase your step count over the next four weeks until you're regularly walking a distance equivalent to the length the Appalachian Trail every week.

View from the Bleachers

Read more of Tim Jones' humor every week at www. ViewFromThe-Bleachers.net or check out his new YouTube channel by the same name. Supplements. Here are the supplements you need to be taking every day: Vitamin D, Calcium, Vitamin C, Vitamin B12, Magnesium, Iron, fish oil, motor oil, Chromium, Viagra, Riboflavin, Glucose, Sucrose, pretty much any ingredient listed on a bottle of Mountain Dew, Ginseng, Zinc Gluconate, Gluc Zinconate, Garlic, Wheat Chex, CoQ10, Prevagen, Floragen-3, Floragen-5 (but NOT Floragen-4), Niobium, Aluminum, Uranium, Plutonium, Titanium – in fact pretty much any substance ending in "ium" – Antimony, Protimony, Alimony, and at least half of the 118 elements on the Periodic Table – but not the dangerous ones.

For optimal results, consume them in alphabetical order. I don't know why. Just trust me on this.

Starve. You will need to cut out the following toxic foods from your body for at least six months: all breads, cheese, dairy, meat, sweets, starches, and well, pretty much any food that gives you enjoyment and happiness. But feel free to eat as much Brussel's sprouts and cauliflower as you want to – unless these foods give you happiness.

It is imperative you only eat between noon and 2:30pm and drink 600 ounces of water a day, so your body can flush out the toxins. And best of all, you only have to fast one day a week. Personally, I recommend Thursday. But many of our customers prefer Tuesday. It's up to you.

If you stick with my revolutionary plan there is no reason you can't lose 50 pounds in three weeks and be in the best shape of your life – assuming you survive those three weeks.

OUR 100% SATISFACTION GUARANTEE: If you are not completely satisfied with your results from the Four S Super Fitness Program, we guarantee that we will send you an attractive, framed commemorative certificate explaining in detail our no-refund policy.

Or you can submit an appeal requesting an exception to our no-refund policy by sending a certified copy of your birth certificate, copies of your five most recent federal tax returns, your high school prom photo, a mint-condition 1951 rookie season Mickey Mantle baseball card, and a check in the amount of \$150 for processing and handling. It won't help, but thanks in advance for the additional \$150.



TIDE TABLES / SARATOGA PASSAGE / APRIL 18-MAY 1, 2025

Date		High /Low	Tide Time	Height Feet	Moon Visible		
F	18 18 18 18	Low High Low High	3:17 AM 7:29 AM 3:12 PM 10:57 PM	7.5 9.2 0.1 10.4	0		
Sa	19 19 19	Low High Low	4:20 AM 7:51 AM 4:04 PM	7.8 8.8 0.3			
Su	20 20 20 20	High Low High Low	12:01 AM 5:31 AM 8:29 AM 5:01 PM	10.4 7.8 8.3 0.6			
м	21 21 21 21	High Low High Low	1:01 AM 6:45 AM 10:21 AM 6:00 PM	10.5 7.2 7.7 0.8			
Tu	22 22 22 22	High Low High Low	1:49 AM 7:50 AM 12:13 PM 7:02 PM	10.8 6.2 7.6 1.2			
W	23 23 23 23	High Low High Low	2:24 AM 8:37 AM 1:48 PM 8:04 PM	11.1 4.8 8.1 1.6			
Th	24 24 24 24	High Low High Low	2:56 AM 9:17 AM 3:05 PM 9:02 PM	11.4 3.1 9.0 2.2			

<u> </u>		High	Tide	Height	Moon
Date		/Low	Time	Feet	Visible
		/LOW	Title	1 661	VISIDIE
F	25	High	3:27 AM	11.6	_
	25	Low	9:56 AM	1.3	
	25	High	4:11 PM	10.1	(
	25	Low	9:56 PM	3.0	
Sa	26	High	3:59 AM	11.8	
l	26	Low	10:37 AM	-0.5	
l	26	High	5:13 PM	11.2	(
	26	Low	10:48 PM	4.0	
Su	27	High	4:32 AM	11.9	
	27	Low	11:19 AM	-2.0	
l	27	High	6:13 PM	12.1	
	27	Low	11:41 PM	5.0	
М	28	High	5:07 AM	11.8	
	28	Low	12:02 PM	-3.0	
	28	High	7:10 PM	12.6	
Tu	29	Low	12:33 AM	6.0	
	29	High	5:44 AM	11.6	
	29	Low	12:47 PM	-3.5	
	29	High	8:06 PM	12.7	
W	30	Low	1:24 AM	6.8	_
	30	High	6:24 AM	11.2	
	30	Low	1:34 PM	-3.4	
	30	High	9:05 PM	12.5	
Th	1	Low	2:19 AM	7.4	
	1	High	7:05 AM	10.6	
	1	Low	2:23 PM	-2.8	
	1	High	10:09 PM	12.1	



Medicare Education Workshop

Attend our upcoming Medicare workshop and learn the essentials! This event will cover Medicare eligibility, Medicare Parts A, B, C & D.

This workshop is no-cost, no obligation and will give you the basics you need to understand your options.

Camano Center
606 Arrowhead Road, Camano Island, WA 98282

April:

4/16/2025 -3:00pm - 4:00pm Jensen Room 4/23/2025 –3:00pm – 4:00pm Jensen Room

May:

5/7/2025 – 10:00am – 11:00am Jensen Room 5/21/2025 – 3:00pm – 4:00pm Jensen Room

June:

6/4/2025 – 10:00am – 11:00am Jensen Room 6/18/2025 – 3:00pm – 4:00pm Jensen Room

RSVP's NOT REQUIRED, BUT ENCOURAGED

Please contact us to RSVP or for more information about upcoming events.



425-361-2944 x1 TTY 711



info@vidorassociates.com



www.vidorassociates.com

This is an educational event. A licensed sales representative will be present with information only, there will be no sales activity. The Centers for Medicare & Medicaid Services (CMS) has neither reviewed nor endorsed this information.

Vidor and Associates is not connected to the Federal Medicare Program and this is a solicitation for insurance. Vidor and Associates does not offer every plan available in your area. Any information they provide is limited to those plans they do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE or your local State Health Insurance Program (SHIP) to get information on all your options.

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> Stanwood - 7359 267th St NW, Ste D Camano Island - 818 N Sunrise Blvd

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