

THE CRAB CRACKER
COMMUNITY MAGAZINE

ISSUE 434
July 10-23, 2026



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

-Membership Drive Event -



Gates & bar open at 1pm • Music from 2-6pm
Bring your own picnic and lawn chair
Beer & wine available for purchase - no outside beverages

MUSIC BY:

NICK VIGARINO BAND

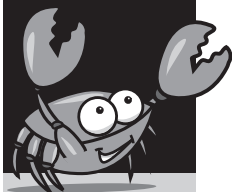
-and-

MARY ELLEN LYKINS AND THE CC ADAMS BAND



Tickets: \$35 at www.camanoislandyc.com
129 Sunset Drive, Camano Island, WA 98282

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facebook.

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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: from a tapestry by local artist, Candi Martin-Baker.



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Submission DEADLINE: JULY 16 for Next Edition (July 24-August 6, 2026)

Calendar of Events



FRIDAY, JULY 10

COMMUNITY DRIVE-IN MOVIE NIGHT



at the South Camano Grange, presented by Evergreen Farm. Tonight we will be featuring Casablanca. A timeless classic under the stars. Doors open at 8pm. Movie at 9pm. \$10 suggested donation per car. Includes popcorn and soda. Treats by donation - popcorn, candy, drinks. All are welcome. Tune in via radio. All profits benefit the South Camano Grange building & maintenance fund!

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Scan to Schedule



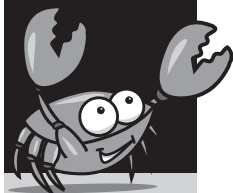
9300 271st St NW, Suite B-5,
Stanwood, WA 98292
Near QFC, between Papa
Murphy's and H&R Block

 stanwoodhearing.com

CALL 425-272-9435



Calendar of Events



FRIDAY, JULY 10
TRAVEL TALK



10am at Camano Center, 606 Arrowhead Road. Join us for a Travel Talk about Costa Rica by renowned photographer Jeanne Poling. Costa Rica's Osa Peninsula is one of the most "biologically intense" places on the planet, with 2.5% of all biodiversity in the world found there. It is the only place in Costa Rica where you can see all four native monkey species including the White-Headed Capuchin, the Mantled Howler, the endangered Jeffries Spider Monkey and the Central American Squirrel Monkey. In addition to monkeys there are many other unique and interesting species.



Need digestive care today?

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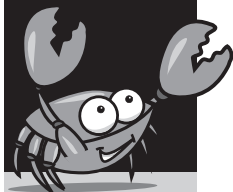
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*Wait times are typically
under 30 minutes.*



Start your on-demand virtual GI visit at [SkagitRegionalHealth.org/GIOnDemand](https://www.SkagitRegionalHealth.org/GIOnDemand)

Calendar of Events



DID YOU KNOW?

Sonic the Hedgehog's full name is actually Ogilvie Maurice Hedgehog.

FRIDAY, JULY 10

MARY ELLEN LYKINS AND THE CC ADAMS BAND

7pm at Pub 282, 370 NE Camano Dr #6, Camano. Mary Ellen Lykins & The CC Adams Band perform with passion and Mary Ellen is the icing on the cake. There's no mistaking the voice, Mary Ellen has power and grit. Thwarting the conventional, the band thrives on unique arrangements with roots in the Blues and an eclectic mix of R&B and tasty Rock mix

FRIDAY, JULY 10

STANWOOD FARMERS MARKET

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

FRIDAY, JULY 10

100 YEAR ANNIVERSARY BBQ



9am-5pm at Hamilton Lumber, Stanwood. Help us celebrate 100 years serving Stanwood and Camano Island. Vendors on site, Prize Drawings. KISW radio Station Brad and John will be here. Hamburgers and Hot dogs will be served.

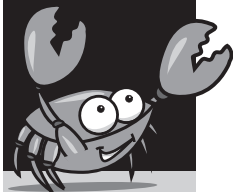
FRIDAY-SATURDAY, JULY 10-11

ONAMAC COMMUNITY GARAGE SALE

9am-3pm. This is a huge community wide garage sale offering a variety of items for browsing and buying.



Calendar of Events



look for us
online at

www.TheCrabCracker.com

or on
Facebook.

Download
current or past
editions.

SATURDAY, JULY 11

AFTER 4 BAND

7pm at Pub 282, 370 NE Camano Dr #6, Camano. High-energy tunes, killer vocals, and an unforgettable night of live music.

SATURDAY, JULY 11

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, JULY 11

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, JULY 11

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. 7-11am. Come out and have fun!

SATURDAY, JULY 11

MINIATURE WARGAMING MEET-UP

2-6pm at the Camano Island Library. Discover the strategic camaraderie of miniature wargaming with Camano Island Miniature Wargamers. All are welcome to explore historical, fantasy, and sci-fi battles around the tabletops—no experience needed. This hobby brings together a wide range of ages.

SATURDAY, JULY 11

ART/CRAFT WORKSHOP

Join us for a playful and beginner friendly workshop where you'll create images, scenes or designs on rocks using acrylic paint pens. 11am-noon at Community Resource Center. Hosted by the Stanwood Library.

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Calendar of Events



DID YOU KNOW?

Admiral Ackbar from Star Wars Episode VI: Return of the Jedi was not a man in a suit; it was actually a giant puppet.

SATURDAY, JULY 11

LOW BAR SURF PARTY WITH THE EVANSTONES



WIPE OUT! Join us with The Evanstones at Low Bar from 7-10pm for our summer surf party. We're offering Tiki drinks with a souvenir glass, costume contest, and vintage nostalgia black and white movies. 21+. No Cover.

SATURDAY, JULY 11

UNVEILING OF THE RESTORED PORTRAIT OF THE FIRST EUROPEAN LOGGER ON CAMANO ISLAND AND OPEN HOUSE OF THE ARCHIVE



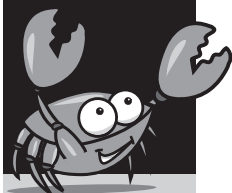
1pm at the 1906 Camano City Schoolhouse, 993 Orchid Road. Local portrait painter, Michele Rushworth, will present the process of restoring the portrait of Lawrence Grennan, the first European to begin logging Douglas Fir trees at Utsalady in the 1850's. She will discuss the possible use of mummy paint in this painting. Dr. Richard Hanks, historian and author of the book, All Roads Lead to Utsalady, will discuss how Lawrence Grennan decided to start logging at what later became Utsalady. Copies of book will be for sale. The Camano Island Archive will be open from 2-4pm. Donations will be accepted.

SATURDAY, JULY 11

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.

Calendar of Events



DID YOU KNOW?

In South Korea, there is an emergency number (113) to report spies.

SATURDAY-SUNDAY, JULY 11-12

HUGE MULTI-FAMILY BENEFIT SALE

9AM-4PM at 1481 DALLMAN ROAD CAMANO. Tools galore, antiques, collectables, sports, housewares, furniture, crafts, shoes, toys, \$5 bag sale on clothing. You name it, we have it. Over 35 families have contributed to this yard sale to raise funds for ministry in Haiti.

SUNDAY, JULY 12

ARCHERY CHURCH



at Fir Conway Lutheran Church in Conway. Looking for something to do this summer on Sundays? Join us!! Our archery church is returning for the third year and we look forward to you joining us. We'll be set up at 11:30 in the parking area behind our sanctuary. It's beginner friendly and suitable for folks aged 6 and up. If you have any questions, feel free to email Holly at h-mcelroy@hotmail.com.

SUNDAY, JULY 12

COMMUNITY DRUM CIRCLE - FREE EVENT

outside at Camano Commons in the grass circle 5-6:30 pm. 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. In case of rain the event will be cancelled. Please register for this free 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.

National Eat Your Jell-o Day



July 12th

LOST LAKE COMMUNITY GARAGE SALE

July 24-26 / 9am-4pm

Off Monticello and Lost Lake
LARGE COMMUNITY SALE!

**Lots of treasures
you can't live without.**

No early birds.

TheCrab@TheCrabCracker.com

Calendar of Events



DID YOU KNOW?

The process by which bread toasts is called the "Maillard Reaction."

SUNDAY, JULY 12

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

TUESDAY, JULY 14

TWO-MILE TUESDAY

Event by Stanwood Camano Runners. SC Runners is teaming up with Low Bar Stanwood for a Tuesday night group run!!! Meet at the Low Bar at 6pm. We'll run Stanwood at 6:10pm and gather for community after.

TUESDAY, JULY 14

SUMMER STAY AND PLAY

10:30am at the Stanwood Library. Join us for play and art activities this summer at the 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. Drop in anytime during this event.

TUESDAY, JULY 14

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.



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July 14th

NATIONAL BE NICE TO BUGS DAY

Let's take a pledge not to kill insects.
Heard of the motto "Live and let live?"



Calendar of Events



DID YOU KNOW?

Even though
Froot Loops are
different colors,
they all have
exactly the same
flavor.

TUESDAY, JULY 14

YMCA HIKING SERIES - CAMA BEACH TO CAMANO ISLAND STATE PARK

9:30am at Cama Beach. 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, JULY 15

HEROES IN MOTION: TOUCH-A-TRUCK



11am-12:30pm at the Camano Island Library. Come meet the real-life heroes who keep your world moving! As part of our Summer Reading theme, "Your Story, Your World," we're celebrating some of the incredible community helpers who work together as a team to keep our town safe, strong, and running smoothly. Families are invited to explore a real firetruck up close, meet local firefighters, learn about their equipment, and ask questions about what it's like to help keep our community safe. Children will have the chance to enjoy a fun, interactive experience perfect for curious little learners. Please note: the fire crew joining us is an active emergency response team. If an emergency call comes in, the firefighters and truck may need to leave the event at any time. We appreciate your understanding as they serve our community!

July 15

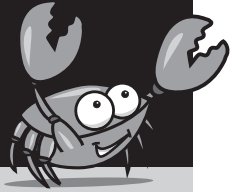


NATIONAL BE A DORK DAY



JULY 15
National
**GUMMI
WORM**
Day!

Calendar of Events



WEDNESDAY, JULY 15 CAMANO WILDLIFE PROGRAM



"On the Move: The Miracle of Animal Migration" by Steve & Martha Ellis. Why do some species of birds and other animals migrate and how do they find their way? Camano Island is situated so that it's either a destination or just a stop along the way for migrating birds, mammals, fish, and even insects. Explore the compelling reasons that send creatures on journeys short and long. Learn about the fascinating science of navigation, including how they prepare for the trips and how they endure the hazards. This community program is at 7 p.m. at the Island County Multi-Purpose Center, 141 East Camano Drive. www.camanowildlifehabitat.org

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Calendar of Events



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.

THURSDAY, JULY 16

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, JULY 17

GHOST HUNTING WORKSHOP WITH NORTH BY NORTHWEST PARANORMAL



6:30-8:30pm at the Stanwood Library. Explore the eerie and the unexplained of the Pacific Northwest! This hands-on ghost hunting workshop is designed for teens and adults who have an interest in the paranormal. North by Northwest Paranormal will present a Ghost Hunting 101 session that includes a brief overview of their previous investigations. Afterward, participants will be provided with a tutorial of the equipment that a professional paranormal investigation team uses. Then an after-hours investigation of the library will be conducted ... with attendees taking part! Please note: Some of the library lights will be turned off during the after-hours investigation and participants will be invited to use a variety of paranormal investigation equipment throughout the event. While the workshop is designed to be fun and educational, some of these factors may lead to some genuinely spooky moments.



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Calendar of Events



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.

FRIDAY, JULY 17

THE GROOVE DOCTORS WITH DEB HARLEY

7pm at Pub 282, 370 NE Camano Dr #6, Camano. Time to catch a dose of funk, soul, and unstoppable rhythm — The Groove Doctors are live at Pub 282! These masters of the groove bring the cure for your blues with dance-worthy beats and smooth jams all night long. Don't miss the prescription for a perfect night out!

FRIDAY, JULY 17

DROP-IN CONSTRUCTION ZONE

4pm at the Camano Island Library. Come build and explore with a variety of materials, which may include LEGO®, Magna-Tiles®, gears, blocks, and more! Light snacks provided. Event is free; no registration required.

FRIDAY, JULY 17

MOVIE ON THE LAWN



at dusk/8pm at Camano Commons. Join us for a FREE showing of Zootopia 2. We're partnering with Tapped Camano, who will keep their patio open for drinks till 9 PM! There will be concession and free popcorn!

FRIDAY, JULY 17

STANWOOD FARMERS MARKET

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

FRIDAY, JULY 17

POP UP YOGA

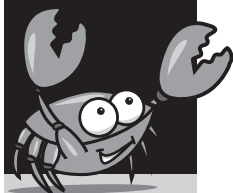
With Carol Mason. Noon-1pm at Camano Commons. Gather with friends and join us for some outdoor yoga. Spread out and feel the grass under your feet. This is a FREE Event. Please bring a donation for the Stanwood/Camano FOOD BANK. More info: 360-629-9100

FRIDAY, JULY 17

TEEN NIGHT: CHRISTMAS IN JULY

6pm-9pm at Stanwood-Camano YMCA. Come join us for the jolliest event in the summer! Enjoy holiday themed snacks, games and more. Pizza will be provided and YMCA membership is not required. Early signup \$9. Day-of signup \$12. Questions? Email sleonardo@ymca-snoco.org

Calendar of Events



DID YOU KNOW?

The first roller coaster was used to transport coal down a hill. After people found that it could reach speeds up to 50 miles per hour, tourists asked to ride on it for a few cents.

SATURDAY, JULY 18 ANNUAL SUMMER FESTIVAL



at St Aidan's Episcopal Church, Camano Island. For your safety on the day of the Summer Festival, please do not park on Hwy 532. Park only at the next-door LDS church located at 795 Ell Road, Camano Island. The Snow Goose shuttle will be available from the LDS church to the Festival grounds. We call this annual event a "festival" and not a "rummage sale" because it's about more than just "stuff." It's about our community, our neighbors, and raising resources for those in need. Large outdoor rummage sale; The 'Book Barn' - used books of all kinds, CDs, DVDs, vintage VHS; Computers, TV, and audio tech sale; China, glass, jewelry, bed, bath, kitchen show room

SATURDAY, JULY 18 FAMILY BINGO

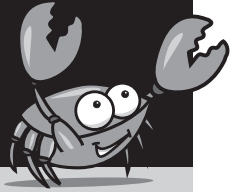


at the American Legion Hall ON CAMANO ISLAND, 609 W. Camano Drive. "Camano Island American Legion Bingo is pushing it up... Now with \$100 and \$200 blackout jackpots!" Doors open at 4:30 P.M. and Bingo starts at 6pm. Snacks and beverages available.

SATURDAY, JULY 18 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. 7-11am. All cars welcome. Come out and have fun!

Calendar of Events



SATURDAY, JULY 18

FAMILY WRITER'S FAIR

1-4pm at the Camano Island Library. Join us for an inspiring afternoon celebrating creativity and storytelling. Meet local authors across genres - children's fiction, mystery, thrillers, nonfiction, poetry, historical fiction, and more: Enjoy live readings as authors share excerpts from their work. Participate in mini workshops to learn practical writing tools. Discover what it takes to turn your ideas into stories. Authors available to sign books and answer any questions. Whether you are just starting out, or love to write, you'll find: Fun writing prompts; Story boarding activities; Creative ideas to spark your imagination. Pens and journals will be provided - Just bring your creativity.

Great for families and young writers.

SATURDAY, JULY 18

LIVE AND LOUD POP/PUNK AND EMO NITE WITH ALTERED 2KS

8 PM - Arcadian Public House, 18444 Spruce Street, Conway. Go back in time and love the songs you forgot you loved! Altered 2Ks is bringing a pop, punk, emo and LOUD show to the Arcadian Public House. Doors: 7 PM Show: 8 PM Tickets: \$10 (ADV & DOS) - 21+ only. Genre: 2000's rock.

**We are a family run company
and we are in Stanwood**

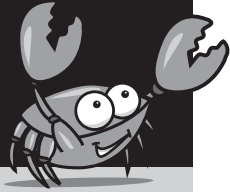


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Calendar of Events



SATURDAY, JULY 18

CELEBRATING 250 YEARS WITH AMERICAN CLASSICS



7-9 PM. Join us for a great night of music! Marcia Kester is known for her rich vocals, lively & engaging entertainment style and a broad repertoire that is sure to please! The concert features a mix up of some of the greatest classics celebrating our rich American history. Dancing on the pad, weather permitting. Tickets are \$15 and can be purchased on our website, camanoschoolhouse.org/upcoming-events. Camano City Schoolhouse & Fire Hall. 993 Orchid Rd., Camano Is.

**YOUR BODY HAS CHANGED.
YOU DON'T HAVE TO ACCEPT IT.**

Hormone Optimization
for Women & Men

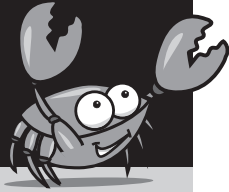


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Calendar of Events



DID YOU KNOW?

Marmite was one of the most confiscated items at airports from the U.K. – to overcome this issue, Marmite made smaller ones for traveling.

SATURDAY, JULY 18 ART SHOW OPENING



5-7:30pm. "The Northwest Connection" at Matzke Fine Art Gallery and Sculpture Park, 2345 Blanche Way, Camano. Gallery showing: Andy Eccleshall, Anne Martin McCool, Kim Simonelli, Teresa Smith, Lori Vonderhorst, Donna Watson and Leon White. Open every Friday, Saturday and Sunday 11 to 5:00. 3000 sq/ft Gallery and 10 acre Sculpture Park with 95 sculptures throughout the grounds. Above: Andy Eccleshall, 40 x 60 oil painting.

SATURDAY, JULY 18 STANFEST - STANWOOD CONCERT FESTIVAL



6-8pm at Church Creek Park, Stanwood (across from the high school). Free admission. Family event. Concert, food trucks, beer garden, vendor market, kid zone. Tonight's headliner: Aaron Crawford. Aaron Crawford is a Northwest country artist known for his powerful stage presence and fan-focused performances. Blending rock grit with classic country into what he calls "Cascade Country," Aaron has spent over a decade touring and sharing stages with artists like Lynyrd Skynyrd, Riley Green, and Trace Adkins. With multiple self-released albums and a sound that crosses genres, he brings an energetic live show that keeps audiences engaged from the first note.

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.

Calendar of Events



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

Send your info
and/or images
to: [@thecrabcracker.com](mailto:thecrab)

SATURDAY, JULY 18

'80S VINYL NIGHT

7-10pm at Low Bar, 8630 271st Street NW, Stanwood. Get dressed up and dance at Low Bar!! We're welcoming back Jeremy aka DJ Spicyhands to Low Bar. We're spinning records again and this theme is the 80's... so tease your hair and throw on something wild and lets get down to an incredible curated collection of an iconic decade. Costumes encouraged. 21+ / No Cover.

SATURDAY, JULY 18

RIBBON CUTTING CEREMONY

Event by Beautiful Skin by Lynn and Alexis Esthetics. You're Invited! Join us as we celebrate a beautiful new chapter for Beautiful Skin by Lynn & Co. with our Camano Island Ribbon Cutting Ceremony! Noon at 848 N Sunrise Blvd, Bldg G, Suite 205. Mingle, explore, and enjoy the beautiful Camano Commons while getting a first look at our new space. Meet our team, learn about our customized treatments, and celebrate with us as we continue our mission of helping you look and feel your very best. We can't wait to welcome you!

SATURDAY-SUNDAY, JULY 18-19

BLOOM FEST 2026 - LAVENDER FESTIVAL



at Our Legacy Fields, 27031 36th Avenue NW, Stanwood. Come celebrate lavender and all things beautiful with us. Enjoy some beauty, kick back in the lavender scented air and relax a bit amongst happy people. BLOOM FEST is the time when our fields are at their best - all 14 varieties are shining with their pinks, whites, purples and blues. We are hosting some of our favorite creative vendors to set up in the fields and share their beautifully hand-crafted works! We will enjoy live folk music, food trucks, lavender ice cream, lavender lemonade, sunshine, U-Pick lavender gardens, games for the entire family, coloring, raffles, demos, tours, scavenger hunts, picnics in the field and lots of smiles. Free parking and admission! www.ourlegacyfields.com

SATURDAY-SUNDAY, JULY 18-19

SUMMER GAMING SERIES

Event by Stillaguamish Valley Horsemen at Stanwood Fairgrounds, 6431 Pioneer Hwy.



FREE! **SAVE THE DATE** **FREE!**
SATURDAY AND SUNDAY
SEPTEMBER
12th & 13th • 10am to 5pm

**SELF-GUIDED ARTIST'S WORKING
STUDIO TOUR 2026**

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Find us at anacortesstudiotour.com or on Facebook

Calendar of Events



DID YOU KNOW?

Most toilet paper sold for home use in France is pink.

TUESDAY, JULY 21

TWO-MILE TUESDAY

Event by Stanwood Camano Runners. SC Runners is teaming up with Low Bar Stanwood for a Tuesday night group run!!! Meet at the Low Bar at 6pm. We'll run Stanwood at 6:10pm and gather for community after.

TUESDAY, JULY 21

SUMMER STAY AND PLAY

10:30am at the Stanwood Library. Join us for play and art activities this summer at the 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. Drop in anytime during this event.

TUESDAY, JULY 21

HORNET NATIONALS KICK-OFF PARTY

Event by 210 Brewing and The BrewCade. Join us at BrewCade in Stanwood. Enjoy an evening of fun featuring: Meet the Hornet drivers; Arcade & Pinball Bracket Tournament; Raffle drawings throughout the event; Prizes from Skagit Speedway, BrewCade, and 210 Brewing CO; Hornet race cars on display outside. Doors open at 3PM, and the tournament begins at 5PM. Bring your friends and help kick off Hornet Nationals before race weekend!

WEDNESDAY, JULY 22

BAND NIGHT

6pm at Rockaway Bar + Grill. Featuring Country Dave Harmonson.

WEDNESDAY, JULY 22

BOOKS AND BUBBLES

10:30am at the Camano Island Library. Join us outdoors to read, sing, and dance along with a Bubble Fairy as we float into a world of wonder at our Books and Bubbles storytime. After storytime, unleash your creativity at our DIY bubble wand making station. Kids can craft their very own unique wands and then head over to our bubble station to test them out! Bring a blanket or towel to sit on, and don't forget your sunhat. Please dress appropriately, participants may get soapy! This event is perfect for toddlers and preschoolers, but everyone is welcome to join the fun. Free and supplies are provided.

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Camano Commons



Red, White, & Win SATURDAYS



CELEBRATE AMERICA'S 250TH WITH BIG WINS ALL MONTH-LONG!

Earn Entries: July 1 – 25

Join us for a month-long celebration of America's 250-year legacy and your chance to claim your share of exciting cash and slot prizes. Register and then play with your Rewards Club card to earn entries into our weekly Saturday drawings.

Drawings on Saturdays, July 11, 18, & 25

From 6PM – 9PM, we're honoring the spirit of winning with two lucky guests every hour receiving a \$500 slot ticket.

At 10PM, three winners will be selected each week to win big — on July 11 & 18, one winner will take home \$5,000 in cash, and on July 25, the top prize jumps to \$10,000 in cash!

Late Night Hot Seats 11PM – 12AM

Keep the celebration going! Every half hour, one lucky guest will win a \$500 slot ticket.

Register July 1 – 25 to begin earning entries, and don't forget — guests can also claim one free entry daily at the Rewards Center through 9:30PM on drawing days.

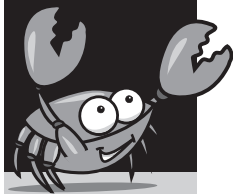
Celebrate 250 years of American spirit, freedom, and fortune — and you could be our next big winner!



theskagit.com  

Must be 21 or older with valid ID. Details at Rewards Club. Management reserves all rights. ©2023 Upper Skagit Indian Tribe dba Skagit Valley Casino Resort.

Calendar of Events



WEDNESDAY, JULY 22

TEEN GAMING!

2-4pm at the Camano Island Library. Whether you're a newbie, a casual player, or a total pro, join us for an afternoon of gaming. We've got the consoles, the screen, and the snacks—you just need to bring your A-game!

THURSDAY, JULY 23

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, JULY 23

CHRIS EGER

7pm at Pub 282, 370 NE Camano Dr #6, Camano. The Chris Eger Band is a Northwest band hot on track to becoming the next band to hit the billboard charts. A skilled compilation of rock/blues/country mix.

THURSDAY, JULY 23

MILLER ROAD RUN

6pm. Event by Stanwood Camano Runners. Park at the Eagles building at the Stanwood Camano Fairgrounds. This is an out and back run on Miller Rd through the farm lands turning back at Norman Rd. Nice flat 5k distance. Gorgeous!

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CODEBREAKER WORD PUZZLE

The same number represents the same letter. Crack the code and fill the grid.
To help you get started some words are already in place.

	1		2		3		4		5		6		7	5	5	2	8	
6	9	10	5	6	11	7	12	13	6	14	3	5		15		16		5
	2		1		2		12		7		6		5	10	13	5	7	6
10	13	4	12	9	17	7	6	6	2	16	18	7		2		6		2
	7		6		3		19		9		7	20	19	18	12	9	7	9
16		16		2	13	21	9	12	3	21		1		18		2		6
2	22	2	8		2		3		13	3	13	7	19	7	13	1	7	
5		6		5	6	10	13	6		23		9		21		6		3
7	1	14	12		3		6	9	3	10	11	19	14		24	3	13	1
13		3		6	12	11		10		18		6	2	17		12		7
25	10	13	7		13	10	6	11	7	17	5		13		26	13	12	16
3		17		7		5		19		7	19	12	21	7		3		7
	7	1	12	5	8	5	6	7	11		9		22		10	5	7	9
5		12		19		7		6	12	19	3	2	9	8		6		17
13	12	5	6	9	3	18	5		13		13		3		10		17	
2		6		7		5	6	9	2	3	17	14	6	2	13	17	18	7
1	12	10	9	5	7		2		9		16		3		1		2	
26		11		5		19	5	8	1	14	12	2	13	2	18	8	5	6
	14	7	9	12	13		14		14		26		17		7		5	

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

ANSWER: 1=C, 2=A, 3=I, 4=F, 5=S, 6=T, 7=E, 8=Y, 9=R, 10=U, 11=M, 12=O, 13=N, 14=H, 15=Q, 16=B, 17=G, 18=L, 19=P, 20=X, 21=D, 22=W, 23=V, 24=Z, 25=J, 26=K.

Fun and Crafts



DID YOU KNOW?

Warner Bros canceled "Home Alone" because they didn't want to spend \$14 million on it. 21st Century Fox continued the production, and the film grossed \$476 million worldwide.

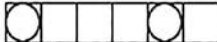
WOCKOEREDP



TUULERV



CAONUT



SWLALWO



CAEPOK



WORC



FINAL PHRASE:

" B I [] [] [] [] F

[] F [] [] H [] []

...FLOCK TOGETHER"

Unscramble the words at the top of the puzzle, then use all of the letters in the circled boxes to solve the final phrase!

BIRD WORD SEARCH

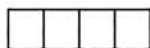
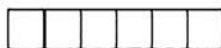
Hunt for the words shown on the list below, then circle them as you find them!

J I R O S C K L R Z M L V U W
 W I T M Y C X Z L W K D A K H
 X U K F U O R R H L O L S J D
 T U E D U X E H C I R T S O P
 J R J Q E S E B T L Q J Q A M
 P T I G A S D W A F M Z R Y A
 E A D R M O A F H D A R V I G
 G E M O A R K O T J O A V M P
 D H X U R T C O U T K R Q T I
 I V F S J A I K N E G W U H E
 R W I E J B H C S N L X A C M
 T J N V P L C U N J Y G M H N
 R X C T V A W C O D Q W A H R
 A C H A Z M Y C O Y U J M E J
 P H L J K B A K L Z G V H U I

ALBATROSS
 CHICKADEE
 CUCKOO
 DUCK
 EAGLE
 FINCH
 GROUSE
 HAWK
 LOON
 MAGPIE
 NUTHATCH
 OSTRICH
 PARROT
 PARTRIDGE

BIRD ANAGRAM

Rearrange these letters to find the name of a famous cartoon bird:



DUNK
 OLD
 CAD

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6/25!**



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AUGUST 22, 2026 5:30PM

**SMALL BITES | MUSIC | AUCTION
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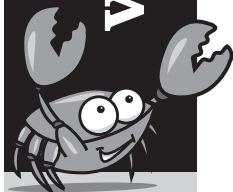
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Moonshine Wisdom & Wit



Story by Jack Archibald.

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

BARBARIANS AT THE GATE

You can lead a jackass to water ... but you can't make em think. Some years back a 1960's rectangular telephone booth mysteriously appeared in Hutchison Park from out of nowhere or possibly outer space. Since I'm the de facto ranger of that most southerly of county parks, it fell on me to deal with its unlikely appearance. A friend, who at the time was head librarian for the Camano branch, suggested we convert it to a Little Library so we did just that, put shelving in and stocked it with books donated by her. Literacy had come to the South End. Or so I imagined.

A week later the library was sacked, graffiti written on the walls, the shelves and books thrown into the rain and some burned. Undeterred, I restocked the shelves, cleaned up the graffiti and hoped this would be a one time event. Ho ho. Not long after the place was vandalized again, the shelves knocked over and the books strewn outside. Ever the optimist, I restored the place and hoped for different results. Which, for a year or more, was what happened. Until one day a window was broken out.

My solution was to make a stained glass replacement. I'm a believer that art will triumph over ignorance, that installing an aesthetic fix might act as a talisman against future vandalism. And for awhile it seemed my faith was substantiated. Last night, however, a pal called to say he'd found the library knocked over on its side, the windows broken out and one sculpture and the stained glass window stolen. When I got there the hundred or so books were a sodden mess, shattered glass was scattered everywhere ... and my optimism was too.

Today I'll go clean up the mess. And try not to count this as a personal failure. But I will confess, this does seem like a metaphor for the times we live in now, braggingly ignorant, malevolently self-righteous, just happy brutes knuckle down in a world shutting the door on science and knowledge, reason and rationality. Then again, maybe it's just a couple of dumb punks whose idea of fun is knocking over telephone booths, maybe better not to read too much into it. Either way, that library ain't coming back.

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Artist of the Week



HAPPY LITTLE PAINTER CO, LLC



"A big thank you to Happy Little Painter Co, LLC who spruced up our front windows at Camano Plaza IGA this week just in time for summer. Check out Lori's awesome work at the main entrance." Happy Little Painter Co is an eclectic artist with a focus on murals, window painting & illustration. Just looking to create happiness through art! Lori Angdahl's passion for art was deeply inspired by her grandfather, who was a devoted fan of Bob Ross. Since 2017, she has turned her creative sanctuary into a full-time business, creating large-scale community murals, seasonal storefront windows, and teaching local paint parties. 360-207-4252 or email info@happylittlepainter.co

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

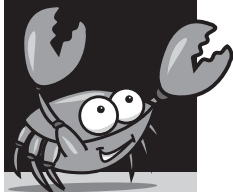


www.vidorassociates.com

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Business Spotlight



*Are you
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promoting your
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organization?*

*Email us info
or a bio about your
business and
yourself and we
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50TH ANNIVERSARY OF STANWOOD COOPERATIVE PRESCHOOL - JUNE 1976 TO JUNE 2026

Fifty years ago, my son was three years old with no one for him to learn to play and socialize with other children. I longed for other parents of children this age to make sure I was “doing everything right.” My daily life included the regular house chores as well as entertaining and playing with my son, besides visiting one or two of the five sets of grandparents living in our neighborhood. We would play on the beach and throw rocks or pick up shells and driftwood for art projects and build stone forts, etc. But sadly, these were things we did with each other and nary another child in sight, especially in the winter months.

Since we live in a “beach” cabin, we didn’t have room for a washer and dryer so we loaded the car, once or twice a week to the local laundromat. At that time, there was one at the IGA Plaza on Camano and one in Stanwood at Viking Village.

It was during one of those visits that I noticed a flyer on the bulletin board advertising for people interested in a cooperative preschool experience for children ages 3-5 years old. When I got home, I immediately called the number—Linda Dreher answered. She had contacted the Everett Community College Family Life and Early Childhood department about starting a preschool. After that the summer was filled with meetings to get parents and children involved. We managed to have about 4 people help to write the bylaws for the coop using a template from the college, and becoming the new offices of the Stanwood-Camano Cooperative Preschool. That was a no brainer for us. Now we needed to advertise to get families involved, find a place to hold the school, get supplies, get equipment, etc. Holy smokes, what did we get into?

Our college liaison, Kay Saatvedt, was extremely helpful with all of this, using her expertise from working with other preschools. Soon we had a location, the Stanwood Methodist Church in town. We also had seven families to start the process of setting up the school. The college required 12 members to run the preschool, so we continued to recruit families. The college offered each of their preschools a designated supply of paper, paint, paintbrushes, an easel, toys, and various other supplies and equipment; soon we were able to start class with seven members of 3-5 year olds and 5 members ages 18 months to three for toddler classes, just barely meeting the college minimum. We hired a teacher (Loli Moe) for a meager salary, set the tuition for the classes, had a parent meeting to explain all the rules and assigned duties and information for each participating parent. Annnndddd awaaaayyyyy we went!!

We had done it, started a new preschool, but our work wasn’t finished as we soon discovered. We needed more children to be in compliance with the college. Advertising continued with our local newspaper, the Stanwood-Camano News as well as more flyers posted all around the town and Island, word of mouth at playgrounds, of course, laundromats, etc. Soon we had more kids in both age groups and were starting to see a future.

STANWOOD - CAMANO

Rotary PARADE



UNITED FOR GOOD



August 1, 2026 / 11:00am

Starts at the train tracks and ends at Josephine's Caring Center



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For More Information
Contact: stanwoodrotaryparade@gmail.com



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 Quintessential Camano bungalow with sweeping views, high-bank setting, beach access and extra lot. #2536658



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 Luxury living overlooking Utsalady Bay is spacious with beautiful views, private beach close by. #2544713



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 Craftsman 4-bedroom Stanwood home on a sunny corner lot located in coveted Cedarhome Square. #2544224



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Windermere Real Estate/CIR

**ELECTION DAY
IS AUG. 4!**




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FOR ISLAND COUNTY COMMISSIONER (D)



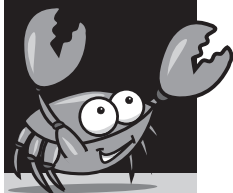
Support the campaign!

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Intuitive Tarot



*Tarot from the
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INTUITIVE TAROT WITH TIFFANY



July 10th – July 16th : the Two of Cups. One-on-one reunions of all forms feel especially influential this week, with a sensation of longed-for ease and respite. While many connections may feel cosmically compelled at this time, this message is intended to remind you the intensity is due to your emotions being fine-tuned at greater volume for the purpose of grasping and directing your attention to how you non-communicatively and biologically respond to varied stimuli, and not as the easily misread result of the spark being undeniable. Your emotions this week are internal data, not external direction, for better honing how you walk in alignment. While this is not an invitation to ignore the caution indicators you've been flagging, do give pause to signing contracts and making final decisions that would significantly alter your course, at least long enough to review the fine details and ensure leaping with an empowered yes.

July 17th – July 23rd : the Three of Cups. The rush of celebration and gratitude swelling inside your heart space. Gathering with friends and re-establishing commitments previously agreed upon after re-evaluating your perceptions of betrayal and abandonment from a perspective of progressed clarity. You may have felt shuffled and displaced and turned on your head but this week's card loudly demonstrates the path was unfolding in commissioned order. The harvest and abundance you've flagellated yourself to gain, and all but abandoned hope of ever holding, is gifted upon you in ways you couldn't have labored for, but only received through the tenacity of persisting with one faithful step before the other through the fog; not in devotion to any externally metered process, but trust that your soul will guide you through. You never needed anything but that which was within you and the courage to walk into the unknown.

Camano Center is Hosting

Rain
or
Shine

2ND CHANCE THRIFT SHOP
CHRISTMAS
IN JULY SALE

SAT. JULY 25TH | 9:00AM - 3:00PM
606 ARROWHEAD RD. CAMANO ISLAND



Donation-Based Sale!
Pay what you want and
help support critical
programs at the Camano
Center.

.....
Make sure to bring your
own bags, wagons, or crew
to help carry items.

Decor | Linens | Gifts
Clothing | Books
Home & More



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.

OUTDOOR BURNING BAN

IN ISLAND COUNTY

TYPE 1 BURN BAN IN EFFECT

AS OF: 7:00 A.M. on Wednesday, July 1, 2026

► **NO OUTDOOR BURNING OF NATURAL DEBRIS – EVEN WITH A PERMIT.**

► RECREATIONAL FIRES ARE ALLOWED IN APPROVED FIRE PIT*

*The use of barbeque grills using propane or briquettes, or self-contained camp stoves, is also allowed

PROCLAMATION and PUBLIC NOTICE

WHEREAS, by July 1, 2026, atmospheric conditions of reduced moisture levels, low humidity, and warmer weather have increased the risk of fire within the confines of Island County,

THEREFORE, in concurrence with the Fire Protection Districts of Whidbey and Camano Islands and the Northwest Clean Air Agency, I, Sheriff Rick Felici, serving as the Island County Fire Marshal, do hereby proclaim a BAN on ALL outdoor burning (except for recreational fires) within the entirety of Island County

REPORT VIOLATIONS TO 911

This Ban will remain in effect until further notice.

SHERIFF RICK FELICI, ISLAND COUNTY FIRE MARSHAL

OUTDOOR BURNING INFORMATION

FOR ISLAND COUNTY, CALL THE HEALTH DEPARTMENT AT: 360-679-7350

FOR NORTHWEST CLEAN AIR AGENCY, CALL 360-428-1617

**MEYER
ART
FESTIVAL**

**08.29
2026**

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August 22, 2026 | 1:00 PM - 5:00 PM

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Community Information



DID YOU KNOW?

Cards Against Humanity bought an island in Maine to preserve wildlife. It is called Hawaii 2.

CELEBRATING CASCADIA EYE'S 24TH ANNUAL 2026 "EXCELLENCE IN EDUCATION" SCHOLARSHIP WINNERS: ALYSAH BOSCH, MILO ALFORD, AND SAM SCHULBERG



Every year, Cascadia Eye awards scholarships to outstanding high school seniors who have shown exceptional academic achievements, well-rounded extracurricular interests and a commitment to giving back to their communities. This year, we are thrilled to announce our winners: Alysa Bosch, Whidbey/Island County, Milo Alford, Skagit/N Snohomish County, and Sam Schulberg as the recipients of three \$1,500 "Cascadia Eye 23rd Annual "Excellence in Education" scholarships. The Impact of Our "Excellence in Education" Scholarship: Alford, Bosch, and Schulberg exemplify the qualities Cascadia Eye seeks to nurture through our scholarship program. We congratulate them both on their well-deserved scholarships and wish them the best in their future endeavors. We are confident that they will continue to excel and inspire others with their determination and commitment.



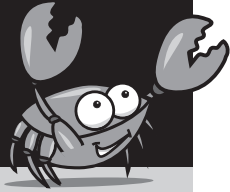
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Community Information



THANKS FOR A GREAT JULY ISSUE OF THE CRAB CRACKER

"I especially appreciated... LOVE, LOVE, LOVE the Local Farm Stands list!!! Calendar of Events as always! Lots of 4th of July events I didn't even know about! Fireworks safety and laws info. Really informative ads on events. Super helpful business ads on services I need - I'll let them know I saw the CC ad! Enjoyable Meet Your Neighbor about our new business, and their upcoming events. Hot tip on free hornet nest removal Collected TRIVIA, KARAOKE, BINGO, AND GAME NIGHTS. Always love the Dining Guide! Thanks again for a wonderful and super informative publication" - Kristina Strombo.

SNOHOMISH COUNTY MASTER GARDENERS

are done with Clinics at the Country Store for this year. We enjoyed being at the Country Store and hope to be back next Spring. If you still are having gardening issues or concerns you can contact a Master Gardener at our MG Hotline (425-357-6010) Monday-Thursday 10AM-4PM. You can also email us at SnoCoMG@gmail.com. Even though we have completed our series at the Store we will also be at the Silvana Fair, the Stanwood/Camano Fair and Warm Beach Summerfest. Have a Great Summer!

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."

There is still time to file your taxes!



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Community Information



DID YOU KNOW?

In 1862, the King of Siam offered Abraham Lincoln many elephants on the grounds that a "Country as great as the United States should not be without elephants." Lincoln politely declined.

COMMUNITY LUNCH

The Camano Center, in partnership with Island Senior Resources, offers Community Lunch every Monday, Wednesday, and Friday. Seating begins at 11:30 a.m., with lunch served at 11:45 a.m. Lunch is available by donation on a pay-what-you-can basis. The suggested donation is \$8.00, but no one will ever be turned away due to an inability to contribute. Dates, times, and menus are subject to change. For questions, please call (360) 387-0222. Join us for good food and great company - our Community Lunches are a wonderful way to connect, share a conversation, and enjoy time with others. Together, we're nourishing both body and spirit while helping older adults stay healthy, engaged, and independent. Camano Center, 606 Arrowhead Road, Camano Island.

FREE HORNET HIVE REMOVAL



I will be offering my free services again to remove hornet hives from the Camano and Stanwood areas. The hornets are used to make venom immunotherapy. Help me save lives by giving me, Joel, a call at 509 987 7717. I remove the hornet without the use of any chemicals. I will be removing the hives until the end of July. Call Joel at 509-987-7717.

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.

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.



DID YOU KNOW?

In 2015, a silver coin with Superman on the head side was made, which is legal tender in Canada. There were only 350,000 produced.

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 who gives back, 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. Recognition doesn't always come with awards or headlines. Often, it comes from neighbors taking the time to say, "What you do matters." Help us shine a light on the individuals whose dedication, generosity, and community spirit deserve to be celebrated. Submit your letters to [email address] with the subject line "Community Recognition." Selected letters may be published in future editions to celebrate the people who help make our communities stronger, kinder, and more connected. Together, let's honor the people who make Stanwood and Camano Island a place we're proud to call home.

GOT EXTRA SHEETS YOU DON'T NEED?

With the warm weather finally here, I know a lot of people are cleaning out closets, linen cupboards, and storage. Before you donate or toss old sheets, I wanted to ask if you might consider donating them to me. I'm teaching myself to sew and turning fabric into bags, clothing, aprons, pet items, and other handmade creations. My goal is to keep my material costs as low as possible so I can sell my finished items at prices people can actually afford while also helping pay my medical bills. I'm especially looking for: Fun or unique prints; Floral patterns; Kids' prints; Vintage sheets; Cotton sheets in good condition. If you're in the Stanwood area, I'd be happy to meet you near QFC to pick them up. If you're already near Lake Ketchum and would rather drop them off, that's wonderful too! Thank you so much for thinking of me. Every sheet that gets a second life instead of ending up in a landfill helps me continue creating. With the warm weather finally here, I know a lot of people are cleaning out closets, linen cupboards, and storage. Before you donate or toss old sheets, I wanted to ask if you might consider donating them to me. I am trying to find ways to make ends meet after having to find a new path in life due to health after chronic leukemia and endometriosis stage 4 last year that is still affecting my life physically, emotionally and financially. But I am staying positive and making it happen with the help of friends and community! - Lanier Denise - Facebook.

Community Information



DID YOU KNOW?

The television was invented only two years after the invention of sliced bread.

FREE SUMMER MEALS PROGRAM

plus extra grocery help through SunBucks. Summer meal programs help children get the nutrition they need to learn, play, and grow throughout the summer months. The Stanwood-Camano School District is again offering its free Summer Food Service Program for all children ages 18 and younger. The program is open to all families and doesn't ask for any paperwork — kids can just drop in and grab a meal. The meal will be offered Monday-Friday at the following location: Twin City Elementary (26211 72nd Ave. NW, Stanwood). Dates: June 29-August 21. Breakfast: 8:30-9:30 a.m Lunch: 10:30 a.m.-12:15 p.m The summer meal program will be offered Monday through Thursday at the following location: Stanwood High School (7400 272nd Ave. NW, Stanwood). Dates: July 27-August 20. Lunch: 10:30 a.m.-12:15 p.m. In addition to free summer meals, many families may qualify for SUN Bucks, a summer grocery benefit that provides \$120 per eligible school-aged child to help purchase food during the summer months. Benefits can be used at grocery stores, farmers markets, and other retailers that accept EBT.

TRIVIA, KARAOKE, BINGO, AND GAME NIGHTS

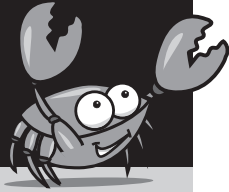
Many of our local businesses offers weekly "events". Following are some of the locations that offer these "events" (that are typically free to participate) on a weekly basis: KARAOKE: Stanwood Hotel and Saloon - Fridays and Saturdays at 8pm. Conway's Pub & Eatery - Fridays at 7:30pm. Beauty Bar Salon + Lounge - Tuesdays at 8pm. Low Bar, 8630 271st St NW, Stanwood - Including live music - Thursdays at 7pm. 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.

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DID YOU KNOW?

It took the creator of the Rubik's Cube, Erno Rubik, one month to solve the cube after creating it; as of June 2018, the world record is 4.22 seconds.

LOCAL FARM STANDS

Shop local and support our farmers. You can find produce, meats, artisan foods, baked goods, crafts, eggs, honey, soaps, and more at local farms and farm stands. The Crab Cracker has compiled this list to help you find one near you. PLEASE NOTE: Many locations do not operate 24/7. Please respect private property.

STANWOOD LOCATIONS:

Cookie Corral Bakery (5719 Norman Rd)
Creekside Roost Farm (72nd Ave and Pioneer Hwy)
Dacha Grown Farm Stand (31321 3rd Ave NE)
Farm Stand (103rd Dr NW and 272nd Place NW)
Farmhouse Flower Farm (29520 28th Ave NW)
Flour + Blooms Bakehaus (14414 56th Ave NW)
Freedom Flowers (off Happy Valley)
Freshly Doug Vegetables (24008 Valde Rd)
Hazel Blue Acres (430 Hevly Road, Silvana)
Idlewild Blooms (3215 280th St NW)
Little Hands Farm Stand (18416 40th Ave NW)
Little Roots Ranch (7011 300th St NW)
Moonlight Farms (1500 276th St NW)
Morninglight Gardens (6618 Pioneer Hwy)
Our Legacy Fields Lavender Farm (27301 36th Ave NW)
Rainbow Possum Farm (20520 Frank Waters Rd)
Scarlet Sunrise Farms (3630 300th St NW)
Simple Produce (7910 Thomle Rd)
Stevens Homestead Farm Stand (30709 68th Ave NW)
Three Roots Farm (near Sunday Lake)
Village Roadside Farm Stand (4206 Village Rd)
Vine and Hen (930 Amy Place)
Warm Beach Farm Stand (18819 98th Ave NW)
West Willow Acres Farm Stand (29211 40th Ave NW)

CAMANO ISLAND LOCATIONS:

Arrowhead Ranch (615 Arrowhead Rd)
Black Dogs Harvest (920 Heichel Rd)
Blue Apple + White Rock Farm (27 N Can Ku Rd)
Camano Cookies (839 Margie Ann Dr)
Camano Creamery (382 Hampton Court)
Camano Farm Ashram (732 Haven Place and Camano Commons)
Camano Sourdough (Cavalero Road)
Eternity Farm (783 W Conklin Dr)
Evergreen Farm (2797 S Utopian Way)
Island Harvest Farm (825 Arrowhead Rd)
Kristoferson Farm (332 N. East Camano Drive)
Krogh Family Farmstand (end of Camano Hill Road)
Shoebox Baking Co. (Roberts Way)
South Camano Farm Stand (3905 S Camano Dr)

Our Special People



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

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.

*Email us at:
thecrab@thecrab-cracker.com*

OUR COMMUNITY'S SPECIAL PEOPLE - ANNE AND ELLEN

"Ann and Ellen are extraordinary community members whose volunteer service exemplifies the very heart of philanthropy: generosity, dignity, and love for community. For more than 10 years these women, behind the scenes, have devoted countless hours to the Stanwood Thrift Store with a clear and compassionate mission to raise critical funds for our local food bank while ensuring that community members have access to clean, affordable, gently used items. Their work is quiet, consistent, and deeply impactful.

Three full days a week they lovingly unpack donated goods, carefully clean each item, thoughtfully price it, and artfully display it so every shopper feels welcomed and respected. Nothing is rushed or treated as disposable. Each item is handled with care, because they understand that behind every purchase is a person, a family and a story. Their attention to detail and pride in their work transform a simple thrift store into a place of dignity, warmth, and hope. This is why customers frequent the store over and over again and leave with a smile.

Beyond the tangible funds they help raise for the food bank, these women embody service through their presence. They offer kindness with every interaction, model generosity through action, and remind all who work alongside them that philanthropy is not measured only in dollars, but in devotion, consistency, and love. Working alongside them is an absolute joy and they have inspired me to become a more active community member. As I rush to hang clothing or quickly price items, I watch them work in a beautiful rhythm inspecting each donated item and preparing it for the floor. They take the time to clean, repair and beautify each item as if it was a gift. Nothing goes on the floor that is chipped, broken, dirty, or unusable. Both in their '80s they continue to show up not for recognition, but because they believe deeply in helping others. Their decorative service has strengthened food security, supported families in need, and set a powerful example of what it means to give selflessly to one's community.

These women are the definition of philanthropic spirit. With humility, their hands, hearts, and unwavering commitment have made Stanwood a better place to live, and they are a model for us all."

- Gaylen Brule-Link

CAMANO DECKS AND SHEDS

Local, affordable and efficient

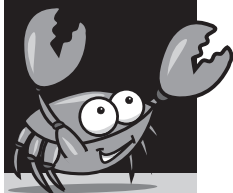
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What is That?



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

MINKE WHALE



A species complex of baleen whale. The two species of minke whale are the northern common minke whale (our local species) and the southern Antarctic minke whale. The minke whale was first described by the Danish naturalist Otto Fabricius in 1780, who assumed it must be an already known species and assigned his specimen to *Balaena rostrata*, a name given to the northern bottlenose whale by Otto Friedrich Müller in 1776. In 1804, Bernard Germain de Lacépède described a juvenile specimen of *Balaenoptera acuto-rostrata*. The name is a partial translation of Norwegian minkeval, possibly after a Norwegian whaler named Meincke, who mistook a northern minke whale for a blue whale.

The minke whales are the second smallest baleen whale; only the pygmy right whale is smaller. Upon reaching sexual maturity (7–8 years of age), males measure an average of 27.4 ft and 6.9 long tons and females measure an average of 29 ft and 8.12 long tons.

Common minke whales (Northern Hemisphere species) are distinguished from other whales by a white band on each flipper. The body is usually black or dark-gray above and white underneath. Minke whales have between 240 and 360 baleen plates on each side of their mouths.

Minke whales typically live between 30–50 years, but in some cases, they may live for up to 60 years. They have a gestation and calving period of approximately 10–11 months and 2 years, respectively.

Most of the length of the back, including dorsal fin and blow-holes, appears at once when the whale surfaces to breathe. Despite its relatively large size, the minke whale is very fast, capable of swimming at speeds of 12–19 mph.

The whale breathes three to five times at short intervals before “deep-diving” for 2 to 20 minutes. Deep dives are preceded by a pronounced arching of the back.

Migration: Both species undertake seasonal migration routes to the poles during spring and towards the tropics during fall and winter. A long-term photo identification study on the British Columbian and Washington coasts showed that some individuals travel as far as 424 km north in the spring, and 398 km south to warmer waters in the autumn. Many specifics about migration in this species still remain unclear.

Predation: Killer whale predation on minke whales has been well documented. A study in 1975 found that in 49 killer whale stomachs, 84% had consumed minke whale. Killer whales can catch up to minke whales in the early stages of a chase, but minke whales appear to have superior endurance and often escape much further than the pursuing killer whale.

Dining Guide

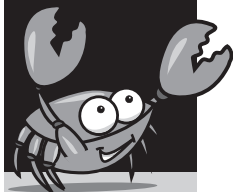


DID YOU KNOW?

Ketchup originated in China as a boiled-down brine of pickled fish and spices called “ke-chiap.”

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
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
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
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STANWOOD GRILL (Stanwood) • (360) 629-5253
STANWOOD HOTEL & SALOON (Stanwood) • (360) 629-2888
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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

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.

HORMONE THERAPY IS ONLY PART OF THE ANSWER



One of the biggest misconceptions I hear is that successful hormone therapy is about finding the "right" hormone. In reality, it's about finding the right treatment strategy.

Two people can receive the same hormone and have very different experiences. Why? Because hormone optimization isn't simply about writing a prescription. It depends on understanding the whole person—their symptoms, medical history, lifestyle, metabolism, goals, and how their body responds over time. That's one reason pellet therapy has become an increasingly popular option for many women and men. Unlike daily pills, creams, or patches, pellets provide a steady release of bioidentical hormones over several months. For people with busy lives, that often means fewer missed doses and greater consistency. And consistency matters when you're trying to maintain stable hormone levels.

But the pellet itself isn't the secret. Successful treatment depends on thoughtful patient selection, individualized dosing, careful monitoring, and making adjustments as your body's needs change. Hormone optimization isn't a one-time event—it's an ongoing process.

I don't believe in chasing lab numbers or offering the same treatment to everyone. Laboratory testing can provide valuable information, but it's only one piece of the puzzle. The goal is to understand the whole person and develop a personalized strategy that helps them maintain their energy, strength, resilience, and quality of life as they age. For more insights, visit kirrahealth.com/blog.

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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.



CASCADE F.O.O.L.S HOSTS THE



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CASA'S PET OF THE WEEK:

Meet the adorable **COOPER!** This sweet 2-year-old can come off a bit shy at first; you just need to give him a minute or two and he'll warm right up! This boy absolutely loves affection and enjoys a good cuddle. Cooper is incredibly loyal, always sticking by his person's side. He's a very playful boy who loves to play fetch! Cooper is also smart, knowing commands like sit and lie down.

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



NOAH'S PET OF THE WEEK:

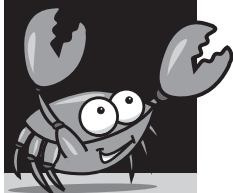
MUTT - Hello! I'm a 1 year old kitty looking for my new FURever home! Could that be you? Come in and meet me today!

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

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If you are already working with an agent, this is not meant as a solicitation for that business.



*Recipes by
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created by
Dusty Hutchins-
McNutt.*

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

Visit me at: www.CookingMamas.com

LEMON FLOWER TARTS

These cute tarts shaped like daisies are filled with an irresistible sweet and tangy homemade lemon curd. The perfect treat for Summer, Enjoy!



LEMON CURD: 8 lg. egg yolks; 2 T. finely grated lemon zest about 2 lemons; 1/2 c. plus 2 T. freshly squeezed lemon juice about 3 lemons; 1 c. granulated sugar; 1/8 tsp. salt; 10 T. cold unsalted butter cut into pieces

TART SHELLS: 1 (14.1 oz.) box Pillsbury refrigerated pie crust 2 pie crusts

GARNISH: Confectioners' sugar for sprinkling

DIRECTIONS: **LEMON CURD:** Combine yolks, lemon zest, lemon juice, and 1 cup of sugar in a heavy-bottom saucepan, whisk to combine. Cook over medium-high heat, stirring constantly with a wooden spoon (be sure to scrape the sides of the pan), until the mixture is thick enough to coat the back of the spoon, 8 to 10 minutes, and registers 160 degrees on an instant-read thermometer. Remove the saucepan from the heat. Add salt and butter, one piece at a time, stirring until smooth. Strain the mixture through a fine sieve into a medium bowl. Cover with plastic wrap, pressing it directly onto the surface of the curd to prevent a skin from forming. Refrigerate until chilled and set for at least 1 hour or up to 1 day. **TART SHELLS:** Bring the pie crusts to room temperature. On a lightly floured surface, roll out one pie crust. Using a 3 to 3 3/4-inch flower cookie cutter, cut out 12 tart shells. Repeat with the second crust. Place the cutouts in mini muffin tins, spacing them in every other opening (6 per pan) gently pressing them in with your fingertips. Use the palm of your hand to press the petals down. (Note: It's okay if the shells don't touch the bottom of the muffin pan.) Bake at 375 for 8-10 minutes. Remove from the oven and cool. Once cooled, dust with confectioners' sugar (do this before you fill with lemon curd). Fill a piping bag fitted with a 2A tip OR a large zip-top baggie (with the corner snipped off) with lemon curd. Pipe about 1 to 1 1/2 tablespoons filling into each tart. Place on a serving platter and serve immediately or cover and refrigerate until ready to serve. **NOTES:** Save the egg whites for scrambled eggs or an omelet if you wish. Feel free to make your homemade pie crust. You can also buy lemon curd if you prefer.

Classes and Workshops



DID YOU KNOW?

Japanese square watermelons are ornamental plants and are not edible.

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.

Heritage Park Introductory to Pickleball Classes! Have some fun, exercise and meet new friends on the Pickleball courts in Stanwood. These free Introductory classes are for new players only. Only a few classes remaining. Introductory Lesson (attend one) *Saturday, July 11: 11am - 1pm *Tuesday, August 4: 6pm - 8pm HOW TO SIGN UP FOR INTRODUCTORY LESSONS: Visit <https://www.camanopickleball.com/heritagepark> and select the date(s) of the session(s) you wish to attend. (Limit one beginner lesson per person.)

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.

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.



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Classes and Workshops



DID YOU KNOW?

Mexico's presidential palace is 14 times larger than the White House and started allowing visitors for the first time in 2018.

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

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.

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

Summer Sketchbook Series at Camano City Schoolhouse. July 23,30 & August 16,13,20,27 from 1-3 PM. Bobbi Samples, long time Art Teacher, is celebrating the Schoolhouse history and its beautiful setting to teach nature sketching, landscape, perspective, color and illustration, in a variety of mediums. Classes build on each other or can be taken singly. Kids ages 8-14, parents welcome. \$20 per 2 hr. class/workshop, supplies included. Register at camanoschoolhouse.org (Events). 993 Orchid Rd (just off Chapman), Camano Is.

YogaTone Sundays July 12-August 2. Drop-Ins Welcome! Fantastic, fun, positive sweat/dance/movement/yoga class that's designed for just about anyone. 4 classes for \$100 or \$35 drop in register at movementarts.com/events or call 360-629-9100.

SUMMER READING
JUNE 1 - AUG. 31

KICK OFF

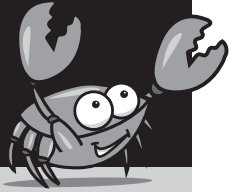
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Rhody photo by Frank F.



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Classified Listings



DID YOU KNOW?

In 2014, Sony made a cassette tape that can store 185TB of data!

FOR SALE:

FREE 10 gallon aquarium including heater, filter, pump, and light, food for betta fish, artificial plants accessories everything needed to get started. Text 425 212-7922

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.

Residential building lot in quiet, Lost Lake Grove. Water and power to property. Passed perk. \$145000. 360 387-6140.

BIG multi-family garage sale July 10 and 11, 9-4. 677 Field Rd, Camano. Cash only or credit cards accepted via the Square. No early birds.

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.



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Clubs and Meetings



DID YOU KNOW?

Boeing uses potatoes to test their in-flight Wi-Fi, as they reflect and absorb the signals similarly to people. The project is called Synthetic Personnel Using Dialectic Substitution-or SPUDS.

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

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.

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!!

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.

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

Clubs and Meetings



DID YOU KNOW?

Two PlayStation 1 games, FIFA 2001 and Gran Turismo 2, have scratch & sniff discs. The FIFA 2001 smelled like a soccer field, while Gran Turismo 2 smelled like car tires.

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.

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>.

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.

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.

BREAKING WEATHER ALERT: CAMANO ISLAND BRACES FOR EXTREMELY MILD, PLEASANT JULY WEATHER

We interrupt your regular TV programming for the following special emergency weather alert.

ANCHOR ANITA SCOOP: Good evening. We interrupt your regularly scheduled rerun of Seattle's Rainiest Moments for continuing coverage of what meteorologists are calling an unnervingly cool, mild stretch of July weather.

The National Weather Service has issued an Extreme Summer Cool Advisory for the entire Puget Sound region after computer models confirmed what experts feared most: Daily highs in the mid-sixties for nearly the entire month of July.

Let's go live now to KIRO Weather Team 7's Chief Meteorologist, Brad Breezilton, standing outside in downtown Seattle.

BRAD BREEZILTON: Thanks, Anita. As you can see behind me... (camera pans dramatically to people casually walking dogs in light jackets) ...conditions have already begun to deteriorate as yesterday's high temperature of 74 has in only 24 hours already plummeted to barely 61 degrees today.

The breeze has picked up to nearly nine miles per hour, enough to cause several residents to zip their fleece jackets all the way to the top. Visibility remains excellent, humidity is hovering near zero, and sunlight has broken through the clouds for nearly two uninterrupted hours – hardly the weather we've come to expect here in the Pacific Northwest. Officials are urging residents to remain indoors unless absolutely necessary. If you must venture outside, dress responsibly. And remember to politely wave to fellow pedestrians and don't litter.

Experts recommend beginning with a long-sleeve shirt, then a sweatshirt, an REI fleece vest (preferably one that cost more than your first car), and for safe measure, a waterproof shell. If you plan to visit the community swimming pool, please remember to pack your parka. Hypothermia has not been reported. But goosebumps and extreme shivering are possible.

Meanwhile, across much of the rest of the United States – and most of Europe for that matter – millions of people continue enjoying summerlike "real feel" temperatures between 105 and 115 degrees. It sure must be nice to live in a place where they won't see anything remotely approaching 650 weather any time for the next four months. Envious Seattle residents can only imagine how wonderful it must feel to be a New Yorker or Atlantan basking in triple-digit tropical rain forest conditions.

Washington's governor has released the following emergency preparedness checklist: **LEVEL ONE PRECAUTIONS:** Bring a hoodie to your barbecue. Keep one emergency fleece blanket in every vehicle. Drink hot coffee every two hours. Replace popsicles with clam

View from the Bleachers



chowder.

LEVEL TWO PRECAUTIONS: If paddleboarding on one of our cool, pristine lakes, wear thermal underwear. Campfires are encouraged for toasting marshmallows and warming your hands. If attending an outdoor concert, locate the nearest propane patio heater before the opening act. Children should limit cannonballs into swimming pools to no more than three before returning indoors for hot chocolate.

We now go live to our field reporter, Sonny Daye, outside Green Lake.

REPORTER SONNY DAYE: Thank you, Brad. Conditions here continue to worsen. Behind me you'll notice joggers, many of them wearing long sleeves. Several cyclists have actually put on gloves. Earlier today I witnessed something truly heartbreaking. A man ordered an ice cream cone. Five minutes later... he admitted he wished he'd gotten a mochaccino instead. Back to you, Anita.

ANCHOR ANITA SCOOP: Local retailers report panic buying throughout western Washington. Stores have nearly sold out of fleece pullovers, knitted beanies, artisan soup mixes, cinnamon tea, and decorative throw blankets featuring silhouettes of evergreen trees.

Ice cream sales have dropped precipitously in the past 24 hours, with one customer complaining, "It just doesn't feel like ice cream weather." Doctors are urging calm. Meanwhile, Expedia and Orbitz travel sites report a surge in airline searches to Seattle from people living in Phoenix, Dallas, Boston, Washington D.C., and Houston. Interestingly, the number one Google search this past week from regions currently experiencing a heat wave emergency has been "How can I move to Seattle."

Meteorologists continue studying this unusual marine layer weather pattern that seems stalled over the Pacific Northwest. As a result, Seattle remains under a Level Three "Consider Wearing Another Layer" advisory.

Long-range computer models are showing a weak disturbance in the upper atmosphere that could bring a dramatic shift to our region by the middle of August, when temperatures could briefly soar into the mid-to-upper 70's. Meteorologists caution Puget Sound residents not to get their hopes up, as forecasts call for the high temps to dip back down into the mid-sixties by early September.

Until then, local residents are urged not to risk the elements, but if you do have to venture outdoors, stay covered, stay warm, and don't forget your sunscreen.

[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 / JULY 10-23, 2026

Date	High /Low	Tide Time	Height Feet	Moon Visible	Date	High /Low	Tide Time	Height Feet	Moon Visible
F 10	High	12:22 AM	11.4	☾	F 17	Low	1:59 AM	5.5	☾
10	Low	7:58 AM	-1.1		17	High	7:02 AM	9.9	
10	High	3:47 PM	9.9		17	Low	1:44 PM	-1.7	
10	Low	7:57 PM	7.9		17	High	8:54 PM	12.6	
Sa 11	High	1:11 AM	11.4	☾	Sa 18	Low	2:52 AM	4.5	☾
11	Low	8:52 AM	-2.3		18	High	8:03 AM	9.1	
11	High	4:47 PM	11.1		18	Low	2:27 PM	0.0	
11	Low	9:11 PM	8.3		18	High	9:27 PM	12.3	
Su 12	High	2:07 AM	11.4	☾	Su 19	Low	3:47 AM	3.6	☾
12	Low	9:44 AM	-3.4		19	High	9:10 AM	8.3	
12	High	5:39 PM	12.0		19	Low	3:11 PM	1.9	
12	Low	10:17 PM	8.3		19	High	9:59 PM	11.9	
M 13	High	3:04 AM	11.4	☾	M 20	Low	4:41 AM	2.7	☾
13	Low	10:36 AM	-4.0		20	High	10:29 AM	7.8	
13	High	6:25 PM	12.6		20	Low	3:56 PM	3.7	
13	Low	11:18 PM	7.9		20	High	10:30 PM	11.5	
Tu 14	High	4:02 AM	11.3	☉	Tu 21	Low	5:33 AM	2.0	☾
14	Low	11:26 AM	-4.2		21	High	12:05 PM	7.6	
14	High	7:06 PM	12.9		21	Low	4:46 PM	5.4	
W 15	Low	12:15 AM	7.2	☾	21	High	11:03 PM	11.1	
15	High	5:01 AM	11.0		W 22	Low	6:25 AM	1.3	
15	Low	12:14 PM	-3.9		22	High	2:05 PM	8.1	
15	High	7:44 PM	13.0		22	Low	5:40 PM	6.7	
Th 16	Low	1:07 AM	6.4	☾	22	High	11:39 PM	10.7	☾
16	High	6:01 AM	10.6		Th 23	Low	7:17 AM	0.7	
16	Low	1:00 PM	-3.0		23	High	3:25 PM	8.9	
16	High	8:20 PM	12.9		23	Low	6:46 PM	7.7	



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