

THE **RAB CRACKER**

Mother's  
Day  
Edition!

**FREE  
TAKE  
ONE**

ISSUE 299 • May 7-20, 2021



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

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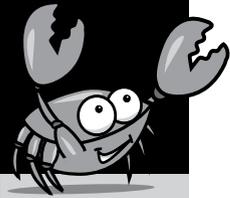
10am - 6pm | Monday - Friday

11am - 4pm | Saturday

Closed | Sunday

**(360) 386-5060**

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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: "Mom, I love ewe." Photo by D. Wilken.*



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James and Malynda Shipley, owners, proprietors  
**thecrab@thecrabcracker.com or 425-299-7892 / 425-299-7893**  
**P.O. Box 2535, Stanwood, WA 98292 • www.thecrabcracker.com**

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**Submission DEADLINE: MAY 13 for Next Edition (May 21-June 3, 2021)**

# Calendar of Events



## DID YOU KNOW?

Sonic the Hedgehog is in the Guinness Book of World Records for being the fastest gaming character ever.

**NOTICE:** Due to the Covid-19 pandemic, many events have been cancelled or postponed or rescheduled. Some of the following events are online and virtual. For all others, contact them directly to ensure they are happening.

FRIDAY, MAY 7

### FORD GIESBRECHT PERFORMS

at Tapped Camano, 5:30-7:30pm at 848 N Sunrise Blvd. Ford plays an eclectic mix of Brazilian classical, American and Latin jazz standards, old rock and original music. Conversation friendly. No cover.



FRIDAY, MAY 7

### ARTISTS RECEPTION FOR JASON OTTO

5-7pm at Beach 1 Gallery. A northwest contemporary artist who lives on Camano Island. His main medium is acrylic on canvas. Lively brush strokes and energetic compositions distinguish his works. His subject matter is diverse but includes a number of local themes such as Washington State ferries, lighthouses, beaches, and some very unique paintings depicting the Boeing aerospace manufacturing facility. Jason's art will be on display and for sale the entire month of May. The Gallery is open 7 days a week. Masks and social distancing are required in the Club House. We will be serving bottled water and individual bags of chips for the reception. 1243 Beach Drive, Camano Island 360-387-1655



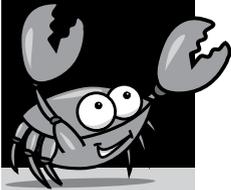
**CAMANO ISLAND**  
15th Annual  
*Mother's Day*  
ART FESTIVAL

**May 7-9, 2021**  
10am to 5pm  
@ Terry's Corner Camano Island

Visit [www.ArtsFestivals.org](http://www.ArtsFestivals.org)  
for more information



# Calendar of Events



## DID YOU KNOW?

Each day, your mouth produces anywhere from 2 to 4 pints of saliva.

FRIDAY, MAY 7

### ONLINE CRAFT & CHAT – FOR NIGHT OWLS

9:00 PM – 10:30 PM. Craft and Chat is an online social event that offers you the opportunity to skill share, learn about library resources and make connections with fellow crafters. This Craft and Chat is for those of you whose creative juices get flowing after the sun goes down. All types of crafts welcome. A link to join the event via Zoom will be sent to registered participants the day of the event. Contact us with questions: <https://www.sno-isle.org/contact-us/>

FRIDAY, MAY 7

### VIRTUAL PLAY & LEARN

with Wonderland Child & Family Services. 10:00 AM – 10:30 AM Online event. Join Shelby, for a 30-minute virtual circle time on Zoom. These weekly sessions include engaging activities designed to foster your child's development, including a story time, singing, and simple crafts. Register online to receive your Zoom link and a list of materials you may need. For information about Wonderland Child and Family Services, please visit their website: <https://wonderlandkids.org/>



FRIDAY, MAY 7

### WHAT'S IN YOUR WATER?

The doctor will tell you. The Trudy Sundberg Lecture Series, in collaboration with the Sno-Isle Libraries Foundation, will present Dr. Mona Hanna-Attisha with her discussion, "What's in Your Water?" Award-winning broadcast journalist Enrique Cerna will join Hanna-Attisha in this virtual conversation on Zoom at 5 p.m. Please register in advance for this event at <https://sno-isle.bibliocommons.com/events/60417d25b22d042f0008fde6>.



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**NEW DATE: Celebrate Summer**  
**June 12, 2021, Saturday at Noon - 2pm**  
**Happening at Freedom Park**



THERE! **CAMANO & STANWOOD**  
**COME UNITY**  
**CONGA**

LEAN RIGHT, LEAN LEFT OR IN-BETWEEN.  
 THE COME-UNITY CONGA IS SO EASY TO DO.  
 WE WILL SHOW HOW A COMMUNITY CAN  
 COME TOGETHER AND SHARE A FUN TIME!

WILL OBSERVE APPROPRIATE  
 SOCIAL DIS-DANCING : )

DON'T MISS THIS UNIQUE OPPORTUNITY  
 TO CELEBRATE WITH FRIENDS & NEIGHBORS IN  
 SUPPORT OF OUR TIRELESS COMMUNITY RESOURCES.



LET'S CELEBRATE A FRESH BEGINNING TOGETHER!

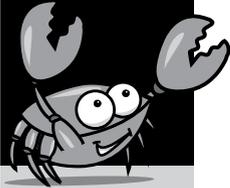
CELEBRATING OUR GREAT COMMUNITY RESOURCES



Produced by Danny Koffman, Art with a Smile & Flag of Peace  
 Co-Hosted by Mike Nestor, Freedom Park  
 ComeUNITY Conga Music composed by Ford Giesbrecht & Danny Koffman  
 Direct any questions to dan@koffman.net

**POLITICS**  
**FREE**  
**EVENT**

# Calendar of Events



## DID YOU KNOW?

Arachibutyro-  
phobia is the  
fear of peanut  
butter sticking  
to the roof of  
the mouth.



FRIDAY, MAY 7

### **NORTHWEST BIG BAND CONCERT**

Enjoy the energetic sound of a classic 17-piece band, performing from Warm Beach Camp & Conference Center, with guest artist Dmitri Matheny on flugelhorn. We will live stream the performance on Facebook and at [nwbbjazzcamp.org/media/](http://nwbbjazzcamp.org/media/)

FRIDAY, MAY 7

### **STANWOOD HIGH SCHOOL SPORTS**

JV Baseball vs Lake Stevens-FR. 4pm.

Go to page 34 for options to watch the home game during Covid.



FRIDAY-SUNDAY, MAY 7-9

### **CAMANO ISLAND MOTHER'S DAY ART FESTIVAL**

10am-5pm at Terry's Corner. FREE event. Bring Mom to Camano Island for the 15th Annual Mother's Day Art Festival! Enjoy music, food, and spectacular art. There will be ice cream for the kiddos, beer and wine for the adults, and a good time for all. Meet the artists and see what's been happening lately on the island.

## MOM'S ARE TOTALLY CLAWSOME!



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# Help Wanted:

## Childcare Director/Program Supervisor

Camano Lutheran Childcare is a Christian-based Childcare that has been in operation for 35+ years. Following a year-long hiatus due to Covid 19, our quality program is gearing up to resume daily operations and provide a nurturing and safe environment for children in the Stanwood/Camano community.

If you have a strong work ethic and a desire to make a difference in the life of children then consider this opportunity and submit your resume no later than May 21, 2021. Currently, due to current COVID-19 circumstances, the church office is functioning on a limited schedule. Please go to our website for additional information, job qualifications/descriptions and application process.

[www.CamanoLutheranChurch.org](http://www.CamanoLutheranChurch.org)

Educational requirements & minimum qualifications for all positions can be found at:

<https://apps.leg.wa.gov/WAC/default.aspx?cite=110-300-0100>

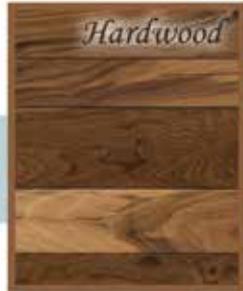
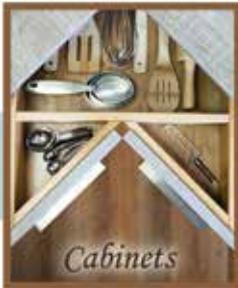
<https://apps.leg.wa.gov/WAC/default.aspx?cite=110-300-0106>

<https://www.dcyf.wa.gov/services/earlylearning-profdev/early-learning-provider>

### CHILDCARE DIRECTOR:

immediate opening for a qualified Childcare Director/Program Supervisor who meets state educational requirements. Newly hired Director will be expected to work closely with church leadership to implement reopening of Childcare program according to state and CDC requirements.

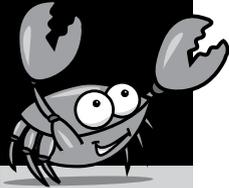
- LEAD TEACHER** – future opening for lead teacher(s)—min. age 18 years old
- ASSISTANT TEACHER** – future opening for assistant teacher(s)—min. age 18 years old
- AIDES** – openings for aides—min. age 15 years old



Mount Vernon Carpet One  
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# Calendar of Events



## DID YOU KNOW?

Helen Keller was related to Robert E. Lee. Her paternal grandmother was second cousins with him.

FRIDAY-SUNDAY, MAY 7-9

## SANCTIONED BARN HUNT TRIALS

8am-5pm at SchaSam. Full weekend of Barn Hunt Trials (2 each day, Fri, Sat & Sun) with all levels and Crazy 8. These will be three judge/ three ring trials. 4910 268th Street NW, Stanwood.



SATURDAY, MAY 8

## THE CHRIS EGER BAND!

8-11pm at Loco Billy's Wild Moon Saloon. Yay! Chris Eger brings his fantastic band back to Loco Billy's! \$12 Reserved Seats, \$8 General Admission. Call 425-737-5144 early to purchase - limited to 50% capacity. Masks & Social Distancing required. Doors Open 6:30pm. In case of rescheduling this event, tickets are non refundable, but credit will be offered for another Chris Eger show.

SATURDAY, MAY 8

## COME CELEBRATE THE MOMS IN OUR LIVES!

Treat Mom/Grandma/Great Grandma for Mother's Day!!! Hanging baskets, Tulips, Ranunclu's, Anemones, bouquets, seed packets, gift bags, plant starts and more!!! 11am-4pm at Happy Hollow Farm, 21520 50th Ave NW, Stanwood.

## Stanwood United Methodist Church

~ Open Hearts, Open Minds, Open Doors ~

In-Person Services at 9am & 11am. Call to register. Online Services available at 11am at [www.stanwoodumc.org](http://www.stanwoodumc.org) or on our Facebook page at: Stanwood United Methodist Church.



A Reconciling Congregation

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27128-102nd Dr. NW,  
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[www.stanwoodumc.org](http://www.stanwoodumc.org)  
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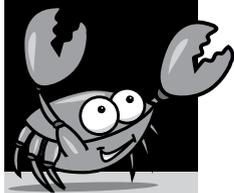
## May Fair

Saturday ~ May 22, 2021

A local vendor retail event sponsored by the Stillaguamish Grange 1058! 9 am to 4 pm at Stillaguamish Grange at the Stanwood Fairgrounds. Find retail items and handcrafted items from local small businesses. There will also be a raffle benefitting high school scholarships.

**You won't want to miss this!!**

# Calendar of Events



SATURDAY, MAY 8

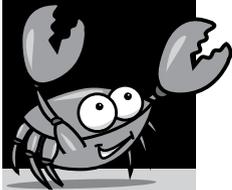
## **PUB 282 PRESENTS: FALSE SENSE OF SECURITY**

8-10pm at Pub 282, 370 NE Camano Dr., Camano Island. These Seattle area musicians joined together to start playing some of the best rock & roll songs throughout the decades. False Sense of Security is made up of people with normal jobs and busy lives. All the members share a love for music and similar tastes in genres. When it's time to perform live, their goal is to put on the best show possible so their audience is having as much fun as they are.



*Happy Mother's Day!*

# Calendar of Events



## NEED TO FIND FRESH CRAB?

An outdoor magazine rack filled with "fresh" Crab Crackers is located at the Terry's Corner Visitor's building (the small red building with the big stained glass window and artist Danny Koffman's posters).



SATURDAY, MAY 8

### CAMA BEACH MOTHER'S DAY CELEBRATION

Traditionally, we have held the Cama Beach Mothers Day Saturday Sail at Cama Beach State Park. However, due to COVID-19, in order to keep our guests and community safe, we are modifying this year's celebration to focus on our human powered vessels and toy boat building! Join us from 10am - 4pm, you will have to opportunity to take a free rental out for 45 minutes. Boats will be sanitized in between uses and all guests are to follow our COVID-19 safety rules and sign waivers. Toy boat building will be offered next to the boathouse with individual tool stations, and frequent sanitation. Adult supervision is required.

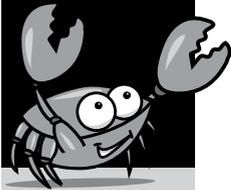


SUNDAY, MAY 9

### HAPPY MOTHER'S DAY

A celebration honoring the mother of the family. The modern Mother's Day began in the United States, at the initiative of Anna Jarvis in the early 20th century. The modern holiday of Mother's Day was first celebrated in 1907, when Anna Jarvis held a memorial for her mother at St Andrew's Methodist Church in Grafton, West Virginia. St Andrew's Methodist Church now holds the International Mother's Day Shrine. Her campaign to make Mother's Day a recognized holiday in the United States began in 1905, the year her mother, Ann Reeves Jarvis, died. Ann Jarvis had been a peace activist who cared for wounded soldiers on both sides of the American Civil War, and created Mother's Day Work Clubs to address public health issues.

# Calendar of Events



## DID YOU KNOW?

Bill Gates' house was designed using a Macintosh Computer.



MONDAY, MAY 10

### THE HISTORY OF THE HAWAIIAN STEEL GUITAR WITH ALAN AKAKA

3:00 PM – 4:00 PM Online event. Join music educator and historian Alan Akaka for a discussion on the history of the steel guitar and its influence on various American music genres. Alan will play live music as part of the presentation, bringing to life the familiar sounds of the steel guitar as he shares his knowledge of the cultural traditions of the Hawaiian Islands. Please register to ensure you receive a courtesy reminder the day before the event, and to help us get a head count. Contact us with questions: <https://www.sno-isle.org/contact-us/>

TUESDAY, MAY 11

### TEEN SELF DEFENSE

with Seven Star Women's Kung Fu. 4:00 PM – 5:30 PM. Online event. Learn the basics of self-defense and assertive boundary-setting at this free 90-minute beginner class for teens. This class is open to ages 13-19. Instructed by 7th degree black belt Michelle McVadon. No experience necessary. Please register ahead of time. A link to join the event via Zoom will be sent to registered participants. Contact us with questions: <https://www.sno-isle.org/contact-us/>



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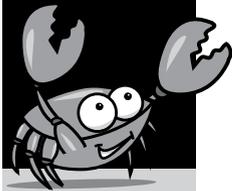
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# Calendar of Events



## DID YOU KNOW?

The swan has  
over 25,000  
feathers on its  
body.



TUESDAY, MAY 11

### **ASIAN AMERICA 2021: ANTI-ASIAN RACISM AND UNLEARNING THE MODEL MINORITY MYTH**

3:30 PM – 4:30 PM Online event. This virtual lecture introduces attendees to North America's history of anti-Asian racism, highlighting Pacific Northwest history and stories, and how the model minority myth attempts to continually devalue Asian American voices and stories today. We will also learn more about how to unlearn and critically examine common misconceptions of Asian American history and actively learn to participate in anti-racism that best serves alongside our Asian American siblings better. Please register to ensure you receive a courtesy reminder the day before the event, and to help us get a head count. Contact us with questions: <https://www.sno-isle.org/contact-us/>

TUESDAY, MAY 11

### **STAY-AT-HOME STORYTIME SNIPPETS**

3:00 PM – 3:15 PM Online event. Enjoy stories, sing along songs, rhymes and fun activities that prepare young minds for the adventures of reading. Presented by Sno-Isle Libraries staff from their homes for you and your little ones to join in from your home. To view, please visit the Sno-Isle Libraries Facebook or YouTube pages. Recordings will be available for later viewing.

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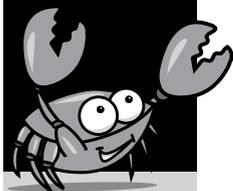
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- **Postal Mail:**  
Stanwood Hearing Attention:  
Better Hearing This Spring,  
9300 271st St NW suite B-5,  
Stanwood, WA 98292
- Submission deadline is 5/31 and a winner will be chosen 6/15.

**Tonia MacPhail,** **STANWOOD HEARING**  
A.A.S., HIS

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Stanwood, WA 98292  
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and H&R Block  
p: 425-272-9435 | f: 360.572.4765  
**StanwoodHearing.com**

We are committed to taking extra precautions to keep our office safe for everyone.

# Calendar of Events



## DID YOU KNOW?

Dogs can be allergic to humans – specifically, their dander. While being treated for this allergy, it can take up to 12 months for a dog to recover.

TUESDAY, MAY 11

### **VIRTUAL PLAY & LEARN**

with Wonderland Child & Family Services. 10:00 AM – 10:30 AM On-line event. Join Shelby, for a 30-minute virtual circle time on Zoom. These weekly sessions include engaging activities designed to foster your child's development, including a story time, singing, and simple crafts. Register online to receive your Zoom link and a list of materials you may need. For information about Wonderland Child and Family Services, please visit their website: <https://wonderlandkids.org/>



TUESDAY, MAY 11

### **FORD GIESBRECHT PERFORMS**

at Tapped Camano, 5:30-7:30pm at 848 N Sunrise Blvd. Ford plays an eclectic mix of Brazilian classical, American and Latin jazz standards, old rock and original music. Conversation friendly. No cover.

WEDNESDAY, MAY 12

### **BIBLE STUDY BREAKFAST**

Camano Chapel's Chapelites Bible Study Breakfast. 9-10:30 am. All adults ages 55+ are welcome. We meet in Saratoga Hall's Upper Room. Please join us!

WEDNESDAY, MAY 12

### **STANWOOD HIGH SCHOOL SPORTS**

Girls Basketball vs Marysville Pilchuck. Freshman & JV: 5:40pm. Varsity: 7:15pm. Go to page 34 for options to watch the home game during Covid.

WEDNESDAY, MAY 12

### **ONLINE CRAFT & CHAT – KNIT & CROCHET**

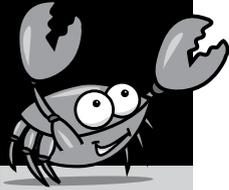
3:00 PM – 5:00 PM. Calling all yarn crafters! Whether you make garments, gifts, home décor, or amigurumi, you can use yarn to create a wide variety of beautiful and interesting objects. Bring your current knit or crochet project and connect with your fellow crafters. A link to join the event via Zoom will be sent to registered participants the day of the event. Contact us with questions: <https://www.sno-isle.org/contact-us/>

WEDNESDAY, MAY 12

### **ONLINE PUB TRIVIA - "SCHITT'S CREEK"**

7:00 PM – 8:30 PM. Grab your favorite beverage, call your friends, and settle in for a night of pub trivia – right in the comfort of your own home! Join us for Online Pub Trivia - "Schitt's Creek"! A link to join the event via Zoom will be sent to registered participants the day of the event. Contact us with questions: <https://www.sno-isle.org/contact-us/>

# Calendar of Events



## DID YOU KNOW?

Allodoxophobia  
is the fear of  
opinions.

THURSDAY, MAY 13

### “THE RED CROSS” PRESENTATION

The Camano Preparedness Group presents a program “The Red Cross” with Jamie Gravelle. She will talk about the mission of the Red Cross and how the Camano Preparedness Group can work with them in an emergency/disaster situation. How the CPG can work with the Red Cross is a big consideration, since the Red Cross may not be able to get to our island in a disaster situation. The public is welcome to attend. Zoom from 7:00pm-9:00pm. Log-on ID: 969 4562 8910 and password CPG (all caps). For more info contact Rhonda Paulson – 360-387-9923 or Sue Ryan – 760-390-2436.

THURSDAY, MAY 13

### SOUND HORSEKEEPING: PASTURES & PARASITES

5:30 PM 7:00 PM. Snohomish Conservation District Online Event. An informative webinar about caring for your pasture and your horse at the same time. We are elated to have Dr. Dana Westerman, from Professional Equine Therapeutic Services, join our very own Michael Hipp, Sound Horsekeeping program manger, for an engaging webinar. REGISTER AT <https://www.eventbrite.com/e/sound-horsekeeping-pastures-and-parasites-tickets-149968374445>.

THURSDAY, MAY 13

### FREE YOGA

class at Z’s Body & Soul, 4:30pm. Flow yoga with Julie Shepler, come be Inspired and uplifted while having fun moving your body. Please register at [zsremedies.com](http://zsremedies.com) Or call 360-629-5040.

THURSDAY, MAY 13

### STANWOOD HIGH SCHOOL SPORTS

Boys Basketball vs Snohomish. Freshman & JV: 5:40pm. Varsity: 7:15pm. Go to page 34 for options to watch the home game during Covid.

FRIDAY, MAY 14

### FORD GIESBRECHT PERFORMS

at Tapped Camano, 5:30-7:30pm at 848 N Sunrise Blvd. Ford plays an eclectic mix of Brazilian classical, American and Latin jazz standards, old rock and original music. Conversation friendly. No cover.

## MIKE GANT

REAL ESTATE

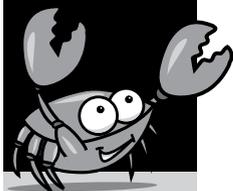
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Web [mikegantrealestate.com](http://mikegantrealestate.com)  
Phone 425-244-8777



Your Goals, My Priorities.

  
Windermere  
REAL ESTATE  
Windermere Real Estate/CR

# Calendar of Events



## DID YOU KNOW?

When Kurt Russell smashed the guitar in "The Hateful Eight" he accidentally destroyed an irreplaceable 145-year old museum piece, instead of one of the replicas.

FRIDAY, MAY 14

## STANWOOD HIGH SCHOOL SPORTS

Boys Wrestling vs Snohomish. JV: 5:45pm. Varsity: 7pm. Go to page 34 for options to watch the home game during Covid.



FRIDAY, MAY 14

## ONLINE FAMILY TRIVIA - OUTER SPACE

5:00 PM – 6:00 PM. Blast off to outer space! Go it solo or grab a family member (or a few!) to test your trivia skills, right from the comfort of your own home. Family trivia is designed with young people in mind – we suggest a youth participant on each team. A link to join the event via Zoom will be sent to registered participants the day of the event. Contact us with questions: <https://www.sno-isle.org/contact-us/>

FRIDAY, MAY 14

## VIRTUAL PLAY & LEARN

with Wonderland Child & Family Services. 10:00 AM – 10:30 AM Online event. Join Shelby, for a 30-minute virtual circle time on Zoom. These weekly sessions include engaging activities designed to foster your child's development, including a story time, singing, and simple crafts. Register online to receive your Zoom link and a list of materials you may need. For information about Wonderland Child and Family Services, please visit their website: <https://wonderlandkids.org/>

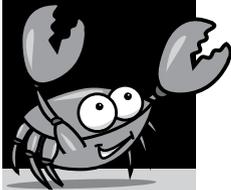


SATURDAY, MAY 15

## CLEAN SWEEP - STANWOOD

9am-2pm (or until dumpsters are full) at old Thrifty Foods parking lot, Stanwood. open to residents living in Stanwood city limits. Only 1 vehicle per dumpster. Wear a mask & gloves & be prepared to unload your own vehicle. Public Works will be on site with a backhoe for help. Accepted items: Bagged garbage, recycling items, scrap metal (no gas or oil or plastic or wood), yard waste, and clean wood.

# Calendar of Events



## DID YOU KNOW?

Male cats are called toms and females are called queens or mollies.

SATURDAY, MAY 15

### THE TRAIL MIXER

A Progressive Happy Hour at Camp Killoqua (MUST PURCHASE TICKETS IN ADVANCE). 3-5pm. Tickets: [secure.acceptiva.com](https://secure.acceptiva.com). Join us for our first ever Trail Mixer. Wander through the trails of Camp Killoqua while enjoying 4 small bite food stations featuring upscale versions of camp classics, and two drink tickets per person! While not eating, guests will be asked to wear a facemask and maintain physical distance. Sign-up for an arrival time. This event is for 21 years and older, id's will be checked for alcohol, no children please. Tickets must be purchased in advance, no day of sales.

SATURDAY, MAY 15

### CARS AND COFFEE

7am-10am. Free Event by The Baked Cafe at Camano Commons Marketplace. You provide the cars, we provide the coffee! All cars welcome. Lets fill this place up!

SATURDAY, MAY 15

### ASK A MASTER GARDENER

Are you thinking about working in your yard? You are in luck. Today is Island County Master Gardener Clinic day. Join us at 2 PM and ask your garden questions or just listen in as we talk about what is going on in our gardens this month. Join from PC, Mac, Linux, iOS, or Android: Zoom Link <https://wsu.zoom.us/j/92586177662>. Meeting ID: 925 8617 7662. Password: 509241.

TUESDAY, MAY 18

### STANWOOD HIGH SCHOOL SPORTS

Girls Basketball vs Marysville Getchell. Freshmen & JV: 5:40pm. Varsity: 7:15pm. Go to page 34 for options to watch the home game during Covid.

TUESDAY, MAY 18

### FORD GIESBRECHT PERFORMS

at Tapped Camano, 5:30-7:30pm at 848 N Sunrise Blvd. Ford plays an eclectic mix of Brazilian classical, American and Latin jazz standards, old rock and original music. Conversation friendly. No cover.

HOPE FOR A  
CHANGING WORLD



BAHAI FAITH

425-319-8870 ★ [Bahaisofcamanoisland.org](https://www.bahaisofcamanoisland.org)

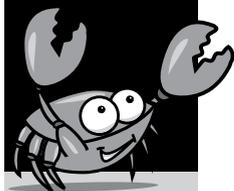
Our online  
shop is now  
OPEN!



Laurie's  
A Unique Boutique

Go to [www.lauries-boutique.com](https://www.lauries-boutique.com)  
and click "Shop"

# Calendar of Events



## DID YOU KNOW?

Although the saltwater crocodile has the highest recorded bite force in any animal, the muscles to open its mouth are weak. Its mouth can be shut with a couple layers of duct tape.

TUESDAY, MAY 18

### STAY-AT-HOME STORYTIME SNIPPETS

3:00 PM – 3:15 PM Online event. Enjoy stories, sing along songs, rhymes and fun activities that prepare young minds for the adventures of reading. Presented by Sno-Isle Libraries staff from their homes for you and your little ones to join in from your home. To view, please visit the Sno-Isle Libraries Facebook or YouTube pages. Recordings will be available for later viewing.

TUESDAY, MAY 18

### VIRTUAL PLAY & LEARN

with Wonderland Child & Family Services. 10:00 AM – 10:30 AM Online event. Join Shelby, for a 30-minute virtual circle time on Zoom. These weekly sessions include engaging activities designed to foster your child's development, including a story time, singing, and simple crafts. Register online to receive your Zoom link and a list of materials you may need. For information about Wonderland Child and Family Services, please visit their website: <https://wonderlandkids.org/>

TUESDAY, MAY 18

### LEARN THE BASICS OF SOCIAL SECURITY

1:30 pm – 2:30 pm. Free workshop hosted by Island Senior Resources. Learn how and when to apply for benefits, types of benefits you may qualify for, your Social Security rights, benefits based on earnings, spousal earnings (current and former), and survivor benefits for widow(er)s. Webinar will be via Zoom. Pre-register for a link to join by visiting [www.senior-resources.org/calendar](http://www.senior-resources.org/calendar) or call 360-321-1600 or 360-678-3373.



WEDNESDAY, MAY 19

### OPEN BOOK - CHRISTINA SOONTORNVAT

10:00 AM – 11:00 AM Online event. Christina Soontornvat is the award-winning author of over a dozen books for children of all ages. Her recent works include the middle grade fantasy, "A Wish in the Dark", which was named a 2021 Newbery Honor Book, and was chosen as Best Book of the Year by The Washington Post and School Library Journal. "All Thirteen: The Incredible Cave Rescue of the Thai Boys' Soccer Team" has received numerous nonfiction awards and was also named a 2021 Newbery Honor Book. Please register to ensure you receive a courtesy reminder the day before the event, and to help us get a head count. Contact us with questions: <https://www.sno-isle.org/contact-us/>

**DON'T BE INSANE!**

**SAVE your BRAIN!**

*Did you know...*

Bicycle helmets have been shown to reduce the risk of head injury and the risk of brain injury.

75% of bicycle-related fatalities among children could be prevented with a bicycle helmet.

Children ages 10-14 are at a greater risk for traumatic brain injury because helmet use declines as children age.

**WARM AIR, COLD WATER...**

Don't be lulled by warm air temperatures. Wear a chafe-free lifejacket and become an expert in float plans and basic cold-water shock resistance that you need.

**PROTECT YOURSELF**

- Always wear a life jacket.
- Layer clothing made from synthetic materials or wool.
- Be able to call for help. Carry two forms of communication that will work while wet (cell phone, whistle, VHF radio, etc.)
- Understand wind, wave, current and tide conditions and how they impact your ability to control your vessel.
- Be alert, avoid alcohol and marijuana.
- File a float plan, tell a friend where and when.

**WEAR IT**  
West Washington

**Julie, one of the great teachers at Z's!**

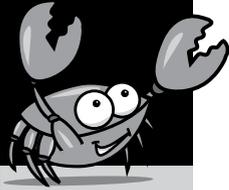
**Z BODY & SOUL**

9504 271st Street, Stanwood, WA  
360-629-5040  
zsremedies.com

**Open Mon-Tue-Wed for retail & by appt before & after classes**

- NOW 12 in-studio & zoom classes weekly with the Best, qualified instructors
- Yoga classes filled with humor, kindness, care and health support
- Allergy RELIEF and headache healer
- Pick up or ship @ [zsremedies.com](http://zsremedies.com)

# Calendar of Events



## DID YOU KNOW?

Temperature effects your attitude towards others. For example if you hold a warm coffee as opposed to a cold coffee, you are more likely to be more selfless towards others.

WEDNESDAY, MAY 19

### **ONLINE PUB TRIVIA - NATIONAL PARKS**

7:00 PM – 8:30 PM. Test your travel knowledge with this trivia night all about national parks! This is a great way to scratch the travel itch without ever leaving the comfort of your home. A link to join the event via Zoom will be sent to registered participants the day of the event. Contact us with questions: <https://www.sno-isle.org/contact-us/>

WEDNESDAY, MAY 19

### **EARLY BIRD COFFEE & CRAFTS**

9:00 AM – 10:30 AM Online event. This Craft and Chat is for those who know the best way to start the day is with conversation, coffee, and creativity. All crafts and all skill levels are welcome. This is a social event and not a tutorial. Registration is required. Contact us with questions: <https://www.sno-isle.org/contact-us/>

WEDNESDAY, MAY 19

### **REVERSING GLOBAL WARMING: INTRODUCTION TO PROJECT DRAWDOWN**

7 pm ZOOM Presentation. Reversing global warming is possible and we have an important role in that process. Scott Henson will discuss a comprehensive plan to reverse global warming from Project Drawdown, a scientific study that identified 100 solutions that together could actually reverse global warming by 2050.

THURSDAY, MAY 20

### **STANWOOD HIGH SCHOOL SPORTS**

Boys Wrestling vs Lake Stevens. JV: 5:45pm. Varsity: 7pm. Go to page 34 for options to watch the home game during Covid.

THURSDAY, MAY 20

### **OPEN BOOK - TINA ONTIVEROS**

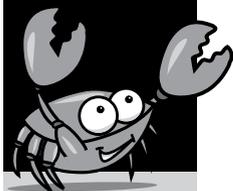
12:00 PM – 1:00 PM Online event. Tina Ontiveros is the author of "rough house" a memoir of family, addiction, joy, and adventure set in the rural spaces of the Pacific Northwest. Ontiveros follows her logger father as he migrates across his wooded territory, cobbling together shelters for his family, burning bridges, and forever starting over. "Rough House" is the winner of a 2021 Pacific Northwest Book Award. As a writer and a teacher, Tina's work explores class, generational hardship, and the social constructs that marginalize the poor. Please register to ensure you receive a courtesy reminder the day before the event, and to help us get a head count. Contact us with questions: <https://www.sno-isle.org/contact-us/>

THURSDAY, MAY 20

### **COOKING AND NUTRITION: EATING FOR FUEL**

If you are getting ready to hike a mountain, walk in your first 5k or are a seasoned triathlete, your food choices and eating schedule can help or hurt your performance. Learn how to adequately fuel for various activities and optimize recovery. This free presentation will be 2-3pm & led via Zoom by a Registered Dietitian Nutritionist from Sound Dietitians, LLC. Pre-registration is required by visiting [stillyvalleyhealth.org](http://stillyvalleyhealth.org) or call 360-386-9918. This event is sponsored by Skagit Regional Health.

# Kid's Korner



## DID YOU KNOW?

Nowhere in the Bible does it say there were three wise men, just three gifts.



## HANDS & PHOTO HEART KEEPSAKE

Materials: 1 cup of flour (all-purpose); 1 cup of salt (fine); 1/2 cup of water; Glitter (optional); pink/red food coloring; Tools; Child's hand; Heart cookie cutter; Knife; Cookie letter stamps; Photo; String

Instructions: Mix the flour and the salt. Add the water and mix well. Add the food coloring. If you want to add glitter, do it now. Roll dough out, 1 cm thick. Use the cookie cutter to cut the heart shape for the photo. Press the hands into the dough, around the heart cut-out to make a clear imprint. Add the names and date, using cookie stamps to make it more clear. Remember to make holes for the string. Bake the keepsake for 3 hours at 160°F. Leave overnight to cool off. Attach the string and photo to finish it off. Source: [www.teach-me-mommy.com/hands-photo-heart-keepsake/](http://www.teach-me-mommy.com/hands-photo-heart-keepsake/)

*Yoga and Pilates*  
movementarts.com



MOVEMENT ARTS

360-629-9100

Camano Commons

**PUGET SOUND TREE CARE LLC**

Jim Fay, Owner/Arborist • FREE ESTIMATES

**360-387-0243**

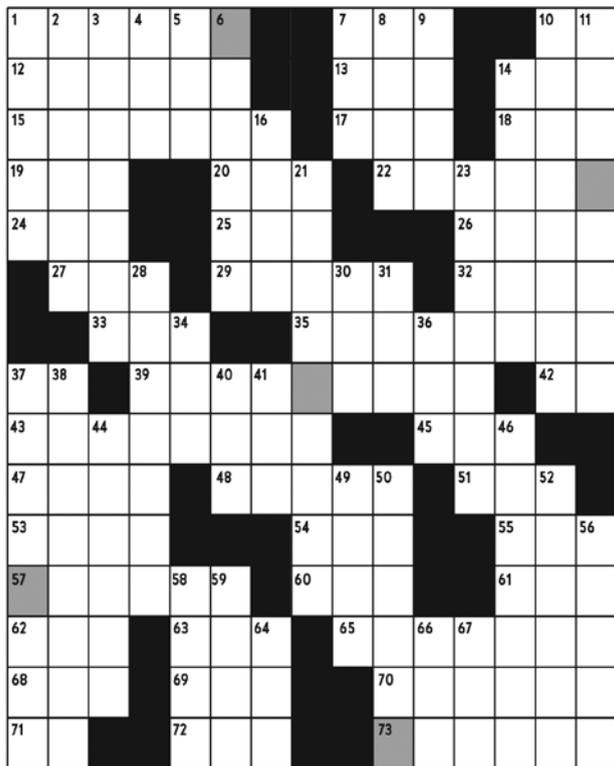
Tree Removal & Trimming  
Stump Grinding  
View Clearing  
Hazard Trees  
Logging  
Arborist Services

LICENSED • BONDED • INSURED



# ♥ Mother's Day ♥

## CROSSWORD



- 63 Remind incessantly  
 65 What you might say to a toddler after they knock over their cup  
 68 Not working anymore, for short  
 69 Change the color of something  
 70 "I'm \_\_\_" - me the morning after every workout  
 71 George Clooney's workplace, on TV  
 72 The sound a ghost might make  
 73 What you might call a parent who is also your trusted advisor

### DOWN

- 1 Lazy \_\_\_  
 2 What Jesse did to DJ, Stephanie, and Michelle  
 3 "At my old school..." girl in The Magic School Bus, for one  
 4 Word before buds or ache  
 5 Rearrange these letters to get a big name in fabric dye  
 6 Souvenirs  
 7 Mornings  
 8 The best part of your Chipotle meal, informally  
 9 Jane Austen classic  
 10 They might block the sun, if you lived in Victorian times  
 11 Tool for measuring wind speed  
 14 It might give you food poisoning at a barbecue joint  
 16 Lady-parts doctor, informally  
 21 The scientific study of earthquakes  
 23 What old-school cheerleaders might yell  
 28 Most athletic  
 30 Heavy-duty soap  
 31 \_\_\_ & Pppr - Wheel of Fortune clue for someone who refuses to buy a vowel  
 34 Half of a popular dance  
 36 \_\_\_ Michele of "Glee"

### ACROSS

- 1 What you might call a parent who has a full-time job, takes care of her kids, and keeps a spotless household  
 7 It ain't nothing but a number, according to Aaliyah  
 10 Where the Liberty Bell lives, for short  
 12 Decide to like something again?  
 13 British word for the theme of this puzzle  
 14 Prohibit  
 15 You might cheer when your team is doing this  
 17 \_\_\_ I Am  
 18 "\_\_\_ you not entertained?"  
 19 Beer  
 20 Abbreviation for the Knoxville, TN airport, or an anagram for a pigpen  
 22 Indian spice  
 24 Name for a recent presidential candidate if his family was called the Nush's and named their kids like the Kardashians  
 25 To do better than someone else, with "up"  
 26 British word for your rear end  
 27 Fo' sho'  
 29 A baby does this to a diaper

- 32 One was caused by zoot suits  
 33 [They're the ones who type like 3 year olds, not me, I swear!]  
 35 There are three in the answer to this clue  
 37 \_\_\_ Androids Dream of Electric Sheep?  
 39 You might put this under a flashlight to get out of going to school  
 42 Jr.'s father  
 43 Able to be changed  
 45 Who you gonna call...when your car breaks down  
 47 Intersection  
 48 Multiply this to add a 0  
 51 "Yes, \_\_\_" the first rule of improvisation games  
 53 "If you want to know what I think" abbreviations  
 54 Female tribute from District 11 in The Hunger Games  
 55 1150, to someone who doesn't know how Roman Numerals work  
 57 If mass and velocity are constant, this has to stay constant as well  
 60 Traditional Thanksgiving food  
 61 We share 50% of it with bananas  
 62 A to \_\_\_ C to D

- 37 You might call a pair of jeans this if their wash goes from light to dark  
 38 What Ferris spun backwards so Cameron wouldn't get in trouble  
 40 Opposite of flow  
 41 O \_\_\_ Owl  
 44 The worst thing you could hear at a wedding  
 46 "What \_\_\_" -Hermione after Harry flies to rescue the Remembrall  
 49 Four of the first letters guessed in Hangman  
 50 Yet another animal mother who got killed off at the beginning of a kid's movie  
 52 Money south of the border  
 56 Word before tag or dome  
 58 Crti-Z  
 59 Conditment that people either love or hate, informally  
 64 Prefix before -metry or -graphic  
 66 Society that's meeting at the Independence Inn when it catches on fire, in Gilmore Girls  
 67 Worst thing to give to a scammer, for short



# Windermere

REAL ESTATE



**LAKE GOODWIN** **\$800,000**  
 Fabulous lakefront home with boathouse, sparkling views and the magic of life on the lake. #1763161



**CAMP COMFORT** **\$475,000**  
 West-facing view home on Camano with extra lower level kitchenette and a private beach association with boat launch. #1748279



**SUNDAY LAKE** **\$599,000**  
 Beautifully remodeled Stanwood home with a serene view of the lake and just minutes to I-5. #1761781



**VACANT LAND** **\$320,000**  
 Enjoy the stunning water and mountain views from this beautiful Camano lot in Brentwood. #1764555



**VACANT LAND** **\$339,000**  
 Two separate but adjacent building lots just shy of 2.5 acres each with potential views on Camano. #1748730



**LOST LAKE** **\$419,000**  
 Immaculate 3-bedroom rambler on Camano has a beautiful yard, deck and wonderful Lost Lake amenities. #1762920

**STANWOOD**  
 7359 267th St. NW, #D  
 360.629.8233



**CAMANO ISLAND**  
 818 N. Sunrise Blvd.  
 360.387.4663



# Windermere

REAL ESTATE



**VACANT LAND** **\$180,000**  
 Beautiful building lot in the Sunday Lake area captures outstanding Stillaguamish Valley Views. #1753601



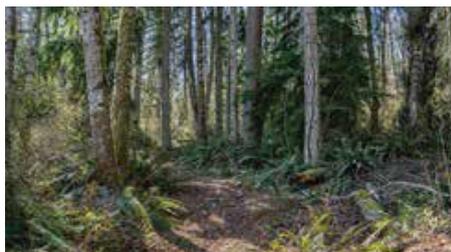
**COUNTRY CLUB** **\$2,298,000**  
 Huge view from this gorgeous new home includes covered outdoor living space, ample parking, nearby beach access. #1761522



**CEDARHOME** **\$465,000**  
 Great Stanwood 3-bedroom home with fully fenced backyard in a great location. #1764584



**STANWOOD** **\$380,000**  
 Beautiful westerly views of the Sound, mountains and sunsets from classic but updated and well-maintained home. #1761613



**VACANT LAND** **\$275,000**  
 Mostly level acreage on the north end of Camano with multiple building sites, access permit and perc done. #1756212



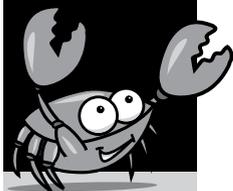
**OAK HARBOR** **\$459,000**  
 Perfectly level, fenced and oversized lot with immaculate rambler. Offering community beach access, pool and clubhouse. #1761039

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

Windermere Real Estate/CIR



# Classified Listings



## GARAGE / YARD / ESTATE SALES

*Having a Sale?  
Publish it here  
for FREE.*

Email is your info  
at [thecrab@the  
crabcracker.com](mailto:thecrab@thecrabcracker.com)

## FOR SALE:

**Cedar rounds** 16" by private party. \$50. P.U. load. 360-387-9229

## GARAGE / YARD / ESTATE SALES:

**HUGE JOINT FAMILY GARAGE SALE:** May 8, 2021 from 9 am to 4 pm only. 1928 Cascade View Drive, Camano Island.

**HUGE GARAGE SALE!!!!** May 7: 8am-3. May 8: 8am-noon. LOTS TO LOOK THROUGH! 1535 Thompson Drive, Camano Island.

**Moving Sale** May 14-16 at 820 Holbeck Drive, Camano Island 8 AM – 3PM Rain or Shine. Household Items, Garden, Yard Art, Kitchen, Fabric and craft supplies, Décor & much More.

**Annual Camaloch Garage Sale** May 21 and June 4. More info: 360-387-6060.

**Garage Sale** May 28, 29, 30 from 9:00 a.m. - 4:00 p.m. Household goods, Antique furnishings, collectibles and tools. 1535 Carol St., Camano Island.

**Garage Sale:** June 4-5. 218 mockingbird Drive, Camaloch. Follow pink signs.

## PROFESSIONAL SERVICES:

**House-Sitter/Pet Nanny/Personal Assistant available;** read more at [www.rover.com/sit/annej65098](http://www.rover.com/sit/annej65098) or email to [AnneYoungofNorthCoast@gmail.com](mailto:AnneYoungofNorthCoast@gmail.com).

**Cascadia Eye** provides comprehensive medical, surgical and optical care for all ages. Our world is your vision. Call 360-629-4180.

**Complete Landscape, Tree Service & Home Repair.** Landscape Clean-up, Tree Pruning / Trimming, Hedges, Tractor Work, etc. 30 years experience, Senior Discounts Ted -415-312=8075 or 425-387-8627

**55+! Gain confidence in your movement and overall health** through personal training and health coaching with Camano Island's Active Aging Specialist Nicole Vienneau.

**Greg's Mobile Small Engine Repair** Tune-ups, blade sharpening, chainsaw, mower and other small gas engines fixed (425)350-0938

## WANTED

**Longtime local teacher/Camano resident seeking clean, quiet accommodation** from June1-Sept.15. Gone every weekend and at least one full week a month. Excellent personal, professional references. Up to \$1000/month. 360-629-4070

**HELP WANTED: Childcare Director/Program Supervisor** Camano Lutheran Childcare is gearing up to resume daily operations and provide a nurturing and safe environment for children in the Stanwood/Camano community. If you have a strong work ethic and a desire to make a difference in the life of children then consider this opportunity and submit your resume no later than May 21. Please go to our website for additional info, job qualifications/descriptions and application process. [www.CamanoLutheranChurch.org](http://www.CamanoLutheranChurch.org)

**Wanted. Home to rent** Camano/Stanwood. Senior gentleman. Has sweet service dog. Quiet and professional. 206-473-0740

**BOAT WANTED** by senior. 12'-14' aluminum boat. 360-387-9229.

**Considering a career in Real Estate?** Windermere is looking for sales associates in our Stanwood and Camano Island offices. Contact Marla at [marla@windermere.com](mailto:marla@windermere.com) for more information. [windermere.com](http://windermere.com)

**Wanted horse to ride.** Gentle for beginner. Share cost or lease road safe. 360-279-1565.



### CASA'S PET OF THE WEEK:

We are not supposed to have favorites, but if we did **SCOUT** would be at the top of our list! This loveable goofball has it all! With his good looks and lovable personality, it is so surprising he has not found his perfect match yet. If you are looking for a great dog to go hiking, biking, or just a best friend to hang out with Scout is here waiting for you!

#### **Camano Animal Shelter Association (CASA):**

198 Can Ku Road, Camano Island.  
360-387-1902. [camanoanimalshelter.org](http://camanoanimalshelter.org)



### NOAH'S PET OF THE WEEK:

**MARTIE!** We are ecstatic to be open for guests. Capacity levels inside will be monitored and we have implemented a pager system to ensure that our guests are notified of when they can enter the building to view animals/complete adoptions. Thank you in advance for supporting our desire to maintain the health and safety of our guests, volunteers and staff!

#### **The N.O.A.H. Animal Adoption Center:**

31300 Brandstrom Rd, Stanwood.  
(360) 629-7055. [thenoahcenter.org](http://thenoahcenter.org)



RESERVE NOW FOR JUNE-SEPT. 2021

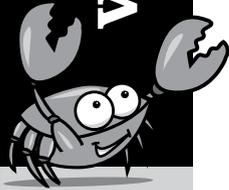
## CAMANO ISLAND BOAT TOURS

Port Susan tours, crabbing adventures, or create your own cruise!

Contact Capt. John Cavanaugh  
360-672-2760  
[johncavanaugh@boatsafloat2.com](mailto:johncavanaugh@boatsafloat2.com)  
[www.boatsafloat2.com](http://www.boatsafloat2.com)



# 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)

## NOAH'S WIFE

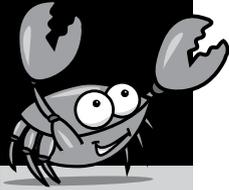
Sarah Jensen runs the South End Animal Rescue here on the island. She's got an old barn, some sheds, half a dozen outdoor pens, a small vet clinic off the house plus a few acres of fenced pasture where horses and alpacas and llamas patrol the grounds along with a menagerie of dogs, goats and the occasional Vietnamese pig. She doctors eagles and cats, raccoons and the usual squirrels. Most return to the wild but some stay with her the rest of their lives. Her longest guest by far is Quixote, a donkey she had to amputate its hind leg back she guesses around 1995.

Quixote wants nothing to do with the horses or the alpacas and especially the cantankerous two llamas. He gimps around the pasture waiting for Sarah, apparently the love of his donkey life. A truck had hit him on the highway where he'd made his escape from the Drummond place north of the Diner where he'd mostly been staked to an iron rod and left day in and day out tied to a shackle on the metal stake. His life with Drummond was about 20 feet in diameter, water bowl, moldy hay, a circle of mud to stand in or lie down in or just try to ignore. Why old man Drummond wanted a donkey is anybody's guess but when Quixote snapped the rotten rope and hit the road before being hit himself, the last thing he wanted was a 3 legged jackass, or so he declared when Sarah presented him with a bill for an amputation.

Life is hard enough on the South End for us 2 legged denizens, but if you visit Sarah, you'll feel like we're the Lucky Ones. If you take an apple like I do when I drop by, Quixote, who is not above being bribed, you'll appreciate that the world, hard as it is, also has a few Sarah Jensens to offer balm and medicine and compassion. Quixote too is one of us, the Lucky Ones. You decide to visit the Rescue, bring an apple. Or three.

**Jan Mather**  
Camano Island Expert  
(360) 507-4133  
Excellent Service - Extensive Knowledge  
Especially fun to work with  
WINDERMERE  REAL ESTATE  
Managing Broker,  
Windermere Real Estate/CIR

# Classes and Workshops



## DID YOU KNOW?

Gaming-related accidents increased by 26.5% during the first 5 months of Pokémon Go being released. This included 2 deaths and \$25.5 million in damages.

**Yoga class in-person.** Thursdays at 5:30pm Camano Country Club, 1243 Beach Dr. All experience levels welcome, no need to be a member of the Camano Country Club to participate. Email [nicole@blue-monarchhealth.com](mailto:nicole@blue-monarchhealth.com)

**Yoga Classes at Z's: ZOGA**, a class incorporating yoga, The Melt Method, laughter PLUS health support for each participant. Excellent for All levels. Mondays @ 5:30pm IN Studio. **SEATED Yoga**, excellent for those with limited mobility IN Studio and online, once per week, Tues, 1:30, Fri @ 11am. **FLOW YOGA** with Julie, Thursdays at 4:30. Be challenged, enlivened and inspired! In Studio, 9504 271st st, Stanwood. [Zsremedies.com](http://Zsremedies.com) or call 360-629-5040.

**Pickleball Lessons** for Beginning Players at the Camano Island Courts on May 10, 6:30 pm. Paddles and balls provided. Instructor is Maurice Parobec, local Pickleball Pro. Call (425) 319-2365 to reserve.

**Yoga for Beginners** Five Week Session June 1-29, 2021 Tuesdays 6:00-7:15pm. This will prepare you with the first steps toward a regular practice. We look forward to meeting you on your path! Sign up through our website at [movementarts.com](http://movementarts.com) or call 360-629-9100. Space is limited, sign up early. \$85. Go to [movementarts.com/events](http://movementarts.com/events) to sign up and review our Covid 19 policies page for Phase 3.

**Pop Up Yoga is Back!** May 28, 12:00-1:45. Gather with friends and join us for some outdoor yoga at Camano Commons. Spread out and feel the grass under your feet. [www.movementarts.com](http://www.movementarts.com)

**"RESTART your health in just 5 weeks!** Boost immunity, increase energy, think more clearly, sleep better, improve your mood, and feel well again! Visit [www.HNT.life](http://www.HNT.life) for more information."

**Virtual Guitar Lessons during this difficult time – with Ford Geisbrecht.** All ages, levels & styles. Learn at your own pace. Instruction & performance. Ukelele & Bass lessons also available. 360-631-0661. [www.guitarbyford.com](http://www.guitarbyford.com).

**Have fun while achieving your art goals.** Painting lessons with a national award winning artist. 425-681-5104 or [Michele@MicheleRushworth.com](mailto:Michele@MicheleRushworth.com) to save your spot.

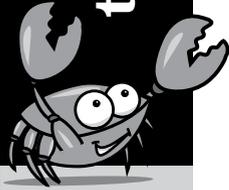
**Karate & Taekwondo** at Northwest School of Martial Arts! Open enrollment, fun for all ages! Our programs emphasize respect, self-defense, confidence, self-discipline, exercise, leadership & focus. Call 629-4341 or visit [nwschoolofmartialarts.com](http://nwschoolofmartialarts.com) for schedule & prices.

**My Body Mind Fitness** "Time to give back." Help us grow and educate our community. Fitness & nutrition classes for all ages. Teacher benefits. [www.mybodymindfitness.com](http://www.mybodymindfitness.com).

**FAMILY HISTORY CENTER:** Closed until further notice.

**Yoga Classes In-studio & Online** at Movement Arts. IN-STUDIO – View our schedule to monitor our status. LIVE STREAM – book classes in advance to attend our live studio class from the comfort of your own home. ONLINE VIDEO LIBRARY – practice anytime, anywhere – just practice! Book thru [movementarts.com](http://movementarts.com) or call 360-629-9100.

## View from the Bleachers



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

## PUT DOWN YOUR DUMBBELL - EXERCISE YOUR SMART BELL INSTEAD

Ever since I was young, competing to earn a spot on my high school's freshman track team, I have regularly exercised. So much so that when I was 35, I even competed in the New York City Marathon. I say I "competed" because that sounds much more impressive than "I jogged and walked" and gives the impression I might have stood a chance of winning. Alas, I came in 5,217th – barely overtaken by the other 5,216 runners ahead of me.

Over the years, I have jogged, cycled, used the treadmill, lifted weights, swam, and played against my brother John in the Summer Olympics on Play Station 4, all in an effort to lose weight and build muscle tone in pursuit of those impossible-to-achieve six-pack abs. The results could only be described as disappointing, as anyone who's seen me without a shirt on lately will attest.

That's why I'm thrilled to announce I am never going to exercise again. Ever! From now on, I will just think about it. That's because, I just read an incredible report in the Daily Guardian with the following headline:

Scientists discover just IMAGINING exercising can make you stronger, tone your muscles, and delay or stop muscle atrophy!

Talk about a game changer! In a study by Ohio University, researchers concluded that just thinking of exercising can have the same effects as actually hitting the gym.

First thing tomorrow, I'm putting my elliptical up for sale on Craigs List. I'm confident I can get \$50 – just so long as they don't inspect it too closely or try peddling at any level above 3 (which is when it makes that grinding noise and starts bellowing smoke). In place of the elliptical, I will move in my plaid La-Z-Boy recliner that my wife has always hated. I guess I'll longer need all those dumbbells sitting in my basement. I'll start using my smart bell instead. Get it? (I'm talking about my brain. It's a play on words – dumbbell, smart bell? Do I have to spell everything out for you?)

I will begin slowly, so that I don't strain a mental muscle. I'll probably start out thinking about exercise only fifteen minutes – which, according to my wife, is about ten minutes more than I currently use my cranium in an average day.

Over time, I will build up to thinking for 30 minutes about exercising, then 45 minutes, and then eventually, after a few months, a full hour. But I don't want to over-extend myself, lest I pull a temporal lobe or strain a basal ganglia. I need to pace myself if I am going to succeed at my new regimen of mental gymnastics. Then, before long, I will have the physique I have always dreamed of, plus a lot more time to sit in my new recliner and get caught up on past episodes of The Office.

But I don't intend to think just about exercise. I intend to expand my cerebration. With this new outlook on life, I'm excited to apply my new cognitive skills to many other activities. Starting next week, if I can stick to my plan, I will start thinking about doing yard work and power washing the driveway. I might even start thinking about helping my wife with making dinner.

Suddenly, I have never felt so motivated to think about helping around the house. I just hope my wife appreciates how much mental energy I have expended thinking about all of this.

It's time for my first workout. They say it's important to give yourself little rewards along the way in order to keep yourself motivated whenever you begin any new challenging exercise program. That's why I'm going to reward my mental conditioning session by eating a bowl of Rocky Road ice cream. And no, I'm not just going to think about eating it.

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Learning Center



Josephine  
at Home



## NAME THE VAN CONTEST

Stanwood Community & Senior Center will launch a new "flex route" transit service this fall. It will connect Camano, Stanwood, and Arlington. Although running on a fixed schedule, people will be able call in advance for door-to-door pick-up.

Submit your naming ideas for the new transportation service. The top four names will get \$50 Amazon gift certificates, and the eventual winner will get a \$200 gift certificate.

Learn more and submit your ideas at [NameTheVan.com](http://NameTheVan.com)



# Artist of the Week



## YVONNE BOWMAN PHOTOGRAPHY

“Since I was a kid I have loved to take photos. Of course, people were standing awkwardly with a smile just for the camera. A family meant children posing in cute little dresses or 6 layers of clothes and a bag of cheetos. While on our boat, we started seeing so much, like the eagles eating their breakfast then bathing, the owl that is watching our dog for a snack, and the family of bright purple starfish. I realized that my family and friends also loved to see these sites. So here I am, sharing with you so that you can see what a beautiful world we live in with all the chaos around us.”

**HAPPY MEMORIAL DAY!**

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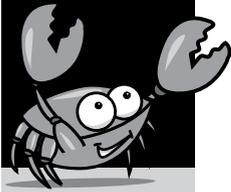
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# Business Spotlight



## GERMAN SAUSAGE HAUS

Production and wholesale of meat products. OLD FASHIONED MEAT PRODUCTS - CUSTOM. Order online.

<https://germansausagehaus.square.site/>  
345 W Camano Hill Road, Camano Island.  
360-502-6130  
germansausagehaus@gmail.com.



### 18 Local Artists- One Smart Gallery

Theresa Alu · Dotti Burton  
Joyce Dunn · Pat Goddard  
Bill Harrison · Len Hudson  
Denise Jackson · Roy Johnson  
Jo Jones · Debbie Kluge  
Bill Koger · Frankie Koger  
Colleen Nygard · Brett Player  
Terry Rabbitt · John Seevers  
Amy Slater · Val Paul Taylor

Visit the **newly remodeled** Guided Gallery featuring  
One of a kind Fine Art Paintings, Photography, Ceramics,  
Art Glass, Sculpture, Wood Art, Fine Art Prints, and  
Gift Cards. All by local professional artists.

The Stanwood-Camano Arts Guild

## Spring into Art

Regional Juried Art Show

April 8 thru June 17, 2021

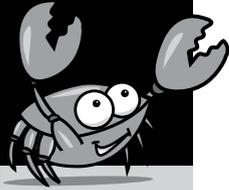


Stanwood-Camano Arts Guild

## Guided Gallery

8702-271st Street NW, Stanwood, WA 98292  
Phone: 360-629-2787 OPEN: Wed thru Sat, 11am-5pm

# Community Information



## NEED TO FIND FRESH CRAB?

An outdoor magazine rack filled with "fresh" Crab Crackers is located at the Terry's Corner Visitor's building (the small red building)

## LIVE STREAMING OPTIONS FOR STANWOOD HIGH SCHOOL SPORTS HOME EVENTS:

Option 1—Our Website: Go to <https://shs.stanwood.wednet.edu/> and click on Event Streaming. Option 2—BoxCast Viewer: <https://boxcast.tv/channel/pgvttea3pxezandb8q9u>. Option 3—YouTube: [https://www.youtube.com/channel/UCyHVMHT31n4KJyXDY552\\_PA](https://www.youtube.com/channel/UCyHVMHT31n4KJyXDY552_PA). Option 4—Roku, Apple TV, or Amazon Fire TV streaming device: If you own a Roku, Apple TV, or Amazon Fire TV streaming device you can download the free BoxCast app and search for the Stanwood-Camano School District to view our channel.



## ATTENTION SMALL BOAT OWNERS & OPERATORS!

Our Boating Program crew wants you to know the U.S. Coast Guard announced a new law requiring the use of engine cut-off switches, effective April 1. Learn more: <https://bit.ly/3aufyqk>.

## VIRTUAL HOMEWORK HELP!

Homework got you down? Have no fear Davis Teen Programs is offering free homework help every Tuesday and Thursday from 8:30-10:30 am on Zoom. Our volunteers are ready to help! RSVP is required! Open to students in grades 6-12. RSVP is required contact our teen coordinator at [teens@crc-sc.org](mailto:teens@crc-sc.org) or 360.629.5257 x1004 to save your place or to answer any questions.

## GOOD DEEDS AWARD

For information or to nominate a Citizen of Good Deeds check out this link: <https://camanoisland.org/citizen-of-good-deeds/>

Come do the ComeUNITY CONGA on June 12th at Freedom Park... ComeUNITY FUN... IMAGINE that!

# IMAGINE

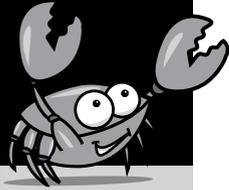
Visit KOFFMAN GALLERY... Art with a Smile!  
Open Weekends at Noon!

KOFFMAN GALLERY  
Art with a Smile!

Call 360-348-6277 or email [dan@koffman.net](mailto:dan@koffman.net) for appointment on the East Side of Freedom Park in the Little Red Building  
website Open 24/7 [www.ArtwithaSmile.com](http://www.ArtwithaSmile.com)

A portrait of a smiling man with a beard, identified as Dan Koffman, the owner of Koffman Gallery.

# Community Information



## DID YOU KNOW?

Even though Irish is the official language of Ireland, Polish is more widely spoken.

## MONDAY HELP GROUP

If you've been feeling overwhelmed with distance learning and would like some help, please attend the Monday time management group "Do More and Stress Less: How to Manage Your Time and Improve Your Grades." Join this Google Meet from 2:30-3PM on Mondays with the code "Monday Help." We'll go over strategies for understanding your grade, making a weekly schedule, and getting caught up in your classes. Parents and students are invited to attend.

## 5TH ANNUAL TROLL STROLL 5K RUN/WALK

SATURDAY, MAY 22 Event by Stanwood Sons of Norway, [www.eventbrite.com/e/5th-annual-troll-stroll-tickets-150682939729](http://www.eventbrite.com/e/5th-annual-troll-stroll-tickets-150682939729). SCHEDULE: 9am Check-in | Registration @ Fritjov Lodge Opens. \$20 adult/\$10 Child (10 & under. Dogs on a leash welcome!. 10am: Run | Walk Begins. A Norwegian flag and traditional heart waffle will be handed out to each participant! Top runners will be awarded ribbons. Enjoy Norwegian heritage, a social outing and a little exercise!

## JOB SEARCH

Find your next job with help from library resources. Get help with your resume, learn or update your job skills, and find out who is hiring. Check out all the ways Sno-Isle Libraries can help you find the right job for you! <http://ow.ly/7Qva50EoKRV>.

## CLASS OF 2021 GRADUATION UPDATE:

We will have the Class of 2021 Graduation ceremony on Friday, June 11th at 7 p.m. at Bob Larson Stadium. Seating will be very limited. We will livestream the event. We might have to change the graduation ceremony plans if we are in phase 1. Other end of year events will be held virtually (Celebration of Excellence, Scholarship Night, and Senior Athletic Banquet).

## 2021 RAFFLE

NEXT TIME YOU ARE IN THE CAMANO PLAZA MARKET @ The check-out stands, please check out the riding scooter & drone raffle items, BUY YOUR RAFFLE TICKETS FOR JUST \$2 each. Camano Law Enforcement Support Foundation has raffle items available. The drawing for both a MotoTec "Fatboy" Electric Scooter & a DJI Mavic Mini Drone will be in August 2021. Proceeds from this raffle are one of C.L.E.S.F. annual fund raisers, and go for our Camano Deputies, Camano Sheriff's Citizen Patrol, and Camano State Park Rangers.

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"What's Your Favorite  
Spring Lotus Flavor?"

# Community Information



## SEND A PERSONAL MESSAGE TO SOMEONE - IT'S EASY!

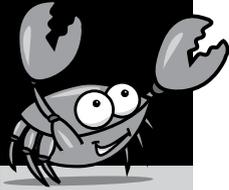
Wanna celebrate someone's birthday? Announce a graduate? Give dad a Father's Day message? Do you want to commemorate a lost loved one? Do you want to send someone a special note? The Crab Cracker can be your personal billboard. Your personal message will be seen by thousands of people! The process is easy. Go to [www.the-crabcracker.com](http://www.the-crabcracker.com) and click on the "SEND US YOUR INFO!" tab. Include your message and attach photo(s) or other images, and The Crab Cracker will publish it inside the magazine. These "Message Ads" vary in size and price. To view the ad specifics, go to the "Advertising Info" tab on our website. The Crab Cracker will design your ad with no additional cost (1/2-page sample below). Please look at the deadlines for submitting content on the bottom of page 3 in this magazine.

## SOUND SALMON SOLUTIONS MANAGING DIRECTOR POSITION OPEN

We're looking for a high-energy, forward-thinking leader that will work collaboratively with SSS staff, board, volunteers, donors, and our regional partners to realize our mission, innovate our programs, and build financial resiliency. If you have a passion for salmon restoration, a background in habitat restoration projects, and the desire to build partnerships with other organizations and volunteers, send a letter of introduction and your resume to: Mark Indrebo at [president@soundsalmonsolutions.org](mailto:president@soundsalmonsolutions.org). Include "Managing Director Position" in the subject line. Application window closes 5PM, Friday May 14th. Position to be filled by July 1, 2021. No calls or office visits.



# Community Information



## DID YOU KNOW?

There's a bar in Yukon that serves a "Sour-toe cocktail". It consists of a shot of whisky with a human toe floating in the glass. An estimated 60,000 people have had it.

## WAYS TO HELP THE ANIMALS AT CASA

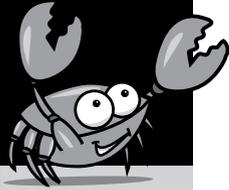
**DONATING GOODS:** We are accepting only the following donations which are most critical. Canned cat/kitten food, Dry Cat food, Cat litter, Soft Grain-Free Dog Treats. If you are delivering in person to the shelter please understand that you will not be able to enter the building. Please call ahead (360-387-1902) and use the doorbell for help upon arrival or leave outside if staff is present. We have updated our Amazon Wish List ([www.camanoanimalshelter.org](http://www.camanoanimalshelter.org) – scroll down to Amazon Wish List). Donations made via Amazon are delivered directly to CASA. Reminder to use Amazon Smile. (Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to the Camano Animal Shelter Association whenever you shop through AmazonSmile.). **MONETARY DONATIONS:** Monetary donations can be made online through Facebook, via PayPal on our website, [www.camanoanimalshelter.org](http://www.camanoanimalshelter.org) or by mail to PO Box 1726, Stanwood, WA 98292. Since we have once again cancelled our annual Bake and Plant Sale scheduled for May and other fundraisers may be in jeopardy, we urge you to contribute. Thank you for your ongoing support.



## PUTTING THE PLAN BEFORE THE HORSE

Camano Islander Patricia Rhinevault knew she wanted horses. Instead of starting barn and pasture projects at their new acreage on their own, they reached out to us first. We're here to equip livestock owners with needed tools and resources. Our farm planner Michael Hipp connected with the Rhinevaults and helped them start from the ground up, literally! He conducted a soil test to reveal what was needed to grow healthy pasture grasses and used LiDAR maps to reveal which areas to avoid building structures upon or near due to soil saturation. "Getting ideas from him was really great for us, and knowing we had support was so nice," Patricia said. This has been a project five years in the making, but for the Rhinevaults, it's finally paying off. "I just want a horse," Patricia said with a smile. "This has been a very long time coming." If you need assistance with your livestock property, please don't hesitate to reach out to us! Learn more at [snohomishcd.org](https://snohomishcd.org). To read the full story, visit <https://snohomishcd.org/blog/2021/3/24/putting-the-plan-before-the-horse>. This project has been funded wholly or in part by the United States Environmental Protection Agency under assistance agreement PC-01J18001 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.

# Community Information



## DID YOU KNOW?

Chewing gum boosts mental proficiency and is considered a better test aid than caffeine – but nobody knows why.



## FREE FIREARMS SAFETY TRAINING

CLESF offers FREE firearms training appropriate for first time firearms owners or those thinking about purchasing a firearm, or a good reminder for those who own a firearm and for parents who wish to discuss firearms with their children. Owning and using a firearm comes with significant responsibilities. The State of Washington enacted legislation requiring certain buyers of firearms to complete a firearms safety training program prior to purchasing a firearm. The training offered by CLESF meets the requirements of the legislation. Equally important, suicide is the second most common cause of death among teen agers. The use of a firearm is a common means of teenage suicide. The training is a useful discussion guide for parents in talking with their children. This training bridges the gap between no training and in-person training, which is encouraged. The training satisfies the Washington State RCW 9.41.090 requirements from I-1639. There is no cost for this firearms training. If you wish to participate in the free online training, contact [SCSOTRAINING@Spokane-Sheriff.org](mailto:SCSOTRAINING@Spokane-Sheriff.org) by email including your full name and email address. In about five business days, you will receive registration information for the training. Please follow the instructions to register for the training. The class will take about thirty minutes to complete. Following the class, you will be asked to take an exam to test what you learned. You must pass with 100% to complete the course and print your certificate of completion. CLESF recommends complementary firearms safety training at <https://washington-safeinsight.talentlms.com/index>. Safe Insight provides a series of FREE video training covering the safe use of firearms, the proper selection of ammunition and more.

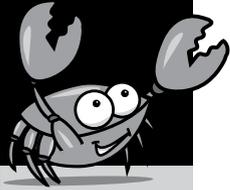
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[www.mcphersonpestcontrol.com](http://www.mcphersonpestcontrol.com)**

# Community Information



## DID YOU KNOW?

Disney sold the streaming rights for the original Star Wars films in 2016 to Turner until 2024. Disney has since decided to start a streaming service and has tried asking for the rights back, but Turner refuses every time.



## THE TINY FREE GALLERY – FOR FUN AND FOR FREE

Camano Island's first Tiny Free Gallery opened April 1 at 196 Maple St. It is a tiny art gallery where all the work is free. You may take art, or give art, or both. The Tiny Free Gallery features small original works that artists and crafters want to share with the community. "The Tiny Free Gallery is about bringing joy into people's lives through the gift of art," said Patricia Resseguie, who manages the gallery. "The Madrona neighborhood attracts many walkers and Island visitors. I see them stop daily to look at the gallery and occasionally to take an artwork. It starts conversations and brings smiles to faces. This is all for the love of artists and art and the people who love art." Contributors to the gallery have brought small prints, drawings and paintings, jewelry, as well as ceramics, mixed media, and fabric and glass pieces. "In my experience, makers are so generous with wanting to share their work," Patricia said. She related that many artists have gone through their studios to find work that is not destined for sale. "Why have artwork sit on the shelf when someone can enjoy it in their home?" she said. Anyone who makes things is invited to bring artwork to share. The gallery is tiny so artwork should not exceed 40" square. 2-D work should be framed or mounted. In addition, some of those who have contributed to the gallery have brought small works from their art collections that they want to re-home. Patricia curates the gallery regularly to keep the exhibitions interesting. There is also a free box of simple art supplies for kids, who might be inspired by what they see. Kid's art is welcome for display in the gallery. The Tiny Free Gallery was designed and built by Camano artist Greg Cannistraci. Local artists who have contributed include Susan Cohen Thompson, Marguerite Goff, Kathy Hastings, Donald Miller and Janet Hamilton, among many others. For more information, go to [www.tinyfreegallery.com](http://www.tinyfreegallery.com). There are lots of photos of items that have been in the gallery. Inquiries can also be made at the website.

# HONOR ANY VETERAN WITH A BRICK OF REMEMBRANCE FOR 2021 MEMORIAL DAY CEREMONY

DOWNLOAD THE FORM AT  
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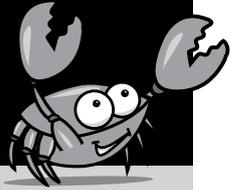
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# Did You Know?



*The Stanwood Area Historical Society asks, "Did You Know?"*

*Excerpts taken from the "Stanwood Story", written for the Stanwood News by Alice Essex.*

Before the beginning of the 1938 term, the stately old North Street Grade School, that was the pride of the town when it was built in 1893 had been razed. In September, elementary school youngsters moved into the 1914 vacated, brick building on North Street, that had been Stanwood's first high school.

Spring 1938 had brought another attempt towards consolidating the Stanwood and East Stanwood districts, but to no avail. The proposition went down ignominious defeat with a vote of 577 "against", 154 "for". The eastside district, comprised of Cedarhome, Victoria, Pleasant Hill, Woodland and East Stanwood, had received a \$27,000 government grant and passed a 30-mill special levy for construction of a two-story addition to Lincoln and chose to carry on without consolidation.

Work proceeded on schedule and dedicatory ceremonies at Lincoln were held May 4, 1938 amid much fanfare. Peter Henning presided; Gov. Clarence Martin and former Superintendent A.A. Mykland, were among the dignitaries present. So it was that Lincoln acquired three new classrooms, offices and a gym with a 48 x 80 foot playing floor.

Dedication of the consolidated Stanwood High School was pushed ahead to Nov. 11, 1939 awaiting completion of the athletic field, grounds, landscaping, tennis and handball courts, for which an additional grant had come from WPA.

A parade of Boy Scouts, Legion and VFW vets, led by the Stanwood High School Band, marched from the city hall to the football field to kick off the afternoon program. During halves of the game, between the Stanwood Pirates and Lincoln Lynx, O'Conner Field was dedicated in memory of Dr. J.J. O'Conner, the school's first and much-loved football coach. Alumni and members of the first team took part in the ceremony.

Some 400 grads came for the event, which was topped off with a banquet in the city hall and concluded with the evening dedication of the building and grounds. Gov. Clarence Martin and representatives of the Works Progress Administration were among the guests of honor.

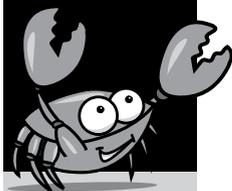
By way of comparison with current prices, total cost of the project was given as \$185,000, of which \$113,000 was for the building. Site and equipment were listed at \$4,500 each; athletic field, grounds, landscaping and courts, \$48,750; miscellaneous \$2,750; three new school buses, \$16,000.

Perseverance had won. But it would take several years yet before full consolidation of the Stanwood and East Stanwood school districts could occur. And it would only follow after some national publicity for this modest community.

The record pea crops that looked so bright in 1938, lost much of their glow as 1939 rolled around. Across the nation, warehouses were piled high with surplus packs...awaiting buyers. Prices had dropped, and in the Twin Cities, the \$7,000 per day seasonal payroll from local plants appeared to be falling out the window, temporarily at least. Acreage cuts loomed and the coming season outlook was gloomy. What to do was the question.

In February, merchants and mayors of the two towns came to the rescue. Mayor Charles Dockendorf of Stanwood and Mayor H.R. Greer of East Stanwood issued a proclamation that hopefully, would get the surplus on the move. Feb. 12, 1939, the first annual Pea Day in the Twin Cities...and the action began. More on the Pea Day next time.

# What's Up?



*Astronomy and the night sky*  
by William Maxwell

*His astro images can be found at [www.astrobin.com/users/WilliamM/](http://www.astrobin.com/users/WilliamM/)*



## SIZE OF THINGS

Take a look at the image above. Beautiful color, impressive detail. Probably taken with a rather equally impressively large telescope? The above image was actually taken with a camera lens. Imaged by Dave Weixelman at Lone Pine, CA (on the eastern edge of the Sierra Nevada Mountains), a nice astro imaging camera and his 50+ years of expertise played a large role in the quality of the outcome, but more of our sky than we imagine is filled with the surprisingly large and surprisingly colorful. Some objects can be quite small, especially as distance increases, but many span a fair percentage of sky. The Andromeda Galaxy, the many glowing clouds of hydrogen and dust, and of course The Milky Way itself, all cover large swatches of sky. If our eyes were more sensitive it is doubtful we would describe the night as black. In fact the only reason we don't see color at night is not because the color isn't there, but because our eyes are just not sensitive enough to see it. The next time you gaze at up at night remember you are surrounded by much more than stars, but also by a brilliantly colorful tapestry that extends all around us.

You can see this and other excellent astro images by Dave at [www.astrobin.com/users/dweixelman/](http://www.astrobin.com/users/dweixelman/)

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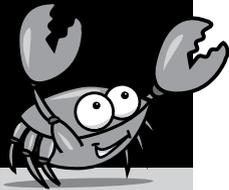
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*Mother's Day flowers. Photo by Petr K.*

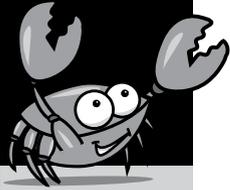


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# Local Stories and Poetry



## IN MY GARDEN

Sitting, reading in my patio.  
A motion catches my eye.  
Finger on page, I look up to see  
A faun, stepping out of the bush,  
Walking past me to drink from the bird bath.  
Another motion, the doe coming from the bush.  
She stops as she walks past me, turns her head and looks at me.  
I smile back.  
After a moment more, she goes to drink with her faun.  
Then, the pair walks down toward the front yard hedge,  
Filled with ripe blackberries.  
I sit, idly reading, watching the birds and squirrels  
Foraging for sunflower and other seed goodies.  
I gave quiet thanks, that such things still exist in these perilous times.

- SMO

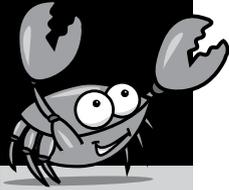
Happy  
Mother's  
Day

Hi Mom!

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begin in Mama's  
Kitchen!"

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## MEDITERRANEAN QUICHE

Serve Mom a healthy veggie quiche packed with Mediterranean flavors for brunch on Mother's Day!

**INGREDIENTS:** 1 (9-inch) prepared deep dish pie crust; 2 T. butter; 1 sm. yellow onion, diced; 2 cloves garlic, minced; 1 sm. red pepper, diced; 2 c. fresh spinach; 1/4 c. sliced Kalamata olives; 1 tsp. dried oregano; 1 tsp. dried parsley; 1/2 c. sundried tomatoes in olive oil & herbs, chopped; 1/3 c. crumble feta cheese; 4 lg. eggs; 1/2 c. milk; 1/2 c. heavy cream; Black pepper to taste; 1 c. shredded sharp cheddar cheese, divided

**DIRECTIONS:** Preheat oven to 375 degrees. Fit a 9-inch-deep pie plate with prepared pie crust. Flute the edges; set aside. In a large skillet over medium heat melt the butter. Add onion and garlic, cook until just tender about 3 minutes. Add red pepper cook an additional 3 minutes or until the pepper is just tender. Add spinach, olives, oregano, and parsley. Cook until the spinach is wilted about 2-3 minutes more. Remove from heat. Using paper towels, squeeze out as much oil from the tomatoes as possible and chop. Gently stir in tomatoes and feta cheese into the spinach mixture. Spoon the mixture evenly into the prepared pie crust; set aside. In a medium bowl, whisk together eggs, milk, heavy cream, black pepper and 1/2 cup of the cheddar cheese. Pour this mixture evenly over the spinach mixture in the pie crust. Sprinkle the top with remaining 1/2 cup cheddar cheese. Bake for 50-55 minutes or until the top is golden brown and the egg is set. Cool for 10-15 minutes before slicing and serving.



SHOP. EAT. ENJOY.

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Date	High /Low	Tide Time	Height Feet	Moon Visible
F 7	High	3:12 AM	11.1	
7	Low	9:47 AM	2.7	
7	High	3:41 PM	8.4	
7	Low	9:10 PM	3.2	
Sa 8	High	3:39 AM	11.0	
8	Low	10:18 AM	1.7	
8	High	4:39 PM	9.0	
8	Low	9:58 PM	4.0	
Su 9	High	4:01 AM	10.8	
9	Low	10:44 AM	0.8	
9	High	5:27 PM	9.6	
9	Low	10:41 PM	4.8	
M 10	High	4:23 AM	10.7	
10	Low	11:09 AM	0.1	
10	High	6:10 PM	10.1	
10	Low	11:22 PM	5.4	
Tu 11	High	4:46 AM	10.5	
11	Low	11:34 AM	-0.6	
11	High	6:48 PM	10.5	
W 12	Low	12:02 AM	6.1	
12	High	5:10 AM	10.2	
12	Low	12:02 PM	-1.1	
12	High	7:25 PM	10.8	
Th 13	Low	12:43 AM	6.7	
13	High	5:37 AM	10.0	
13	Low	12:33 PM	-1.4	
13	High	8:02 PM	11.1	

Date	High /Low	Tide Time	Height Feet	Moon Visible
F 14	Low	1:25 AM	7.1	
14	High	6:06 AM	9.6	
14	Low	1:08 PM	-1.5	
14	High	8:41 PM	11.2	
Sa 15	Low	2:10 AM	7.4	
15	High	6:37 AM	9.2	
15	Low	1:46 PM	-1.4	
15	High	9:24 PM	11.1	
Su 16	Low	3:01 AM	7.5	
16	High	7:11 AM	8.8	
16	Low	2:28 PM	-1.1	
16	High	10:11 PM	11.1	
M 17	Low	3:59 AM	7.5	
17	High	7:52 AM	8.4	
17	Low	3:15 PM	-0.7	
17	High	11:03 PM	11.0	
Tu 18	Low	5:10 AM	7.2	
18	High	8:52 AM	7.9	
18	Low	4:07 PM	-0.1	
18	High	11:54 PM	10.9	
W 19	Low	6:22 AM	6.6	
19	High	10:15 AM	7.4	
19	Low	5:04 PM	0.6	
Th 20	High	12:42 AM	11.0	
20	Low	7:17 AM	5.6	
20	High	11:45 AM	7.3	
20	Low	6:04 PM	1.3	

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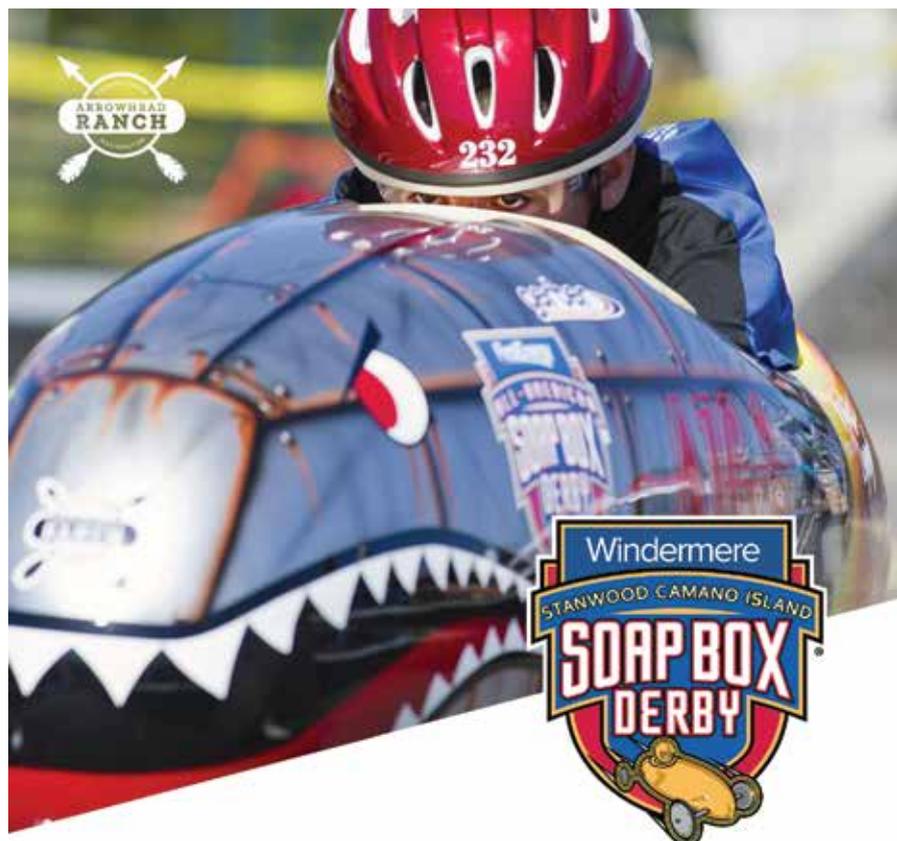
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