

THE CRAB CRACKER
COMMUNITY MAGAZINE

ISSUE 438
September 4-17, 2026



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



SAVE THE DATE



THE

TWENTIES *Gala*

20TH ANNUAL GALA AUCTION
BENEFITING THE CAMANO CENTER

SEPTEMBER 26, 2026 5:30 PM

TICKETS ON SALE 8.31.26

LIMITED TICKETS AVAILABLE

CAMANOCENTER.ORG/GALA

Help Us Build an Amazing Auction

Do you have an item, gift card, service, or experience you'd like to donate? Here are some items our guests love to bid on

- Vacation Home or Timeshares
- Dinner Party or BBQ
- Lesson or Session with Professional
- Luxury or Classic Car Rental/Lease
- Boat and Whale Tours
- Cleaning Services
- Painting/Roofing Services
- Landscape Materials & Garden Help
- Sponsor an Experience Item
- Seahawks, Kraken, Mariners or Concert Tickets
- Frequent Flyer Miles/Airline Tickets
- Beauty or Spa Certificates or Services
- Floral/Bouquet Delivery Services
- Local Dining Certificates
- Local Activities

Please contact Cindy at
chand@camanocenter.org or
360-387-0222



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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 image: Sunflower photo by James M. Shipley



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James and Malynda Shipley, owners, proprietors
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Submission DEADLINE: SEP. 10 for Next Edition (Sep. 18-Oct. 1, 2026)

Calendar of Events



FRIDAY, SEPTEMBER 4

STANWOOD HIGH SCHOOL SPORTS

Boys Varsity Football vs Edmonds Woodway. 7pm.

FRIDAY, SEPTEMBER 4

STANWOOD FARMERS MARKET



2-6pm behind the Stanwood Police station. Local produce, food trucks, fresh flowers, baked goods, artisans, and live music.

TEST YOUR EARS AT 60 YEARS

(and beyond, of course!)

STANWOOD HEARING

Don't let hearing loss keep you from connecting with your loved ones.

Start your journey to better hearing today with Stanwood Hearing.

Call us at **425-272-9435** to schedule your appointment.

Scan to Schedule



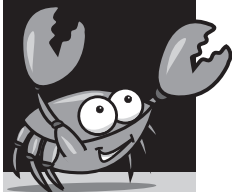
9300 271st St NW, Suite B-5,
Stanwood, WA 98292
Near QFC, between Papa
Murphy's and H&R Block

 stanwoodhearing.com

CALL 425-272-9435



Calendar of Events



DID YOU KNOW?

As of 2019, the site MySpace still gets 8 million visitors per month!

FRIDAY, SEPTEMBER 4

DROP-IN EBOOK & EMEDIA HELP

Noon-1pm at the Camano Island Library. Learn how to access library resources. Bring your device for help getting started or assistance with basic troubleshooting. Library staff are available to assist you during this one hour - no reservation necessary!

FRIDAY, SEPTEMBER 4

BEACH 1 GALLERY RECEPTION FOR SUE RYAN



5-7pm. My art is fun and unique. My oils and etchings don't fall into any popular genre. Primarily nature based, my work tends to be vivid, charming, and distinctive. Her art will be displayed and for sale the entire month of September. The Gallery is open 7 days a week. We will be serving appetizers, pop, wine, bottled water and bags of chips for the reception. 1243 Beach Drive, Camano Island

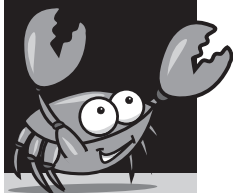
SATURDAY, SEPTEMBER 5

GAME NIGHT

With KEVIN. 5pm-9pm at Camano Island Library. Beginners welcome. Bring Favorite games. May bring food.



Calendar of Events



SATURDAY, SEPTEMBER 5 AKTION CLUB'S E-CYCLE



10am-2pm, across from Stanwood Middle School on 94th Ave., follow signs. Accepting all TVs, monitors, computer towers & laptops only (for recycling). This is put on by Stanwood-Camano Aktion & Kiwanis Clubs & donations benefit their many local service projects.

**Sure, aging is
inevitable.
But, how you
age matters.**

Personalized care for
feeling—and looking—
your best at every stage.



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848 N Sunrise Blvd, STE F204, Camano Island, WA
Call: (360) 300 4740 Visit: kirrahealth.com

Calendar of Events



look for us
online at

**www.TheCrab
Cracker.com**

or on
Facebook.

Download
current or past
editions.

SATURDAY, SEPTEMBER 5

CHILL DEVILLE

7pm 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, SEPTEMBER 5

MICHELE D'AMOUR AND THE LOVE DEALERS

5-8pm at Elger Bay Cafe. The acoustic trio strips the music down to its soulful core—rich vocals, warm guitar, and deep groove bass. Bluesy vibe where every lyric breathes and every note tells the story.

SATURDAY, SEPTEMBER 5

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 \$100 and \$200 blackout jackpots!" Doors open at 4:30 P.M. and Bingo starts at 6pm. Snacks and beverages available.

SATURDAY, SEPTEMBER 5

POP UP MARKET AT KRISTOFERSON FARM

10am. Shop for hand crafted items from local vendors and experience the joy of supporting our community of makers. Check out vendor booths and the many treats in the farm stand.



THE BIRMINGHAM VENUE

Located in Warm Beach - is now accepting reservations for **WEDDINGS** and **CELEBRATION EVENTS**. If you'd like to be invited to private events, such as **Dinner in the Chapel**, please join our email list. We'll keep you updated on upcoming events and invitations.

Email: thebirminghamvenue@gmail.com

Website: thebirmingham.net

Phone: (360) 547-1144



TOUCH A TRUCK

SEPT. 12, 10AM-1PM,
STANWOOD HIGH SCHOOL

Climb aboard, honk the horn and turn the wheels! Bring your little ones to explore the world of big rigs, emergency vehicles and construction equipment. There will also be free giveaways, food trucks and activities the whole family will love!



Tricia Jacobs
MANAGING BROKER | REALTOR®
RE/MAX Gateway

Stanwood & Camano Island | Living and Working Locally

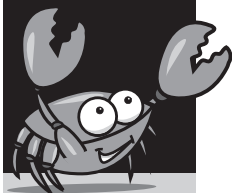


No Horn
Quiet Hour,
10-11am



STANWOODWA.ORG/TAT

Calendar of Events



DID YOU KNOW?

"Bluetooth" technology was named after a 10th-century king, King Harald Bluetooth. He united Denmark and Norway – just like wireless technology united computers and cell phones.

SATURDAY, , SEPTEMBER 5

CHROME & CLASSICS CAR SHOW



7:30 – 2:30 at Lincoln Hill Retirement Community, 7430 276th St NW, Stanwood. Biscuits and Gravy Breakfast & Registration start at 7:30 AM. Car Show starts at 9:00 AM. For more info, call 360-629-7403.

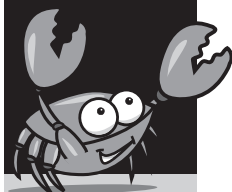
SATURDAY, SEPTEMBER 5

AUTHOR SIGNING SATURDAY



Noon-4pm at Event by Wit's End Books, 10123 270th St NW, Stanwood. Join us with local author B.E. Padgett as she signs her young readers book series The Reeds of West Hills which is set in the Pacific Northwest.

Calendar of Events



SATURDAY-SUNDAY, SEPTEMBER 5-6 7TH ANNUAL CAMANO CIDERFEST



12-5pm. We feature a variety of PNW cider companies providing samples of their products. Tickets are for guests 21 and older. There will be a Non-Drinker Ticket option and space for children. Dogs allowed outside of the fenced area. We sell tickets at the door and online before the event. Live Music both days and yard games to amp up the fun! Each ticket gets the guest six drink tokens. One ticket purchase gets the guest access to one day. Tickets are available at CamanoCiderfest.com

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 - Jensen Room

- June
 - 06/17/26 - 3:00 pm
- July
 - 07/01/26 - 10:00 am
 - 07/31/26 - 3:15 pm
- August
 - 08/12/26 - 3:00 pm
 - 08/26/26 - 10:00 am
- September
 - 09/16/26 - 3:00 pm
 - 09/30/26 - 10:00 am

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

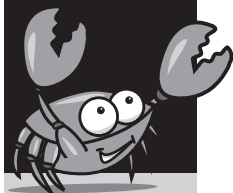


www.vidorassociates.com

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.

Calendar of Events



SATURDAY-SUNDAY, SEPTEMBER 5-6

ROAMING ARTIST 2026 ART SHOW AND SALE



10am-4pm at Island County Multi-Purpose Center, 141 East Camano Drive, Camano. Roaming Artists have been out plein air painting all summer and are exhibiting and selling their works at this annual show and sale. Wonderful weather, welcoming hosts and beautiful scenery have inspired amazing artworks that we can't wait to share. We sell original art only at this show. Karen Epperson is this year's featured artist and a wonderful raffle painting has been donated by Debbie Kluge. This group has been painting in our area for 40 years and it's a wonderful tradition.

SEASONAL SHIFT

ART SHOW

SR Arts Center • Camano Island

Leaves turn in soft light.
Brush, stone, and piano breathe—
Autumn steps inside.

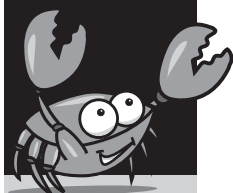
SEPTEMBER 19
• 4-7 PM •
 LIVE MUSIC &
 ART DEMONSTRATION
 • 4-5 PM •

FEATURING:

STEVE ROSTAD <i>visual</i>	JOHN DUNTON <i>sculpture</i>	STEPHANIE ROSTAD <i>piano</i>
--------------------------------------	--	---

SR ARTS CENTER | **SR Arts Center**
 462 Eagle Crest Road, Camano Island

Calendar of Events



SEPTEMBER 7 LABOR DAY

Labor Day is a federal holiday in the United States celebrated on the first Monday in September to honor and recognize the American labor movement and the works and contributions of laborers to the development and achievements of the United States.

TUESDAY, SEPTEMBER 8

TEEN ART STUDIO WITH MEYER ART CENTER

2:30-4pm at the Stanwood Library. Join us for a monthly drop-in art class with Holly from Meyer Art Center. Snacks and beverages will be available. All supplies provided. For teens and tweens ages 10-18.

TUESDAY, SEPTEMBER 8

STANWOOD HIGH SCHOOL AND LINCOLN HILL HIGH SCHOOL OPEN HOUSE

5-6:30pm.

TUESDAY, SEPTEMBER 8

FREE COOKING DEMO

in the barn at Hazel Blue Acres blueberry farm in Silvana. 2pm and 6pm at 430 Hevly Road. Samples and Recipes are included! No reservation necessary. Questions? Call 360-770-7261.

WEDNESDAY, SEPTEMBER 9

STANWOOD HIGH SCHOOL SPORTS

JV Boys Tennis vs Arlington. 3:30pm.

C Team Boys Football vs Edmonds Woodway. 6pm.

WEDNESDAY, SEPTEMBER 9

EXPLORE YOUR CREATIVITY

with Stanwood Camano Arts Advocacy Commission. 4-5:30pm at the Stanwood Library. We will provide everything you need. Ages 6-11.

THURSDAY, SEPTEMBER 10

STANWOOD HIGH SCHOOL SPORTS

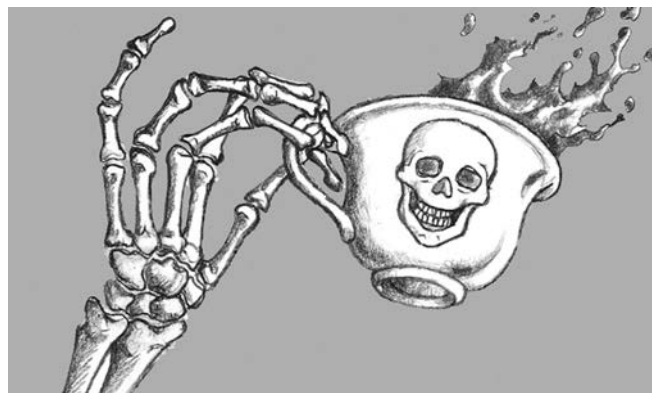
Varsity Girls Swimming vs Marysville. 3pm.

Varsity Boys Tennis vs Everett. 3:30pm.

Girls Soccer vs Marysville Getchell. JV: 5pm. Varsity: 7pm.

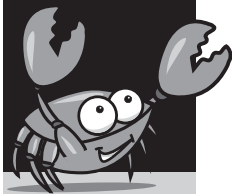
THURSDAY, SEPTEMBER 10

DEATH CAFE



6-8pm at the Stanwood Library. Join us for an open, welcoming space to talk about death, dying, and what gives life meaning. No agenda, no judgment — just connection, curiosity, and community. Free to attend. All are welcome.

Calendar of Events



THURSDAY, SEPTEMBER 10
WEATHER -EL NIÑO



Camano Preparedness Group will feature WEATHER - EL NINO. With the current strength of this El Nino, what can we expect from the weather in coming months? Severe weather is already being seen in southern states. We will discuss what causes the El Nino and what is coming this fall and winter. This meeting is at the Vista Fire Station, 273 N. West Camano Dr., Camano Island, 7:00pm. For further info contact Sue at kk6sue@gmail.com.

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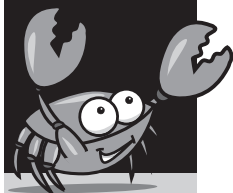
onereal.com/malynda-shipley



real

REAL Broker LLC

Calendar of Events



DID YOU KNOW?

Some cat breeds (called "puppy cats") are bred specifically to exhibit dog-like behavior.

THURSDAY, SEPTEMBER 10

SPAGHETTI DINNER FUNDRAISE



4-6pm at the Camano Center. Come enjoy a spaghetti dinner and spend some time with friends and neighbors while supporting the Camano Center. A No-Host Bar will also be available. Tickets are free, but please RSVP so we know you're coming: <https://camanocenter.ejoinme.org/Spaghetti2026>, or call 360-387-0222. Help support Camano Center programs and services. We hope you'll join us!

THURSDAY, SEPTEMBER 10

SENIOR GENTLE HIKE

Volunteer-led program designed for you! The YMCA Gentle Hiking Group is perfect for those looking to enjoy the outdoors at a comfortable, welcoming pace. Low elevation gain and short mileage, making it accessible for beginners, those easing back into activity, or anyone who simply prefers a more relaxed adventure. It's a great way to stay active, take in beautiful surroundings, and connect with others in a supportive and encouraging environment. Meet at Barnum Point at 9:30am.



National TV Dinner Day | September 10

Join Us for Fir-Conway Lutheran Church's
138th Birthday Celebration
& Open House

September 20, 2026

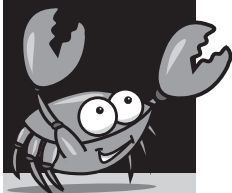
Join us for Worship at 10 am
and in our newly refreshed sanctuary and
Fellowship Hall from 11 to 2:30 pm.

18101 Fir Island Road, Mount Vernon, WA 98273

www.firconwaylutheran.org

wheelchair accessible/free parking/free event

Calendar of Events



DID YOU KNOW?

The office of the
Treasurer of the
United States
has been held
by women since
1949.

THURSDAY, SEPTEMBER 10

CURRICULUM NIGHT

5:45-7:30pm at Stanwood Middle School. A great chance to meet the teachers, learn about their classes, and get important information for the school year.

FRIDAY, SEPTEMBER 11

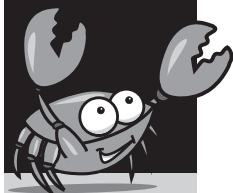
25TH ANNIVERSARY 9/11 REMEMBRANCE CEREMONY



Please join North County Regional Fire Authority as we commemorate the 25th Anniversary of September 11, 2001. Our community will gather to honor the lives lost, recognize the courage and sacrifice of first responders, and reflect on the lasting impact of that day on our nation. The ceremony will include guest speakers, moments of remembrance, and an opportunity for our community to come together in reflection and gratitude. 10am at North County Regional Firefighter Training Center, 29814 Old Hwy 99 N, Stanwood. Additionally - In addition to the main ceremony, the community traditionally lines SR 532 to pay respects. American flags also line State Route 532. A fire engine processional normally departs Station 99 in Stanwood and travels east down SR 532 toward 72nd Ave NW.



Calendar of Events



DID YOU KNOW?

There's a sport called "squirrel fishing," in which participants try to catch squirrels and lift them into the air by using a nut on a fishing pole.

FRIDAY, SEPTEMBER 11
TRAVEL TALK



10am at the Camano Center. In Autumn, the Crown of Our Continent, from Montana to New Mexico offers fall colors that rival the best places in North America. This unique region of the Country offers too much that is unique to be left out of anyone's top ten vacations - yet is only several driving days away. Presenter Beau Bailey has lived in the mountains of Idaho and Montana, and has hiked, biked, camped, skied and paddled the Rocky Mountain States extensively. Members free; non-members \$5 (please pay at the reception desk as you enter).

FRIDAY, SEPTEMBER 11

DEAL - AN EVENING OF GRATEFUL DEAD MUSIC

8 PM - Arcadian Public House, 18444 Spruce Street, Conway. Deal always delivers an outstanding and energetic performance, that never disappoints. Grab your tickets early, the show is often sold out. Tickets: \$15 ADV / \$18 DOS. 21 and over only. Outside food is permitted, but no beverages or drink containers please.

FRIDAY, SEPTEMBER 11

THE GROOVE DOCTORS WITH DEB HAWLEY

7pm at Pub 282, 370 NE Camano Dr #6, Camano. Time to catch a dose of funk, soul, and unstoppable rhythm. These masters of the groove bring the cure for your blues with dance-worthy beats and smooth jams all night long.



Press Your Own Cider *It's squeezin' season!*

Bring lots of your own apples and containers, and we'll provide the tools and expertise to help you create the perfect cider.

Book Now!



Calendar of Events



FRIDAY, SEPTEMBER 11

STANWOOD FARMERS MARKET

2-6pm behind the Stanwood Police station. Local produce, food trucks, fresh flowers, baked goods, artisans, and live music.

FRIDAY, SEPTEMBER 11

POP UP YOGA



With Carol Mason. Noon-1pm at Camano Commons. Gather with friends and join us for some outdoor yoga. Spread out and feel the grass under your feet. This is a FREE Event. Please bring a donation for the Stanwood/Camano FOOD BANK. More info: 360-629-9100.



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info@janickigeneral.com

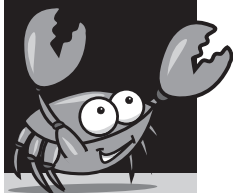
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Calendar of Events



DID YOU KNOW?

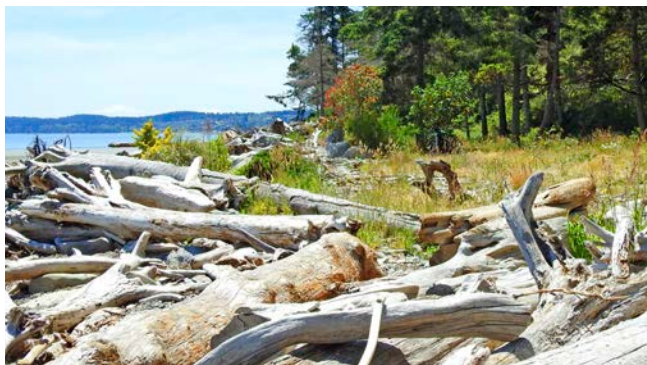
A small population of Mammoths survived on Wrangel Island until 1650 BC, about 900 years after the construction of The Great Pyramid of Giza was completed.

SATURDAY, SEPTEMBER 12
TOUCH A TRUCK



City of Stanwood invites the community. Free family event brings big trucks, emergency vehicles and hands-on fun to Stanwood. 10am-1pm in the Stanwood High School parking lot. This free, family-friendly event gives little ones the chance to climb aboard, explore and get an up-close look at the big rigs, construction equipment and emergency vehicles that help keep our community moving. Children can sit behind the wheel, push the buttons and honk the horn while meeting the professionals who operate these impressive vehicles and equipment every day. The event will also feature face painting, food trucks, giveaways and hands-on activities for kids of all ages. To provide a more sensory-friendly experience for families, a quiet hour with no horns will be held from 10 -11 a.m.

SATURDAY, SEPTEMBER 12
BARNUM POINT GUIDED WALK

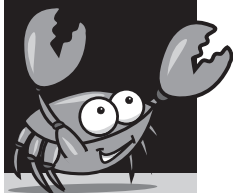


2pm at Barnum Point County Park, Camano Island. Open to the public. All ages welcome! Registration is encouraged. Visit www.wclt.org/events.

SATURDAY, SEPTEMBER 12
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 \$100 and \$200 blackout jackpots!" Doors open at 4:30 P.M. and Bingo starts at 6pm. Snacks and beverages available.

Calendar of Events



DID YOU KNOW?

Ice caves can glow bright blue
Dense glacial ice absorbs red wavelengths of light while scattering blue ones.

SATURDAY, SEPTEMBER 12

CAMANO 101



Your island questions, answered. New to Camano? Been here for years and still have questions? From 10 am to 1 pm at the Camano Center on Arrowhead Rd., Camano 101 brings the people, services, and organizations that make island life work into one place for free. Get answers on everything from shoreline health to windstorm prep, find a ride or a volunteer opportunity, and meet the neighbors who make Camano home. Come for what you need, leave knowing your island a little better. Learn more at: <https://extension.wsu.edu/island/island-county/camano-101-living-on-an-island/>

SATURDAY, SEPTEMBER 12

CAMP KILLOQUA'S 85TH BIRTHDAY OPEN HOUSE



10am-3pm at Camp Killoqua, 15207 E Lake Goodwin Rd, Stanwood. Join us as we celebrate 85 years of friendships, adventures, traditions, and camp magic! Our camp is open to everyone and will feature classic camp activities, a free BBQ lunch, a craft auction, and plenty of opportunities to explore camp, reconnect with old friends, and make new memories.



SAVE CAMA BEACH CABINS

Do you miss having the cabins open and seeing visitors excited about the park, Camano Island, and Stanwood? Does your business miss the income from tourists? Does your family miss the fun educational events at the park? There is a new group forming to reopen the cabins.

Save Cama Beach Cabins group is asking the Washington State Legislature for funding to repair the septic and water systems so the cabins can be used again. A website with more information will be available soon. They need your help to contact the Governor and your State Legislators to urge their support for this effort so the Cama Beach cabins can be reopened for all of us.

Governor's office: 360-902-4111
Representative Clyde Shavers: 360-786-7884
Representative Dave Paul: 360-786-7914
Senator Ron Muzzall: 360-786-7618

Thank you for your help! Watch the Crab Cracker and/or go to our website for more info.

SaveCamaBeachCabins.org / info@savecamabeachcabins.org



CAMANO ISLAND IS TOTALLY CLAWSOME!

- #1 Agent on Camano Island by Sales Volume and Number of Transactions - Real Trends Verified 2026
- 2022-2026 Camano Island's Agent with the Most 5 Star Reviews - Rate My Agent

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- Whole Home Rewiring

Calendar of Events



**IF WE DON'T
KNOW
ABOUT IT,
WE CAN'T
PRINT IT.**

Send your info
and/or images
to: thecrab
@thecrabcrack-
er.com

SATURDAY, SEPTEMBER 12 **PRIME RIB DINNER**



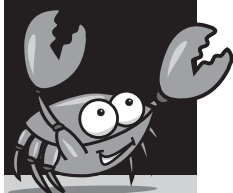
As a long-running community event, these dinners are open to the public and provide needed funds to support Post operations, area veterans and their families. Please note that, due to increased costs, the price of the dinner for adults has increased to \$30 (the first increase in several years).

SATURDAY, SEPTEMBER 12 **SOUTH END STRING BAND - BENEFIT CONCERT**



7-9 pm at Camano City Firehall, 985 Orchid Rd. Camano Island. Join us for a fun evening with the South End String Band as they play music and tell stories from the backwash of the Camano Archipelago! This performance will be held in celebration of the Camano Island Fire Museum official opening. All proceeds benefit the Camano Schoolhouse & Firehall Foundation. Tickets are \$20. at the door or may be purchased at: camanoschoolhouse.org/upcoming:events

Calendar of Events



DID YOU KNOW?

Giraffes give birth standing up. Newborn giraffes fall roughly five feet to the ground immediately after birth. The fall helps stimulate breathing and movement.

SATURDAY, SEPTEMBER 12 HISTORIC STANWOOD TOUR



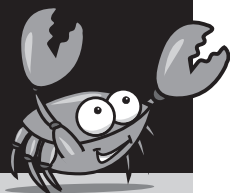
Presented by the Stanwood Area Historical Society. 10 am to 3 pm. Discover the charm and stories of Stanwood up close with the fun, in-person tour. Wander through iconic spots, hear fascinating tales, and soak up the local vibe. Perfect for history buffs and curious minds alike. Don't miss out—come explore the heart of the west end of Stanwood! SAHS volunteers will be at each of the eight lovely and lovingly maintained structures built between 1890 and 1932. Please bring your pre-purchased tickets to the D.O. Pearson House at the Stanwood Area Historical Society to pick up your tour guide booklet and wristband the day of the event. Feel free to visit the sites in any order. Tickets are \$30 each. Visit <https://www.sahs-fncc.org/> to get a link to purchase tickets on line. Photo: Tidelands Church - built in 1906 as Stanwood Presbyterian.

SATURDAY, SEPTEMBER 12 CAMANO ISLAND FIRE MUSEUM GRAND OPENING



10am-3pm at 985 Orchid Road, Camano Island. 10am: Shuttle bus from Camano Chapel. 11am: 9/11 Remembrance and Museum dedication. Noon: Festivities begin with museum tours, CIFR fire apparatus, children games, hot dogs, chips, and water. 1pm: Open table discussion with past/present Camano Fire personnel.

Calendar of Events



DID YOU KNOW?

Trees Can
"Remember"
Droughts for
Years
Scientists have
found that
some trees ad-
just future
growth and
water usage
based on pre-
vious drought
conditions.

SATURDAY-SUNDAY, SEPTEMBER 12-13

APPLE CIDER PRESSING

11am-3pm at Kristoferson Farm. The cider press will be cranking out fresh apple cider for purchase in the farm stand.

SATURDAY-SUNDAY, SEPTEMBER 12-13

RUSTY & DUSTY VINTAGE MARKET



One Market. A Thousand Treasures. Treasure hunters this ones for you. 9am-3pm at Arrowhead Ranch, Camano Island. With free admission. Old stuff and handmade never looked so good. Spend the weekend, bring your people and be ready to have some fun ! Complete with food.

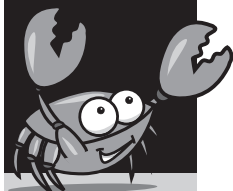
SUNDAY, SEPTEMBER 13

ESPRIT JOYEUX MUSICAL ENSEMBLE



You are cordially invited to our September recital. Musicians: Gretchen Pigott, Mandy Walters-Whitaker, & Natalie Hagglund. Come enjoy a variety of compositions that are sure to delight! Featuring C flutes, oboe, English horn, piccolo, alto flute, & piano. 2pm at St Aidan's Episcopal Church, 1318 State Highway 532 Camano Island. Voluntary donations gratefully accepted to benefit Stanwood-Camano Area Foundation.

Calendar of Events



DID YOU KNOW?

There are pink lakes in Australia.

Certain lakes appear bright pink because of algae and salt-loving microorganisms.

SUNDAY, SEPTEMBER 13

BINGO AT THE VIKING HALL - SILVANA, WA



5pm. \$10 for a book of 15 games and \$1 for each black out game. We will begin serving dinner at 5pm. All profits will go to a community service project. More info: 360-618-2076.

MONDAY, SEPTEMBER 14

STANWOOD HIGH SCHOOL SPORTS

JV Boys Tennis vs Snohomish. 3:30pm.

TUESDAY, SEPTEMBER 15

STAY AND PLAY

10:30-11:30am at the Stanwood Library. An opportunity for children, birth to kindergarten, and their caregivers to come play with fun and educational toys provided by the library. Engage in in-person play, socialize with others, and reconnect with the library. Drop in anytime.

TUESDAY, SEPTEMBER 15

STANWOOD HIGH SCHOOL SPORTS

Girls Soccer vs Jackson. JV: 5pm. Varsity: 7pm.

Girls Volleyball vs Arlington. C Team and JV: 5:15pm. Varsity: 7pm.

TUESDAY, SEPTEMBER 15

TEEN CHILL & RECHARGE

2:30-4:30pm at the Stanwood Library. Stop by to unwind, recharge, and enjoy some snacks! This week, we're diving into fuse beads. We'll have an assortment of beads and small designs. We've got everything you need - just bring yourself and your good vibes. The button maker will also be available for anyone who wants to create their own buttons. No registration required - just drop in anytime between 2:30 and 4:30 pm, recharge, and enjoy free snacks. It's a win-win!

WEDNESDAY, SEPTEMBER 16

STANWOOD HIGH SCHOOL SPORTS

Varsity Boys Tennis vs Monroe. 3:30pm.

Boys and Girls Cross Country vs Arlington. 3:45pm.

Calendar of Events



DID YOU KNOW?

Some Birds
Accidentally Get
Drunk

Waxwings sometimes eat fermented berries containing alcohol. In large amounts, the fruit can impair their coordination and occasionally cause collisions during flight.

WEDNESDAY, SEPTEMBER 16 NATURE SLIDE SHOW



Please join us for an inspiring afternoon exploring the wonders of our world through photography and music with Camano Island Nature Photographer, Craig Asplund. 2-4pm at Spirit Ridge Baha'i Library at 146 Spirit Ridge Ln. Camano Island. Sponsored by The Baha'is of Camano Island. For further info: email bahaisofcamanoisland@gmail.com or call (425)879-9164).

WEDNESDAY, SEPTEMBER 16

DON'T FEED THE FLAMES: A LANDOWNER'S GUIDE TO WILDFIRE RESILIENCY



CAMANO WILDLIFE PROGRAM. Most homes that burn in a wildfire aren't engulfed by flames - they're ignited by drifting embers. This workshop focuses on the changes landowners can make to stop those embers in their tracks. 7 p.m. at the Island County Multi-Purpose Center, 141 East Camano Drive.

THURSDAY, SEPTEMBER 17

STANWOOD HIGH SCHOOL SPORTS

Volleyball vs Marysville Pilchuck. C Team & JV: 5:15pm. Varsity: 7pm.
JV Boys Tennis vs Marysville Getchell. 3:30pm.

Fun and Crafts



DID YOU KNOW?

Some lakes can explode

Rare volcanic lakes, like Lake Nyos in Cameroon, can suddenly release deadly CO₂ gas clouds.

WATER BOTTLE WHIRLIGIG CRAFT



This water bottle whirligig craft is so much fun to make. Making this cool wind spinner craft is particularly a great craft for older children. Recycle your water bottles, use bells, gems, and twine to create beautiful decor for your yard.

Materials: plastic drink bottles (a heavier weight like a Gatorade bottle works); glass baubles (from a thrift shop chandelier); hole punch; scissors; fishing line

Instructions: Give your water bottles a rinse with some hot water to remove any residue from the inside of the bottle. With your scissors, cut into the side of the water bottle, very near to the bottom and cut that flat bottom of the bottle right off. Now, starting at the bottom, simply start cutting a strip about the width of one of your fingers. No need to be too particular here. Just cut 'round and 'round your bottle until you're about an inch or so away from the top. To attach your baubles to your whirligigs, just punch a hole very close to the bottom of your plastic spiral. Attached to your bauble, should be a fine wire. Simply slip the wire through the hole, and twist to secure. Attach a length of fishing line up through the top of the water bottle craft and head on out to the yard!

Source: <https://kidsactivitiesblog.com/54245/water-bottle-craft/>

Yoga and Pilates
movementarts.com



MOVEMENT ARTS

360-629-9100

Camano Commons



1	2	3		4	5	2	5		6	1	5	7
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Puzzle solution on page 37.

ROAMING ARTISTS SHOW

Original Artwork from More than 20 Artists

September 5 & 6, 2026 10am-4pm (Saturday & Sunday Labor Day Weekend)



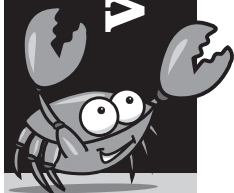
Featured Artist - Karen Epperson



Raffle Painting - Debbie Kluge

Island County Multi-Purpose Center (Green Building by Animal Shelter)
141 East Camano Drive, Camano Island, Washington

Moonshine Wisdom & Wit



Story by Jack
Archibald.

For further
moonshine
wisdom and wet
powder wit,
check out the
**SKEETER DADDLE
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skeeterdaddle.net](http://www.skeeterdaddle.net)

TOWER OF BABBLE

Roll over Gutenberg, let Google give you the news! Amazon recently set a limit of 3 books per author on their website. 3 a day. One of our local libraries has set aside an AI-Free Zone strictly for books written by humans. I just listened to a dozen you-Tube videos of an old delta blues musician that were all written and sung by AI. Fooled me.

How long do you think it will be before most writing and most music will be AI generated? A year? A decade? You want to write a mystery novel, just pick a style, a favorite author, you can crank out an entire series, dozens, hundreds, only have to wait a day to post the next 3, means you could publish over 1000 a year.

If you think it's easy to tell a computer generated artwork, be it poetry or novels, movies or music, think again. Even in these earliest years of Artificial Intelligence, the baby androids are really very proficient at mimicry. If you think imagination or creativity are some sort of evolutionary zenith, maybe even God-given, no way will some machine intelligence paint a Guernica or write Crime and Punishment, maybe just jingles for cereal commercials or mediocre sitcoms for Netflix ... you'd be lulling yourself into optimistic complacency.

Two years ago I heard an NPR report that asked AI to write new lyrics for America the Beautiful, which it did in less than a second. The radio hosts were wowed by the speed then mocked the lyrics as second rate at best. Pardon me, but they were no worse than the originals from where I sat listening. The Delta blues songs I heard last month were great, lyrics, instruments, vocal, video. I didn't know they weren't human produced. My bandmates didn't either when I sent them the links.

Most art springs from the art that precedes it. Already there are plenty of my fellow artists using AI to "assist" them in their work, you know, let the android do the tedious grunt, we'll provide the creative spark. It won't be long we'll see the students surpassing us mentors. Creativity isn't proprietary for us humans anymore. Although ... I bet we'll still sign our name on the canvas. Who's gonna know the difference?



**Guitar
by Ford**
Ford Giesbrecht

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Learn at Your Own Pace.

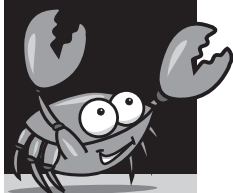
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**NATIONAL
PLAY DOH
DAY**

SEPTEMBER 16

Artist of the Week



*Promote yourself
and your craft.
Whether it's
visual arts or
performing arts,
we want the
community to
meet you.*

*Email us your
bio and we will
feature this page
to you... and it's
all FREE!*

KIRSTEN HAMMER



I am an equine coloring book artist because my passion for horses and their captivating beauty drives me to share their stories through art. Growing up surrounded by these magnificent animals, I've always been inspired by the grace and energy they exude at various equestrian events. By transforming my photographs into intricate coloring pages, I aim to invite others into the vibrant world of horses, allowing them to express their creativity while connecting with the equestrian spirit. Each coloring book is not just a collection of images; it's an invitation to celebrate the bond between horse and rider and to experience the joy of coloring as a therapeutic and artistic outlet.

As an equine photographer, I strive to capture the beauty and grace of these majestic creatures in stunning images that showcase their unique personalities and the bond they share with their human partners. Along with equine photography, I also specialize in capturing precious moments for seniors, families, and expectant mothers. My goal is to create lasting memories that will be cherished for generations to come. With a keen eye for detail and a passion for photography, I aim to deliver exceptional and personalized experiences to all of my clients.

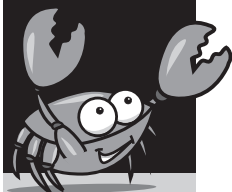
As a western fine art equine artist, my work is a reflection of my deep passion for the traditions of the American West that still exist today. This includes the relationship of the cowboys and cowgirls and their equine partners. I strive to capture the beauty, strength, and spirit of these magnificent animals, as well as the rich cultural heritage of the equestrian industries. Whether through oil paintings or mixed media pieces on leather hides, my goal is to transport viewers to a world of freedom that only through a horse can you find. I am constantly inspired by the unique bond between horse and rider, and the timeless traditions that have defined the cowboy/cowgirl way of life for generations.

Through my art, I hope to honor this heritage and share it with others who share my love for the West and its magnificent equine inhabitants.

<https://www.paintbrushandcamera.com/home>

TheCrab@TheCrabCracker.com

Business Spotlight



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business or
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Email us info or
a bio about your
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page to you... and
it's all FREE!

BAYERNMOOR CELLARS - STANWOOD



Washington's 2024 Winery of the Year is pouring at our Estate Winery in Stanwood every Saturday & Sunday, 12pm–5pm through the end of summer! Settle in at the crush pad overlooking our Pinot Noir vineyard, taste through a flight of our award-winning wines, enjoy a glass of your favorite, or grab a bottle for the table. Bring your own snacks and make an afternoon of it. No reservations needed — just come enjoy the vineyard. Walk-ins are welcome, no reservation needed

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Neighborhood
Favorite
3 Years in
a Row



**CELEBRATING NATIONAL
SENIOR CENTER MONTH**



Spaghetti Dinner Fundraiser

**SEPTEMBER 10, 2026
4:00PM - 6:00PM**

*Guests are encouraged to make donations in support of
the Camano Center's programs and services.*



TICKETS ARE FREE!

**RSVP by scanning the
QR code!**



**CAMANO CENTER
606 ARROWHEAD ROAD, CAMANO ISLAND**

Questions? Please call (360) 387-0222



CamanoCenter
Get connected.



Windermere

REAL ESTATE



PRE-SALE **\$1,175,000**
New Stanwood development with territorial views, one-level homes and upscale finishes. #2570434



BRENTWOOD **\$1,749,000**
Exceptional views and timeless design at luxury Camano home with possible multi-gen living. #2570473



ONAMAC **\$579,000**
Move-in ready Camano home includes gated private beach with boat launch and campsites. #2561780



VIEW **\$949,000**
Custom home on Camano offers sweeping views, beach access, deep water mooring, generous spaces. #2568995



LIVINGSTON BAY **\$535,000**
Location, lifestyle and beach access come together at this charming north Camano home. #2566043



COUNTRY CLUB **\$685,000**
Stunning Camano rambler with breathtaking views, RV parking, beautiful gardens, beach rights. #2567278

STANWOOD
7359 267th St. NW, #D
360.629.8233



CAMANO ISLAND
818 N. Sunrise Blvd.
360.387.4663

Visit [WindermereStanwoodCamano.com](https://www.WindermereStanwoodCamano.com) for more information

Windermere Real Estate/CIR



HOOVES & HEROES

SERVING VETERANS AND FIRST RESPONDERS

Hooves & Heroes invites you to join us at:

A Night To Honor Our Heroes

SEPTEMBER

19

6:00 PM

Stillaguamish Grange Hall
6521 Pioneer Highway
Stanwood, WA 98292



MASTER OF CEREMONIES:

DEION GLOVER

WSP LAW ENFORCEMENT OFFICER

Silent Auction ~ Live Auction ~ Featured Speakers ~
Catered Buffet Dinner ~ Arrive early to meet Misty
the Mini, one of our equine partners

To purchase tickets:

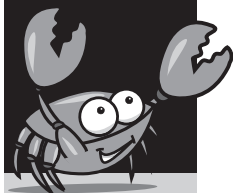
<https://givebutter.com/c/a-night-in-honor-of-our-heroes-sepi53>

To learn more:

www.hoovesandheroes.org/fundraiser-dinner



Intuitive Tarot

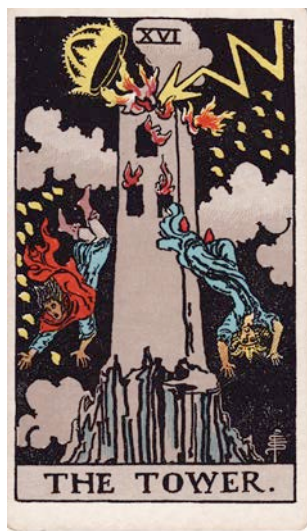
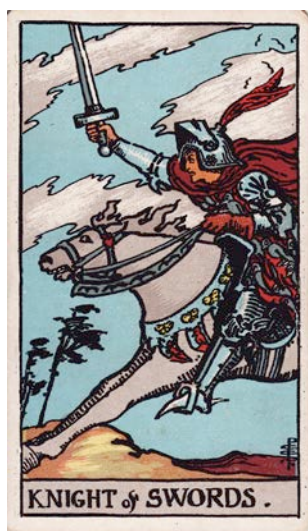


*Tarot from the
classic Rider
Waite Smith deck.*

*Discover more at
[linktr.ee/tiffany
fitzpatrick](http://linktr.ee/tiffanyfitzpatrick)*

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ing this column:
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com/tiffanyfitz-
patrick](http://buymeacoffee.com/tiffanyfitzpatrick)*

INTUITIVE TAROT WITH TIFFANY



September 4th – September 10th : the Knight of Swords. This week's card raging forward to challenge anything you dared believe shouldn't be possible. That idea you kept thinking was out of bounds, unrealistic, unattainable yet persists in its pursuit to the front of your mind, staking claims to the valuable real estate of your thoughts for a reason. If nothing were impossible and you knew the great universal energies would conspire to make it manifest, would you pursue the thing? Begin with the smallest piece of where your cognition jumps first; do not second guess yourself by shoulding about the wheres of an appropriate beginning. By all means, take a moment to purge every basis for your inevitable failure; really put some effort into this list; be thorough. You will never know it succeeded beyond your wildest imagination unless you initiate. The dream awaits your firm grasp before it charges onward.

September 11th – September 17th : The Tower. Diabolical that this card should present itself on the 25th anniversary for the week of 9/11, but I digress. Kings toppled, crowns lost, rats fleeing a sinking ship and spilling tea before the ricin constricts, the forced consolidation ironically leads to the structural crumbling from lack of integrity and inadequate support or proper weight distribution. Basal erosion back to bedrock bared, but it's a slow collapse and fire spews indiscriminately causing significant "collateral damage". On a personal level, aim to be aboveboard in all your dealings. Honesty and integrity are your friends even if they don't prevent Jenga. Tower moments are often feared by those unwilling to loosen their grip and release outdated elements of their lives. Trust the scatterings mean you no lasting harm and seek only to make room for what you'll hold next, in the most gratitude inducing sense.



THANK YOU . . .

to all who supported the Community Resource Center by sponsoring, providing food and beverages, donating, volunteering, and attending The Bite of Stanwood Camano!

AND THE WINNERS FOR BEST BITE ARE...

Best Bite: Flavor

TAPPED
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EST. 2014



Best Bite: Presentation



THANK YOU, SPONSORS!

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Snohomish County PUD
MGM Flooring & Interiors
Inland Steel Erectors, Inc.
WAFD Bank

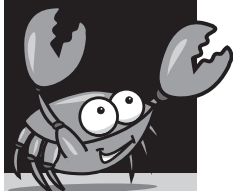
THANK YOU, FOOD SPONSORS!

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Patin's Grill
Pure Smoke BBQ
Rockaway Bar & Grill
Stanwood Cupcakes
Tapped Public House
The Baked Cafe



**Community
Resource
Center**
of Stanwood Camano

Community Information



DID YOU KNOW?

Some dinosaurs laid colorful eggs

Fossil evidence suggests certain dinosaur eggs contained pigments.

17TH ANNUAL ART AUCTION



September 5th thru October 3rd at Matzke Fine Art Gallery and Sculpture Park, 2345 Blanche Way, Camano Island. Open every Friday, Saturday, and Sunday, 11 to 5. Stunning Pieces by known NW Artists, 100+ artworks to be Auctioned. Leave a "BID" or "Buy Now" for 10% less than the Value! View the artworks at the gallery or on line. SAVE THE DATE: "Finale Live Auction" Oct. 3rd. Starts at 4:00 evening. \$25 food and beverages. 360-387-2759 or Email: matzke@camano.net.

FREE PUBLIC LECTURE SERIES: APOCALYPSE THEN...AND NOW: MAKING SENSE OF THE BOOK OF REVELATION

Are you bewildered by the strange images in Revelation, frightened by its seemingly dire portrayal of end-times events, or confused by the often-conflicting interpretations of modern prophecy gurus? Some avoid Revelation, while many others exploit it or misuse it. While anyone is welcome, this lecture series is designed to explain the historical background, cultural context and original purpose of this much misunderstood book for those with little or no religious affiliation or background. No Bible knowledge required. Who? Taught by Jan Fekkes III, Ph.D., University of Manchester, England. When? Starting Wednesday evening, September 23, from 6:30-8pm - for seven weeks. Where? At the Floyd Norgaard Cultural Center, 27130 102nd Ave NW, Stanwood. Questions? janfekkes@fuller.edu

BASKETBALL FREE PLAY FOR THE COMMUNITY

Every Friday at 795 Ell Rd., Camano. It is indoors and it's not quite a full size court, but it's good enough to have fun. All are welcome."



H	E	R		G	A	E	A		C	H	A	T
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SWIMMING IN PLASTIC?

Let's Change That – Together!

Join WSU Waste Wise for a training
focused on Beyond Plastic Pollution

WHAT YOU'LL DISCOVER

- The problem of plastics + microplastics in our water, homes, & body
- Why recycling isn't enough
- Responsible consumption
- Easy swaps for lower-impact living
- Practical long-term strategies

COURSE DETAILS

Wednesdays, Sept 2 – Oct 28, 2026

4:00 – 6:00 PM

Available online or in-person

Island County Multipurpose Center

141 NE Camano Drive, Camano

Cost: \$125 (Scholarships available upon request)

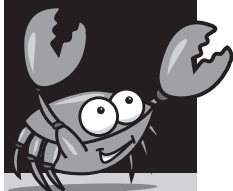
For more Waste Wise information scan the QR code or contact
Heather Vitiaz heather.vitiaz@wsu.edu | 360-639-6060

<https://extension.wsu.edu/island/nrs/waste-wise/>



WSU Extension programs and employment are available to all without discrimination. Evidence of non-compliance may be reported through your local Extension office or to the WSU Center for Human Rights.

Community Information



DID YOU KNOW?

Negative experiences stick harder than positive ones because your brain evolved to prioritize survival over happiness.

WHO MAKES OUR COMMUNITY SPECIAL? TELL US THEIR STORY

The Stanwood and Camano Island communities are filled with people who quietly make a difference every day. They volunteer their time, help neighbors in need, support local organizations, mentor young people, preserve our history, care for our environment, and strengthen the connections that make this such a special place to live. We believe these contributions deserve recognition. That's why we're inviting readers to submit letters recognizing community members whose efforts have had a positive impact on the Stanwood-Camano area. Whether it's a longtime volunteer, a dedicated teacher, a youth leader, a local business owner, a caregiver, or simply a neighbor who consistently lends a helping hand, we want to hear their stories. Your letter doesn't need to be long. Tell us who you are nominating, what they have done for the community, and why their contributions matter. Personal stories and specific examples are especially welcome. Please, if you are able, also add a photo (horizontal format) of that person for better recognition to our readers. Help us shine a light on the individuals whose dedication, generosity, and community spirit deserve to be celebrated. Submit your letters to: thecrab@thecrabcracker.com

VOLUNTEERS AT HOSPICE OF THE NORTHWEST

May work directly with patients, assist in the office, help with community relations, support fundraising events, or work on special projects. Whatever your interest or skills, we have a volunteer position to suit you. To learn more about volunteer positions at Hospice of the Northwest, please visit www.hospicenw.org/volunteer

ADULT FUTSAL

Futsal is a soccer-based game played on a hardcourt, using the basketball court, Mondays at Camano Chapel. 6pm-8pm, ages 18+. Free!

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.

Barnum Point Guided Walk

Saturday, September 12 @ 2:00 pm

Barnum Point County Park, Camano Island

Open to the public. All ages welcome!

Registration is encouraged. **SIGN UP TODAY!**

Visit www.wclt.org/events or scan code to register. →





WETLAND RESTORATION GRANT

The Snohomish Conservation District was approved for a \$400k grant to restore six acres of wetland and plant a one-acre food forest at Ovenell Park. Planting starts in January. Stay tuned for details if you're interested in wetland restoration or curious what a food forest is.

WREATHS ACROSS AMERICA

(WAA) needs your help. Help sponsor wreaths to be placed on veterans' graves to remember the fallen and honor those who serve. According to this non-profit organization's website, our servicemen and women sacrifice their time and safety every single day of the year, to preserve our freedoms. Wreaths Across America's mission is to Remember, Honor and Teach, that lasts all year long, far beyond the single day in December when we coordinate wreath-laying ceremonies. On the second or third December of each year, this wreath-laying event includes laying services flags accordingly near each veteran's grave. This year, the event, sponsored for the Stanwood/Camano areas by VFW Post #12228, will be held on December 19 at 10 a.m. at Anderson Cemetery, Our Saviour's Lutheran Cemetery (Stanwood), Camano Lutheran Cemetery, and Camano Island Pioneer Cemetery (Camano Island). Sponsoring a wreath can be done in one of three ways: 1) ordering online, 2) mailing an order, or 3) phoning an order. More info: www.wreathsasscrossamerica.org/pages/190965/overview/?relatedId=171149.

There is still time to file your taxes!



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Community Information



DID YOU KNOW?

Every human eye has a blind spot. Your brain automatically fills in the missing visual information, so most people never notice it.

BIRDING - SUMMER TO AUTUMN



Camano Island serves as a significant stopover for various bird species during their migration in summer and autumn. The island's location along the Pacific Flyway makes it an ideal habitat for observing diverse migratory birds as they travel between breeding and wintering grounds. The best times to observe migrating birds are during the early morning and late afternoon, particularly at dawn and dusk when birds are most active. Spring migration peaks between late April and mid-May, while fall migration occurs more gradually from August through October. Best Times for Bird Watching: Morning and Evening — Birds tend to migrate at dawn or dusk, taking advantage of favorable flying conditions. Fall Migration — This season features a longer, gradual movement from August through October. Weather Conditions: Overcast skies and light winds can lead to increased bird activity. Camano Island sees key summer residents depart and autumn migrants arrive as birds travel along the Pacific Flyway.

CO-ED ULTIMATE FRISBEE

Saturdays from 9-11:30am at 7401 272nd St NW, Stanwood. Join us for a fun morning of co-ed pickup games in Stanwood. Whether you're a seasoned player or new to the sport, event is open to all.

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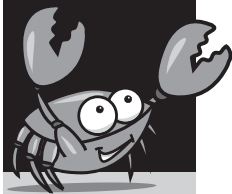


TracyStevensHomes.com



Tracy@TracyStevensHomes.com

Community Information



HAUNTED TRAIL

Dare to walk...if you can. Haunted Trail opens September 1-November 1. Spooky scenes throughout the trail. Fun scares and surprises. Perfect for all ages. Bring a flashlight for extra fun. Support local. Shop. Explore. Get spooked. At Gypsy Treasures on Shumway Street, Camano Island.

TRIVIA, KARAOKE, BINGO, AND GAME NIGHTS

Many of our local businesses offers weekly "events". Following are some of the locations that offer these "events" (that are typically free to participate) on a weekly basis: KARAOKE: Stanwood Hotel and Saloon, Conway's Pub & Eatery, Beauty Bar Salon + Lounge, Low Bar. TRIVIA: SAAL Brewing Company, Rockaway Bar & Grill, Pub 282. BINGO: American Legion Hall (Camano Island), Beauty Bar Salon + Lounge, Pub 282 at 7pm. BOARD GAME DAY: Scattered Deck Games. MAHJONG: Lincoln Hill Retirement Community.

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Sundays | 8AM – 8PM

End your weekend with Free Play, fuel cards, entries for the weekly card drawings, or fuel for life! Earn 100 points to swipe your Rewards Club card at the kiosk and earn up to three swipes per Sunday.

Weekly Drawings | 11AM – 8PM

From 11AM – 7PM, we'll call one winner each hour to receive a \$75 fuel card and at 8PM, four winners will win a \$100 fuel card.

Fuel valid only at Bow Hill Gas Station & Food Mart.



theskagit.com



Must be 21 or older with valid ID. See Rewards Club for details. Management reserves all rights. ©2026 Upper Skagit Indian Tribe dba Skagit Valley Casino Resort.

Our Special People



A new column focusing on the special people in our community who make a difference every day.

BETH KELLER



After 47 incredible years, Josephine Caring Community is celebrating the retirement of someone who has given so much to our team, our organization, and the people we serve.

Four decades of dedication, hard work, knowledge, and countless memories have made a lasting impact. We are truly grateful for everything you've contributed over the years and for the example you've set for those who have had the privilege of working alongside you.

Congratulations on an amazing career and a well-deserved retirement! Here's to the next chapter—may it be filled with happiness, relaxation, family, travel, and all the things you've been waiting for.

Thank you for 47 remarkable years!

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Sept. 17th – RSVP
Not a member? Join!



www.camanoisland.org

What is That?



A new column describing a local or native plant or animal in our area.

GOLDENROD



Camano Island features several native flowers that bloom in late summer, providing vibrant colors and supporting local wildlife. Notable species include the common sunflower and various asters, which thrive in the region's climate and soil conditions. These native flowers enhance the beauty and biodiversity of the area. Goldenrod — Known for its bright yellow flowers, is a key late summer bloomer that supports many insects. Solidago, commonly known as goldenrod, is a genus of Wikipedia featuring roughly 100 to 120 species of hardy herbaceous perennials in the aster family (Asteraceae), famous for their bright yellow late-season blooms. Key Characteristics: Tall, upright stems bearing narrow, alternate leaves and dense clusters of small, radiant yellow flowers. Height: Varies by species and cultivar, ranging from compact selections (1 to 2 feet) up to taller wild types (5 to 7 feet). Bloom Time: Late summer through autumn (typically August to November).

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Jan Mather

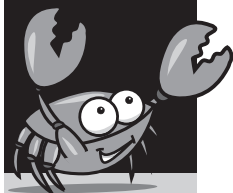
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Dining Guide



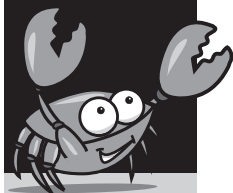
DID YOU KNOW?

Underwater
waterfalls exist

Dense cold
water in places
like the Den-
mark Strait sinks
beneath lighter
water, creating
the appearance
of a waterfall
underwater.

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AMIGO MEXICAN RESTAURANT & LOUNGE (Stanwood) • (360) 629-5052
ARCADIAN PUBLIC HOUSE (Conway) • (206) 799-1179
BAKED CAFE (Camano Island) • (425) 530-3314 or (425) 232-5885
BEAUTY BAR SALON + LOUNGE (Stanwood) • (360) 629-2324
BEST BURGER HUT (Stanwood) • (360) 853-0067
BLUE HERON KITCHEN & BAR (Camano Island) • (360) 502-8700
CAMA BEACH CAFE (Camano Island) • (360) 387-3266
CAMANO THAI (Camano Island) • (360) 926-8688
CENTER CAFE (Stanwood) • (360) 629-7403
COASTAL VIE (Stanwood) • (360) 355-9541
CONWAY'S PUB & EATERY (Conway) • (360) 445-4733
COOKIE MILL (Stanwood) • (360) 629-2362
DOS REALES (Stanwood) • (360) 629-0822
DOMINOS (Stanwood)
DRAGON PALACE (Stanwood) • (360) 629-8106
DUCK IN CAFE (Stanwood) • (360) 629-3440
FARMERS CAFE - (Stanwood) • (360) 629-4953
GYRO STOP (Stanwood) • (360) 572-4175
IXTAPA MEXICAN RESTAURANT (Stanwood) • (360) 629-5228
JACK IN THE BOX (Stanwood) • (360) 629-2384
JIMMY'S PIZZA (Stanwood) • (360) 629-6565
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JOURNEY'S END CAFE (Camano Island) • (360) 387-9120
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MAMMOTH BURGER COMPANY (Stanwood) • (360) 572-4500
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NAHA TERIYAKI (Stanwood) • (360) 629-0681
PADDLE PUB (Stanwood) • (360) 652-4156
PAPA MURPHY'S TAKE 'N' BAKE PIZZA (Stanwood) • (360) 629-3826
PAT'S THAI (Stanwood) • (360) 572-2381
PATINI'S GRILL (Stanwood) • (360) 629-0822 or 360-572-2981
PHOENIX PAVILION (Stanwood) • (360) 629-4662
PRIMAL BARBECUE (Camano Island) • (360) 572-2122
PUB 282 (Camano Island) • (360) 926-8960
PURE SMOKE BARBEQUE (Stanwood) • www.puresmokenw.com
RALIBERTO'S TACO SHOP (Stanwood) • (360) 629-2000
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Longevity Lens



*A column about
longevity and
aging well.*

*Dr. Maria
Cayabyab
("Dr. Maz") is a
board-certified
OB-GYN, a
functional
medicine
practitioner, and
medical director
at Kirra Health.*

WHEN YOUR BODY FEELS (AND LOOKS) DIFFERENT IN MIDLIFE



"I'm doing the same things I've always done, but my body isn't responding in the same way."

We hear this often from women in midlife: unexplained weight gain, a softer midsection, stubborn fat despite familiar healthy habits. It is frustrating—and it deserves more than "eat less and move more." Midlife weight changes are not a personal failure. Hormones, metabolism, muscle mass, sleep, stress, medications, and health history can all play a role.

Perimenopause and menopause bring real hormonal changes. As estrogen fluctuates and declines, body-fat distribution can shift toward the abdomen and visceral fat. At the same time, aging and gradual muscle loss can lower resting energy expenditure. That is why your clothes or waistline may change even if the scale barely does.

A more complete approach looks beyond weight alone. It considers strength and muscle, sleep, nutrition, stress, blood pressure, glucose, cholesterol, and symptoms that may point to another contributor.

Not every change is simply menopause. Hypothyroidism, for example, can cause fatigue, weight gain, cold intolerance, constipation, depression, and menstrual changes. When symptoms or history suggest it, blood testing can help clarify what is going on.

You deserve care that is curious, personalized, and considers your whole body—not just the number on the scale.

For more insights, visit kirrahealth.com/blog.



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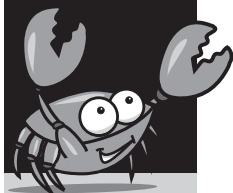
Questions?

Email savvy.septic@snoco.org or call 425-388-3636

Funding: This project has been funded wholly or in part by the United States Environmental Protection Agency under assistance agreement PC-01J89801 to the Washington State Department of Health. The contents of this document do not necessarily reflect the views and policies of the Environmental Protection Agency, nor does mention of trade names or commercial products constitute endorsement or recommendation for use.



Band-Aid Bulletin



*A monthly
message from
the Stanwood
Camano School
District Health
Services
Department*



The Band-Aid Bulletin

HELPING KIDS NAVIGATE STRESS, ANXIETY, AND EMOTIONAL WELL-BEING

Across the United States, mental health concerns among children and teens are rising. Anxiety, depression, behavioral challenges, and stress-related disorders are becoming more common, affecting families in every community. National health leaders, including the Centers for Disease Control and Prevention, report that more young people are experiencing persistent feelings of sadness or hopelessness than in previous years. Factors such as social pressures, academic stress, family strain, and the lingering effects of the pandemic have intensified the need for accessible, early intervention. As communities search for practical solutions, the focus has shifted toward integrating mental health care into everyday settings where children and families already receive support.

What signs should families watch for? Mental health challenges can appear in different ways for different children. Some possible signs include:

- Frequent sadness, irritability, or mood changes
- Withdrawal from friends or activities
- Changes in sleep or appetite
- Difficulty concentrating or completing schoolwork
- Persistent worry or stress

If these signs continue over time or begin interfering with daily life, it may be helpful to speak with a healthcare provider or mental health professional.

A promising support option: One program helping address youth mental health concerns is the First Approach Skills Training (FAST) program at Seattle Children's Hospital. FAST provides brief, evidence-based behavioral support for youth and families experiencing common mental health challenges. Rather than requiring families to wait months for specialty care, FAST integrates mental health support into places families already go — such as primary care clinics and schools. Families receive practical strategies they can begin using right away to help children manage emotions, build coping skills, and strengthen resilience.

For more information about the FAST program, visit:
<https://www.seattlechildrens.org/healthcare-professionals/community-providers/fast/>



CASA'S PET OF THE WEEK:

Meet miss cutie, **KATIE!** This sweetheart has a huge heart and is in search for her forever home. Katie is a very affectionate girl who just wants to cuddle up close to her person. Her ideal life would be in a home where she could comfortably live as a couch potato and receive as much love as possible. Katie is a gentle girl needing a kind and gentle owner who is willing to give her all the love she deserves.

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



NOAH'S PET OF THE WEEK:

LEVI - Looking for a playful, active young dog to add some life and love to your family? Look no further! This adorable pup is looking for a FURever home committed to training, while giving out plenty of love and patience. If you are ready to add this beautiful, cutie-pie pupper to your family, come and talk to an Adoptions Matchmaker today!

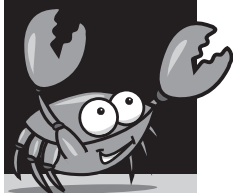
The N.O.A.H. Animal Adoption Center:
(360) 629-7055. www.thenoahcenter.org

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Kitchen!"*

Visit me at: www.CookingMamas.com

CHILI LIME CHICKEN KEBABS



Make it a meal and serve these delicious, grilled chicken, pineapple, and veggie skewers over a bed of our spicy Mexican Rice, Enjoy!

MARINADE: 3 T. olive oil; 1 1/2 T. red wine vinegar; 1 lime juiced; 1 tsp. chili powder; 1/2 tsp. smoked paprika; 1/2 tsp. onion powder; 1/2 tsp. garlic powder; Cayenne pepper to taste; Salt and freshly ground black pepper to taste

CHICKEN: 1 boneless skinless chicken breasts cut into 1 1/2 inch piec

INSTRUCTIONS: **MARINADE:** In a small bowl, whisk together olive oil, vinegar, and lime juice. Season with chili powder, smoked paprika, onion powder, garlic powder, cayenne pepper, salt, and black pepper; whisk to combine. Place the chicken pieces in a shallow baking dish. Pour the marinade over the chicken; stir to coat. Cover and marinate in the refrigerator for at least 1 hour. **NOTE:** If using wooden skewers, soak them in water for 20-30 minutes before grilling. Preheat the grill to medium-high heat. Thread chicken and desired fruits and vegetables onto the skewers (see cook's note below) and discard the marinade. Lightly oil the grill grate. Grill skewers for 10 to 15 minutes, or until the chicken juices run clear.

COOK'S NOTE: Alternate pineapple, mushrooms, onions, zucchini, or red and green peppers cut into 1 to 1 1/2-inch pieces onto skewers with marinated chicken before cooking.

Vintage Queens



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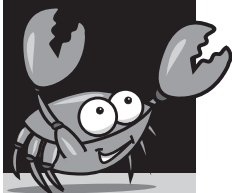
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Classes and Workshops



DID YOU KNOW?

You have a tiny vestigial tailbone that can move slightly. The coccyx, or tailbone, is the remnant of a tail from our primate ancestors.

Zumba classes on Camano with Jennifer Anderson. Mondays @ 5:30pm at the South Camano Grange. By donation, sugg: \$10. Tuesdays & Thursdays @ 5:30pm at the Camano Country Club. \$10 or FREE for clubhouse members. No class on the 3rd Tuesday of the month.

Full of Words: A 10-Week Women's Writing Circle (Free at the Camano Island Library, Aug 5 - Oct 14). Registration is required. If you have questions or would like to register please email the facilitator, (Joyce) at fact@msdeadlines.com.

Health & Wealth Mondays Every Monday 5:30-7pm at the South Camano Grange. Presented by Evergreen Farm. We host rotating classes including crafts, history of the grange talks, financial health information classes, AI and technology classes, wellness checks like blood sugar testing, sourdough starter classes and more! Suggested donation recommendations for these classes vary by topic.

Free ladies exercise class Tuesdays and Thursdays from 9-9:45 at Camano Chapel followed by a short encouragement message. Please come join us! camanochapel.org/connect for more information.

Chair Yoga at Lincoln Hill Retirement Community. Lower stress, reduce risk of heart disease, more stable blood sugar, less back and arthritis pain, sharper memory, reduce anxiety and depression, sleep better, feel happier and weight loss. Come join us on Tuesday and Thursday mornings at 10am in our exercise room.

Free ladies exercise class Tuesdays and Thursdays from 9-9:45 at Camano Chapel followed by a short encouragement message. Please come join us! camanochapel.org/connect for more information.

Guitar Lessons with Ford Geisbrecht. All ages, levels & styles. Learn at your own pace. Ukelele & Bass also available. Serving Camano/Stanwood since 2002. 360-631-0661.

Music Lessons That Fit (in-home or in-studio): piano, guitar, sax, clarinet, flute, voice; ages 5 and up; all skill levels. Call 425-780-2289 or book a free 30-minute lesson: HartMusicSchool.com/free-trial. (Piano teachers with your own studio in Camano/Stanwood — we're looking to partner: HartMusicSchool.com/apply-to-teach.)



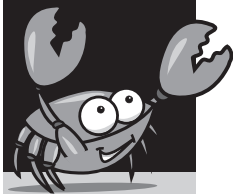
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Classes and Workshops



Free Macbook and iPad / iPhone Tutoring 3 / 30-minute sessions in the Camano Center Library (1pm, 1:30pm, 2pm) the second and fourth Thursdays of each month. Sign up at fact@msdeadlines.com

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.

Free Medicare Basics class at Camano Island Library, Sept 9, 10-11am. Learn enrollment options and avoid costly mistakes. RSVP: 360-967-9601. For accommodations of persons with special needs, call 360-967-9601.

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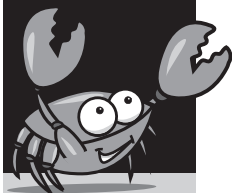
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Photos and Art



DID YOU KNOW?

On average white, puffy clouds can weigh over one million tons

This is roughly the weight of 200,000 elephants. Clouds stay suspended because the tiny water droplets or ice crystals inside them are extremely small and light, so light that the upward movement of air can keep them floating for a long time.

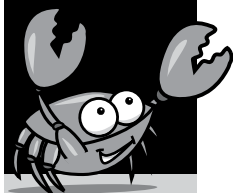


Maple leaf photo by Annete Meyer.



Sunflower girl photo by Cindy Parks.

Classified Listings



DID YOU KNOW?

Water can boil and freeze at the same time: It's called the triple point

At a precise combination of temperature (0.01°C) and pressure (611.7 pascals), liquid water, ice, and water vapor can all exist simultaneously. It looks like water is boiling while ice forms inside it.

FOR SALE:

For Sale: Go Gas-Free! 2011 Red Nissan Leaf (65,350 miles on up-graded battery in 2022). All-electric, with new tires and well-maintained. The interior is in good shape; the exterior has two dents over the wheel wells. Battery range: 150 miles around town, 100 miles on the highway. \$7,000. Call Jen 206-307-6949.

MISCELLANEOUS:

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

For Sale: Multifamily properties on Camano for investors or short-term rental opportunities. Please contact Glenda Fabrizio; Windermere Real Estate Co., Glenda@windermere.com, (206) 228-6312.

Lake Ketchum Garage Sale Multiple sales, August 28th & 29th from 9-4pm. Go to 300th st. and follow the signs to 76th Please come and see what we have!!

Estate & G-Sale, Multi-Family; Sept 4-5; 9-3:30, 275 Richmond Ln, Camano Huge selection household items, small appliances, furniture, gardening, accessories, seasonal decor, jewelry and pet!

Big Garage Sale, Rain or Shine, downsizing, vintage items, fancy China, Fireplace hearths, music instruments, camping equipment, tools, EZ Steer, a little bit of everything, 903 Rocky Point Dr, 9-4 Sept 11-12.

PROFESSIONAL SERVICES:

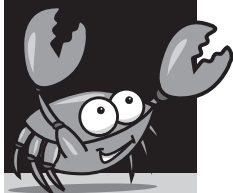
I'm looking for remote work in copywriting and business newsletters. My background also includes strategic communications, customer success, project management, and strategy consultations. Tiffany FitzPatrick, 812.251.4604, tiffanyfitzpatrickco@gmail.com.

Camano Decks & Sheds LLC Local, Affordable & Efficient. Free estimates 10% discount for seniors & ADL ramps. Jim 360-913-2941 E-mail: jmittchell8974@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 jillvail@windermere.com for more information. windermere-stanwoodcamano.com.

Clubs and Meetings



DID YOU KNOW?

Books in the Middle Ages were often chained to shelves because they were so valuable. Before the printing press, books were copied by hand, a process that could take months or years. A single illuminated manuscript might cost more than a craftsman earned in a lifetime. Chaining books to library shelves was standard practice to prevent theft.

Neurodivergent Playgroup Please join us at the Stanwood Co-op Preschool every 2nd Mon of the month from 1–3 p.m. Free and open to the community, siblings welcome! Location: 27027 102nd Dr NW, Stanwood Info: (360) 629-3155 admin@stanwoodpreschool.org

Mabana Flames Monthly lunch meeting 10am the first Thursday of the month, September - June, except January. Come and support Camano Fire. More info: Lenore at 206-930-0846.

Rainy Day Room Playgroup Free weekly play group 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.

Dottie's Nature Play is for ages 0-5 and their caregivers on Thursdays from 10:30-11:30am at Community Resource Center of Stanwood Camano (across from Stanwood Library). This outdoor playgroup is all about hands-on discovery, sensory-rich experiences, and letting curiosity lead the way. Come dressed for the weather and ready for adventure!

Kaleidoscope Play & Learn 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.

Camano Island Quilters – Meet the first Wednesday of every month September through June from 10-12 noon at the Stanwood United Methodist Church – 27128 102nd Drive NW, Stanwood. Visit our website for more info: camanoislandquilters.wildapricot.org/

Neurodivergent Playgroup Please join us at the Stanwood Co-op Preschool every 2nd Mon of the month from 1–3 p.m. Free and open to the community, siblings welcome! Location: 27027 102nd Dr NW, Stanwood Info: (360) 629-3155 admin@stanwoodpreschool.org

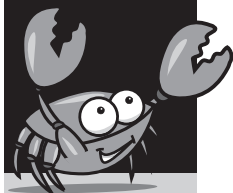
Meditation group at 1pm at Lincoln Hill Retirement Community. Meditation has many benefits including reduced stress, lower anxiety, improved sleep quality, and better emotional regulation.

Community Open Sew 2nd Monday of the month with Camano Island Quilters. 10am-2pm at Stanwood United Methodist Church, 27128 102nd Dr NW. Open to public. Want to sew with others, need help on a project? We are here to help you. Bring your sewing machine, a project, and basic tools for an afternoon of fun!

Camano Island Women's Republican Club – Join us for a potluck and conversation about policies, politics and interesting speakers that affect the Stanwood/Camano Island communities. The club meets on the 4th Tuesday of every month at The Chalet at Camaloch, 358 Camaloch Drive at 12 noon sharp. www.CIWRC.com

Stanwood / Camano Coin Club Meets the 4th Monday of each month at Island County Multipurpose room: 141 SE Camano Dr, Camano. This club offers collecting opportunity, education and mentoring to all ages. Buy - Sell - Trade - Learn.

Clubs and Meetings



DID YOU KNOW?

Lightning doesn't only occur in thunderstorms. Lightning can also happen during volcanic eruptions, wildfires, and snowstorms.

Silvana Serinity Al-anon family group meets Wednesdays, 10 am, at Peace Lutheran church in Silvana. More info: 425-367-1776.

Parkinson's Support Group located at Lincoln Hill Retirement Community can provide essential emotional support, reduce isolation, and offer practical, firsthand knowledge to help patients and caregivers navigate by connecting with others who truly understand the daily challenges of the disease. It meets every 2nd Monday of each month at 10:45am in the Center Hall.

Caregivers Support Group meets at 10am Lincoln Hill Retirement Community. (meets first Tuesday of each month). Come meet and talk to others participating in the care of a loved one. This group meets at 10am. Open to the community.

Are you or your loved ones suffering from depression or anxiety? There is hope! The Nedley Depression & Anxiety Recovery Program is an evidence-based community education course designed to provide the tools, support, and practical interventions needed to overcome depression and anxiety and achieve optimal mental health. Questions? Call/Text 425-870-1006.

Are you troubled by someone else's drinking? When you don't know where to turn...Al-Anon/Alateen Family Groups can help! Here is a list of our meeting in the Stanwood/Camano Island area: **SUNDAY**, "Courage to Change" Camano Lutheran Church, 850 Heichel Rd, Camano Is, 6:00pm; "One Day at a Time," Lincoln Hill Retirement Community, 7430 276th ST NW, Stanwood, 6:30 pm (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 and additional Al-Anon meetings in Northern Snohomish County call 360-618-0464 or go to <https://district28alanon.com>

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>.

The Stanwood VFW Post 12228 meets the 2nd Tuesday of every month at 6 p.m. Meetings are held in the American Legion Frank Hancock Post 92 building next to CVS Pharmacy.

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View from the Bleachers



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

LET'S EAT GRANDMA – AND OTHER ABOMINATIONS OF THE ENGLISH LANGUAGE



When constructing a sentence, it's important to pay attention to proper spelling and punctuation. Take the simple declarative sentence, "Let's eat, Grandma!" Oh, what a profound difference a missing comma can make. And that's the point of today's rant. The next time I hear someone say, "It may be a blessing in the skies," I just might lose it. No! It's "a blessing in disguise." The only blessing in the skies is that your middle school English teacher isn't alive to hear you say that. We need to talk. Actually, I need to talk. You need to listen.

Sometimes I worry about our educational system. Actually, scratch that – I lie awake in a cold sweat panic about it. Every day, I browse social media or read emails where someone has catastrophically misspelled a commonly used word, completely butchered a classic truism, or otherwise treated English grammar like a rental car – which, by the way, is spelled grammar. I threw that in there to see if your eyes would gloss right over it like a golden retriever blankly staring at a calculus textbook. I'd estimate about 30% of Americans slept through middle school English. (And by the way, it's slept, not slepped.)

You probably take for granite you've mastered your mother tongue. But have you really? If so, how is it that you didn't even notice that my use of "take for granite" should have read "take for granted"? Unless you are a geologist discussing a countertop, you need to pay closer attention.

Then there's the person who proudly announces, "Me and Larry saw the funniest movie." Nope. Larry and I did. "Me" is an object. You know... like the grammar textbook you apparently used as a pillow during class. While we're reviewing elementary school material, you misspelled "misspelled." And "cat" is still spelled C-A-T. I checked.

I realize that, for all intensive purposes, I'm probably talking to a brick wall. A wall that didn't even blink at the fact that the phrase is actually "for all intents and purposes." Last week someone told me her seven-year-old son had told a bold-faced lie. Unless he somehow

View from the Bleachers



DID YOU KNOW?

In ancient Greece, killing a dolphin could be punishable by death. Dolphins were considered sacred to Apollo and Poseidon. Ancient Greek legal texts treated killing a dolphin as a religious crime equivalent to killing a person, carrying the same capital punishment.

lied in 18-point Helvetica Black, the word she was looking for was bald-faced. Leave typography out of this.

And for the record... It is not a doggy-dog world. It's dog-eat-dog. Nobody wants you to be their escape goat. A scapegoat is a sacrificial lamb of blame; an escape goat is just a farm animal that figured out how to unlatch the pasture gate. And please don't nip it in the butt. That sounds less like good advice and more like a criminal charge. The expression is nip it in the bud.

Your 9th grade English teacher probably did not tell you your essay passed mustard. Unless she was grading hot dogs. It's passed muster. One belongs in a sentence. The other belongs on a bratwurst.

Then there are my personal favorites. You don't loose your wallet. You lose your wallet. Loose is how your pants fit after six months on Ozempic. You're not balling your eyes out. Unless you're draining three-pointers while sobbing uncontrollably, you're bawling. You don't wait with baited breath unless someone has attached worms to your face. You wait with bated breath.

And while we're cleaning house... It's could have. Not could of. Somewhere along the line, "could've" got mugged in a dark alley and woke up as "could of."

A word about the annoying overuse of apostrophes... If you're selling three tomato's for a dollar, your vegetables don't own anything. They don't need an apostrophe. Neither do DVD's, taco's, banana's, or emoji's. Stop sprinkling apostrophes around like you're seasoning French fries.

Then come the championship contenders... The people who confuse your and you're. Or there, their, and they're. Every time I see someone write, "Your an idiot," a tiny part of my soul packs its bags and moves to Canada.

And don't even get me started on people who end every sentence with three exclamation points!!! One exclamation point says you're excited. Three says you've just spotted Bigfoot riding a unicycle while being chased by Elvis. Use them sparingly. Please!!!

Now, I realize some of you are probably grinding your teeth right now while muttering, "I could care less what this pretentious jerk thinks" – that's, of course, assuming you knew the meaning of the word pretentious. But it's I couldn't care less. If you could care less, then you still care at least a little.

If this article saves just one innocent apostrophe from a life of abuse, prevents one escape goat from being dragged into another clichéd conversation about this doggy-dog world, or keeps one unsuspecting flower from being nipped in the butt...well, then my work here is done. To be honest, I really could care less. In the meantime, go open a dictionary.

[Read more of Tim Jones' humor every week at www.ViewFromTheBleachers.net or check out his YouTube channel by the same name.]

TIDE TABLES / SARATOGA PASSAGE / SEPTEMBER 4-17, 2026

Date	High /Low	Tide Time	Height Feet	Moon Visible	Date	High /Low	Tide Time	Height Feet	Moon Visible
F 4	Low	4:56 AM	-0.3		F 11	High	5:20 AM	10.5	
4	High	12:40 PM	9.6		11	Low	11:36 AM	0.3	
4	Low	5:15 PM	7.8		11	High	6:09 PM	11.8	
4	High	10:07 PM	10.2						
Sa 5	Low	5:59 AM	-0.6		Sa 12	Low	12:15 AM	1.9	
5	High	2:23 PM	10.2		12	High	6:16 AM	10.6	
5	Low	6:36 PM	8.1		12	Low	12:18 PM	1.5	
5	High	11:17 PM	9.8		12	High	6:36 PM	11.7	
Su 6	Low	7:07 AM	-0.9		Su 13	Low	12:53 AM	1.1	
6	High	3:22 PM	10.8		13	High	7:09 AM	10.5	
6	Low	8:06 PM	7.8		13	Low	12:58 PM	2.8	
					13	High	7:03 PM	11.3	
M 7	High	12:42 AM	9.6		M 14	Low	1:31 AM	0.6	
7	Low	8:14 AM	-1.2		14	High	8:00 AM	10.3	
7	High	4:04 PM	11.3		14	Low	1:37 PM	4.1	
7	Low	9:16 PM	6.9		14	High	7:30 PM	10.9	
Tu 8	High	2:07 AM	9.7		Tu 15	Low	2:10 AM	0.4	
8	Low	9:13 AM	-1.3		15	High	8:54 AM	10.0	
8	High	4:10 PM	11.6		15	Low	2:18 PM	5.3	
8	Low	10:08 PM	5.6		15	High	7:57 PM	10.4	
W 9	High	3:18 AM	10.0		W 16	Low	2:52 AM	0.5	
9	Low	10:05 AM	-1.1		16	High	9:54 AM	9.7	
9	High	5:11 PM	11.8		16	Low	3:04 PM	6.4	
9	Low	10:53 PM	4.3		16	High	8:25 PM	9.9	
Th 10	High	4:21 AM	10.3		Th 17	Low	3:38 AM	0.8	
10	Low	10:52 AM	-0.5		17	High	11:08 AM	9.4	
10	High	5:41 PM	11.9		17	Low	3:59 PM	7.2	
10	Low	11:35 PM	3.0		17	High	8:56 PM	9.4	



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Our office is open 7 days a week!

Stanwood - 7359 267th St NW, Ste D, Stanwood, WA 98292
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