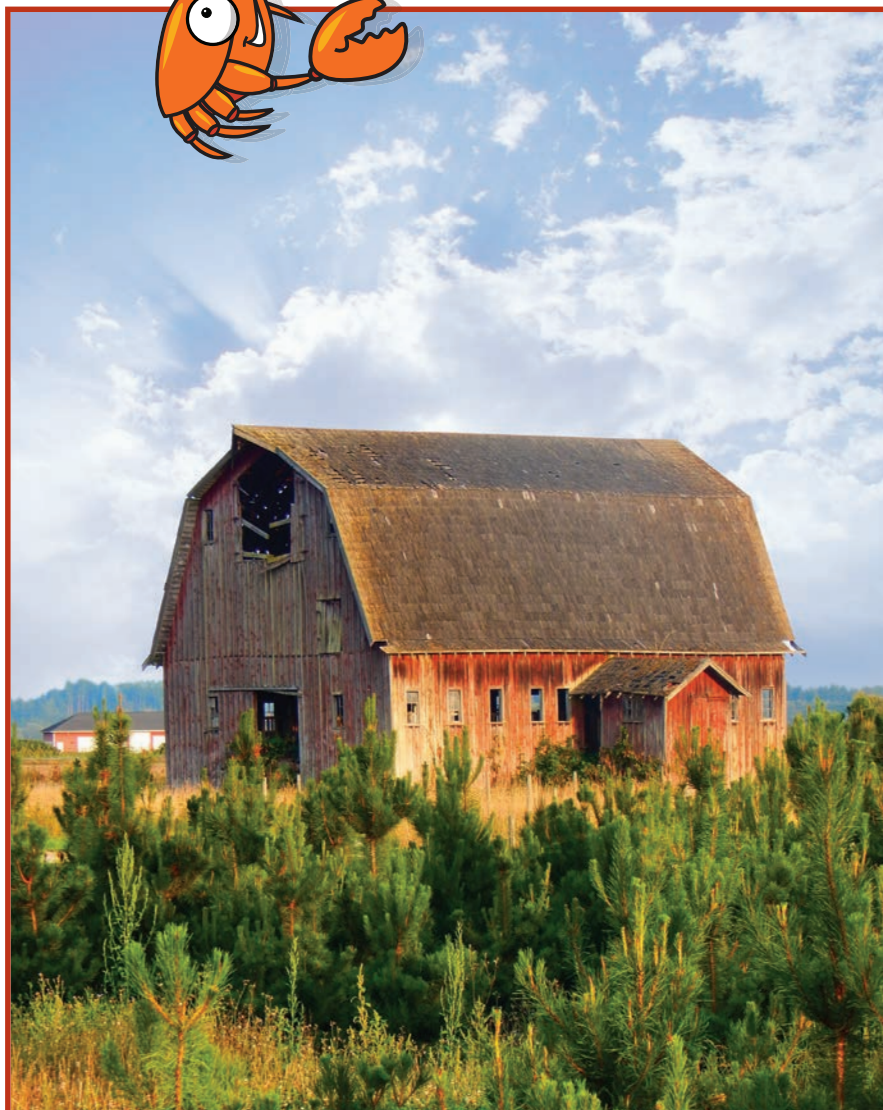


THE CRAB CRACKER
COMMUNITY MAGAZINE

ISSUE 439
September 18 -
October 1, 2026



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

Small Craft Advisory

Fine Art Crafter Annual Show

October 10 + 11, 2026 :: 10am-4pm



Floyd Norgaard Cultural Center
27130 102nd NW
Stanwood WA 98292
<https://smallcraftadvisory.net>

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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: barn in Conway, WA. Photo by James M. Shipley.



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James and Malynda Shipley, owners, proprietors
thecrab@thecrabcracker.com or 425-299-7892 / 425-299-7893
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Submission DEADLINE: SEPT. 24 for Next Edition (October 2-15, 2026)

Calendar of Events



FRIDAY, SEPTEMBER 18 **FREE SPAGHETTI DINNER**



5:30 PM – 7:30 PM at Lincoln Hill Retirement Community. Celebrating National Senior Center month, and brought to you by Community Foundation of Snohomish County. Join us in supporting Stanwood's local senior center! www.lincolnhill-rc.org. For more information call the center at 360-629-7403

Free Public Lecture Series

Apocalypse Then...and Now: Making Sense of the Book of Revelation

Are you bewildered by the strange images in Revelation, frightened by its seemingly dire portrayal of end-times events, or confused by the often-conflicting interpretations of modern prophecy gurus? Some avoid Revelation, while many others exploit it or misuse it. While anyone is welcome, this lecture series is designed to explain the historical background, cultural context and original purpose of this much misunderstood book for those with little or no religious affiliation or background. No Bible knowledge required.

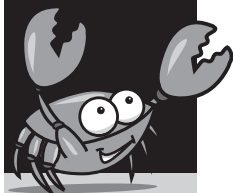
Who?: Taught by Jan Fekkes III, Ph.D., University of Manchester; England.

When?: Starting Wednesday evening, September 23, from 6:30-8pm - for seven weeks.

Where?: At the Floyd Norgaard Cultural Center, 27130 102nd Ave NW, Stanwood WA

Contact for Questions: janfekkes@fuller.edu

Calendar of Events



DID YOU KNOW?

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

FRIDAY, SEPTEMBER 18

JOEL ASTLEY

Award Winning Blues & Swing From Seattle. 8 PM - Arcadian Public House, 18444 Spruce Street, Conway, WA. Tickets: \$15 ADV / \$18 DOS 21+. Outside food is permitted, no beverages please.

FRIDAY, SEPTEMBER 18

WELCOME BACK TEEN NIGHT

7-10pm at Stanwood YMCA. Swimming, pizza, games, and more. Come join the fun! Who: Entering grades 6-12. Membership not required. \$10 for pre-register. \$15 same-day registration. More info: leonardo@ymca-snoco.org.

FRIDAY, SEPTEMBER 18

STANWOOD FARMERS MARKET

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

FRIDAY, SEPTEMBER 18

EL WENCHO LIVE

5-7pm at Wine by the Bay, 10502 269th Pl NW, Stanwood. Don't miss out on this great opportunity to see one of the best performances with El Wenko. \$35. RSVP, limited seats. El Wenko is a powerhouse duo with big sound that relates the Montana lifestyle through immersive lyrics, catchy melodies and driving rhythms. Their authentic music is an eclectic fusion of genres that draws on sonic elements from red dirt rock, blues, country, Americana and polyrhythmic Latin percussion.

SATURDAY, SEPTEMBER 19

ENCHANTRIX— LIVE MUSIC

7:00–10:00 PM at Conway's Pub & Eatery.

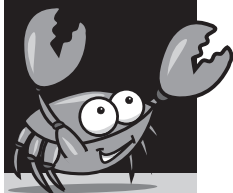
SATURDAY, SEPTEMBER 19

AMPLIFY CONCERT

presents: Sleeveies, live at the CRC. With I forgot They Had Lazars, Amateur Dentistry, plus Amplify. All ages. 6-9pm at Community Resource Center of Stanwood Ca, 9612 271st St NW, Stanwood. AMPLIFY is a strength-based youth music and art initiative run by the CRC. Local musicians mentor teenagers (grades 7–12) to help them form bands, write lyrics, record songs, and perform live.



Calendar of Events



SATURDAY, SEPTEMBER 19

HENNA ACROSS CULTURES: ART, TRADITION, AND LIVE DEMONSTRATION



11am-12:30pm at the Stanwood Library. Discover the rich history and cultural significance of henna in this engaging presentation from Sarahenna. Learn about traditional henna practices, explore beautiful design styles from around the world, and watch a live demonstration of henna application. Participants will have the opportunity to create their own design and experience this temporary body art firsthand. All supplies provided. Space is limited, registration required.

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

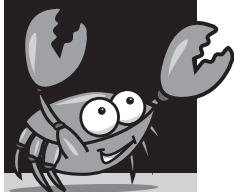
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Calendar of Events



look for us
online at

**www.TheCrab
Cracker.com**

or on
Facebook.

Download
current or past
editions.

SATURDAY, SEPTEMBER 19

A NIGHT TO HONOR OUR HEROES



Hooves & Heroes invites you to join us at 6pm at Stillaguamish Grange Hall 6521 Pioneer Highway Stanwood. Silent Auction ~ Live Auction ~ Featured Speakers ~ Catered Buffet Dinner ~ Arrive early to meet Misty the Mini, one of our equine partners. To purchase tickets: <https://givebutter.com/c/a-night-in-honor-of-ourheroessepi53>

SATURDAY, SEPTEMBER 19

COFFEE WITH CANDIDATES

Meet your candidates for Island County office over a cup of coffee — no speeches, no podium, just conversation. Sheriff candidate Tavier Wasser, Prosecutor candidate Andrew Scott, Auditor candidate Barbara Fuller, Assessor candidate Doug Stults, Clerk candidate Dierdre Butler, and Commissioner candidate Grant Shaw will be on hand to answer questions. All are welcome. 4:30–6:00pm at the Multi-Purpose Room, Camano Island.

SATURDAY, SEPTEMBER 19

SEASONAL SHIFT ART SHOW

4-7pm at SR Arts Center, 462 Eagle Crest Rd., Camano. Live music and art demonstration 4-5pm. "Leaves turn in soft light. Brush, stone, and patio breathe - Autumn steps inside". Steve Rostad, visual. John Duntton, sculpture. Stephanie Rostad, piano.



Matzke Fine Art Gallery & Sculpture Park
2345 Blanche Way, Camano Is., WA

“17th Annual Art Auction”

September 5th thru October 3rd

**Stunning Pieces by known NW Artists,
100+ artworks to be Auctioned**



Janice Wall, “Flooded Fields”, 30” x 42”



**Kirk Swink, Stainless
Steel, 84” x 26”x 21”**

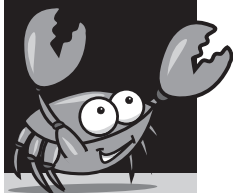
**BID or “Buy Now” for 10%
off the Value ! View the
artworks at the gallery or
on line.**

**SAVE THE DATE: “Finale
Live Auction” Oct. 3rd.
Starts at 4:00 evening
\$25 food and beverages.**

**Open every Friday, Sat.
Sunday, 11 to 5
Call: 360-387-2759**

**Email: matzke@camano.net
www.matzkefineart.com**

Calendar of Events



DID YOU KNOW?

The fall equinox in the Northern Hemisphere may fall on September 21, but this has not happened for thousands of years. It will happen twice during the 21st century, in 2092 and 2096.

SATURDAY, SEPTEMBER 19

CABAM! CAMANO AREA BLUEGRASS JAM + DINNER + OPEN MIC

at the South Camano Grange. 3:00 pm - Bluegrass Jam - Free admission (Donations appreciated to help keep the lights on!). 5:30 pm - Dinner (Optional - \$ Donation, proceeds to South Camano Grange). 6:15-ish pm - Open Mic (sign up before dinner!) Free admission. Come and join the Jam & enjoy some smokin' bluegrass at the South Camano Grange. Banjos, mandos, guitars, fiddles, dobros, and a bass or two. It's all here. Old timers and newbies alike, as well as an audience of listeners, get on down here! 2227 S Camano Drive, Camano.

SATURDAY, SEPTEMBER 19

CAMANO ISLAND LIBRARY FRIENDS ANNUAL BOOK SALE

Looking for your next great read? Our biggest book sale of the year is almost here! Join us on Saturday, September 19th from 10:00 a.m. to 4:00 p.m. in the Community Room at the Camano Island Library, 848 N. Sunrise Blvd. Browse a wonderful selection of fiction, nonfiction, children's books and lots more. There is something for every reader! Discover gently used books at prices that won't break the bank. And we will have some great DVDs/CDs for movie and music lovers. Sale proceeds support programs that keep our library thriving all year long. Help us support our beautiful library and our community. CASH ONLY!

SATURDAY, SEPTEMBER 19

FAMILY BINGO

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

SATURDAY, SEPTEMBER 19

JOE DAY & THE COYOTES + PRETTY BROKEN THINGS

8 PM - Arcadian Public House, 18444 Spruce Street, Conway. Tickets: \$15 ADV / \$20 DOS. Outside food is okay to bring in, no beverages please. 21+.

SATURDAY, SEPTEMBER 19

MOONPIE RAMBLERS

7-11pm at Pub 282, 370 NE Camano Dr #6, Camano. Get ready for a foot-stompin', hand-clappin' good time as the Moonpie Ramblers bring their signature blend of country, bluegrass, and Americana to Pub 282!

SATURDAY, SEPTEMBER 19

TAKE A DEEP DIVE INTO CRISIS LEADERSHIP

Kyle Bingham, Camano firefighter and former OceanGate Expedition Manager, will share lessons learned from the 2023 loss of the Titan submersible. The talk runs from 10 a.m. to 2 p.m. at the Madrona/Vista fire station. Email dlarkin@camanofire.com to register for this free event.

Calendar of Events



SUNDAY, SEPTEMBER 20

BIKE CLINIC WITH SHARING WHEELS AND BACK TO SCHOOL BIKE HELMET GIVEAWAY



1-4pm at the Stanwood Library. Drop by the library for free bike repairs by volunteer bike mechanics from Sharing Wheels Community Bike Shop! While you're here, don't miss free helmets for children and helmet decorating in the meeting room. Available in sizes Toddler through Medium/age 12, while supplies last. We will also provide stickers and art supplies to decorate helmets. Kids are also welcome to bring helmets they already have and decorate them.

Medicare Education Workshop

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

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

Camano Center

606 Arrowhead Road, Camano Island, WA - Jensen Room

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

RSVP's NOT REQUIRED, BUT ENCOURAGED

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



425-361-2944 x1 TTY 711



info@vidorassociates.com

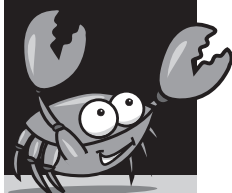


www.vidorassociates.com

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

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

Calendar of Events



SUNDAY, SEPTEMBER 20

FIR-CONWAY LUTHERAN CHURCH'S 138TH BIRTHDAY CELEBRATION & OPEN HOUSE



18101 Fir Island Rd, Conway. Join us for our worship services at 10 am. Following our services, we are honoring the 138th year of serving the Fir-Conway community with a birthday celebration. Plus, we are having an open house to celebrate the work that has been finished over the last year on our sanctuary and outside spaces. Our sanctuary and Fellowship Hall are wheelchair accessible. Light refreshments will be served. The celebration will be from 11 am to 2:30 pm.

SEASONAL SHIFT

ART SHOW

SR Arts Center • Camano Island

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

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

FEATURING:

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

SR ARTS CENTER

462 Eagle Crest Road, Camano Island

Calendar of Events



SUNDAY, SEPTEMBER 20

WILD WORLDS OF RAVENS AND CROWS



5-6pm at the Stanwood Library. You might know a crow or a raven, but in this program, you'll learn about their incredible memories, weird antics, masterful use of tools, and their long-standing relationships with people and wolves. Professor Marzluff will regale you with findings from his and others' research on these common but incredible birds.

PNW
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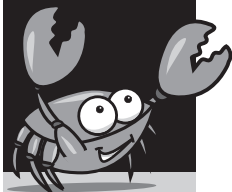
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Calendar of Events



DID YOU KNOW?

There is a Japanese village called Nagoro which has 35 inhabitants, but over 350 scarecrows!

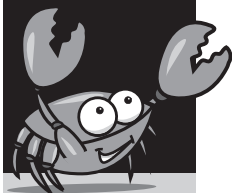
MONDAY, SEPTEMBER 21 TITLE VI WELCOME NIGHT



Brings music, stories, and learning together. The Stanwood-Camano School District is inviting students, families, staff, and community members to come together for an evening of music, storytelling, culture, and learning as it hosts its Title VI Indigenous Education Welcome Night. The event is 6-7:30 p.m. in the Lincoln Hill High School Common. Tribal drummers will share drumming and stories, while Native flute player Peter Ali will perform and share stories through music. The evening is designed to bring people together while providing an opportunity for families to connect with the district's Indigenous Education Program and learn more about the work planned for the year ahead. The Welcome Night will also include a conversation about Orange Shirt Day, which is observed each year on Sept. 30 to honor Indigenous children who were taken from their families and placed in residential and boarding schools. Matthew War Bonnet, an elder and boarding school survivor, will share his own story and experiences. War Bonnet has spoken extensively about the legacy of Indian boarding schools, sharing his story with national media, government leaders, and officials at the White House. His firsthand perspective will help attendees learn more about the history behind Orange Shirt Day, recognize the lasting impacts of boarding schools on Indigenous families and communities, and understand why the observance and its message that every child matters remain important today.



Calendar of Events



DID YOU KNOW?

To prepare for winter, squirrels bury up to 3,000 nuts during fall!

MONDAY, SEPTEMBER 21

STANWOOD HIGH SCHOOL SPORTS

Varsity Boys Tennis vs Marysville Pilchuck. 3:30pm.
JV Boys Football vs Arlington. 6pm.

TUESDAY, SEPTEMBER 22

FIRST DAY OF AUTUMN



Astronomical Fall starts on the autumnal equinox when the sun crosses the celestial equator and day and night are roughly equal.

TUESDAY, SEPTEMBER 22

TEEN CHILL & RECHARGE

at the Stanwood Library. Teens and tweens are invited to join us for a fun afternoon of Xbox, virtual reality, and No-DM tabletop roleplaying games. Snacks, beverages, and other board games will also be available for those who just want to sit and chill. Feel free to drop in at any time in between 2:30 - 4:30 pm.

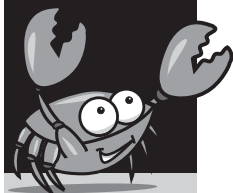
TUESDAY, SEPTEMBER 22

STAY AND PLAY

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



Calendar of Events



DID YOU KNOW?

People who travel to see the vibrant leaf colors of fall are called "leaf peepers."

TUESDAY, SEPTEMBER 22

STANWOOD HIGH SCHOOL SPORTS

Varsity Girls Swimming vs Archbishop Murphy. 3pm at YMCA.

Varsity Boys Tennis vs Oak Harbor. 3:30pm.

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

THURSDAY, SEPTEMBER 24

"BLUE ZONE BROWN BAG LUNCH"



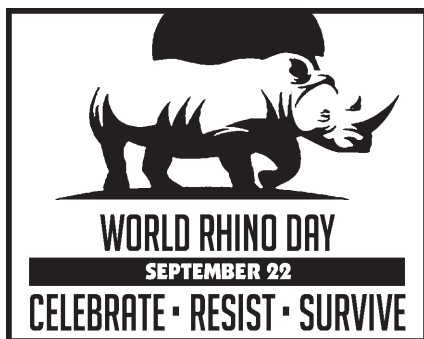
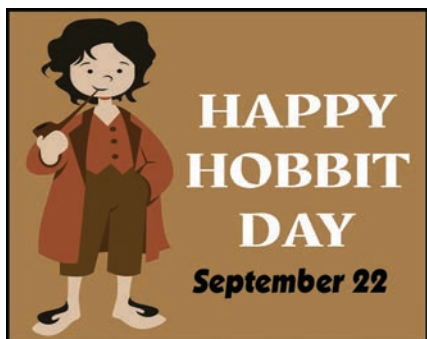
What if a longer, healthier life began with something as simple as lunch? Bring your lunch, pull up a chair, and enjoy a conversation about Blue Zones- places around the world where people have found surprisingly simple ways to live longer, healthier, more connected lives. No complicated diets. No heroic willpower. Just small, joyful ideas about food, movement, purpose, friendship, and the everyday choices that help us feel more alive. Stop by between 12:00-1:30 pm at the Camano Island Library. Bring your lunch. Bring your curiosity. There may be more life waiting for you than you think.

THURSDAY, SEPTEMBER 24

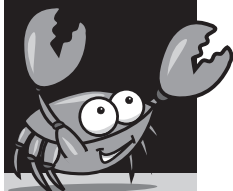
STANWOOD HIGH SCHOOL SPORTS

Varsity Boys Tennis vs Cascade. 3:30pm.

Volleyball vs Snohomish. C Team & JV: 5:15pm. Varsity: 7pm.



Calendar of Events



DID YOU KNOW?

Starbucks
launched the
Pumpkin Spice
Latte in 2003.

THURSDAY, SEPTEMBER 24

FALL SHOP & SIP AT STILL WATER LOUNGE

4-7 PM. Stop by Ladders Clothing Company and Curated Vintage Mall, shop around, and get your punch card stamped at both locations. Then bring your completed card to Still Water Lounge to redeem it for a complimentary wine tasting.

FRIDAY, SEPTEMBER 25

STANWOOD HIGH SCHOOL SPORTS

Varsity Football vs Sedro-Woolley. 7pm.

FRIDAY, SEPTEMBER 25

FREE CLOTHING EVENT

Event by CRC Stanwood Camano Early Learning. Everyone is welcome! Come shop for FREE clothing for the whole family. 9:30-11:30 AM & 3-5 PM at 9612 271st St NW, Stanwood.

FRIDAY, SEPTEMBER 25

HOMESCHOOL EXPLORERS: PEN PALS IN NORTHERN IRELAND

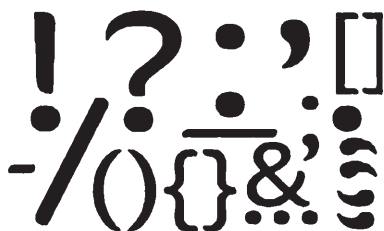
11:00am-12:15pm at the Camano Island Library. We will be taking a trip across the pond and partnering with the Portglenone Library in Northern Ireland to write letters to a pen pal! Our homeschoolers will write letters to kids of Portglenone and tell them what it is like being a kid on Camano! We will anticipate receiving letters back from Portglenone for our November meet-up. We will also learn about and explore other cultures around the world and take a tasting trip where we try popular snacks and treats from other countries. Kids will also get to make their very own Faberge inspired egg to take home and display.

FRIDAY, SEPTEMBER 25

TEEN/TWEEN WORKSHOP: CRAFT AND CHAT

1:00pm-3:30pm at the Camano Island Library. Bring your friends or meet new ones at Craft and Chat. We provide the supplies, the snacks, and the music. You bring the conversation and your creativity!

**- SEPTEMBER 24 -
National Punctuation Day!**



NATIONAL COMIC BOOK DAY



SEPTEMBER 25

Calendar of Events



FRIDAY, SEPTEMBER 25

MICHELE D'AMOUR AND THE LOVE DEALERS

7-11pm at Pub 282, 370 NE Camano Dr #6, Camano. Feel the soul, catch the groove. With smokin' blues, sultry vocals, and a whole lotta heart, this band delivers a night of music you won't forget.

FRIDAY, SEPTEMBER 25

STANWOOD FARMERS MARKET



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



Janicki General Contracting

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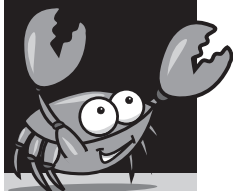
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**Custom retaining walls and shoreline stabilization
built to withstand Northwest weather.**

Licensed • Bonded • Insured • Barge Access for Beach Projects • Free Estimate

Calendar of Events



DID YOU KNOW?

Both DC and Marvel have a comic character named "Scarecrow," though they are completely different characters. In both universes, they are villains.

SATURDAY, SEPTEMBER 26

LOOK MA, NO MUD! A STANWOOD-AREA FARM TOUR



10am-noon. Reserve your spot to meet a horse owner who became her own drainage and footing expert. Come get ideas for your own property from Lyn's time-tested water and manure management methods and horse-centered paddocks. Register at <https://www.eventbrite.com/e/look-ma-no-mud-a-stanwood-area-farm-tour-tickets-1993486656252?aff=oddtcreator/> Questions? Contact Kathryn at kathryn@snohomishcd.org for more information.

SATURDAY, SEPTEMBER 26

THE BILLY APPLETON BAND

7pm at Pub 282. Get ready to ride the soundwave, The Billy Appleton Band is turning up the heat with gritty guitars, soul-stirring lyrics, and a rhythm that won't quit.

SATURDAY, SEPTEMBER 26

COMMUNITY BREAKFAST

Come join us for a community breakfast at the South Camano Grange #930! Everyone is welcome to stop by for a hearty meal typical offerings feature pancakes (including gluten free and blueberry!), sausage, eggs, fruit, grits, homemade yogurt, coffee, and juice from 9am to 11am. It's a wonderful opportunity to catch up with friends, meet your neighbors, and learn what the Grange is planning next for the community. Suggested \$10 donation for breakfast.

SEIZE THE DAY



From the works of
R. ALLEN JENSEN

SATURDAY, OCTOBER 3RD
12:00PM - 4:00PM

"A provocative exploration of
identity, power and transformation"

BLACKWALL GALLERY
5815 PIONEER HIGHWAY
STANWOOD, WA
360-333-5113

R.ALLENJENSEN.com

Calendar of Events



DID YOU KNOW?

The color of fall leaves depends on their sugar content. In the fall, when temperatures drop, the veins of leaves get clogged, trapping the sugars inside the leaves. Anthocyanin pigments form when leaves have high sugar levels, and this causes them to turn red, purple, or crimson.

SATURDAY, SEPTEMBER 26

FARMERS MARKET AT THE SOUTH CAMANO GRANGE



9am-2pm. This will be the final market for this growing season. The market includes fresh produce from Camano Farm Ashram and Island Harvest, as well as baked goods and bread from Camano Sourdough, and several other local makers and growers. We appreciate all the support to establish a market on Camano again. Come for the famous pancake breakfast between 9-11am. Market runs until 2pm.
* Local artist Kate Hunter painted the scene from the last market.

SATURDAY, SEPTEMBER 26

FAMILY BINGO



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

SATURDAY, SEPTEMBER 26

JESSE TAYLOR— LIVE MUSIC

September 26th | 7:00–9:00 PM at Conway's Pub & Eatery.

In-Person & Zoom
Register to Receive Links & Updates

Scan QR Codes to
Register

Navigating the Journey

FREE MONTHLY WORKSHOP SERIES

FOR PARENTS, CAREGIVERS, AND ANYONE SUPPORTING
INDIVIDUALS WITH SPECIAL NEEDS OR DISABILITIES.

First Thursday of Each Month @ 6:00pm

Skagit Valley College Room 223

1900 SE Pioneer Way, Oak Harbor, WA

Oct 1st

The ABC's of IEP's



Nov 5th:

**Bullying, Harassment &
Cyberbullying in the Digital Age**



Alin Kitchens, Jr, North Whidbey Middle School

Dec 3rd:

**What is ABA? How Can I Help My
Child While on a Waitlist?**



Rachel Wagner, Blue Water Behavioral Consulting

Upcoming Workshop Topics:

-The Birds and The Bees and Disabilities Jan 7, 2027

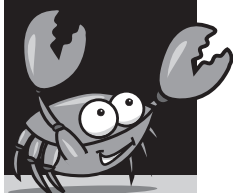
What is Sensory Processing Disorder & Can OT Help? Feb 4, 2027

What is DDA? Is My Child Eligible? March 4, 2027



For more information, contact
Tiffany Wheeler-Thompson 360-632-7539
parent-to-parent@islandcountywa.gov

Calendar of Events



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

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

SATURDAY, SEPTEMBER 26

CELEBRATING 10 YEARS!

STANWOOD-CAMANO YMCA'S 10TH ANNIVERSARY! We're celebrating 10 years of strengthening our community, and you're invited! Join us for a day of family fun featuring: ZERO Joining Fee all weekend for new members Special activities and prize drawings throughout the building Exclusive 10-Year Anniversary merchandise available for purchase Food trucks, and more! Whether you've been part of the Y family for years or have never visited before, this is the perfect opportunity to experience everything the Stanwood-Camano YMCA has to offer. For the past 10 years, the Y has been a place where kids have grown, families have connected, friendships have formed, and our community has become stronger together. Now it's time to celebrate that incredible impact—and the exciting future ahead. Bring your friends, bring your family, and help us celebrate a decade of community, belonging, and making a difference.

SATURDAY, SEPTEMBER 26

EARTHQUAKES & THE NW FAULTS - AND - WHAT'S IN YOUR KIT

The Camano Preparedness Group is sponsoring programs on EARTHQUAKES & THE NW FAULTS and WHAT'S IN YOUR KIT 1:00pm at the Camano Island Library. EARTHQUAKES & THE NW FAULTS with Sue Ryan: We will discuss what causes earthquakes and what to realistically expect when the BIG ONE hits. We will also discuss how to prepare. WHAT'S IN YOUR KIT with Bill Swander: Everyone should have an emergency kit in your home and car. We will discuss what needs to be in a basic kit and how to customize it for your specific needs. There is no charge and no reservations are required. For more information email Sue at kk6sue@gmail.com.

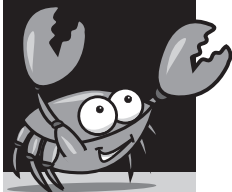
SATURDAY, SEPTEMBER 26

STANLEY ALLEYENE



Local solo Mpanist, will perform his steel drum music 6:30 - 8:30pm, at the Camano Country Club. Bring your own drinks and dinner (21+) and enjoy the enchanting sounds embracing the vibrant spirit of Caribbean entertainment for your dining, and dancing pleasure. Tickets available at the Clubhouse, \$15/advance, or \$20/day of show. For tickets or further information contact www.camanocountryclub.com or call 360.387.1655.

Calendar of Events



DID YOU KNOW?

The Simpsons were created to have yellow skin in a bid to attract attention and make people stop and watch while flicking through the 1980s TV channels.

SATURDAY, SEPTEMBER 26

ALTERNATIVE AND MODERN ROCK HITS WITH CLOUD COVER

8 PM - Arcadian Public House, 18444 Spruce Street, Conway. They'll be playing your favorite alternative and modern rock hits from the 80's to today. Doors at 7 PM Show at 8 PM Tickets: \$15 ADV / \$20 DOS. 21+ only

SATURDAY, SEPTEMBER 26

"HOW DO WE FEEL SAFE IN A DANGEROUSLY DISORDERED WORLD?" - A BAHAI PERSPECTIVE



Welcome to a talk by Kurt Asplund, local mental health counselor, author, and environmental specialist who will guide us with insights from the Baha'i writings on ways to navigate life in our ever changing turbulent world. 7-9pm at Camano Island Public Library Community meeting room. This is a casual event. All are welcome. Coffee and refreshments will be served. www.bahaisofcamanoisland.org

SATURDAY-SUNDAY, SEPTEMBER 26-27

SOAP BOX DERBY RALLY RACE

at Arrowhead Ranch, 615 Arrowhead Rd, Camano. Includes single and double-elimination races for SoapBox Derby Stock, SuperStock, and Masters Divisions.



PUGET SOUND TREE CARE LLC

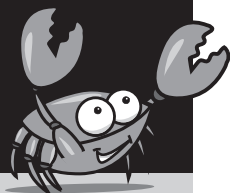
360-387-0243

Jim Fay, Owner, Arborist

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Hazard Trees
Arborist Services

FREE ESTIMATES • LIC. • BOND. • INS.

Calendar of Events



DID YOU KNOW?

The brain is our
fattiest organ
and is com-
posed of nearly
60% fat.

SUNDAY, SEPTEMBER 27

MINIMUM WAGE BAND

Join us at Conway's Pub & Eatery for the 43rd Oyster Run on September 27th, with live music starting at noon. Bring your crew and your appetite—let's get this party shell-started!

SUNDAY, SEPTEMBER 27

JAM SESSION BY "THE USUAL SUSPECTS"

A tribute to Sean Denton and Steve Raible. 1:30-4pm at Stanwood Hotel and Saloon.

SUNDAY, SEPTEMBER 27

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.

MONDAY, SEPTEMBER 28

STANWOOD HIGH SCHOOL SPORTS

JV Boys Tennis vs Everett. 3:30pm.

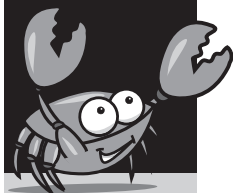
C Team Girls Soccer vs Arlington. 4pm.

AN EVENING AT THE HISTORIC
LADY FLORENCE
A FALL WEDDING EXPERIENCE
SUNDAY, OCTOBER 4TH | 4-7 PM

SAVE THE DATE
COME SEE THE LADY FLORENCE
DRESSED FOR A FALL WEDDING

RSVP AT THELADYFLORENCE.COM

Calendar of Events



DID YOU KNOW?

On September 30, 1955, the American cultural icon and famed movie star James Dean had his life cut short by a car crash in California at the early age of 24.

TUESDAY, SEPTEMBER 29

STAY AND PLAY

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

TUESDAY, SEPTEMBER 29

LINE DANCING WITH LADY DI

6pm at Pub 282, 370 N East Camano Dr, Camano Island. Come down and have a boot scootin' good time.

TUESDAY, SEPTEMBER 29

TEEN/TWEEN CHILL & RECHARGE

2:30pm–4:30pm at the Stanwood Library. Relive your childhood and let go of some stress in an afternoon of coloring, cartoons, crafts, and puzzles. Come solo or bring some friends to relax, unwind, and engage in nostalgia and creativity. Potential cartoons include My Little Pony, Naruto, and Scooby Doo. No registration required - just drop in anytime between 2:30 and 4:30 pm, recharge, and enjoy free snacks.

TUESDAY, SEPTEMBER 29

STANWOOD HIGH SCHOOL SPORTS

Varsity Girls Swimming vs Cascade. 3pm at YMCA.
Girls Soccer vs Monroe. JV: 5pm. Varsity: 7pm.

WEDNESDAY, SEPTEMBER 30

MINDFUL REFLECTION THROUGH ART

4-6pm at the Camano Island Library. Discover your layers through both hidden, revealed and personally-embellished art in this intuitive and process based approach to art making. Class incorporates movement, guided meditation and time for optional & confidential sharing at the end. All Levels: Beginning to advanced Artists, Writers, & Internal Explorers! Materials provided for basic two dimensional work or bring your chosen favorites for 2D or 3D creations. Register at SCAACwa.org/classes (at right) to hold your spot.





**Fir-Conway
Lutheran Church
Fall Harvest Bazaar**

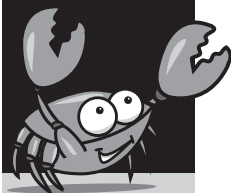
October 17, 2026

10 am to 2 pm

**Baked Goods - Produce-
Lefse - Gifts -
Baked Potato Bar & Pie**

Free Entry - Wheelchair Accessible!

Calendar of Events



WEDNESDAY, SEPTEMBER 30

STANWOOD HIGH SCHOOL SPORTS

Varsity Boys Tennis vs Snohomish. 3:30pm.

C Team Girls Soccer vs Kamiak. 4pm.

Girls Volleyball vs Marysville Getchell. C Team & JV: 5:15pm. Varsity: 7pm.

C Team Boys Football vs Mariner. 6pm.

THURSDAY, OCTOBER 1

LIT LAB

Local writers gather at 6pm at Camano Lutheran Church to share and inspire each other. "Spooked" would be fun to riff on for this gathering. Many of us think it is fun to have a theme, but it is by no means necessary. Plan to read a piece about five minutes long, 800 to 1000 words. We will introduce ourselves, read our piece loud enough for all to hear easily, then pause briefly before the next reader.

THURSDAY, OCTOBER 1

STANWOOD HIGH SCHOOL SPORTS

JV Boys Tennis vs Monroe. 3:30pm.



SAVE CAMA BEACH CABINS

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

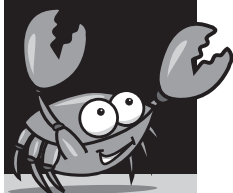
Save Cama Beach Cabins group is asking the Washington State Legislature for funding to repair the septic and water systems so the cabins can be used again. A website with more information will be available soon. They need your help to contact the Governor and your State Legislators to urge their support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

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

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

SaveCamaBeachCabins.org / info@savecamabeachcabins.org

Fun and Crafts



DID YOU KNOW?

Guy Fawkes is the reason guys are called "guys."

LEAF SKELETON WATERCOLORS



This project combines biology with artistic expression. Leaf skeletons are the delicate vascular structures left behind when the fleshy part of a leaf decays. You can find these naturally on the forest floor, or you can use fresh leaves to talk about the "veins" that transport water and nutrients.

Step 1: Go on a nature walk. / Find several leaves with prominent veins, such as oak or maple leaves. Step 2: Create a rubbing. / Place the leaf under a thin piece of paper and gently rub a white crayon over the surface to capture the vein patterns. Step 3: Apply watercolor paint. / Brush fall-colored watercolors (reds, oranges, yellows) over the white crayon rubbing. The wax will resist the paint, making the leaf's "skeleton" pop.

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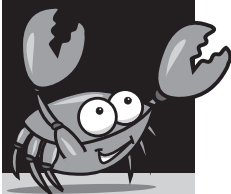
425.330.7052



TracyStevensHomes.com



Tracy@TracyStevensHomes.com



DID YOU KNOW?

Back in the days of the Anglo-Saxons September used to be called Gerst Monath, which translates into "barley month". It was given this name because it was the time of year that the barley crop was harvested, and it was a special time as they brewed a popular drink out of it.

PUMPKIN PIE SPICE



Home bakers often create a simple, balanced blend: for example, 3 tablespoons of cinnamon, 2 teaspoons of ginger, 2 teaspoons of nutmeg, 1 teaspoon of allspice, and 1 teaspoon of cloves. Stir to combine and store in an airtight jar. This ratio keeps cinnamon in the lead while letting ginger and nutmeg shine, with clove and allspice adding depth. Once you've got a good base, you can try experimenting with different ratios. For example, more ginger will brighten the overall flavor, while clove will soften it.

Where can I use this Pumpkin Pie Spice? Here are some uses: 1. Pumpkin Pie: The most famous use of pumpkin pie spice is in pumpkin pie. It adds warmth and flavor to the filling. 2. Pumpkin Spice Lattes: Many coffee shops offer pumpkin spice lattes in the fall, which use the spice blend to infuse coffee with those warm, comforting flavors. 3. Baked Goods: This spice can be added to muffins, cookies, scones, and other baked goods for a seasonal touch. 4. Oatmeal: A pinch of this spice can enhance the flavor of your morning oatmeal or cereal. 5. Pancakes and Waffles: Sprinkle some spice into the batter of pancakes or waffles to make them taste like a cozy autumn morning. 6. Spiced Nuts: Tossing roasted nuts in a mixture of this spice, sugar, and a bit of butter or oil creates a delicious and aromatic snack. 7. Homemade Pumpkin Spice Syrup: You can make your own syrup for drizzling on pancakes or waffles by adding this spice to a simple syrup mixture. 8. Roasted Vegetables: Some people use this spice to season roasted vegetables, like sweet potatoes or butternut squash, for a comforting side dish. 9. Candied Yams: It's also used in candied yams or sweet potato casseroles. 10. Smoothies: A pinch of this spice can be added to fall-inspired smoothies.



14th Annual
NORDIC FAIR

Saturday, October 24, 2026

10:00 am - 3:00 pm

Bonnie Sue Cole Hall

Stanwood Camano Fair Grounds

Enjoy a day filled with Nordic cultural traditions

Lefse and Krumkake demonstrations and taste samples

Bakery featuring traditional Scandinavian treats

Vendors offering Scandinavian crafts

Lunch (prepared by the ladies of Ingeborg Lodge)

split pea soup, sandwiches, pie, apple cake,
rommegrot, fruit soup, coffee

Unique Scandinavian adventure close to home

No admittance fee. Plenty of free parking

Sponsored by Ingeborg Lodge #43

Daughters of Norway, Stanwood, WA

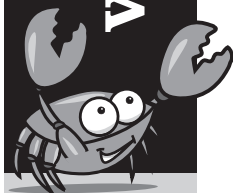
Need more information? Please contact:

Teresa Garrison (206) 920-4549

or visit our Facebook page



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](http://www.skeeterdaddle.net)

VERMIN ALERT!

The era of door-to-door sales was, or so I assumed, relegated to the distant past. Tinkers from the 1800's, Avon and Fuller Brush in the 20th Century, thieves in my ghetto neighborhood selling stolen TV's and stereos in my urban nightmare days, encyclopedias and magazines, cutlery, gyppo loggers, the list is long but not long now. Until last night when I heard a rapping on the front door and found a uniformed young man introducing himself as a Pest Exterminator. As he explained more than a few times, he was in the vicinity, had clients across the road who needed his services and wondered if we might be looking for similar remediation of our mice, wasp, spider, ants, bats or any other varmint problem.

"I have traps and poison in the van already," my Willy Loman explained, "so I could offer you a considerable discount since I'm here already." I said that's mighty generous but we're doing okay so far. "Don't you get mice?" he asked. I said we get all those things, it's the country, kind of comes with the territory.

"You take care of those by yourself?" he wanted to know. Gee, maybe he's guessing my age, calculating the geriatric decay and figuring this old geezer probably is past setting mice traps, just let the buggers run rampant in the house, maybe keep one room sealed and locked, live like refugees. But I told him yeah, I've kept them at bay so far. He told me again how the neighbors were signing up for pest eradication and since he was here, he could make me a helluva deal, then pulled out a price list of services. Curious, I took the laminated sheet and perused it for a bit, prices based on square footage starting at 400 bucks, then a monthly service of just under half that. I'm guessing the buggers adapt to the poison or mutate like bacteria no antibiotic will kill.

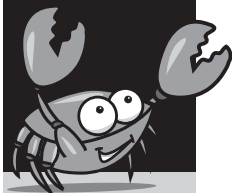
The kid wanted to know, since I obviously underestimated the threat to person and property if these rabid rodents and disease carrying creepy-crawlies managed to penetrate past my insufficient barriers, how long I'd lived here, no doubt thinking I'd just fell off the turnip truck and had no clear notion whatsoever of the danger we were putting ourselves in by thinking we could handle the scourge plaguing our neighbors single-handedly, probably city refugees.

I said 50 years come this fall. My salesman immediately concluded his next line of argument was probably doomed, unlike ourselves. He took back the laminated price list and asked if I wanted his bizness card, the price list he couldn't leave with us. "Not really," I said, but to hasten the removal of his shoe in the doorway, I said I'd take it. "You never know," I said and he agreed whole-heartedly.

After he handed me his company card and wrote his name on the back, he turned to go back down the driveway to his van full of toxins, traps, poisons and god only knows what killing strategies. I said, "Wait." Of course he figured, maybe, just maybe

"Listen," I said seriously. "Do a good job with my neighbors' rats and mice and all the rest. I sure don't want them escaping across the highway. We got our own varmints, don't need a mass migration." The kid nodded. "I'll do my best." I was pretty sure he would.

Artist of the Week



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

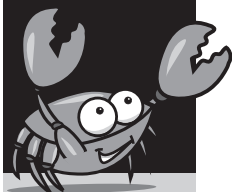
Email us your
bio and we will
feature this page
to you... and it's
all FREE!

ANITA DORAN



Friends and neighbors, I have something very personal and exciting to share with you. I wrote a book! It is called *The Devil Is Whipping My Ass*, and it is about the battles that can take place within the six inches between our ears. I wrote it because I know I am not alone in experiencing fear and all the heavy things that can grow from it: anxiety, shame, regret, comparison, and the negative thoughts that can send us spiraling. I certainly do not claim to have all the answers. What I do have is lived experience, many years of sponsoring and encouraging others, the generous guidance of a wonderful mentor, and a collection of truths and practical tools that have helped me when my own thinking began working against me. My hope is that this book might help someone else feel less alone. If even one person reads it and finds a little hope, a new way of looking at a fearful thought, or the courage to take one small step forward, then sharing my story will have been worth it. This book came from my heart. I am grateful, a little nervous, and very proud to introduce you to *The Devil Is Whipping My Ass*. My book is now available on Amazon

Business Spotlight



*Are you
interested in
promoting your
business or
organization?*

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

WOOD'S GUITAR SHOP



"Hey Stanwood! We officially made it! The move went safely, the girls have started school, and the house is probably 80% unpacked, which I'm calling close enough to settled. Now that life is starting to resemble normal again, I'll also be getting back to doing guitar stuff through Wood's Guitar Shop. For anyone local who's into guitars, I offer: Guitar sales, Consignment sales, Trades and buying used gear, Restrings, setups and general guitar maintenance, Pickup, electronics and hardware installs and upgrades, Gear sourcing if you're hunting for something specific, General gear and tone help if you just need another guitar nerd to bounce ideas off of. Wood's Guitar Shop is a premium brand specializing in acquiring and delivering high-quality instruments, with an emphasis on exceptional detail and unique character in every piece. Each guitar is chosen for its quality, tone, and playability. I've been doing this for a couple years now and have worked with customers all over the country, but I'm really looking forward to becoming part of the local guitar community here in Stanwood too. Mostly, we're just happy to finally be here, getting settled and starting this next chapter. If you see me around, say hi!" - Kyl Wood.

www.woodsguitarshop.com
(360) 660-5056
woodsguitarshop@gmail.com



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cascadiaeye Vision for Life

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Powerful Tools for Caregivers

**A six-week journey to reduce stress, build confidence,
and care for yourself**

Feeling stretched in your caregiving role? Whether you care for someone at home, in a facility, or from a distance, caregiving can take a toll. This six-week, evidence-based program gives you practical tools to care for yourself while caring for someone you love.

Six-week course at the Camano Center

October 15 – November 19

Thursdays, 9:30 a.m. – 11:00 a.m.

Camano Center

606 Arrowhead Road, Camano Island

**Call the Camano Center to register 360-387-0222
(pre-registration required, offered at no cost)**

Powerful Tools
FOR Caregivers



CamanoCenter
Get connected.

You'll Learn How To:
Reduce Stress
Improve Self-Confidence
Manage Time, Set Goals,
and Solve Problems
Better Communicate Your Feelings
Locate Helpful Resources
Make Tough Decisions

Classes are led by certified local instructors Judith Shoudy and Kris Kappel, both experienced caregivers passionate about supporting others.



Windermere

REAL ESTATE



STANWOOD **\$1,050,000**
Nestled on 6.5 lush acres, charming home with fabulous outdoor living and recreation spaces. #2529227



WATERFRONT **\$1,250,000**
North Camano, private, high-bank estate on 1.88 acres, breathtaking views, detached ADU. #2564164



PIONEER HILLS **\$825,000**
Beautiful Stanwood home with spectacular views, new roof, main floor primary bedroom. #2567612



WATERFRONT **\$849,000**
Gorgeous, no-bank, north Camano home with fabulous views, immaculate and move-in ready. #2574600



WATERFRONT **\$869,000**
Magical mix of forest, gardens and sunny spots, charming high-bank, island cottage with sweeping views. #2518704



BRENTWOOD **\$1,595,000**
Exceptional Camano daylight Rambler with fabulous views and striking landscape and setting. #2575943

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360.387.4663

Visit WindermereStanwoodCamano.com for more information

Windermere Real Estate/CIR



Candidates & Issues Forum 2026

Sponsored by AAUW Stanwood-Camano and

The Rotary Club of Stanwood-Camano Island

Stanwood, Camano Island and North Snohomish

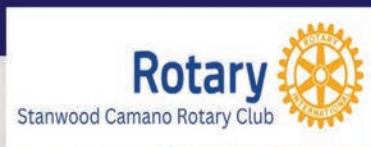
County communities are invited on

Wednesday, October 7, 6:30 p.m.

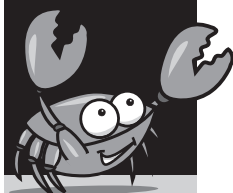
Stanwood Middle School

9405 271st St NW, Stanwood

aauwsc.org/candidateforum



Intuitive Tarot

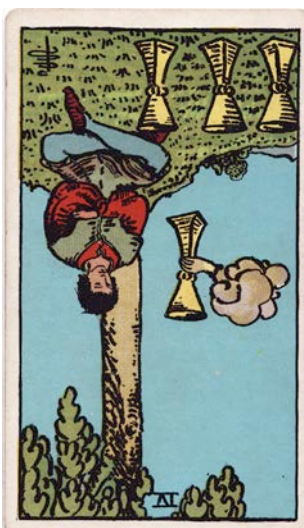


*Tarot from the
classic Rider
Waite Smith deck.*

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

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

INTUITIVE TAROT WITH TIFFANY



September 17th – September 24th : Four of Cups Reversed. Assistance likely of an ethereally orchestrated nature arrives this week to aid you in completing a foundational piece of the consuming project you've been not only focused on but mildly melancholy over due to the time demands you'd placed on yourself through your expectations. This week's card signals a compassionate hand will deliver your reprieve in an unexpected manner while you're anxiously hyper-fixating on the minutia of the task which has recently commandeered your emotional state. You need not control or avoid the fixation; merely remember to stay open to bewildering boons, as they can easily be brushed aside and unclaimed while settled in cantankerous moods. Further, consider pondering less and angling more into physically rearranging the existing cornerstones, even turning them on their head. The new perspective upon that which you've been agonizing finally ushers in solutions.

September 25th – October 1st : Page of Pentacles. On the 26th, the Aries Full Moon offers a sacrosanct message which creates a sense of groundedness for you while presenting immense clarity on matters of work and tangible exertions, likely highlighting one specific focal point for you to converge your efforts toward. All other affairs will settle and sort themselves in the temporary meantime as it becomes imperative for you to concentrate on the task at hand this week. For some, this may be an altogether new idea, while for others it may be a previously shelved concept. Direct attentions to where your thoughts flow, what makes you swell with inspiration, drawing you in as the world seems to fade in the background. Endeavor not to resist this pull with excuses of shoulds, second guessing, or previously laid intentions. That which is illuminated at this time provides you a sense of strength; lean in.

*Experience
History
In Person*



STANWOOD • CAMANO HISTORIC SITES AUDIO TOUR ALL YEAR ROUND



1909 Swing Bridge to Camano Island

SAHS 92.41.22

For more information, maps, and videos,
visit our website at historicsitestour.com

Start the tour from Pioneer Hwy
and enter East Stanwood by the
train station. Stops #1 and #5
have open restaurants.



1. People's Union
2. S. A. Thompson House
3. I.O.O.F. Public Hall
4. D.O. Pearson House
5. Stanwood Volunteer Fire Dept
6. Camano Lutheran Church
7. Camano Lutheran Cemetery
8. Kristoferson Farm
9. Barnum Point Preserve
10. Camano Island State Park
11. Cama Beach Historical State Park
12. Camano City Schoolhouse
13. Camano Island American Legion
14. Utsalady Ladies Aid
15. Camano Pioneer Cemetery

When overhead lights
are flashing yellow:



Prepare to Stop

When overhead lights
are flashing red:



Stop!

When hazard warning
lights are flashing:



Proceed with Caution

Yoga and Pilates
movementarts.com



MOVEMENT ARTS

360-629-9100

Camano Commons

September is National Suicide Prevention Month

If you know someone in
crisis, call or text the hotline below

988 SUICIDE & CRISIS
LIFELINE

Community Information



DID YOU KNOW?

Trees drop their leaves in the fall to protect themselves from the cold. If their leaves remained on the tree, they would freeze and rupture, rendering them useless for growing food and susceptible to damage from wind and snow.

NORDIC MYTHOLOGY - TROLLS



When our Scandinavian ancestors crossed the ocean, they brought more than their belongings. They carried stories, traditions, and a deep belief in the mysterious beings that inhabited the Nordic landscape. Among the most enduring were the tales of trolls. Troll was used to describe supernatural beings, giants (jötnar), monsters, and magical creatures. Described vividly as massive, incredibly strong creatures with ugly long noses, who were mischievous or even hostile toward humans; vulnerable to sunlight, turning them to stone. This belief gave rise to many local legends. Across Norway, unusual rock formations and jagged mountain peaks are said to be trolls who were caught by the first rays of dawn and forever petrified. Along the rugged northern coast lies Trollfjord, a narrow and dramatic fjord where folklore claims trolls still dwell within the steep rock walls, hidden from human eyes. Trolls generally fall into two categories: Mountain Trolls were enormous, ancient creatures that lived in remote mountain ranges. Some stories speak of entire troll families, while others tell of mighty troll kings ruling vast underground halls filled with treasure. Forest Trolls were smaller, craftier, and far more cunning. They delighted in tricking travelers, stealing livestock, and luring unsuspecting wanderers deeper into the wilderness. Many Norwegian folktales feature ordinary people, clever farmers, or humble heroes who triumph over trolls not through strength, but through intelligence and courage. One of the best-known examples is The Three Billy Goats Gruff, in which a fearsome troll lurking beneath a bridge is outsmarted and defeated. So, the next time you walk through a dense forest or hike a mountain trail, keep an eye on the shadows between the trees and the shapes hidden among the rocks. Just because you don't see a troll doesn't mean one isn't watching from afar. After all, that's exactly what the old stories would have you believe.

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."

SWIMMING IN PLASTIC?

Let's Change That – Together!

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

WHAT YOU'LL DISCOVER

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

COURSE DETAILS

Wednesdays, Sept 2 – Oct 28, 2026

4:00 – 6:00 PM

Available online or in-person

Island County Multipurpose Center

141 NE Camano Drive, Camano

Cost: \$125 (Scholarships available upon request)

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

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



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

Community Information



DID YOU KNOW?

The U.S. and Russia are surprisingly close. At their nearest point, Alaska and Russia are separated by just over two miles.

SKAGIT COUNTY PROCLAIMS FOOD WASTE PREVENTION WEEK

The Skagit County Board of County Commissioners has officially proclaimed September 28–October 4, 2026, as Food Waste Prevention Week in Skagit County, recognizing the importance of preventing wasted food and encouraging residents, businesses, organizations, and community partners to make the most of the food we have. Throughout Food Waste Prevention Week, community partners will be sharing food waste prevention tips, activities, educational resources, and opportunities for residents to learn how small household actions can make a meaningful difference. The campaign is part of a broader effort to shift the conversation from simply managing food waste to preventing it in the first place. A variety of fun, hands-on activities will take place from Sept. 16 – Oct. 3, 2026, including: Food Waste Prevention trivia nights at local breweries and restaurants. The Burlington Public Library and the Children's Museum of Skagit County will offer activities to engage children and families in learning how to prevent wasted food. Trial by Flavor at the Mount Vernon Library Commons on October 1 will feature a food-saving cooking demonstration, showing ways to turn food scraps and odds & ends into delicious meals. Activities will culminate on Saturday, October 3, at Chuckanut Brewery, with Bread to Beer, a community celebration demonstrating how surplus food can be transformed into something new. Attendees will have the opportunity to learn what coalition members are doing to prevent wasted food, and taste Skagit Bakers Beer made with surplus bread, demonstrating that food still has value—even when it is no longer needed for its original purpose. "Food waste prevention is more than putting less in the garbage," said Diane Smith, professor at WSU Skagit County. "It is about recognizing the value of food and finding ways to keep that value in our community—by planning, storing and using food well, sharing what we have, and finding beneficial uses for what cannot be eaten." During Food Waste Prevention Week, residents are encouraged to think about food differently: PLAN — Buy what you need and plan how you will use it. STORE — Store food properly to help it last longer. USE — Eat the food you have before buying more and find creative ways to use leftovers. SHARE — Give edible extra food to friends, neighbors, food banks, or gleaning organizations. COMPOST — When food truly cannot be eaten or shared, compost it rather than sending it to the landfill.



NATIONAL
PEPPERONI
PIZZA DAY
SEPTEMBER 20



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All Ages, Levels & Styles.
Learn at Your Own Pace.

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Community Information



FREE EYE EXAMS AND GLASSES



If you think your child may need glasses to help with learning, we can help with a free eye exam and glasses, as determined by income guidelines. Contact us to see if you qualify by calling the Little Green House in Stanwood at 360-322-1127 to set up an appointment with a Resource Navigator. The Little Green House is the Community Resource Center's new resource hub across the street from the CRC's main building.

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!



Our Mission is to Promote **YOU!**

Looking to connect with your community without spending a dime?

An ever-growing number of people are turning to The Crab Cracker Community Magazine, a local publication dedicated to offering free information and event listings with every issue. This magazine makes it easy to explore what's happening in our community. Best of all, it's completely free. You can advertise and promote yourself and/or your event within our magazine.... **AT NO CHARGE!*** Contact us with your details and we will get your information out into the community.

We are here to help you make the most of where you live.

THE
CRAB CRACKER
COMMUNITY MAGAZINE

425-299-7893 / thecrab@thecrabcracker.com

**Some exceptions apply. Contact us for more details.*

Community Information



DID YOU KNOW?

A liver can regenerate
Even if a large
portion of your
liver is removed,
it can grow
back to full size,
a rare ability in
human organs

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.

TRANSPORTATION TO VOTING DROP BOX

"During this busy and sometimes confusing VOTING season it is so important we all VOTE, so - anyone who needs a ride to drop their ballot in the drop box, my husband and I will pick you up - take you to the drop box on Camano then take you home. Our service to community. Text or call 360-770-5205." - Linda and Alan.

WASHINGTON STATE DEPARTMENT OF TRANSPORTATION COMMUNITY SURVEY



about upcoming projects on State Route 532 on Camano Island and in Stanwood. Sunrise Blvd to Davis Slough Bridge – Paving & ADA and Stillaguamish to 72nd Ave – Paving & ADA. The survey is open for replies and comments until October 2nd. <https://engage.wsdot.wa.gov/sr-532-camano-island-stanwood>.

Four Springs House for your next event

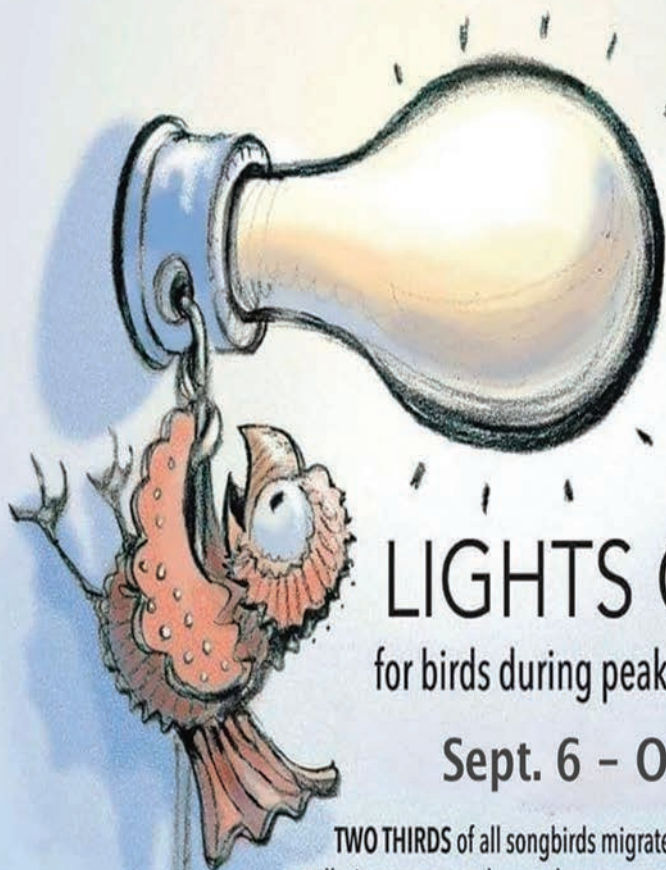


Weddings • Retreats • Business Events
Family Celebrations



Four Springs Lake
Preserve

360-387-1418 • fourspringshouse.com
fourspringshouse@co.island.wa.us



LIGHTS OUT

for birds during peak migration

Sept. 6 – Oct. 6

TWO THIRDS of all songbirds migrate at night. Light pollution can cause them to become confused. TRACY AVIARY encourages everyone to turn off all unnecessary lights. If this is not an option, use warm white or yellow colored light bulbs, shield your light bulbs to direct light down, and install motion sensors. If working indoors at night, close the drapes.



COLDER BLUISH WHITES



WARMER YELLOWISH TONES or RED



SHIELDED



MOTION SENSORED



OFF

WORST

BETTER

BETTER

BEST

Community Information



FREE CLOTHING EVENT

Event by CRC Stanwood Camano Early Learning, 9612 271st St NW,, Stanwood. Everyone is welcome! Come shop for FREE clothing for the whole family. Clothing Drop-Off: Sept. 22 & 23 | 3-5 PM. Free Shopping: Friday, Sept. 25 | 9:30-11:30 AM & 3-5 PM.

17TH ANNUAL ART AUCTION

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

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.

HAUNTED TRAIL

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

TEST YOUR EARS AT 60 YEARS

(and beyond, of course!)

STANWOOD HEARING

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

Start your journey to better hearing today with Stanwood Hearing.

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

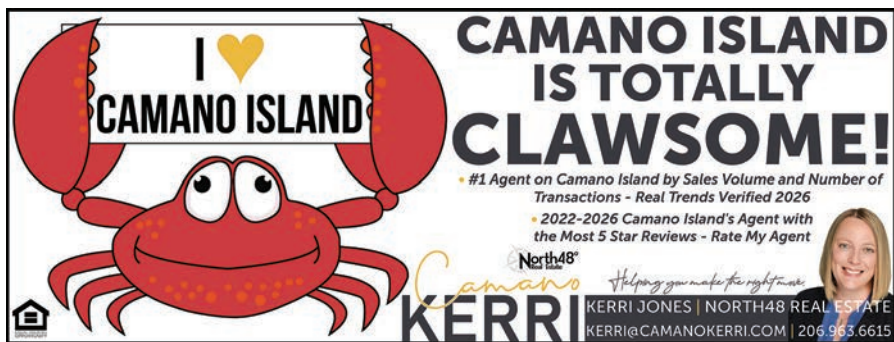
Scan to Schedule



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

 stanwoodhearing.com

CALL 425-272-9435



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- 2022-2026 Camano Island's Agent with the Most 5 Star Reviews - Rate My Agent

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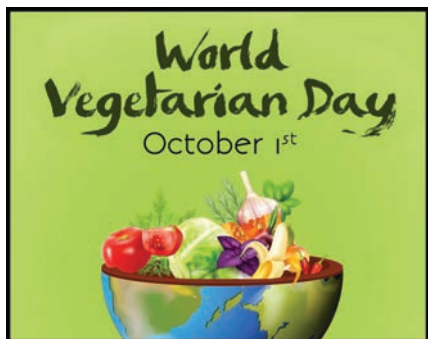
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AWARENESS MONTH

PROSTATE CANCER

SEPTEMBER



World Vegetarian Day
 October 1st



Hello Autumn



HAPPY REDHEAD APPRECIATION DAY!
 SEPTEMBER 23



ROADKILL DAY
 September 25

Community Information



DID YOU KNOW?

Your heart occasionally skips beats without you noticing. It's normal for your heart to occasionally skip a beat. Most people don't feel it.

TRIVIA, KARAOKE, BINGO, AND GAME NIGHTS

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

SOUTHERN TAURIDS METEOR SHOWER



Period of activity: September 20th, 2026 to November 20th, 2026. The Southern Taurids are a complex shower made up of two main components, the annual component which peaks on October 14th and the fireball swarm component which peaks on November 5th. Since 2026 is not a swarm year, mid-October may see slightly more Southern Taurid activity than seen in early November. There will be a waxing crescent moon in the evening sky on October 14 and a waning crescent moon in the morning sky on November 5. Shower details - Radiant: 03:28 +14.5° - ZHR: 5 - Velocity: 17 miles/sec (slow - 27km/sec) - Parent Object: 2P/Encke. Next Peak - The Southern Taurids will next peak on the Nov 4-5, 2026 night. On this night, the moon will be 18% full.

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Camano Island Expert

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BUSINESS *People of the Year* 2026

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29TH ANNUAL CHILI CHOWDER COOK-OFF

Cook | Sponsor
Support



2027 NORTHWEST GLASS QUEST

Registration Opens Sept.
Deadline Thanksgiving!



Member Appreciation BBQ

Sept. 17th – RSVP
Not a member? Join!



www.camanoisland.org

What is That?



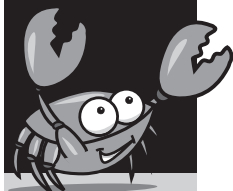
A new column describing a local or native plant or animal in our area.

LEWIS MOON SNAIL (EUSPIRA LEWISII)



One of the best-known invertebrates in the sandy intertidal zone is the Moon Snail, both because it is a large (up to 13 cm in diameter) species and because its egg masses are especially notable. This light brown species is close to spherical, with most of the shell taken up by the first whorl. The aperture is large, with a large, horny operculum on the foot that closes the shell. The foot and mantle have hollow sinuses into which water can be pumped to expand them greatly out and over the shell, forming a plow-like structure with which they push forward while moving through the sand surface. When disturbed, the snail retracts this structure quickly by squirting the contained water forcefully outward. Moon Snails are voracious predators on the clams that share their habitat. They find a clam, presumably by chemoreception, and envelope it in their big foot and often drag it more deeply into the sand. The radula has seven rows of teeth, with which they dig a hole (easily recognizable as made by this species because counter-sunk) into the clam shell. A gland on the proboscis secretes enzymes and even hydrochloric acid to help accomplish this. The snail then rasps and sucks out the clam's tissues over a period of a day or so. They take relatively thin-shelled clams up to 5 cm in length and can eat one every four days in the laboratory. They also eat other snails and, in some circumstances, herring eggs. They are big enough not to have many predators, but Sunflower Stars will attack them, the snail sometimes able to repel one by using its radula to rasp the tube feet of the sea star. Moon Snails move out into deeper water in winter, then come back toward the shore in summer, when they are breeding. The sexes are separate, and it can be seen from mating pairs that females are slightly larger and thinner-shelled than males. The eggs are laid in characteristic large (to 15 cm diameter) sand collars, sandwiched between two layers of sand cemented together by mucous secretions. The collar, somewhat like a flattened clerical collar with a big opening in the center, contains great numbers of eggs that hatch into veliger larvae within the sand. As the sand disintegrates over a period of weeks, the larvae are released into the water column. The larvae move into deeper water and feed as herbivores on diatoms and Sea Lettuce for a while, then switch to carnivory as they grow. Moon Snails were eaten by Native Americans, but as they feed on clams, they may accumulate the poisons that cause paralytic shellfish poisoning, so they should be avoided. Source: <https://www.pugetsound.edu>

Dining Guide

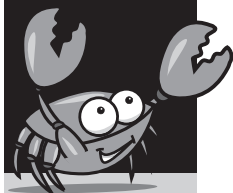


DID YOU KNOW?

Africa is so huge, it's bigger than the U.S., China, India, and most of Europe combined. Because of map distortions, we underestimate its size.

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
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JIMMY'S PIZZA (Stanwood) • (360) 629-6565
JOHNNY'S BURGER STOP (Stanwood) (360) 629-9427
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MAMMOTH BURGER COMPANY (Stanwood) • (360) 572-4500
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MIYAKO'S TERIYAKI & WOK (Stanwood) • (360) 629-4535
MUSTARD SEED BAKERY & CATERING (Stanwood) • (360) 572-2499
NAHA TERIYAKI (Stanwood) • (360) 629-0681
PADDLE PUB (Stanwood) • (360) 652-4156
PAPA MURPHY'S TAKE 'N' BAKE PIZZA (Stanwood) • (360) 629-3826
PAT'S THAI (Stanwood) • (360) 572-2381
PATINI'S GRILL (Stanwood) • (360) 629-0822 or 360-572-2981
PHOENIX PAVILION (Stanwood) • (360) 629-4662
PRIMAL BARBECUE (Camano Island) • (360) 572-2122
PUB 282 (Camano Island) • (360) 926-8960
PURE SMOKE BARBEQUE (Stanwood) • www.puresmokenw.com
RALIBERTO'S TACO SHOP (Stanwood) • (360) 629-2000
ROCKAWAY BAR & GRILL (Camano Island, at Camaloch) • 360-926-8920
SAAL BREWING CO. (Stanwood) • (360) 629-0102
SAHARA PIZZA (Stanwood) • (360) 629-6886
SASQUATCH SUBS (Stanwood) • (360) 610-2765
SEN - JAPANESE RESTAURANT (Stanwood) • (425) 765-4577
SPARTAN DRIVE IN (Stanwood) • (360) 629-8988
STANWOOD CAFE (Stanwood) • (360) 629-8427
STANWOOD CUPCAKES (Stanwood) • (360) 926-8241
STANWOOD GRILL (Stanwood) • (360) 629-5253
STANWOOD HOTEL & SALOON (Stanwood) • (360) 629-2888
STANWOOD THAI (Stanwood) • (360) 572-2200
STARBUCKS (Stanwood) • (360) 629-2701 • 629-5027 • 629-2500
STILL WATER LOUNGE (Stanwood)
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SUBWAY (Camano Island) • (360) 631-5055
SUBWAY (Stanwood) • (360) 629-2678
TACO TIME (Stanwood) • (360) 629-5018
TAPPED CAMANO (Camano Island) • (360) 572-4986
THAI THAI KITCHEN (Stanwood) • (360) 629-0600
TWIN CITY LANES CAFE (Stanwood) • (360) 629-3001
VIVO ITALIAN BISTRO (Stanwood - COMING SOON) • (360) 629-2044
WAYNE'S CORNER CAFE (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.

YOUR BODY ISN'T JUST AGING. IT'S CHANGING IN 14 WAYS AT ONCE.



If you have ever thought, "I'm doing the same things I used to do, so why don't I feel like myself?"—this series is for you. For most of medical history, aging looked like one long, blurry decline: you got older, things wore out, and the best advice anyone could offer was to eat well, move your body, and hope for good genes. Today, researchers use a framework of fourteen interconnected hallmarks of aging to understand why energy, strength, recovery, metabolism, skin, sleep, and resilience can change over time.

So, why does that matter? It gives us a more useful way to understand what our bodies may be asking for. Instead of assuming every symptom is "just aging," or chasing every wellness trend, we can ask better questions: Is this about muscle? Metabolic health? Inflammation? Sleep? Hormones? Tissue repair? Not every hallmark can be routinely measured in a doctor's office, and not every one currently has a proven treatment. This is active science—not a checklist to conquer or a shelf of products to buy. But it is a better map. One that can help focus our time, energy, and healthcare decisions on preserving our strength and confidence for the life we want to keep living.

Over the next fourteen issues, we'll explore each hallmark in plain language. In the next issue, we'll start where the science starts: with our DNA. For more insights, visit kirrahealth.com/blog.

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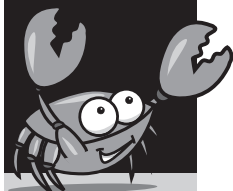
Questions?

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

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



Band-Aid Bulletin



The Band-Aid Bulletin is a monthly feature from the Stanwood-Camano School District Health Services team, sharing helpful information and tips to support the health and well-being of our students and families.



The Band-Aid Bulletin

BACK-TO-SCHOOL HEALTHY SLEEP HABITS

As students across Stanwood-Camano head back to classrooms, our school nurses have a simple back-to-school reminder for families: Don't underestimate the power of a good night's sleep! Getting enough sleep helps students arrive at school ready to learn, focus, participate, manage emotions, and take on the day. Children ages 6-12 generally need 9-12 hours of sleep each night, while teens ages 13-18 need 8-10 hours. After a summer of later nights and sleeping in, getting back into a school routine can take some adjustment. Families can help by gradually moving bedtimes and wake-up times earlier and keeping them fairly consistent, even on weekends. A few tips from our school health team: Create a predictable bedtime routine, such as brushing teeth, reading, or having some quiet time before bed. Keep bedrooms cool, dark, and quiet when possible. Consider a family "technology curfew." Phones, tablets, TVs, and gaming devices can make it harder to wind down. The CDC recommends turning off electronic devices at least 30 minutes before bedtime. Limit caffeine later in the day and avoid large meals close to bedtime. Encourage regular physical activity during the day. Make healthy sleep a family priority — adults can model good sleep habits, too! Families know their children best, so pay attention when sleep struggles become a pattern. Frequent difficulty falling asleep, loud or regular snoring, pauses in breathing while sleeping, significant daytime sleepiness, or ongoing difficulty waking up for school are all worth discussing with your child's healthcare provider. Our nurses see every day how a student's overall health and well-being can affect their experience at school. A well-rested student is better prepared to learn, connect with others, and make the most of the school day. Here's to a healthy, well-rested start to the 2026-27 school year!



Knife Forging Workshop



**Repurposed
Railroad Spike**



September 18th, 26th and October 17th



CASA'S PET OF THE WEEK:

LULU is our Maine coon senior kitty. She has previously spent her time as an indoor/outdoor mouser in her glory days, but now she's looking for a lap and a window to carry out her retirement. Her age has brought on hyperthyroidism which entails treatment through a daily pill to manage symptoms. She is the sweetest, she's tolerant, and has lived plenty of life. If Lulu seems like the girl for you stop on by!

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

.....



NOAH'S PET OF THE WEEK:

Hello! My name is **BRUSSEL SPROUTS**, and I am 3 years old. I am a very loving, affectionate, vocal kitty who needs a lot of attention. Could that be you? Come in and meet me today!

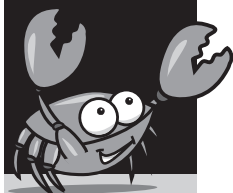
The N.O.A.H. Animal Adoption Center:
(360) 629-7055. www.thenoahcenter.org

.....

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created by
Dusty Hutchins-
McNutt.*

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

Visit me at: www.CookingMamas.com

ZUPPA TOSCANA SOUP

A quick and hearty Italian soup made with sausage, potatoes, bacon, onion, and kale simmered in a delicious creamy broth...delizioso!



INGREDIENTS: 1 lb. hot Italian sausage, casings removed; 3/4 c. diced yellow onions; 1 slice of bacon, diced; 1 clove garlic, minced; 1 quart chicken broth; 2 med. russet potatoes, cut in half lengthwise, then cut into 1/4-inch slices; 2 c. chopped kale (cut into bite-size pieces); 3/4 c. heavy whipping cream

DIRECTIONS: 1. In a large stockpot or Dutch oven over medium heat, cook the sausage, breaking it up with a wooden spoon, until browned and no longer pink about 5 to 7 minutes. Transfer to a paper towel-lined plate to drain and loosely cover with foil. 2. Add the onions and bacon to the pot, sauté until the onions are almost translucent, about 2-3 minutes. Add the garlic and cook for 1 minute more. 3. Add the chicken broth and potatoes, bring to a simmer for 15 minutes. 4. Stir in the kale, whipping cream, and sausage, simmer for 5 minutes more. 5. Serve immediately garnished shredded parmesan cheese if desired and crusty French bread for dipping! Serves 4-6.



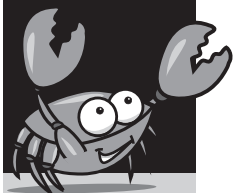
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Classes and Workshops



DID YOU KNOW?

Earth is approximately 4.5 billion years old. Homo sapiens have existed for roughly 300,000 years. Compressed into 24 hours, that puts our entire species in the final 2-3 seconds.

Intro to Fascia Rolling: the Benefits of Myofascial Release Sep 19, 2-4pm. A self-care practice that utilizes soft, pliable massage therapy balls to roll and knead the body's fascial connective tissue to help increase our mobility and relieve aches and pains. \$65 p/p includes 2 sets of MFR balls, yours to keep, or without balls if you already have your own at \$35 (workshop only). Space is limited, reserve now at movmentarts.com/events or call 360-629-9100

Myofascial Release October 10, 2-4pm. We will focus on rolling out the soft fascia tissues of our upper body. You will be able to experience the immediate positive effects of myofascial release on your overall mobility and well-being. 1) Workshop only: \$35 2) Workshop + All Props: \$80 or 3) Workshop + Coregeous Ball: \$50 Space is limited, reserve now at movmentarts.com/events or call 360-629-9100

Yoga for Beginners October 13-November 10 Tuesdays 6-7:15pm. This introduction will teach you the foundational alignment of basic yoga postures, how to coordinate breath with movement and philosophical practice to make yoga a tool for your wellbeing. \$95 Register in advance at movmentarts.com/events or call 360-629-9100

Yin Teacher Training Oct 16-18 15hrs CEU with Carol Mason, ERYT-500, YACEP. A 15 hour weekend study that will explore the benefits of yin yoga, its philosophy and Eastern influences, physiology and anatomy, asana and modifications for special conditions and how to develop a yin class. Teachers will earn 15 CEU's and a certificate of completion. \$250. For more information and to sign up go to movmentarts.com/events or call 360-629-9100.

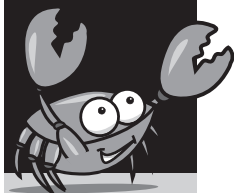
Restorative Teacher Training November 13-15 15hrs CEU with Melissa Dale, ERYT-200, YACEP. In this 15 hour Teacher Training you will learn: origins of Restorative Yoga; how Restorative differs from Yin; physical and mental benefits of Restorative; use of props; basic Restorative techniques and poses; designing a Restorative practice. This training is open to all yoga teachers and serious students of yoga. Training and certificate fee: \$250. For more information and to sign up go to movmentarts.com/events or call 360-629-9100.

Free Medicare Basics class at Camano Island Library, October 17, 2:30-3:30pm. Learn enrollment options and avoid costly mistakes. RSVP: 360-329-2984. For accommodations of persons with special needs, call 360-329-2984.

Genealogy 101 Class – FREE! September 24. Free beginner-friendly class on researching your family tree! Discovering your ancestry can be a meaningful experience, so join us at 6:30 pm, 795 Ell Road. No pre-registration needed; laptops optional. Questions? camano@familyhistorymail.org. Sponsored by your local FamilySearch Center housed in the Church of Jesus Christ of Latter-day Saints.

Join our Navigating the Journey Workshop Series for families and caregivers supporting individuals with disabilities in Island County. A wide range of topics and a variety of guest speakers. In person or via Zoom. We start with a Resource Panel on September 24th and jump into the workshop on Thursday, October 1st with The ABCs of IEPs. Phone: 360-632-7539.

Classes and Workshops



DID YOU KNOW?

The first newspaper to ever be put into print in the US was published on September 25, 1690. The paper was called *Publick Occurrences*. Both Foreign and Domestick and was published in Boston. The newspaper was to be rather short-lived, as the British were displeased with its contents and put a stop to it straight away.

YogaTone Sundays September 13-October 11. 11:00am-12:00pm with Kara Keating. Drop-Ins Welcome! Keep moving and join us for a fantastic, fun, positive sweat/dance/movement/yoga class that's designed for just about anyone. 4 classes for \$100 or \$35 drop in register at movementarts.com/events or call 360-629-9100.

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.

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

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

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

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

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

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

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

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

Free 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.

Photos and Art



DID YOU KNOW?

The Sun is positioned exactly above the Equator during the fall equinox. This happens on September 22 or 23 in the Northern Hemisphere and March 20 or 21 in the Southern Hemisphere.

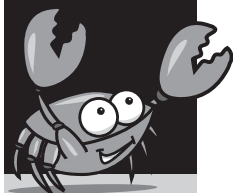


Frog inside rose photo by Diane O'Neil.



Autumn colors from Iverson Beach. Photo by James M. Shipley.

Classified Listings



DID YOU KNOW?

An equinox differs from a solstice, though they are often mistakenly used interchangeably. The two equinoxes occur in fall and spring, while the two solstices mark the beginning of summer and winter.

FOR SALE:

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

MISCELLANEOUS:

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

We have a furnished studio apartment above the garage that has its own kitchen, bathroom, laundry room and a storage room with under cover parking. It is available October 1st and it is ready for viewing. It is located on 5 acres of mostly forest – very beautiful! It is \$1,600 with water, electric and garbage included. Call Jess for further information 509.240.2909.

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.

Collectible Toys, priced to sell! Hot wheels, Matchbox, Johnny Lightning, model cars, Star Wars, action figurines, Transformers, Smurf, California Raisins etc. Call Fred: 360-631-5655

Book Collection, priced to sell! Original Publishers. 1st, 2nd & 3rd editions! Stephen King, Anne Rice, Tom Clancy, Dean Koontz, Jean Auel, Michael Crichton etc. Call Fred: 360-631-5656

PROFESSIONAL SERVICES:

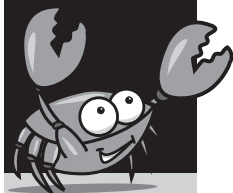
I'm looking for remote work in copywriting and business newsletters. My background also includes strategic communications, customer success, project management, and strategy consultations. Tiffany FitzPatrick, 812.251.4604, tiffanyfitzpatrickco@gmail.com.

Camano Decks & Sheds LLC Local, Affordable & Efficient. Free estimates 10% discount for seniors & ADL ramps. Jim 360-913-2941 E-mail: jmmitchell8974@gmail.com. Serving Outlying Areas.

WANTED:

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

Clubs and Meetings



DID YOU KNOW?

Some people taste words. Lexical-gustatory synesthesia causes people to experience specific tastes when they hear or read certain words. The word "jail," for instance, might taste like cold bacon. The word "Derek" might taste like earwax. These responses are consistent and involuntary.

Camano Island Library Friends Meeting September 24th at 3:00 p.m. in the Community Room at the library. The Guest Speaker will be Ellice Lien, President of the Board of Directors for the Camano Island Chamber of Commerce. We will nominate someone to be our new Board Secretary and the membership will be given a report on the Financial Review for Fiscal Year 2025-2026. Our Annual Book Sale is Saturday, September 19th in the Community Room at the library. We kick off our 2026-2027 membership drive this month. At the close of meeting, we will hang a "Becoming the Camano Island Library" poster which details the journey the Friends and community made to open our beautiful library. It will hang in the Community Room for all to see. Please come and bring a friend. Learn how the Friends support our beautiful library and community.

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

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

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

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

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

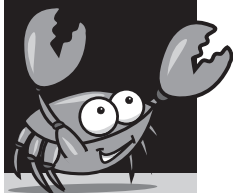
Camano Island Quilters – Meet the first Wednesday of every month September through June from 10-12 noon at the Stanwood United Methodist Church – 27128 102nd Drive NW, Stanwood. Visit our website for more info: camanoislandquilters.wildapricot.org/

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

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

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?

Your Name
Instantly Hijacks
Your Attention

In a loud
crowded room,
your brain can
immediately
detect someone
saying your
name across the
noise.

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.

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

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

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

Are you troubled by someone else's drinking? When you don't know where to turn...Al-Anon/Alateen Family Groups can help! Here is a list of our meeting in the Stanwood/Camano Island area: SUNDAY, "Courage to Change" Camano Lutheran Church, 850 Heichel Rd, Camano Is, 6:00pm; "One Day at a Time," Lincoln Hill Retirement Community, 7430 276th ST NW, Stanwood, 6:30 pm (For Zoom hybrid meeting call 360-618-0464 if you would like the meeting ID for Zoom), THURSDAY, "Stanwood AFG", United Methodist Church, 27128 102nd Dr., Stanwood, 7:00pm, SATURDAY, "Paths to Recovery," Camano Lutheran Church, 850 Heichel Rd, Camano Is, 10:30am. For more info and additional Al-Anon meetings in Northern Snohomish County call 360-618-0464 or go to <https://district28alanon.com>

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

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

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.

WARNING SIGNS YOUR SPOUSE MIGHT BE A BIRDER



As a nationally recognized unlicensed behavioral psychologist who has spent nearly three decades studying unusual human habits, I have witnessed countless troubling obsessions. I've seen adults spend \$14,000 on virtual farm equipment in online games. I've counseled men who believed professional wrestling was real. I've even met individuals who voluntarily joined neighborhood HOA boards. (What were they thinking!) Yet none of these compare to the rapidly growing epidemic currently sweeping suburban America. I'm speaking, of course, about birding. For those unfamiliar with the term, a "birder" is not someone who enjoys an occasional glance at a Robin while mowing the lawn. No, birders are individuals who become fascinated – some experts would say chronically obsessed – with obscure birds with multi-syllabic names like the Northern Black-Hooded, Double-Tufted, Wing-Crested, Hooked-Tail Sparrow. The problem is worse than you think. According to recent studies, married men who think Birkenstocks with knee-high black socks is a good look and who have limited social lives appear particularly vulnerable. The warning signs often begin subtly. Perhaps your husband points out a bald eagle circling overhead (unless you're in New York City, in which case it's more likely just another pigeon). Then he purchases a bird feeder. Before you know it, your husband is waking up at 4:15 AM on a Saturday, covered in camo netting, to sit in a swamp, hoping to catch a glimpse of a breeding pair of North American White-Crested Sapsuckers.

How do you know if your husband has crossed the line from a casual nature-lover into a full-blown avian psychotic? Look for these critical warning signs: First, listen to his vocabulary. If your spouse goes on at length describing the minor, indistinguishable plumage differences between the Kentish Plover and the White-Faced Plover, seek psychiatric help immediately. There is no rational reason a grown man should care about a plover's feathers. Second, monitor his accessories. If he has a pair of high-powered, military-grade binoculars strapped around his neck at all times – including while watching TV, driving the minivan, or taking a shower – this is not a fashion state-

View from the Bleachers



DID YOU KNOW?

Phytoplankton (microscopic marine organisms) generate an estimated 50–80% of the oxygen in Earth's atmosphere through photosynthesis.

The Amazon, often called the “lungs of the Earth,” produces significantly less.

ment. It is a cry for help. If your spouse has obvious binocular tan lines around his neck, it's time to panic. He may be beyond saving at this point.

Ordinary men discuss sports scores, riding mowers, or why their team's prospects to “go all the way” look much better next year. Birders suddenly begin saying things like, “I heard a Black-Throated Gray Warbler this morning.” Or, “The snow geese migration patterns have been spectacular this year.” Or, “Quick! Get in the car! Someone spotted a rare Yellow-Bellied Something-Or-Other near the sewage treatment plant!” No rational person has ever uttered such phrases – or had any interest in being caught anywhere in the vicinity of a sewage treatment plant.

So, what should you do if you suspect your spouse has become deeply involved in birding? First, remain calm. Avoid direct confrontation (or direct eye contact). Do not ridicule his collection of birding field guides or expensive birder apps. You may be tempted to ask why he owns seven books that all appear to contain identical pictures of sparrows. Resist this urge. All suggest hobbies generally considered more normal among middle-aged men, like high-stakes sports gambling, fantasy football, arguing with Trump supporters on Facebook, day trading, or going to strip clubs with male friends in search of hookers. Try inviting other couples over at your peril. Birders tend to struggle in social settings because they frequently interrupt conversations to identify birds outside the window. “Honey, pay attention. Karen was telling us about her hip replacement.”

“I understand, but that's definitely a Red-breasted Nuthatch.” Turns out he was right, but that's beside the point.

In severe cases, professional intervention may be necessary. The National Association for Concerned Spouses operates a confidential bird-wife support hotline at 1-800-NO-MO-OWLS. But let me help you put this crisis into perspective. Birding, while irritatingly nerdy and mind-numbingly boring, is generally harmless. It could be much worse. Your husband could have become obsessed with model trains. With train enthusiasts, sooner or later, the entire garage gets covered wall to wall with train paraphernalia. Then the basement. Before long your home starts looking less like a mid-century two-story colonial and more like an 1850s pioneer village complete with tiny blacksmith shops, and miniature livestock. Before you know it your husband is walking around all day sporting an 1870's era train conductor's outfit complete with a genuine conductor's whistle – which he blows every time the train comes into the station. If you notice your husband has run a stretch of model train tracks across the bed headboard in your bedroom, that's a good indicator it's time to contact a divorce attorney. Compared to that, a few binoculars and an unhealthy interest in woodpecker mating habits doesn't really sound so bad now, does it? So don't freak out. And if your spouse suddenly shouts, “Quick! Grab the camera! A rare tufted thingamajig just landed in the maple tree!” Well... At least he's outside getting some fresh air, in his favorite pair of Birkenstocks.

TIDE TABLES / SARATOGA PASSAGE / SEPTEMBER 18 - OCTOBER 1, 2026

Date	High /Low	Tide Time	Height Feet	Moon Visible
F 18	Low	4:31 AM	1.0	
18	High	12:43 PM	9.3	
18	Low	5:06 PM	7.7	
18	High	9:36 PM	8.9	
Sa 19	Low	5:29 AM	1.2	
19	High	2:10 PM	9.6	
19	Low	6:25 PM	7.8	
19	High	10:42 PM	8.4	
Su 20	Low	6:30 AM	1.3	
20	High	3:01 PM	9.9	
20	Low	8:04 PM	7.4	
M 21	High	12:04 AM	8.2	
21	Low	7:32 AM	1.1	
21	High	3:35 PM	10.2	
21	Low	9:01 PM	6.7	
Tu 22	High	1:27 AM	8.3	
22	Low	8:27 AM	0.9	
22	High	4:00 PM	10.5	
22	Low	9:36 PM	5.8	
W 23	High	2:36 AM	8.6	
23	Low	9:14 AM	0.8	
23	High	4:21 PM	10.8	
23	Low	10:09 PM	4.7	
Th 24	High	3:32 AM	9.1	
24	Low	9:56 AM	0.9	
24	High	4:42 PM	11.1	
24	Low	10:41 PM	3.5	

Date	High /Low	Tide Time	Height Feet	Moon Visible
F 25	High	4:23 AM	9.7	
25	Low	10:37 AM	1.3	
25	High	5:05 PM	11.3	
25	Low	11:15 PM	2.4	
Sa 26	High	5:14 AM	10.2	
26	Low	11:17 AM	1.9	
26	High	5:30 PM	11.4	
26	Low	11:50 PM	1.2	
Su 27	High	6:04 AM	10.7	
27	Low	11:58 AM	2.8	
27	High	5:56 PM	11.4	
M 28	Low	12:26 AM	0.2	
28	High	6:55 AM	11.0	
28	Low	12:40 PM	3.8	
28	High	6:24 PM	11.3	
Tu 29	Low	1:04 AM	-0.6	
29	High	7:47 AM	11.2	
29	Low	1:23 PM	5.0	
29	High	6:53 PM	11.1	
W 30	Low	1:46 AM	-1.2	
30	High	8:43 AM	11.1	
30	Low	2:09 PM	6.1	
30	High	7:23 PM	10.8	
Th 1	Low	2:32 AM	-1.3	
1	High	9:48 AM	10.9	
1	Low	3:03 PM	7.1	
1	High	7:57 PM	10.4	



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WINDERMERE REAL ESTATE

August Market Statistics

CAMANO ISLAND & STANWOOD

CAMANO ISLAND

AS OF AUGUST 31ST 2026

Number of Homes Sold	204
Average Sale Price	\$780,910
Average Days on Market	47
Number of Homes for Sale	157

STANWOOD

AS OF AUGUST 31ST 2026

Number of Homes Sold	268
Average Sale Price	\$732,215
Average Days on Market	34
Number of Homes for Sale	131



For a deeper dive into the Stanwood & Camano Island housing market & to stay informed in 2026, scan QR code or visit windermerestanwoodcamano.com/insights

Stay in the know by subscribing to our monthly Market Insight newsletter, featuring expert real estate guidance delivered straight to your inbox.

Do you have questions or want to learn more?
Come in & speak to an agent. Our office is open 7 days a week!

CAMANO ISLAND
818 N Sunrise Blvd
360.387.4663



STANWOOD
7359 267th St NW #D
360.629.8233