

THE CRAB CRACKER

ISSUE 431
May 29 - June 11, 2026

COMMUNITY MAGAZINE

**FREE
TAKE
ONE**



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

CAMANO CENTER & CAMANO SUE'S ART PRESENT:



**SUMMER
SOLSTICE**
ARTS & CRAFTS FAIR

INDOOR & OUTDOOR VENDORS

METAL GARDEN ART
JEWELRY • FABRIC ART
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WOODWORKING
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AND MORE



SATURDAY

JUNE 20

9 AM - 4 PM



CamanoCenter
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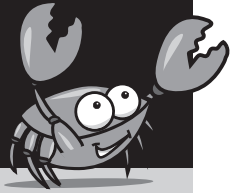


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Welcome to The Crab Cracker! Here's What's Crackin'...

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: flowers pastel by Barbara Noonan.

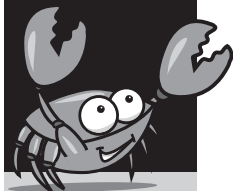


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Submission DEADLINE: JUNE 4 for Next Edition (June 12-25, 2026)

Calendar of Events



FRIDAY, MAY 29

THE MARK DUFRESNE BAND

7pm at Pub 282, 370 NE Camano Dr #6, Camano. Get ready, Lakebay! The Mark DuFresne Band is bringing their powerhouse blues and soulful grooves to Pub 282! Don't miss an electrifying night of killer vocals, harmonica magic, and high-energy rhythm that'll get you on your feet. One night only — you'll want to be there!

FRIDAY, MAY 29

FREE TRIAL FRIDAY

4:30-5pm at Northwest School of Martial Arts, 27205 102nd Ave NW, Stanwood. Want to try karate? Drop in for a free trial session! 4:30-5 pm, ages 6+. We build confidence, leadership, and social skills through martial arts training. Great for kids who love individual achievement, but still want to be part of the group!

SATURDAY, MAY 30

PANCAKES SPECIAL

It's hampering at the south Camano Grange - starting at 9-11. Janell & Chris will be making a tremendously popular fruit salad, yogurt & granolas! We also having a farmers market from 9-2. Come join we're having fun!!!

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(and beyond, of course!)

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Near QFC, between Papa
Murphy's and H&R Block

 stanwoodhearing.com

CALL 425-272-9435

Calendar of Events



SATURDAY, MAY 30

PLASTIC PLANT POT EXCHANGE - FREE



10 am–12 pm at Can Ku Road behind CASA/Island Transit. Event by WSU Waste Wise - Island County. Bring your used plastic plant pots—pick up ones you need. Help keep reusable plastics out of the landfill and support other local gardeners by dropping off clean, usable plastic plant pots of all sizes. Take what you can use—ALL FREE. This event is open to all without discrimination. For more information contact Heather Vitiaz: heather.vitiaz@wsu.edu.

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Calendar of Events



DID YOU KNOW?

NASA, the European Space Agency, and the Canadian Space Agency worked with 14 countries to develop the James Webb Space Telescope.

SATURDAY, MAY 30

TEEN/TWEEN MINI ART SHOW WORKSHOP

2-4pm at the Camano Island Library. Step away from the distraction of color and dive into the striking world of monochrome. In this hands-on workshop, teens will transform a mini canvas using only black and white materials. Art pieces will be on display in the library for the month of June (with kits available to take home and create for those who cannot attend). Snacks and alternate art activities will be provided.

SATURDAY, MAY 30

CAMANO FARMERS MARKET



9am-2pm at the S. Camano Grange. Camano farmers and artisans will be at this opening market for the season. Enjoy fresh produce, plant starts, handcrafts, and baked goods. Come in the morning to enjoy a pancake breakfast.

SATURDAY, MAY 30

NOBODY'S PEACH + CAPE FLATTERY + NATURAL AND THE BELLFOUNDERS

8 PM - Arcadian Public House, 18444 Spruce Street, Conway. Tickets: \$12 ADV / \$15 DOS - 21+ only - online ticket sales end at noon on the day of the show - all ticket sales are final on show day Genre: Americana, indie-folk and garage country.

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Calendar of Events



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online at

[www.TheCrab
Cracker.com](http://www.TheCrabCracker.com)

or on
Facebook.

Download
current or past
editions.

SATURDAY, MAY 30 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, MAY 30 CARS & COFFEE

Come have coffee and admire our local hot rods, muscle cars, and more. Free admission to general public and free to bring by your custom car. The location alternates each week, either at Coastal Vie, Stanwood or Camano Commons. Check with them to determine this week's location. Free coffee (or ice tea or orange juice) for participants (and mini donuts at Coastal Vie). 7-11am. All cars welcome. Come out and have fun!

SATURDAY, MAY 30 MASTER GARDENERS CLINIC

Snohomish County Master Gardeners will be at The Country Store from 10am-2pm to assist you with your gardening concerns. (It is very helpful if you bring pictures and/or samples so that we can give a more accurate diagnosis).



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National Smile Day

May 31st



SAVE THE DATE
HOPE
FEST |||| **2026**

SAT. AUG. 22 | NOON - 4:00 PM

FREE! FAMILY
FUN



HEAR FROM A BOY,
ABOUT A SHARK
AND A MAN ON FIRE

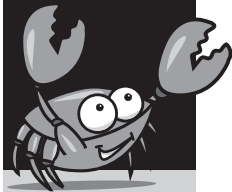
LIVE MUSIC! **FOOD!**

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Calendar of Events



DID YOU KNOW?

Bobcats are solitary animals that make their homes in hollow trees or caves.

SATURDAY, MAY 30
ZACH MACHAUD
6:30 pm - 9:30 pm at Conway's Pub.

SATURDAY, MAY 30
AMPLIFY ALL-AGES CONCERT
6pm-9pm. Event by Community Resource Center, 9612 271st St NW, Stanwood. Split EP Release Show! Amatuer Dentistry + Mutual Stoke, Karoshi, Grave Neighbors, Rigor Mortis. Live at the CRC!

SATURDAY, MAY 30
PUGET SOUND PUBLIC FARMS PLANT SALE



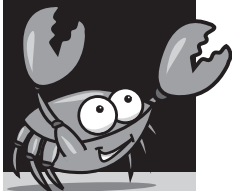
at the Methodist Church in Stanwood from 9am-noon.

SATURDAY, MAY 30
ASK A MASTER GARDENER PLANT CLINIC: CAMANO
11am-1pm at Ace Hardware, Camano Plaza. Bring your questions, plant pictures and plant samples, and get free, research-based gardening advice from an Island County Master Gardener.

SATURDAY, MAY 30
OUR COMMUNITY SALUTES CEREMONY
BY INVITATION ONLY. Register at <https://community.ocsusa.org/northwest-washington/> OCS of Northwest Washington will host it's inaugural ceremony at SHS Performing Arts Center.



Calendar of Events



DID YOU KNOW?

Transient global amnesia is a sudden, temporary neurological disorder that causes an inability to form new memories. It typically lasts for less than a day and leaves no lasting effects.

SUNDAY, MAY 31

STAN & NANCY NELSON'S RETIREMENT CELEBRATION



2-4:30pm at Warm Beach Camp & Conference Center, 20800 Marine Dr, Stanwood. Celebrate Stan and Nancy's 50 years in Christian Camping, 55 Years of Marriage, and future years of retirement at Warm Beach Camp and Conference Center on Sunday, May 31 from 2pm to 4:30pm! Festivities will be held in the Program Center Auditorium. Join us for an ice cream social with music by Windfall and Special by the Nelson Grandkids! Camp tours will be available after the event! Stan and Nancy have a deep love for Christian Camping and the life change that happens at camp so instead of gifts please consider a donation to the Kids 2 Camp Scholarship Fund.

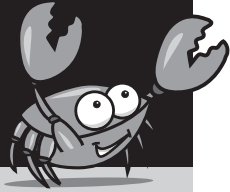
MONDAY, JUNE 1

MASTER GARDENERS CLINIC

Snohomish County Master Gardeners will be at The Country Store from 10:00 - 2:00 to assist you with your gardening concerns. (It is very helpful if you bring pictures and/or samples so that we can give a more accurate diagnosis).



Calendar of Events



DID YOU KNOW?

Barry Manilow wrote famous jingles for State Farm and Band-Aid, and performed the McDonald's jingle "You Deserve a Break Today."

TUESDAY, JUNE 2

TEEN SUMMER READING KICKOFF



Join us for our Teen Summer Reading Kickoff at the Stanwood Library! Drop in at any point in between 3-5pm to decorate a pair of flip-flops, sunglasses, or both. We'll have tropical drinks, music, and a chill space to just unwind and get ready for summer. Learn more about summer reading at your library and how by reading 10 hours over the summer, you can earn a free book!

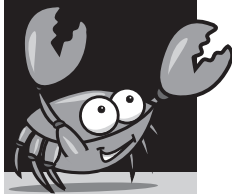
TUESDAY, JUNE 2

SHS 2026 SENIOR PARADE!!



Parade starts at 5pm and moves through downtown Stanwood!! Come celebrate the success of our graduates!! Staging begins at 4:30 behind the police station. Decorate a car, a trailer, a bike, or walk with friends!!!

Calendar of Events



TUESDAY, JUNE 2

WBCA RUN/WALK WEEKLY SOCIAL

Warm Beach Community Run/Walk Club! Meet at 5:45pm at the WBCA Park. All levels of running and walking are welcome. We have multiple different routes ranging from 1-3 miles. Come exercise and socialize! Hope to see you there!

WEDNESDAY, JUNE 3

READ WITH A THERAPY DOG

4-5pm at the Stanwood Library. Practice your reading, de-stress, and learn about therapy dogs at the library with Linda and her registered therapy dog Preacher.

THURSDAY, JUNE 4

LIVE MUSIC AT THE CAMANO COMMONS

3 to 5pm. LIVE music, Beatles to Bach, oldies & lots of goodies! with Island Affogato & Linda Younce on Accordion/Flute. Outside & weather permitting. More info at www.smallchambers.com

FRIDAY, JUNE 5

ROCK RADIO

7pm at Pub 282, 370 NE Camano Dr #6, Camano. Crank up the volume and get ready for a hard-hitting night of rock 'n' roll with ROCK-RADIO! Expect massive guitar riffs, driving beats, and an electrifying stage show that will keep you on your feet all night long. If you love your rock loud, raw, and full of energy, this is the show for you!

ADULT SCHOLARSHIPS NOW OPEN!

Looking to advance your career, return to school,
or continue your education?

Explore the Stanwood-Camano Community
Adult Scholarships. All 2026 scholarships require
applicants to be 21+.

**TO LEARN MORE, SCAN
THE QR CODE OR VISIT:
WWW.S-CAF.ORG**



**APPLICATIONS DUE
JUNE 30, 2026**



Calendar of Events



FRIDAY, JUNE 5
SHS GRADUATION



7pm at Bob Larson Stadium. Please note regarding photos at Graduation: We will not have a professional photographer on-site for graduation pictures. While parents/guardians will not be allowed on the field to take photos, there will be designated areas on both sides of the field for parents/guardians to take pictures when their student receives their diploma. Additional items to note for Graduation: Balloons at Graduation: To ensure that all of our guests can fully enjoy the Graduation ceremony, we will not allow balloons in the Stadium this year. If you bring a balloon or balloon bouquet to the gate, you will be asked to return it to your car until after the ceremony. Thank you for your understanding! CONGRATS CLASS OF 2026!!

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Congrats, SHS
CLASS OF
2026

Congrats, LHHS
CLASS OF
2026

Calendar of Events



DID YOU KNOW?

Plutophobia is the irrational fear of wealth or becoming rich. People with it may feel anxiety or guilt about money.

FRIDAY, JUNE 5 STANWOOD FARMERS MARKET



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

FRIDAY, JUNE 5 STAY AND PLAY

10:30am-11:30am at the Stanwood Library. This is an opportunity for children, birth to kindergarten, and their caregivers to come play with fun and educational toys provided by the library. During this hour, caregivers and children will engage in in-person play, socialize with others, and reconnect with the library.

FRIDAY, JUNE 5 DROP-IN EBOOK & EMEDIA HELP

Noon-1pm at the Camano Island Library. Learn how to access library resources such as ebooks, eaudiobooks, streaming media, and on-line learning databases. Bring your device for help getting started or assistance with basic troubleshooting. Library staff are available to assist you during this one hour monthly drop-in session - no reservation necessary!

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National Movie Night

Second Friday
in June



TheCrab@TheCrabCracker.com

Calendar of Events



DID YOU KNOW?

Male ferrets, called hobs, can weigh up to 4.4 pounds (2 kg), while females, called jills, typically reach only about half that weight.

FRIDAY, JUNE 5

BEACH 1 GALLERY ARTIST RECEPTION FOR SHARON SNELLING

5-7pm. As a watercolorist I have been creating art on Camano Island for over 18 years. Her art will be displayed and for sale the entire month of June. The Gallery is open 7 days a week. We will be serving pop, wine, bottled water and bags of chips for the reception. Beach 1 Gallery in Camano Country Club. *Read Sharon's artist bio on page 34.*

FRIDAY-SUNDAY, JUNE 5-7

BOAR'S HUNT



at 6426 332nd St NW, Stanwood. Event by Barony of Aquaterra. Join the Hunt for Gullinbursti, the Golden Boar of Norse Legend! Brokk's bellows glowing bright breathe life into this time-honored event once again—Whether you seek honor in battle, wordfame in the Arts and Sciences, or camaraderie with kinfolk old and new, discover your delight neath the mossy groves of the fair Stillaguamish River this spring of June. Alight with Freyr and his noble steed to witness warriors brave, archers and axe-throwers honed, artisans teachers versed in the historical arts, lavish feasts, and fierce competitions for glory! Don your fine vestments, prepare your pavilions, and advance with your fellows to the verdant wode! For event details and links, visit <https://linktr.ee/AQBoarsHunt>



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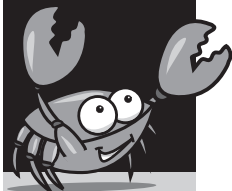


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Calendar of Events



DID YOU KNOW?

Contrary to popular belief, the Milky Way is shaped more like a Pringle than a flat disk.

SATURDAY, JUNE 6

GAME NIGHT WITH KEVIN

5pm-9pm at Camano Island Library. 848 N Sunrise Blvd., Suite D, Camano. Beginners welcome. Bring Favorite games. May bring food.

SATURDAY, JUNE 6

WORLD'S LARGEST PET WALK



It's an event to support CASA and Pet Partners. It's a walk along Port Susan trail. We will have prizes, a pet costume contest, treats and you can meet adoptable dogs from Casa that will be walking with us. Event starts at 1pm at Hamilton Landing Park, Stanwood.

SATURDAY, JUNE 6

OPENING RECEPTION "PREMIERE PASTEL SHOW"



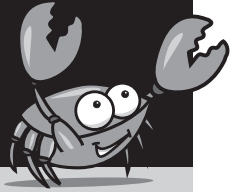
4:30-7:30pm. The Art Show continues through July 5th. Featuring the North West Pastel Society Members at Matzke Fine Art Gallery and Sculpture Park, 2345 Blanche Way, Camano Island. For more info Call 360 387 2759 or Email: matzke@camano.net. Open every Friday thur Sunday 11 to 5.

SATURDAY, JUNE 6

FOR WHAT IT'S WORTH

performing live at 6-9 pm at Conway's Pub.

Calendar of Events



SATURDAY, JUNE 6

PRIDE PARADE AND PARTY IN THE PARK



Noon-4pm. Event by Stanwood-Camano Pride. Kick off Pride month with this family-fun event for everyone! Parade at Freedom Park on Camano Island is open to all, chalk bomb throw, GlassQuest ball hunt, food, crafts, and more! Come celebrate our LGBTQIA+ neighbors and friends with your message of love, support, and no hate!

Make yourself a priority.

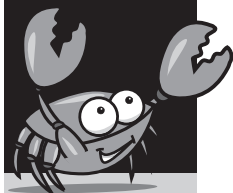
Women's Health

Right **HERE.**
Right **FOR YOU.**



Visit [SkagitRegionalHealth.org/WomensHealth](https://www.SkagitRegionalHealth.org/WomensHealth)

Calendar of Events



DID YOU KNOW?

An icositetragon is a shape with 24 sides, and is used in geometry and design to divide circles into equal parts, such as the 15° divisions in compass designs and sundials.

SATURDAY, JUNE 6

OUR FINAL FOCIP WALK OF THE SEASON



BARNUM POINT COUNTY PARK. The walk is about 3.3 miles. Great views, wetlands, viewing platforms and benches fill this trail experiences. A large parking lot allows for many visitors and there will be extra parking at the Island County workshop and storage areas. Three accesses to the beach exist, one down a beach road at the East end of the trail system and two more level approaches at the old inn site and the West end of the trail system at Triangle Cove. Meet at 9:45 AM at the parking area located at the end of Sunrise Road. (East Camano Road to Russell Road to Sunrise Road). Look for the FOCIP Walk signs. No dogs please for the safety of the walkers. FOCIP WALKS WILL RESUME in November.

SATURDAY, JUNE 6

SOULED OUT FUNK

performing at 8 PM - Arcadian Public House, 18444 Spruce Street, Conway. Tickets: \$15 ADV / \$20 DOS Doors: 7 PM Show: 8 PM - Online ticket sales end at noon on the day of the show - Outside food is welcome in - 21 and over only.

SATURDAY, JUNE 6

WOODS CREEK BAND

7pm at Pub 282, 370 NE Camano Dr #6, Camano. Woods Creek Band is bringing high-energy tunes, killer vocals, and an unforgettable night of live music. Join us for great drinks, good vibes, and a rockin' set that'll have you dancing all night long!

SATURDAY, JUNE 6

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.

Calendar of Events



DID YOU KNOW?

Potato chip bags are filled with nitrogen gas to prevent oxidation and maintain crispness, ensuring the chips stay fresh and unspoiled.

SATURDAY, JUNE 6

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.

SATURDAY, JUNE 6

STANWOOD HOME & GARDEN SHOW

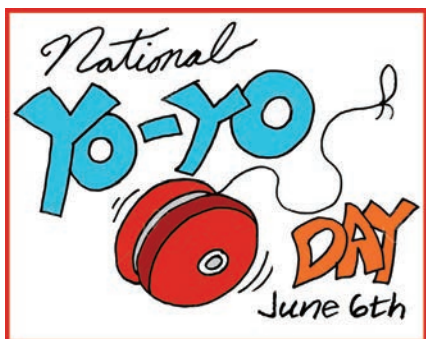


10am-4pm at Stanwood Fairgrounds, 6431 Pioneer Hwy, Stanwood. Join us for a family friendly day of fun and learning, hosted by McPherson Pest Control! Explore local home-service specialists, providers, and makers and get expert advice on all things home and garden! Vendors, learning workshops, food trucks, beer garden, kids workshop, line dancing, games, door prizes and more! Get tickets at <https://www.simpletix.com/e/stanwood-home-and-garden-show-tickets-263445>

SATURDAY, JUNE 6

CARS & COFFEE

Come have coffee and admire our local hot rods, muscle cars, and more. Free admission to general public and free to bring by your custom car. The location alternates each week, either at Coastal Vie, Stanwood or Camano Commons. Check with them to determine this week's location. Free coffee (or ice tea or orange juice) for participants (and mini donuts at Coastal Vie). 7-11am. All cars welcome. Come out and have fun!



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Calendar of Events



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er.com](mailto:thecrab@thecrabcracker.com)

SATURDAY, JUNE 6

GOOD VIBES DUO AT ELGER BAY CAFE

5pm at 1994 Elger Bay Rd, Camano Island. Good Vibes Duo on the outdoor stage, performing acoustic renditions of your favorite songs from the 70's to current. A little Country, and A Little Rock and Soul! Great menu of food also!

SATURDAY, JUNE 6

SPRING NORDIC CONCERT



7pm at Sons of Norway Abel Lodge, Conway, 21098 Second Street, Conway. Come to our 94 year-old lodge for a beautiful evening of music! Doors open at 6:30, with the concert starting at 7 pm. Both the Everett Mannskor and Bellingham Damekor will be under the direction of Steve Jensen, and there will also be a few guest artists performing. Tickets can be purchased at the door for \$25, with part of the proceeds benefitting our lodge. Light refreshments will be served afterwards, and we will hold our maple footstool and rosmaling flower bench raffle at that time as well. \$1.00 tickets will be on sale before the concert begins. See photos in the discussion! We will have volunteers from The Sons of the American Legion assisting those who might want some extra support getting up the steps to or dance/performance hall on the second floor.

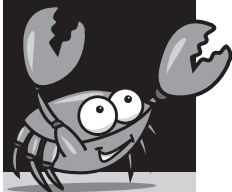
Join us for a workshop exploring

Blue Zones and Protein

on June 8 at 6pm with our guest Dr. Jeremy Clay, (Family Medicine, preventive medicine, public health, and Lifestyle medicine) Optum Physician. A free plant-based meal at 6 PM with workshop beginning at 6:30pm. Cedarhome SDA Church (28505 68th Ave. NW Stanwood, WA 98292) To reserve your spot, call or text 425.870.1006.



Calendar of Events



DID YOU KNOW?

The Moon is currently in its Waning Gibbous phase with roughly 64% illumination, and “waning” means the lit portion is decreasing while “gibbous” describes its rounded shape.

SATURDAY-SUNDAY, JUNE 6-7

MULTI-COMMUNITY GARAGE SALE

9am-2pm at Candle Ridge, Chandler's Reserve, and Cedar Hill Estates. All neighborhoods off of 80th Ave NW, Stanwood.

SUNDAY, JUNE 7

REMOTE CONTROL SPRINT CAR RACES



at Creekside Speedway, Stanwood. Live racing, real action, unforgettable moments! Thrilling races, family fun. Gates open at 8am. Racing starts at 10am. 25519 4th Ave NW, Stanwood. (206) 335-8123

SUNDAY, JUNE 7

COMMUNITY DRUM CIRCLES

5-6:30pm outside at Camano Commons in the grass circle. Free and Open to all ages. Bring drums and other percussion instruments to play and share. Experience the power of collective rhythm! Kids, dogs and dancers welcome. Please register for this event so that we know how many people to expect. Limited chairs available, good idea to bring one. Register at movementarts.com/events or call 360-629-9100.

TUESDAY, JUNE 9

LHHS GRADUATION



6pm at SHS Performing Arts Centre. CONGRATS CLASS OF 2026!!

Calendar of Events



DID YOU KNOW?

Bees are able to recognize human faces.

TUESDAY, JUNE 9

WBCA RUN/WALK WEEKLY SOCIAL

Warm Beach Community Run/Walk Club! Meet at 5:45pm at the WBCA Park. All levels of running and walking are welcome. We have multiple different routes ranging from 1-3 miles. Come exercise and socialize! Hope to see you there!

TUESDAY, JUNE 9

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.

TUESDAY, JUNE 9

TEEN ART STUDIO

with Stanwood Camano Arts Advocacy Commission. 3-5pm at the Stanwood Library. Join us for an art class with SCAAC! Snacks and beverages will also be available for those who just want to sit and relax. We will provide all the supplies you need. For teens and tweens who are ages 10-18.

TUESDAY, JUNE 9

YMCA HIKING SERIES - BARNUM

Meet at 9:30am at Barnum Point, Camano. Volunteer-leg senior gentle hikes program designed for you! Perfect for those looking to enjoy the outdoors in a comfortable, welcoming pace. Stay active, take in beautiful surroundings, and connect with others.

WEDNESDAY, JUNE 10

EXPLORE YOUR CREATIVITY

with Stanwood Camano Arts Advocacy Commission. 4-5:30pm at the Stanwood Library. Join us for an art class with Stanwood Camano Arts Advocacy Commission (SCAAC)! We will provide everything you need. For kids ages 6-11.

THURSDAY, JUNE 11


YMCA HIKING SERIES - CRANBERRY LAKE

Meet at 9:30am at Cranberry Lake trailhead (Cama Beach State Park). Volunteer-led senior gentle hikes program designed for you! Perfect for those looking to enjoy the outdoors in a comfortable, welcoming pace.

June 11



Say "Hi" Day



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Community
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Center

of Stanwood Camano



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FEATURING

SCAN TO DONATE



12:30 PM - THE SWINGNUTS

1:45 PM - NICK VIGARINO

**3:00 PM - MICHELE D'AMOUR AND
THE LOVE DEALERS**

SATURDAY, JUNE 27
WILLOW STAGE AT THE CRC
9612 271ST STREET NW
STANWOOD, WA

FIND YOUR SEATS
STARTING AT
12:00PM

BRING A BLANKET OR LAWN CHAIR

Calendar of Events



DID YOU KNOW?

Seawater contains about 3.5% salt. Most of it is sodium and chloride ions, though the salt concentration varies slightly across oceans and regions on Earth.

THURSDAY, JUNE 11

CONNECT OVER COFFEE

An informal evening gathering open to EVERYONE where we regularly meet to share perspectives and explore ideas that spark positive change within ourselves and our communities. 6:30 pm to 8:30 pm at the Camano Island Library Community room — 848 N Sunrise Blvd. Hosted by Baha'is in Skagit and Island Counties, who believe in the oneness of humanity and strive to build unified, vibrant communities that promote spiritual and material well-being.

THURSDAY, JUNE 11

LIVE MUSIC AT THE CAMANO COMMONS



3 to 5pm. LIVE music, Beatles to Bach, oldies & lots of goodies! with Island Affogato & Linda Younce on Accordion/Flute. Outside & weather permitting. More info at www.smallchambers.com

THURSDAY, JUNE 11

WILLOW WIGGLY MUSIC SERIES

at the Community Resource Center. Willow Wiggly Music Series is a playful music and movement program designed for children ages 0-5 and their caregivers. Little ones will explore a variety of instruments, sing songs together, discover different sounds, and listen to the sounds of nature in a fun outdoor setting. Today's theme: "Wind Week". 2-3pm at 9612 271st St NW, Stanwood

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FLOWER PETAL WATERCOLORS

Create your own natural paints using flowers!

WHAT YOU'LL NEED:

- A few flowers with different colored petals.
- Hot water
- Re-sealable plastic bags
- Measuring spoons
- Rolling pin
- Mesh strainer
- Jars, muffin tin or ice cube tray
- Paper
- Paintbrush



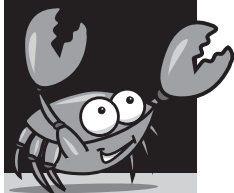
HOW TO DO IT:

1. Carefully pick a few different colored flowers from your yard or garden. If you don't have a garden, you can buy flowers from a local florist or pick a few wild flowers (if you decide to do this, know the rules and regulations. Some areas you visit may not allow you to collect flowers. Always be a responsible naturalist!)
2. Once you have flowers, remove the petals from each flower and place them in their own re-sealable plastic bag.
3. With an adult, heat up some water on the stove or in the microwave. It should be hot but not bubbling or boiling.
4. Add a few tablespoons of water to the bags, just enough to cover the petals.
5. Now, gently squish the flower petals using your hands or a rolling pin. Let this mixture sit for an hour or so to get a more vibrant color from the flowers.
6. Strain the petals from each bag and place each watercolor in its own container (either a cup, section of a muffin tin, or ice cube tray.) Are the colors what you expected?
7. Paint with your newly created watercolors! You can keep experimenting by seeing what happens when you do this with different flowers, leaves and stems!



Find more fun activities like this one for free at www.academy.animajam.com

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DID YOU KNOW?

In 2012, Domino's in the Netherlands used silent electric scooters for deliveries. They added a human voice making "vroom" sounds and saying "Domino's Pizza" to alert people nearby.

POUNDED FLOWER ART



Transforming fading blooms into timeless art that can be displayed around the house. Use a variety of bright flowers and greenery for the best pigment transfer onto watercolor paper. Cover the arranged flowers with waxed paper and use a hammer to gently transfer their pigments to the paper. Once dried, frame the completed flower art for display or gifting.

What You'll Need: 1 Watercolor paper; 1 Fresh flowers; 1 Hammer; 1 Waxed paper or paper towel; 1 Picture frame

Instructions: 1. Cut and arrange flowers. Start with a store-bought bouquet that features a variety of bright flowers and greenery. We found that flowers with more brilliant pigments—like bright yellows and dark purples—transferred the best. Next, cut each flower at the base, close enough to remove the whole stem while still keeping the flower intact. When you have an assortment of cut flowers in different sizes and shapes, arrange them face down on a piece of watercolor paper trimmed to your frame size. 2. Pound flowers. Before you create your flower pounded art design, try transferring a few flowers to your watercolor paper to see how they do. Then you can decide the best way to arrange them. Start by placing each flower facedown, then cover the arrangement with waxed paper or a paper towel. Next, use a hammer to pound around the circumference of the flower, applying pressure to the petal area. Avoid putting pressure on the center of the flower; otherwise, pollen and moisture will stick to the paper as well, which doesn't look as pretty. Repeat this process until you're happy with how the hammered flower art looks—don't forget, you can add accents and dimension by pounding leafy greenery, too! 3. When you're done hammering the flowers, carefully remove the wax paper and flowers from the watercolor paper. Set the paper in a cool, dry area. Make sure it's flat, then let dry completely. Once dry, add the flower print to a frame

Source: www.bhg.com. Photo by Brie Passano.

PRESS RELEASE

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Moonshine Wisdom & Wit



Story by Jack Archibald.

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

STAND BY YOUR MAN ...

Back about 1989 I got my first Washington Arts commission, an elementary school in Wenatchee, a really small budget, about \$6000, but believe me, I could see a bigger door opening up with the potential for an escape from the residential glass commissions for sidelights and bathroom window privacy. I met with the school committee along with Richard, my arts liaison, to discuss potential sites for my artwork. Just inside the front door was a curved bank of windows 7 feet high and 15 feet wide for the library. I immediately said let's do those.

My arts guy Richard hauled me aside and said, "I know this is your first project with us, but understand, you won't get any more money, it's a fixed budget." I said I understood that but hellfire, I'm just excited to do something bigger than what I've been doing up til now. He shook his head sadly, said as long as we're clear, no more money. We went back to the committee and talked about designs and such, me mostly cracking wise, horsing around, the usual stuff I do. No talk of artistic philosophy, inspiring influences, none of that egotistical song and dance, even though Richard kept trying to steer there, I guess figuring that was part of the drill, impressing the unwashed masses. Who wasn't impressed was Richard, probably used to dealing with real artists with real portfolios and real egos. Me, probably a hopeless case, some flash-in-the-pan soon to be forgotten. The final design was delivered to him by Karen, my wife, down in Seattle where she worked at the time running a department in the Univ. of Washington library. Richard was going to be in town that day so it saved me a trip down. At the handoff he told her, for what reason I can hardly imagine, that I should take myself more seriously. Karen is a quiet, reticent woman, anything but confrontational ... but she said to my handler, "Maybe you should take him more seriously."

To this day I smile when I think back on this conversation. I cannot thank her enough for standing by her little man. Since that first commission with the State, I've had 10 or so more, most much larger than that library window in Wenatchee, one 70 feet long and 20 feet high. All told I've put glass in 50 or more buildings from Florida to Alaska. Personally, I still don't take myself too seriously as an artist but damn, I love that she does. And believe me, I love her for it. And Richard? Well, my guess is he still thinks of me the way I do myself, mostly a chucklehead.



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Artist of the Week



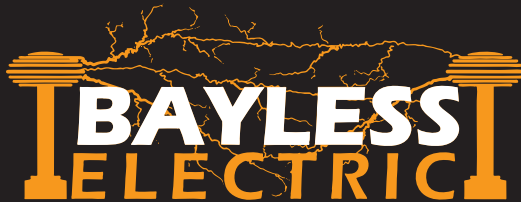
Are you interested in promoting your art, craft, or live performance?

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

SHARON SNELLING



"As a watercolorist I have been creating art on Camano Island for over 18 years. I have been a featured artist at the Stanwood Camano Art Guild and have been in CAA's Mother's Day Tour for the last two years. In those two years I have shown at Edward Lynne Cellars on Camano Island just as you drive onto the island. In 2024 my painting "Pretty in Pink" was on their special Rosé. And in 2025 "Tucson Blooms" was on their Sauvignon Blanc. One of my paintings will be on this year's special wine again. I've participated in Art By the Bay for the last few years and will be there again in October. I was commissioned by SCAAC and the City of Stanwood to have two of my paintings of herons applied to banners to be hung around town. I also was commissioned to paint one of the artifacts at the Stanwood Historical Society. Among my subjects have been highly detailed paintings of flowers, fruit, Moroccan scenes, a rusty old Ford, birds and still lifes. My "Purple Rain" flower was one of the featured paintings in the 2023 Stanwood Camano Art Guilds page in the studio tour catalog and also won an award in their 2022 Art Aloft show. "Waiting in Essaouria", a painting of Moroccan fishing boats, was selected to be on the short-list of international artists for Le Venezie Watercolor Festival in Italy in 2022 and was also later in the Stanwood-Camano Art Guild's 2022 Color and Light show, a regional juried art show. Its companion "Dry Dock" was accepted into the NWWWS 2023 Annual Waterworks Exhibition. My work "Traffic Jam" was accepted into the National Watercolor Society Member exhibition." Sharon's art will be displayed and for sale the entire month of June at Beach 1 Gallery in Camano Country Club.



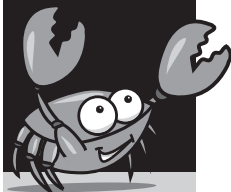
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RUFFLES SWIM SCHOOL LLC



Ruffles Swim School LLC is coming to Stanwood - Camano area June 1st!!! I am so excited to announce on June 1st Ruffles Swim School LLC will finally be open!!! This brand-new private swim school brings to the Stanwood - Camano area 2 top-notch swim instructors, Donna Mallon and Kim Williams. Together we have over 50yrs of teaching experience!!! We will be teaching in the same pool the "State of the Art" Swim Float Swim program: private swim lessons, one on one. Just what your children deserve! No kid is too hard or too special for us!!! We teach survival swim to kids in 6 weeks real time. We also teach 6months to 100yrs old. After all we are all kids, right?! The school is housed on a simply beautiful 5-acre parcel, with a developing PGA golf course and full blooming Cherry trees. You can find this oasis in the Warm Beach area at 20001 Marine Drive. To learn more and register for lessons contact: Donna 360-821-7946 (or) Kim 360-547-3969.

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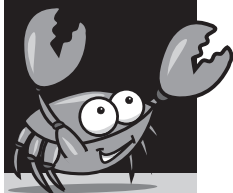


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Intuitive Tarot

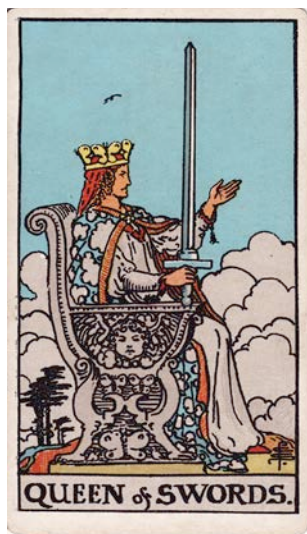


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INTUITIVE TAROT WITH TIFFANY



May 29th – June 4th : Nine of Cups Reversed. This week's card urges utmost importance of celebrating accomplishments, as well as experiencing the emotional spectrum for wins, blessings, and miracles big and small that have landed recently. These merriments can be private if you prefer, as long as you make time to acknowledge and feel them. Moving without pause from one aspiration to the next, neglecting to honor your achievements, indicates to your subconscious that your efforts amount to nothing and always, more will be needed. In like fashion, failure to express gratitude, at least internally, for boons received perpetuates a sense of dissatisfaction training your nervous system that abundance isn't recognized resulting in observing diminished opportunity. Cease the disgruntled pattern of only recognizing empty cups and witness how quickly your temperament and circumstances improve from identifying joys and overflows, even if it's just for one week.

June 5th – June 11th : Queen of Swords. Onward, fierce, definitive, wrapped in your dreams, and suitably detached from the purported reality of chapters past. You've felt a metamorphosis over recent months, not just the growth and transition, also the discomfort and grief. This week's card reassures you've transcended through your transformation, supportively uplifted to walk a new stretch of your journey, confident in your choices and having liberated yourself from anchoring hindrances. Take heart you're being ushered forward, and although you've earned a soaring vantage point, you'll find the details of your next projects are the focus for the foreseeable timeline. You've become someone who does not shy from decisions and it's equally significant not to shirk pursuing your own pace, your own vision. Just as a child declares imaginative shapes and stories while cloud-gazing, grant yourself permission to pen your own tale as you unfurl the dreams scripted upon your heart.

WHERE
WE LIVE

WHERE
WE WIN

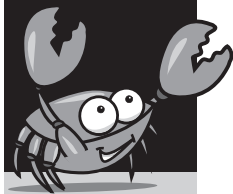


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Community Information



BUILD A BOAT WITH CAMA BEACH FOUNDATION!



Cama Beach Foundation kicks off summer with its weekly Toy Boat Building Workshop on Saturdays at Camano Island State Park from 10 a.m. to 2 p.m. Located in the North Beach Picnic Area. First workshop begins Saturday, May 23. Follow the signs to our “shipyard” station (in the North Beach Picnic Area) and learn how to build a wooden toy boat. The best part? You get to bring it home as a souvenir! For safety, all children must be accompanied by a parent or guardian. Building materials and tools provided. \$5 suggested donation to the Cama Beach Foundation.

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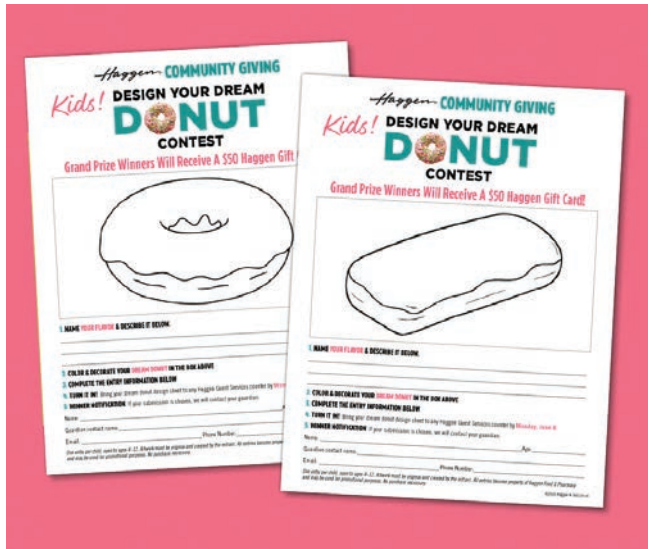
Community Information



DID YOU KNOW?

Half of the people who age out of the U.S. foster system will not have a steady job at 24.

DESIGN YOUR DREAM DONUT CONTEST



Attention all donut dreamers & flavor fanatics! Your imagination is officially on the menu. We're calling all kids to enter our Kids Design Your Dream Donut Contest. The grand prize winners will take home a \$50 Haggen gift card. Here's how to enter: Pick up an entry form at Guest Services or download it at the link below. Choose your base—ring or bar donut. Design & color your dream creation. Concoct your ultimate flavor profile. Drop off your finished design sheet at any Haggen Guest Services counter by Monday, June 8. Tag a little donut visionary and let's get designing! One entry per child, open to ages 4–12. Artwork must be original and created by the entrant. All entries become property of Haggen Food & Pharmacy and may be used for promotional purposes. No purchase necessary. <https://bit.ly/3RcYNbT>.

LAKE KETCHUM GARAGE SALE

Hi Lake Ketchum neighbors! Just a friendly reminder that our neighborhood garage sale will be in less than two months! So clean out your gently used unwanted items and join us. Happening June 26th and 27th (Friday and Saturday) 9–4 pm. Thank you, Carla.

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Community Information



LINCOLN HILL RETIREMENT COMMUNITY NEEDS VOLUNTEERS

Location: 7430 276th St. NW. Stanwood. Thrift Store Volunteers: (Hours TBD by Volunteer and Thrift Store Managers. Looking for volunteers with retail experience including cashiering, cleaning, stocking merchandise organizing departments and other duties as assigned are encouraged to apply. Training will be provided to all volunteers with/without experience. Coffee Bar Barista: Volunteer coffee bar Barista needed for our in-house coffee bar. (No experience necessary – will train). Lunchroom Help Needed: We need volunteers to volunteer 1 day per week from 10:30 – 12:30 in our dining room check people in for lunch and accept payments for meals purchased. Servers are also needed to serve meals to customers. Food Handler's permit is required for servers. Training will be provided. Bingo Callers/Runners: We are seeking help from people who enjoy engaging with seniors who are able/willing to serve as a Bingo Callers/Runners during our Bingo games on Wednesday evenings one to two times per month. For information on any of our volunteer positions please contact our Volunteer Coordinator, Darlene Campbell at 360-629-7403, ext. 104 or via email at dcampbell@lincolnhill-rc.org.

FREE VBS KIDS CAMP

July 6-9, 9am-noon: Kids 4 yrs - incoming 5th grade, sign up today to come to Camano Chapel's VBS Kids Camp at camanochapel.org/connect. We'll be challenged to answer Jesus' question, "Who do you say that I am?" as we explore all the ways light brightens, illuminates, reflects, and reveals.

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Community Information



DID YOU KNOW?

A centillion is 10^{303} , a 1 followed by 303 zeros, and is generally regarded as the largest officially named number in the short scale, often used to boggle the mind in math lectures.

STANWOOD PILOT TAKES TO THE SKIES FOR AMERICA'S WILD PLACES



As part of LightHawk's 50 in 50 Challenge, Stanwood, Wash. pilot Lane Gormley recently flew a conservation mission supporting efforts to monitor the impacts of recreational boating on sensitive seagrass habitat in the San Juan Islands. The annual initiative sets out to complete 50 conservation flights in 50 days supporting wildlife, waterways, and landscapes across North America. Gormley volunteers with LightHawk, the largest conservation flying nonprofit in North America, conducting custom flights that support the work of partners like the Washington Department of Natural Resources and the Department of Fish and Wildlife. The mission focused on documenting the impacts of recreational boats on sea grass beds around the San Juan islands. Flying a route across the islands, Gormley provided aerial access that allowed DNR officials to document the number of boats at anchor and better understand patterns of use across sensitive habitats. For over 45 years, LightHawk has partnered with scientists, researchers, journalists and state and local agencies across North America to advance the conservation of natural resources. This includes transporting and monitoring threatened and endangered species, documenting natural and human impacts in ecosystems, and increasing public awareness through aerial imagery. Volunteer pilots like Gormley play a vital role in LightHawk's mission, donating their time, expertise, and aircraft to make these conservation flights possible. Their dedication helps protect endangered species, support scientific research, and ensure that critical natural landscapes across North America can be seen, understood, and safeguarded from above. For more information about LightHawk or to support its mission, visit www.lighthawk.org. Photo credit: Photo by Payton Wyatt with aerial support from LightHawk.

COMMUNITY MEAL - CAMANO

Presented by Island Senior Resources. 11:45 am - 12:30 pm at the Camano Center. By Donation. Every Monday, Wednesday and Friday except for Holidays. 606 Arrowhead Rd. Camano Island. All donations welcome! You determine your ability to contribute to your own or someone else's meal. Our full cost of a meal is \$12.20. Coffee or tea is \$1.00. Dates and times of scheduled events are subject to change. It's always advisable to call to confirm. 360-321-1600.



DID YOU KNOW?

The fruits of some tomato plants “warn” the rest of the plant with electrical signals when they are being infested with caterpillars.

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 - Fridays and Saturdays at 8pm. Conway’s Pub & Eatery - Fridays at 7:30pm. Beauty Bar Salon + Lounge - Tuesdays at 8pm. TRIVIA: SAAL Brewing Company - Mondays at 6pm. Rockaway Bar & Grill - Mondays at 6pm. Pub 282 - Wednesdays at 7pm. BINGO: American Legion Hall (Camano Island) - Saturday at 6pm. Beauty Bar Salon + Lounge - Mondays at 8pm. Pub 282 at 7pm. BOARD GAME DAY: Noon-6pm at Scattered Deck Games, 8919 271st St NW, Stanwood. Stop in and play. Use some of our 300+ store copies or bring your own. Free event every Sunday. MAHJONG: Fridays at 2pm and Mondays at 3:30pm at Lincoln Hill Retirement Community. 7430 276th St NW, Stanwood. More info: (360) 629-7403.

ISLAND COUNTY HAZARD MITIGATION PLAN RISK ASSESSMENT AVAILABLE FOR PUBLIC REVIEW AND COMMENT

In August 2025, a coalition of Island County cities, towns and special purpose districts embarked on a planning process to prepare for impacts of disasters. Responding to federal mandates in the Disaster Mitigation Act of 2000 (Public Law 106-390), the coalition was formed to pool resources and create a uniform hazard mitigation strategy that can be consistently applied to the defined planning area. The planning process was led by Island County Emergency Management with support from Bridgeview Consulting, LLC, the technical consultant. During this process, citizens were asked to contribute by sharing local knowledge of the region’s vulnerability to hazards based on past occurrences, as well as identify initiatives which could help reduce the level of impact of those hazards. Public involvement was solicited via a multi-media campaign that included: press releases; public council/board presentations and meetings; web-based information; questionnaires, and safety fairs. The process has now culminated with the completion of the Risk Assessment portion of the plan. Data from that process is now available for review and comment at the informational website established for this planning effort at: <https://www.island-countywa.gov/170/Department-of-Emergency-Management>. The public is highly encouraged to review the hazard profiles and maps illustrated on the website, and provide input on the risk assessment to Rachel Schwinden, Emergency Management Coordinator and Project Lead for Island County Emergency Management at r.schwinden@islandcountywa.gov, or to Bev O’Dea, Consultant, at Bevodea@bridgeviewconsulting.org. Several of the planning team members are also conducting in-person sessions during existing council and commissioners’ meetings over the course of the next few weeks. This process is anticipated to result in a draft plan available for public review by June/July 2026.

STANWOOD HIGH SCHOOL CLASS OF 1976 50TH REUNION

September 26, Seafarers’ Memorial Park, Anacortes. See more information at stanwood1976.com.

Community Information



DID YOU KNOW?

The Quakers invented price tags to stop haggling, believing it was unethical to charge customers differently.

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."

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.

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.

NO DISCOVER PASS REQUIRED ON THESE DAYS

Washington public land agencies have designated the days of 2026 when no Discover Pass is required to park at Washington state parks, or on land managed by the Washington State Department of Natural Resources and the Washington Department of Fish and Wildlife. The 2026 free days are: June 6-7 – Free Fishing Weekend; June 19 – June-teenth; Aug. 9 – Smokey Bear's Birthday; Sept. 26 – National Public Lands Day; Oct. 10 – World Mental Health Day; Nov. 11 – Veterans Day. The annual Discover Pass is \$45 and provides unlimited day-use parking for everyone in the passholder's vehicle. The pass is valid for an entire year from the month it is purchased and can be transferred between two vehicles. Learn more and purchase yours here: <https://discoverpass.wa.gov>.





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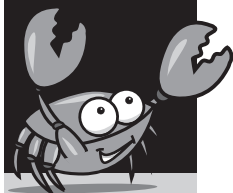
Questions?

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.



Dining Guide



DID YOU KNOW?

Glitterex, one of the top two glitter manufacturers in the world, cannot name its biggest client because the client doesn't want it known that it uses glitter.

ACES BBQ (Stanwood) • (206) 465-4931
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
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
JOHNNY'S BURGER STOP (Stanwood) • (360) 629-9427
JOURNEY'S END CAFE (Camano Island) • (360) 387-9120
LATINOS RESTAURANT (Stanwood) • (425) 308-6610
LITTLE CAESARS PIZZA (Stanwood) • (360) 629-6999
LOW BAR STANWOOD (Stanwood) • TBA
MAMMOTH BURGER COMPANY (Stanwood) • (360) 572-4500
MCDONALD'S (Stanwood) • (360) 629-9787
MIYAKO'S TERIYAKI & WOK (Stanwood) • (360) 629-4535
MUSTARD SEED BAKERY & CATERING (Stanwood) • (360) 572-2499
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
ROCKAWAY BAR & GRILL (Camano Island, at Camaloch) • 360-926-8920
SAAL BREWING CO. (Stanwood) • (360) 629-0102
SAHARA PIZZA (Stanwood) • (360) 629-6886
SASQUATCH SUBS (Stanwood) • (360) 610-2765
SEN - JAPANESE RESTAURANT (Stanwood) • (425) 765-4577
SPARTAN DRIVE IN (Stanwood) • (360) 629-8988
STANWOOD CAFE (Stanwood) • (360) 629-8427
STANWOOD CUPCAKES (Stanwood) • (360) 926-8241
STANWOOD GRILL (Stanwood) • (360) 629-5253
STANWOOD HOTEL & SALOON (Stanwood) • (360) 629-2888
STANWOOD THAI (Stanwood) • (360) 572-2200
STARBUCKS (Stanwood) • (360) 629-2701 • 629-5027 • 629-2500
STILL WATER LOUNGE (Stanwood)
SUB JOINT (Camano Island) • (360) 230-9611
SUBWAY (Camano Island) • (360) 631-5055
SUBWAY (Stanwood) • (360) 629-2678
TACO TIME (Stanwood) • (360) 629-5018
TAPPED CAMANO (Camano Island) • (360) 572-4986
THAI THAI KITCHEN (Stanwood) • (360) 629-0600
TWIN CITY LANES CAFE (Stanwood) • (360) 629-3001
VIVO ITALIAN BISTRO (Stanwood - COMING SOON) • (360) 629-2044
WAYNE'S CORNER CAFÉ (Stanwood) • (360) 939-2300
WILLOW & JIM'S COUNTRY CAFE (Silvana) • (360) 652-0372



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Practice responsible consumption and recycling.



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Learn basic and advanced composting.



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Consider your carbon footprint.



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Island County

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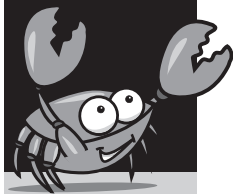


reduce • reuse • rot • recycle • rethink!



Waste Wise
WSU Extension, Island County

Longevity Lens



A column about longevity and aging well.

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

*Questions?
ask@kirrahealth.com*

YOUR BODY IS INTEGRATED—BUT MOST HEALTHCARE ISN'T.



Many women in midlife start to feel like their body has become a collection of separate problems: brain fog, poor sleep, weight gain, joint aches, fatigue, bloating, anxiety, loss of muscle, rising cholesterol, urinary changes, and low libido. Often, each symptom gets its own appointment. Hormones in one visit. Sleep in another. Gut issues somewhere else. Weight, mood, and energy treated in isolation.

But your body doesn't operate in separate systems. Hormones influence muscle. Muscle influences metabolism. Sleep affects cortisol and insulin sensitivity. Stress shapes inflammation, appetite, and recovery. Pelvic health impacts movement confidence and activity levels. Everything is interconnected.

Yet modern healthcare is frequently fragmented—especially for women in midlife. Research increasingly shows that metabolism, hormones, inflammation, muscle mass, and nervous system regulation continuously interact. When one system shifts, symptoms can appear across multiple areas at once.

That's why so many women say, "No one is connecting the dots." They're usually right. This doesn't mean every symptom has a single cause. It means isolated symptoms often reflect a broader physiological pattern rather than unrelated issues occurring simultaneously. The goal is not just symptom control, but clarity: understanding how your systems interact, how your physiology is changing, and what supports long-term strength, resilience, and capability.

Many women aren't broken. They're experiencing biology that hasn't been fully explained to them.

Questions to ask: Who is connecting the dots across my symptoms—and not just treating them one by one? Am I actually healthy, or just "normal" on paper while something is being missed? Is my current plan building long-term strength and resilience, or only managing day-to-day symptoms?

For more insights, visit kirrahealth.com/blog.

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:

- 4/02/2026 – Thursday at 3:15pm.
- 4/16/2026 – Thursday at 3:15pm.

May:

- 05/06/2026 – Wednesday at 10:00am.
- 05/20/2026 – Wednesday at 3:00pm.

June:

- 06/03/2026 – Wednesday at 10:00am.
- 06/17/2026 – Wednesday at 3:00pm.

RSVP's NOT REQUIRED, BUT ENCOURAGED

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



425-361-2944 x1 TTY 711



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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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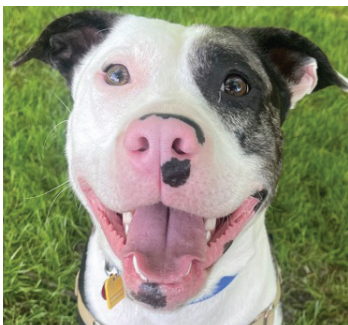




CASA'S PET OF THE WEEK:

Meet the sweet **NALA!** She is an 8-year-old Aussie/ Shepherd mix looking for her forever family. She is an incredibly loving, gorgeous dog who LOVES to play fetch! Despite her age, Nala still has some energy and would love a family that is full of adventure and can help her burn off some of her Aussie energy. Walks and hikes are her favorite and she does super well on leash!

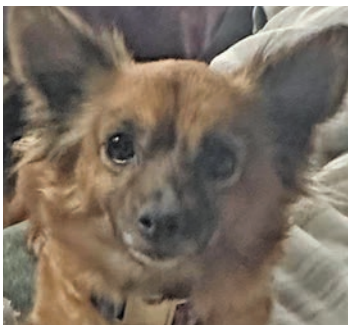
Camano Animal Shelter Association (CASA):
360-387-1902. www.camanoanimalshelter.org



NOAH'S PET OF THE WEEK:

Hello, my name is **CASH!** I am a 10 month old dog looking for my forever home! I have been around a lot of other dogs. I can play a little more exuberantly than some dogs may like. If you have another dog in the home please bring them so we can meet! If you think I might sound like a good addition to your home, please come meet me at The NOAH Center today!

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



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

FIONA is a sensitive girl who is longing for a family that will cherish her for the rest of her life. She has been through a lot of changes and she is ready to settle down. Fiona will be happiest with a family that has a calm, predictable routine. As soon as she realizes that she is safe she will be your best friend. **FIRST STEPS:** Visit www.save-a-mutt.org/adoption-application/ to fill out an application.

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



Pet Partners
WORLD'S LARGEST PET WALK
Fundraiser
Saturday, June 6th / 1-3pm at
Hamilton Landing Park, Stanwood

Walk Port Susan Trail with your pet:
Buy raffle tickets and pet nail trims
Bid auction items
Enter pet costume contest
Win prizes, photo booth, more...
Questions call 360-770-1272

Donations support CASA and Pet Partners Animal Therapy

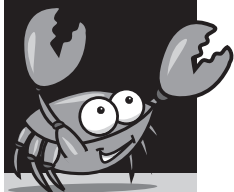


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Click on "Join Team"






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created by
Dusty Hutchins-
McNutt.*

*"Great recipes
begin in Mama's
Kitchen!"*

Visit me at: www.CookingMamas.com

STRAWBERRY SHORTCAKE ICE CREAM

My strawberry shortcake no-fuss no-churn ice cream is the perfect treat when spring and summer come around and strawberries are abundant, Enjoy!



INGREDIENTS: 2 c. heavy cream; 1 (14 oz.) can sweetened condensed milk; 1 lb. strawberries, chopped and divided; 1 (16 oz.) Sara-Lee pound cake cut into small cubes and divided

DIRECTIONS: 1. In a stand mixer fitted with a whisk attachment, beat the heavy cream until stiff peaks form. 2. Gently fold in the sweetened condensed milk, 2 cups strawberries and 2 cups pound cake cubes. 3. Transfer the mixture to a 9 x 5-inch loaf pan and smooth the top with a spatula. Top with additional strawberries and pound cake cubes. 4. Cover and freeze until firm, about 5 hours. When ready to serve, remove from freezer and allow to soften, about 10 minutes. Serves 6-8



BAYLESS CONSTRUCTION GROUP

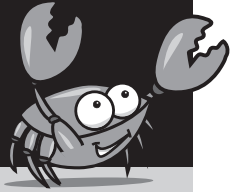
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Classes and Workshops



DID YOU KNOW?

More than 1/5 of all the calories consumed by humans worldwide is provided by rice alone.

Join us for a Workshop exploring Blue Zones and Protein on Monday, June 8 at 6:00 pm with our guest Dr. Jeremy Clay, (Family Medicine, preventive medicine, public health, and Lifestyle medicine) Optum Physician. A free plant-based meal at 6 PM with a workshop beginning at 6:30 PM. Cedarhome SDA Church (28505 68th Ave. NW Stanwood, WA 98292) To reserve your spot call or text 425.870.1006.

Health & Wealth Mondays Every Monday 5:30-7pm at the South Camano Grange. Presented by Evergreen Farm. Take care of yourself and your neighbors! Join us for Zumba with Jennifer Anderson (5:30-6:30 PM) in the main hall. A \$10 suggested donation is requested for Zumba. We also host rotating classes in the dining and activities hall 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. All proceeds from Health & Wealth Mondays go directly to the Grange building and maintenance fund. Stay tuned for more details on what is coming each week in the Dining Hall!

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 9:00-9:45 at Camano Chapel in the Worship Center followed by a short encouragement message. Please come join us! camanochapel.org/connect for more information.

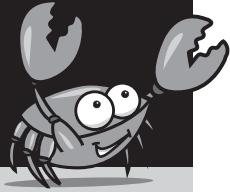
Tech Neck: Or How to Get your Head Screwed on Straight May 30. With our modern lifestyle of computers, laptops and phones, our heads are pitching forward for extended periods of time, adding weight to the delicate muscles of the neck and prolonging tension in our shoulders. This workshop will teach you simple exercises to relieve tension and restore freedom of movement. Space is limited. Register at movementarts.com/events or call 360-629-9100

YogaTone: Sundays May 17-June 14. Drop-Ins Welcome! Keep moving and join us for a fantastic, fun, positive sweat/dance/movement/yoga class that's designed for just about anyone. movementarts.com/events or call 360-629-9100.

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

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

Classes and Workshops



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.

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.

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 June 10, 10-11am. Learn enrollment options and avoid costly mistakes. RSVP required: 360-967-6601.

Karate & self-defense mini camps, ages 6+! NW School of Martial Arts located @Stanwood Masonic Lodge. 12-4 pm, \$40/child per date: 6/30, 7/14, 7/28, 8/11, 8/25. Email nwschoolofmartialarts@gmail.com to get your registration link!



Janicki General Contracting

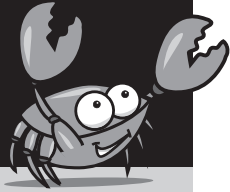
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Photos and Art



DID YOU KNOW?

People can have a psychological disorder called Boanthropy that makes them believe that they are a cow. They try to live their life as a cow.



Cute little car on a Stanwood farm. Photo by James M. Shipley.



Rub a dub dub redwing. Photo by Joan K.

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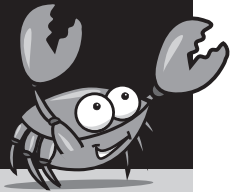
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MISCELLANEOUS:

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

Guy Stuff Garage Sale: June 6, & 7 10-4 at 213 Woodland Drive. WORTH THE STOP!

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Clubs and Meetings



DID YOU KNOW?

The two tiny holes in every BIC pen ensure that the air pressure is the same both inside and outside the pen, which helps the ink flow to the tip.

WSU Waste Wise Community Meeting June 1st. 12 - 1 pm at the Camano Island Library. Join local folks interested in educating ourselves, and our community, ways to live a simpler and more affordable lifestyle that also benefits the planet. This group meets the 1st Monday of each month and is open to all - ages 15+.

Caregiver Cafe: First Thursday of the month. Calling all caregivers of kiddos aged 0-5! Start your day with breakfast at the AM Breakfast Caregiver Cafe at 10am at the Stanwood Camano Community Resource Center, across from Stanwood library. Adults only. Childcare provided as space allows. The Caregiver Cafe is a FREE, family centered, parent led program. During the sessions, we offer free on-site childcare so parents can relax, connect with others, share experiences, and engage in meaningful conversations in a supportive community. Space is limited, so be sure to RSVP on our website today! <https://www.crc-sc.org/events>.

Mabana Flames Thanks the community for a great Plant Sale supporting Camano Fire. Please join us for our Monthly lunch meeting on Thursday, June 4th at 10:00am at Vista/Madrona Fire Station, 273 N W Camano Dr, Camano Island. Flames meet 10am the first Thursday of the month, September - June, except January. More info: Lenore at 206-930-0846.

Spring Parent Education Series - June 9. Parenting doesn't come with a manual... but understanding child development changes everything. Join me for a Spring Parent Education Series designed to help parents feel more confident, informed, and supported as they navigate behavior, boundaries, and everyday challenges with young children. Hosted by Teacher Beka & Imagine That! Community School in partnership with Warm Beach Senior Community. 5:30-6:30pm at 20502 Marine Drive, Stanwood. Cookies & tea provided. Open to community families. Free for members | \$10 per session for non-members.

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.

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. To qualify for membership, veterans must meet the following requirements: 1) must have served in the U.S. Armed Forces and either received an Honorable or a General Discharge (under Honorable Conditions) or be presently serving and 2) must have served in a war, campaign, or expedition on foreign soil or in hostile waters. Proof of the latter-mentioned requirement can be proven by any of the following: an authorized campaign medal, receipt of Hostile Fire Pay or Imminent Danger Pay, or have served in Korea for 30 consecutive days or 60 non-consecutive days. A DD-214 will provide all of that information.

Clubs and Meetings



DID YOU KNOW?

Japan is facing a ninja shortage. There is a high demand for “ninja shows,” but it is a dying tradition, and companies have trouble finding properly trained ninjas.

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.

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

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

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.

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.

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.

Camano Island Jeep Club: Do you own a Jeep? Would you like to meet others who share their interest in Jeeping? We are a friendly group of mostly locals. We hold a monthly meeting the 3rd Saturday at the Camano Island American Legion Post #207 located at: 609 W Camano Drive, Camano. Meeting starts at 9:30 am. Come early!!

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.

PICKLEBALL PADDLE ENVY: THE SILENT EPIDEMIC SWEEPING ACROSS THE PICKLEBALL COURTS OF AMERICA

By Dr. Lloyd Q. Whifflebat, PsyD (Pickleball Paddle Envy Specialist)

In recent years, pickleball has become the fastest-growing sport in America, narrowly beating out competitive axe throwing, extreme ironing, and amateur air guitar tournaments. With this meteoric rise, a new psychological condition has emerged – one that mental health professionals are only now beginning to fully understand. It lurks beneath the surface of your local YMCA's gymnasium. It festers in the psyche of seemingly friendly doubles partners. And it threatens to turn your Sunday drop-in match into a passive-aggressive paddle comparison contest. This condition is known as Pickleball Paddle Envy (PPE). And it's spreading.

What Is Pickleball Paddle Envy? Pickleball Paddle Envy is a psychological disorder characterized by an irrational obsession with other players' paddles, particularly those that are newer, shinier, sleeker, pricier, and more futuristic than your own slightly worn \$39.99 Walmart special. Symptoms often manifest subtly: an extended stare at someone's carbon-fiber-faced, edge-guard-free, USA Pickleball Approved™ thermoformed miracle paddle. A casually passive "Oh, neat paddle. Do you, um, like, notice a difference with it?" A deep internal sigh as your dink shot falls into the net while your opponent effortlessly executes a spin serve using what appears to be a NASA-engineered paddle forged in the fires of Mordor. Make no mistake: this is a real disorder, with real consequences. People have left leagues, ended friendships, and – in extreme cases – maxed out credit cards to buy a paddle they don't even know how to pronounce (I'm looking at you, the "ElectroXenoSpin 9000 Hyperdrive").

Why Is Paddle Envy So Common? Experts in the field of recreational envy believe several factors contribute to this epidemic:

Social Comparison Theory – You instinctively compare yourself to others. When you see Dave from court three suddenly landing drop shots like he's the reincarnation of Roger Federer with a wiffle ball, you don't think "Dave's been practicing." You think, "Must be that new paddle with the weird honeycomb core and the German-engineered grip tape."

Marketing Madness – Paddle companies now release new models on average every 18 minutes. Each promises "25% more control," "70% more spin," and "95% more chance of impressing Karen in your pickleball Meetup group."

Midlife Crisis Redirection – Let's face it, for many players aged 50+, the dream of buying a red convertible has been replaced with the more fiscally reasonable act of dropping \$279.99 on a paddle that sounds like a pharmaceutical drug. ("Ask your doctor if the Voltronic Z-Plasma is right for you.")

Common Symptoms of Pickleball Paddle Envy: If you or someone you know is experiencing any of the following, seek help immediately:

View from the Bleachers



DID YOU KNOW?

“Weird Al” Yankovic wrote “Albuquerque” to be as a joke specifically to “annoy people for 12 minutes.” It ended up becoming one of his most popular songs.

1. Chronic Paddle Staring – Spending more time ogling other paddles than watching the ball.

2. Sudden Brand Shifts – Saying things like “I’m a Selkirk person now” despite owning 12 paddles from five different companies.

3. Blame Shifting – When losing a game, blaming your paddle: “If I had a Gamma Titan 6000, that drop shot would’ve been unreturnable.”

4. Google-itis – Staying up late Googling paddle reviews, studying YouTube comparisons, and joining Reddit threads like “Which Paddle Has the Best Ratio of Pop to Plow Through?”

5. Paddle-Shaming Others – Making remarks such as “Oh, you still use that paddle?” as if it were a flip phone in a smartphone world.

The Path to Recovery - There is hope. With proper self-awareness, lifestyle adjustments, and the occasional paddle-free weekend, many sufferers have gone on to live long, fulfilling, emotionally stable pickleball lives. Here are a few strategies:

1. Gratitude Practice – Before each match, tell your paddle three things you appreciate about it. (“You’re slightly less dented than I remember. You’re still way nicer than Brad’s paddle. You kind of match my shoes.”)

2. Paddle Meditation – Sit quietly. Visualize your paddle glowing. Whisper to yourself, “I am enough. My paddle is enough. Alberto’s paddle is not better than mine, no matter how many Kevlar fibers it has.”

3. Budget Boundaries – Set a hard limit on paddle spending. If your paddle costs more than a new washing machine, it may be time to reassess your life choices.

In Conclusion... Pickleball Paddle Envy is a rapidly spreading emotional contagion. It does not discriminate based on age, skill level, or paddle brand. If left untreated, it can spiral into full-blown gear snobbery, or worse – PPI (Pickleball Influencer Syndrome). So, next time you’re on the court and catch yourself coveting your opponent’s sleek, matte-black, anti-vibration paddle of destiny, pause. Take a breath. Accept that your paddle is good enough. Because in the end, it’s not the paddle that makes the player. It’s the paddle you irrationally envy that makes you buy seven more paddles and hide the receipts from your spouse.

Stay strong, and dink responsibly.

TIDE TABLES / SARATOGA PASSAGE / MAY 29 - JUNE 11, 2026

Date	High /Low	Tide Time	Height Feet	Moon Visible
F 29	High	3:19 AM	10.8	☉
29	Low	10:33 AM	-1.2	
29	High	6:10 PM	10.8	
29	Low	10:48 PM	7.2	
Sa 30	High	3:50 AM	10.6	☉
30	Low	11:07 AM	-1.7	
30	High	6:50 PM	11.3	
30	Low	11:36 PM	7.5	
Su 31	High	4:23 AM	10.3	☉
31	Low	11:42 AM	-1.9	
31	High	7:27 PM	11.6	
M 1	Low	12:22 AM	7.6	☉
1	High	4:56 AM	10.0	
1	Low	12:18 PM	-1.9	
1	High	8:03 PM	11.7	
Tu 2	Low	1:07 AM	7.6	☉
2	High	5:31 AM	9.7	
2	Low	12:55 PM	-1.8	
2	High	8:40 PM	11.7	
W 3	Low	1:52 AM	7.6	☉
3	High	6:06 AM	9.2	
3	Low	1:32 PM	-1.5	
3	High	9:17 PM	11.6	
Th 4	Low	2:42 AM	7.5	☉
4	High	6:42 AM	8.8	
4	Low	2:10 PM	-1.0	
4	High	9:54 PM	11.5	

Date	High /Low	Tide Time	Height Feet	Moon Visible
F 5	Low	3:39 AM	7.2	☾
5	High	7:23 AM	8.2	
5	Low	2:50 PM	-0.4	
5	High	10:29 PM	11.5	
Sa 6	Low	4:37 AM	6.6	☾
6	High	8:18 AM	7.5	
6	Low	3:33 PM	0.5	
6	High	11:02 PM	11.4	
Su 7	Low	5:29 AM	5.7	☾
7	High	9:40 AM	6.9	
7	Low	4:20 PM	1.6	
7	High	11:34 PM	11.4	
M 8	Low	6:16 AM	4.5	☾
8	High	11:13 AM	6.7	
8	Low	5:12 PM	2.8	
8	High	5:12 PM	2.8	
Tu 9	High	12:06 AM	11.4	☾
9	Low	7:02 AM	3.1	
9	High	12:49 PM	7.1	
9	Low	6:09 PM	4.2	
W 10	High	12:41 AM	11.4	☾
10	Low	7:47 AM	1.4	
10	High	2:24 PM	8.1	
10	Low	7:13 PM	5.4	
Th 11	High	1:17 AM	11.4	☾
11	Low	8:32 AM	-0.3	
11	High	3:39 PM	9.5	
11	Low	8:22 PM	6.5	



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