



26910 92nd Ave. NW #C4, Stanwood, WA 98292

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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: "Happy Independence Day!" Photo by V. Hanacek.



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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: JULY 5** for Next Edition (July 13-26, 2023)

4TH OF JULY

President Thomas Jefferson held the White House's first Fourth of July celebration in 1801

FRIDAY, JUNE 30

RAIN GARDEN DEMONSTRATION

Join Snohomish Conservation District from 10am-12pm at Cama Beach State Park for a family friendly investigation into our soils and waterways! Build a rain garden model to see how our soils keep our water clean and healthy! Meet in front of the historic store.

FRIDAY, JUNE 30

POP UP YOGA

Noon-1pm. Gather with friends and join us for some outdoor yoga at Camano Commons. Spread out and feel the grass under your feet as we come together and celebrate the warmth of summer. This is a FREE Event. Please bring a donation for the Stanwood/Camano FOOD BANK. Postponement for rain.

FRIDAY, JUNE 30

JIMMY WRIGHT BAND

7:30pm - 10:00pm at Pub 282. Catering a wide variety of music.

FRIDAY, JUNE 30

BINGO NIGHT

5-7pm at the Flora + Fauna Creative Studio. What can you win at our bingo nights, you ask?! Plants! Rare plants, (big & small!) & gifts to make your planty heart smile. We'll also have refreshments while we play! This is an all ages event with limited space, so reserve your spot today! 1388 State Highway 532, Camano Island.

FRIDAY, JUNE 30

FORD GIESBRECHT PERFORMANCE

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, JUNE 30

STANWOOD FARMERS MARKET

"Love Thy Neighbor, Know Thy Farmer". 2pm-6pm at the parking lot behind downtown and next to the Amtrak train station. A gathering of farmers, local producers, makers & more. Shop with local farmers, food artisans & craftspeople.



Getting Married? Celebration of Life? Any Type of Party...

Beautiful outside venue with a church, saloon, fountain, etc. Call for a tour at the

Old Silvana Schoolhouse

in Silvana, Washington 425-931-2272



4TH OF JULY TRIVIA

Independence
Day was once
celebrated on
July 5.
The holiday fell
on a Sunday
in 1779, so the
country celebrated on July
5th instead.

FRIDAY, JUNE 30 - SUNDAY, JULY 2

NORTHWEST SUMMER IN HARMONY FESTIVAL

Free. 17317 East Lake Goodwin Road, Stanwood. Transform through music and wellness. Looking for a festival that combines the best of music, holistic health, and community? Look no further than the Summer In Harmony Festival at The Secret Garden Estate. Immerse yourself in a weekend of live music from talented musicians, and take advantage of workshops and guest speakers focused on holistic health and wellness. Learn more about us at: summerinharmony. com.

SATURDAY, JULY 1

ID PARTY AND GARDEN WALK AT ANNE'S ROSE GARDENS



9:30 AM to 2:30 PM. Help ID and tag the roses, once a Pacific Northwest showcase of rare, imported, heritage roses. Bring a picnic lunch. We'll furnish drinks and dessert. Using Anne Belovich's maps and notes as well as rose descriptions, participants will check tags for verification and/or retag as necessary. For those who plan to arrive after 10:00 AM, please call 812-361-4594 so we can click you through the gate and introduce you to the activity and gardens. More info: teddie.mower@gmail.com





at CIYC: 129 N Sunset Dr, Camano Island Doors open 3:30pm. Band plays from 5-6pm and 6:30-8pm

The Camano Island Yacht Club will hold an outdoor concert, open to the public, featuring the Davanos. A combination of classic rock, blues, country western, along with some of their own originals. This concert will feature a special appearance by Rock & Roll Hall of Fame member Roger Fisher, a founding member of the band "Heart."

The Davanos can always be counted on to put on a highly entertaining show, whether you come to dance or just watch and listen.

Tickets are \$35, which includes a box lunch. Purchase on line by going to: "www.camanoislandyc.com". Look for the link to Davanos concert on August 19 via Ticketspice.

Bring your own camp/lawn chairs. Liquor & sodas can be purchased at the Yacht Club bar. No outside beverages or food allowed.

So put on your dancing shoes & plan to join us on August 19!

Questions: raymccabe@comcast.net

Sponsored by Windermere Real Estate/CIR



4TH OF JULY TRIVIA

Although the holiday has been celebrated each year since 1776, it wasn't declared an official holiday until 1870 SATURDAY, JULY 1

COMMUNITY SPIRIT DAY

Noon-3pm at Ananda Farm, 732 Haven Place, Stanwood. We'll have our farm store open and people are welcome to take walks and spend time in nature here. Please leave your pets at home. More info: contact@hereanandafarms.com.

SATURDAY, JULY 1

THE THREE C'S OF CRABBING



10:30 am – 11:30 am near the Cama Beach Historic Store. Have you ever wondered how to catch and cook crab? Get a jump on the summer crabbing season with our local expert, Tom Eisenberg. Learn responsible crabbing techniques, species identification, information about licensing and seasons, and delicious cooking methods. Weather dependent.

SATURDAY, JULY 1

GUIDED HIKE

4 pm – 5:30 pm; Meet at the Cama Beach Drop-Off Shelter. Get out on the trails with park staff to learn about the human and natural history of the park. Topics include park history, wildlife, and so much more! All children must be accompanied by an adult. Weather dependent.

SATURDAY, JULY 1

The Shannanagins

7:30pm at Pub 282. The Shannanagins play everything from Heart, Carrie Underwood, and Jefferson Airplane to Johnny Cash.



Jan Mather

Camano Island Expert 360-507-4133

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WINDERMERE (REAL ESTATE

4TH OF JULY TRIVIA

Although he was president of the Continental Congress, John Hancock never became president of the United States.

SATURDAY, JULY 1

MOON DADDY

Groovy baby - we're happy to say Moon Daddy will grace the stage at the Conway Muse @ 8 pm (Starlight Stage or Hayloft Stage depending on Weather). Tickets \$17.50 Advanced \$20 Day of Show. Santana Tribute & More - always a crowd pleaser!

SATURDAY, JULY 1

FAMILY BINGO

at the American Legion Hall ON CAMANO ISLAND, 609 W. Camano Drive. Doors open at 4:30 P.M. and Bingo starts at 6pm. Snacks and beverages available.

SATURDAY, JULY 1

BOOK SIGNING EVENT

Tami Schorno, the new owner of the Picnic Pantry, on Main Street in Stanwood, will be hosting a book signing with Michelle LeFevre, the author of "On Kona's Pond." Stop by and welcome Tami and meet Michelle and her beloved Bernese Mountain Dog, Kona. 1PM to 3PM.

SATURDAY, JULY 1

GARDENING CLINIC

The Snohomish County Master Gardeners will be hosting a clinic at Haggen today between 10 & 2. Please come visit us with your gardening questions. (It is very helpful if you can bring samples or pictures of gardening problems with you so that we can do a proper diagnosis of your concerns.). Hope to see you there!

SATURDAY, JULY 1

NICK VIGARINO

9:00 pm - 11:00 pm at The Stanwood Hotel & Saloon. An intimate night of homemade bottleneck slide guitar fueled gems. Bring your dancin' shoes! "You shouldn't miss this experience. It's cut and dried...this guy kicks ass." - Musician Magazine (NY).

SATURDAY, JULY 1

BEAUTY BAR DIVAS

Join us for beauty bar divas, some of the best celebrity impersonators in Washington. Show starts at 9pm at Beauty Bar Salon + Lounge, 10011 - 270th St NW, Suite A, Stanwood. And we are open till 2:00 a.m. for karaoke and dancing after the show!! (360) 629-2324.





SATURDAY, JULY 1 **BAHURU AND BADUKU**



Camano Commons Marketplace is so excited to have the opportunity to host Bahuru & Baduku marimba bands from 11am-1pm! These talented students will be visiting us from the Tricities and sharing their talents in a free concert! Come and groove with them!

SATURDAY, JULY 1

KIWANIS/AKTION E-CYCLE

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



SATURDAY, JULY 1
LAVENDER SEASON OPENER - COMMUNITY
CELEBRATION



10am-6pm at Our Legacy Fields Lavender Farm, 27031 36th Ave NW, Stanwood. Let's welcome the new lavender season together with a community celebration at the farm. Live Americana Folk music by Madame Sophie All Acoustic String Band. Food by Smokin' Dough Wood Fired Pizza. Kettle Corn and Cotton Candy from Ma & Pa Kettle Corn. Lawn Games and Scavenger Hunts for the family. Lavender Ice Cream and Lavender Lemonade. U-Pick Lavender Fields.



every step of the way.

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4TH OF JULY TRIVIA

4th of July sales have been a thing for a while. According to Live Science, it was seen as unpatriotic if you kept your business open on Independence Day before the Civil War. But after, restaurants and stores starting having sales on red, white and blue merchandise and they've continued to ever since.

SATURDAY-SUNDAY, JULY 1-2

THE SKAGIT RIVER PRODUCE FARMERS MARKET

10am-3pm. Many wonderful products include produce and hand made arts and crafts. The vendors change every day so come often! Come enjoy the beautiful scenery, live music, and fun products in Conway, I-5 at the Highway 534 exit on the east side. For more information contact MarketCoordinator@SRPFarmersMarket.org.

SUNDAY, JULY 2

BARREL BALL!!!

At Stanwood Equestrian Center. Men and women, come dressed to impress!!! Buckles to winner of each D of the Ball, plus best dressed!!! We will be running outdoors!!! Full standard pattern!!! Race will start at 10am!

SUNDAY, JULY 2

SUPER LOW TIDE BEACH WALK

10 am – 12 pm; Meet near the break in the sea wall on the south end of Cama Beach Join our Volunteers to learn about the critters who live in the Salish Sea. All children must be accompanied by an adult.

MONDAY, JULY 3

MARINE MAMMALS



Join Snohomish Conservation District from 10am-12pm at Cama Beach State Park for a family friendly look at a few of the mammals that call Puget Sound home! Compare teeth with a sea lion, feel harbor seal fur, and learn what it means to galumph! Meet near the gas pumps in front of the historic store.

MONDAY, JULY 3

NAUGHTY BINGO

Tonight at 8pm at Beauty Bar Salon + Lounge. Always free to play. Come have some naughty fun and maybe win some naughty prizes! Drink & food specials. More info: 360-629-2324.

MONDAY, JULY 3

LOW TIDE BEACH WALK

10:30 am – 12:30 pm; Meet near the break in the sea wall on the south end of Cama Beach. Join our olunteers to learn about the critters who live in the Salish Sea. All children must be accompanied by an adult.

DISCOVER





Saturday, July 8 11 am - 2 pm 3 Iverson Rd Camano Island



See what Nature has to Share

Let Sound Water Stewards be your guides

- Sandy Beach, Driftwood, Forest Trail
- Sand Shrimp, Varnish Clams, Shore Crabs
- . What makes the Holes in the Sand
- Play the Poop Toss Game
- Beach Litter Pickup
- Tips to Catch More Crab
- Learn to identify and report Invasive Green Crab Molts
- Interactive Displays All Ages
- Give Aways



SoundWaterStewards.org





4TH OF JULY

TRIVIA

U.S. soldiers got a special treat on the 4th of July in 1778. George Washington helped the troops celebrate by allowing them a double ration of rum, according to Live Science.

MONDAY, JULY 3

GUIDED HIKE

2:30 pm – 4 pm; Meet at the Cama Beach Drop-Off Shelter. Get out on the trails with park staff to learn about the human and natural history of the park. Topics include park history, wildlife, and so much more! All children must be accompanied by an adult. Weather dependent.

MONDAY, JULY 3

TRIVIA NIGHT

with Darren. 6-8pm at SAAL Brewing Company, 10209 270th St NW, Stanwood. Bring your team of up to 6 for a fun night of food, drinks and creative trivia! Free sign up. Win prizes!

TUESDAY, JULY 4

HAPPY INDEPENDENCE DAY!



Independence Day is a federal holiday in the United States commemorating the Declaration of Independence, which was ratified by the Second Continental Congress on July 4, 1776, establishing the United States of America.

TUESDAY, JULY 4

4TH OF JULY PARADE AND ICE CREAM SOCIAL



11 am - 2 pm in Stanwood at the west end. Sponsored by the Stanwood Area Historical Society and the Stanwood Commerce Alliance. Everyone is welcome in the parade; come line up in the Josephine Caring Community parking lot at 10:30 am. Awards for the best children's costume will be presented at the Floyd during the ice cream social program. There will be children's games and prizes. For more details visit sahs-fncc.org.



300° Kindergarten Readiness

A Making Life Work Community Initiative Making Life Work is a partnership between community organizations. One of the objectives is to create community-wide programs to encourage early learning.

FREE SUMMER PROGRAMS

Location: Community Resource Center 9612 271st St NW, Stanwood 360-629-5257

Ages: 0-5 with adult

LITTLE SPROUTS GARDEN CLUB

Mondays 10:30-11:30

RAINY DAY ROOM PLAY GROUP

Tuesdays 3:30-4:30

KALEIDOSCOPE PLAY & LEARN

Tues/Weds 10:00-11:30

PARKS & PLAY

Location Varies

Thursdays 10:00-11:30

SCAN OR CODE FOR PROGRAM UPDATES & PARK LOCATIONS







TUESDAY, JULY 4 JULY 4 BREAKFAST & BIKE PARADE



8am-10am at The Church of Jesus Christ of Latter-day Saints, 795 Ell Rd., Camano. FLAG CEREMONY begins at 8:15 AM. PANCAKES: We are providing pancakes, sausage, and fruit for breakfast. BIKE PARADE: Decorate and bring your bikes and scooters! The parade will be around the back church parking lot. Small flags will be provided to parade participants.



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TUESDAY, JULY 4 UTSALADY 4TH OF JULY CELEBRATION



Bake Sale, Patriotic Walk. Patriotic Songs. A Day of Celebration and Community. The Ladies Aid will be having our traditional bake sale with more than 40 pies and other baked goods, beginning at 10am. There will be a patriotic walk that begins at approximately 11 am. After the patriotic walk there will be a flag raising ceremony at the Ladies Aid Building led by our local Boy Scouts, followed by a few patriotic sing-along songs. Photo: Posted on Facebook by Andrea Wojcik.







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ANNUAL FIREFIGHTERS 4TH OF JULY BREAKFAST

7am-noon at willow & Jim's Cafe in Silvana. Fire District 19 will be your waiters for the day. Enjoy great food and support Fire District 19.

TUESDAY, JULY 4

FORD GIESBRECHT PERFORMANCE

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.

TUESDAY, JULY 4

ART PROGRAM - CAMA

10 am – 11 am; Meet near the Cama Beach Historic Store. Take some time to get creative! Join park staff for a 1-hour program to learn ways to include art in your daily life. Topics include nature journaling, pastel drawing, and so much more! All children must be accompanied by an adult. Weather dependent.

TUESDAY, JULY 4

SUPER LOW TIDE BEACH WALK

11 am - 1 pm; Meet near the break in the sea wall on the south end of Cama Beach. Join our Volunteers to learn about the critters who live in the Salish Sea. All children must be accompanied by an adult. Hosted by the Cama Beach Foundation.

MEDICARE QUESTIONS?

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www.vidorassociates.com

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4TH OF JULY TRIVIA

Calvin Coolidge was the first (and so far, the only) president born on the Fourth of July. He was born on July 4, 1872

TUESDAY, JULY 4

ART PROGRAM - CISP

1 pm – 2 pm; Meet near Camano Island State Park boat launch. Take some time to get creative! Join park staff for a 1-hour program to learn ways to include art in your daily life. Topics include nature journaling, pastel drawing, and so much more! All children must be accompanied by an adult. Weather dependent.

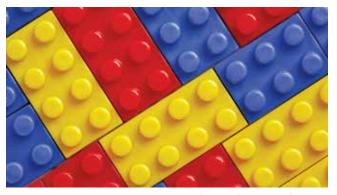
WEDNESDAY, JULY 5

LOW TIDE BEACH WALK

12 pm – 2 pm; Meet near the break in the sea wall on the south end of Cama Beach. Join our Volunteers to learn about the critters who live in the Salish Sea. All children must be accompanied by an adult.

WEDNESDAY, JULY 5

LEGO® AFTERNOON



2pm at the Stanwood Library . Stop by for an afternoon of LEGO®! Build alone or with friends -- we'll provide everything you need.

WEDNESDAY, JULY 5

POLLINATION STATION

Join Snohomish Conservation District from 10am-12pm at Cama Beach State Park for a family friendly investigation of our local pollinators and flowers! What is a bee's favorite color? What does it mean for a butterfly to "puddle"? Which flowers are going to turn into tasty berries this summer? Visit to learn the answers and more fun facts and activities! Meet near the gas pumps in front of the historic store.



4TH OF JULY TRIVIA

The First American Flag Only Had 13 Stars, which represented the 13 original colonies.

WEDNESDAY, JULY 5

ONLINE PUB TRIVIA - SATURDAY NIGHT LIVE

7:00 PM. Settle in for a night of pub trivia – right in the comfort of your own home! Join us for Online Pub Trivia - Saturday Night Live! Team members are not required and teams of one are absolutely fine. Registration is required. Contact us with questions: sno-isleon-linetrivia@sno-isle.org.

WEDNESDAY, JULY 5

WEDNESDAY NIGHT TRIVIA!

7-9pm at Pub 282. Test your knowledge on music, history, current events, pop culture & more! All ages and free to play!

WEDNESDAY, JULY 5

JOG AT THE AC RETREAT!

Noon at the AC Retreat, Silvana, WA. Join Athleisure Collective to take a moment in your day to jog, walk, run, ride & move forward. Free community event. SIGN UP at https://www.athleisurecollective.com/eventformsignup to be added to the list.

THURSDAY, JULY 6

PARKS & PLAY

10-11:30am. The Community Resource Center outdoor program for ages 0-5 and their parents/caregivers. Explore our local parks. During group time we will be offering an activity such as nature art, scavenger hunts, sports, water fun, obstacle courses, and more. Go to www. crc-sc.org/events for more info.

THURSDAY, JULY 6

GUIDED HIKE

1 pm – 2 pm; Meet at the Camano Island State Park North Beach shelter. Get out on the trails with park staff to learn about the human and natural history of the park. Topics include park history, wildlife, and so much more. All children must be accompanied by an adult.

THURSDAY, JULY 6

BEAVER HIKE

2:30 pm – 4 pm; Meet at the Cama Beach Drop-Off Shelter. Join Park staff to learn about one of our most elusive mammals, but also the one that has the largest impact on the forests around Cama Beach State Park. All children must be accompanied by an adult.



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4TH OF JULY

TRIVIA

Americans Eat

155 Million

Hot Dogs Each

Fourth of July

THURSDAY, JULY 6

ASTRONOMY PROGRAM

9 pm – 10 pm near the Cama Beach Historic Store. Join park staff for a 1-hour program to learn about the skies above us. Topics include, planets, stories, constellations, and so much more. All children must be accompanied by an adult. Weather dependent.

FRIDAY, JULY 7

GEOLOGY OF CAMA BEACH

Join Snohomish Conservation District from 10am-12pm at Cama Beach State Park for a family friendly investigation of our local geology! Take a look at mineral samples from the bluffs along Camano Island and learn how these rocks form! Meet near the gas pumps in front of the historic store.

FRIDAY, JULY 7

FORD GIESBRECHT PERFORMANCE

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, JULY 7

JOMAMMA WITH SHERI ROBERTS GREIMES

7:30pm at Pub 282. JoMomma is a full-production ensemble that brings much energy and power to the stage. Sheri leads this group which showcases the talents of additional rhythm and bass sections. Add organ and background vocals and other "touches" and hold on for a musical ride!

FRIDAY, JULY 7

ARTIST RECEPTION FOR AMY SLATER

5-7pm at Beach 1 Gallery. Amy Slater is a 2D artist working primarily in acrylics and watercolors, but she considers any media to be fair game. Her art will be displayed and for sale the entire month of July. We will be serving pop,wine, bottled water and individual bags of chips for the reception. 1243 Beach Dr, Camano Island 360-387-1655

FRIDAY, JULY 7

STANWOOD FARMERS MARKET

2pm-6pm at the parking lot behind downtown and next to the Amtrak train station. Shop with local farmers, artisans & craftspeople.

MYSTIC ART SUPPLY Supplies + Gifts + Lessons MysticArtSupply.com La Conner, W.A.

SATURDAY, JULY 8

JIMMY WRIGHT BAND

7:30pm - 10:00pm at Pub 282. Catering a wide variety of music.

SATURDAY, JULY 8

SWAP MEET & COMMUNITY GARAGE SALE



Join us from 9am-4pm at the Arrowhead Ranch, 615 Arrowhead Rd., Camano Island, for a Swap Meet and Community Garage Sale. We hope to have tools, furniture, collectibles, woodworking equipment, and so much more! Learn More: https://www.arrowheadranchcamano.com/events/swap-meet-and-community-garage-sale-2

SATURDAY, JULY 8

COMMUNITY SPIRIT DAY

Noon-3pm at Ananda Farm, 732 Haven Place, Stanwood. We'll have our farm store open and people are welcome to take walks and spend time in nature here. Please leave your pets at home. More info: contact@hereanandafarms.com.

SATURDAY, JULY 8

THE THREE C'S OF CRABBING

10:30 am – 11:30 am; Meet near the Cama Beach Historic Store. Have you ever wondered how to catch and cook crab? Get a jump on the summer crabbing season with our local expert, Tom Eisenberg. Learn responsible crabbing techniques, species identification, information about licensing and seasons, and delicious cooking methods. Weather dependent.

SATURDAY, JULY 8

GUIDED HIKE

4 pm – 5:30 pm; Meet at the Cama Beach Drop-Off Shelter. Get out on the trails with park staff to learn about the human and natural history of the park. Topics include park history, wildlife, and so much more! All children must be accompanied by an adult. Weather dependent.

SATURDAY, JULY 8

TURN KEY RUNNER - THE MAIDEN VOYAGE

Skagit County's Favorite artist Jack Mattingly launches Turn Key Runner on their maiden voyage Saturday July 8, 2023 at 8 pm at the Conway Muse! Tickets \$10 Advance \$12.50 at the Door. 21 and over only.

4TH OF JULY TRIVIA

Three presidents who signed the Declaration of Independence died on July 4. John Adams and Thomas Jefferson both died on July 4, 1826 on the 50th anniversary of the country's independence. James Monroe died five years later on July 4,

1831.

SATURDAY, JULY 8 SUMMER SUMMER CONCERT SERIES



Presented by Stanwood Commerce Alliance. Free live concert. All ages welcome! Summer Fun Saturday! Today's performer: Savanna Woods, hometown favorite and Season 20 Alum of "The Voice". Savanna will be playing her originals along with her notable and popular covers that have made her a voice to be recognized throughout the Country. 2-4pm at SAAL's Brewing, 10209 270th St NW, Stanwood.

SATURDAY, JULY 8

3RD ANNUAL MARK HOLZKNECHT MEMORIAL GOLF TOURNAMENT

Join us at Camaloch Golf Course to celebrate and honor Mark Holzknecht's memory with a little friendly competition.

Did you hear? It's the Month of Giving.

For every hearing test completed, we will donate **\$10** to local charity.

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w: StanwoodHearing.com



STANWOOD HEARING



4TH OF JULY TRIVIA

The 'Pennsylvania Evening Post' was the first newspaper to print the Declaration. It came out in the newspaper on July 6, 1776 for everyone to see, after a local printer named John Dunlap produced copies of the declaration's manuscript.

SATURDAY, JULY 8

CARS AND COFFEE

7am-10am at 848 N Sunrise Blvd, Camano Island. 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, JULY 8

FAMILY BINGO

at the American Legion Hall ON CAMANO ISLAND, 609 W. Camano Drive. Doors open at 4:30 P.M. and Bingo starts at 6pm. Snacks and beverages available.

SATURDAY, JULY 8

TEEN TRAVEL MASTERCLASS

11:00 AM – Online event. Some people know at a young age that they want to travel– both to see the world and to better understand themselves. This motivating workshop for teens offers inspiration, useful travel skills, and an action plan as well as helping curious teens learn through travel. Contact us with questions: askus@sno-isle.libanswers.com

SATURDAY, JULY 8

GARDENING CLINIC

The Snohomish County Master Gardeners will be hosting a clinic at Haggen today between 10 & 2. Please come visit us with your gardening questions. (It is very helpful if you can bring samples or pictures of gardening problems with you so that we can do a proper diagnosis of your concerns.). Hope to see you there!

SATURDAY, JULY 8

CASA OPEN HOUSE AND MARKET

Camano Animal Shelter Association (CASA) will host an Open House from 11 a.m. to 3 p.m. at the shelter on the corner of Can Ku Rd and East Camano Dr. Guided tours of the shelter will be provided. While you are there, shop for CASA merchandise and pet-themed and hand-crafted items. Adoptable dogs and cats are waiting for you.

SATURDAY, JULY 8

DISCOVER IVERSON SPIT WATERFRONT PARK

WITH SOUND WATER STEWARDS. 11 am to 2 pm at Iverson County Park on Camano. See what nature has to share! Discover what makes the holes in the sand, learn about native and invasive species, participate in a beach litter cleanup, learn to identify and report invasive green crab molts, wander the trails (including Hobbit Trail), tips to catch more crab, explore sandy beach and driftwood, find ways to help protect the marine waters, ask questions about the heritage and creation of the park. Let Sound Water Stewards be your guides through Interactive Displays for all ages. Fun, Family-Friendly. Give-Aways include a magnifying glass and Junior Steward booklet. Iverson Spit Preserve is located at the north end of Iverson Road, at 3 Iverson Rd. Ouestions? Call 425-540-7712.



4TH OF JULY TRIVIA

Americans Spend \$1 Billion on Fireworks Each July SATURDAY, JULY 8

ART EXHIBITION OPENING NIGHT PARTY

"SUMMER MOMENTS". Opening Reception and Party 5:00 to 7:30pm. Show runs through August 18. Open Every Friday, Saturday & Sunday 11 to 5:00. Monday thru Thursday by appointment. Matzke Fine Art Gallery and Sculpture Park, 2345 Blanche Way., Camano Island, 360-387-2759. www.matzkefineart.com

SATURDAY-SUNDAY, JULY 8-9

INDOOR SWAP MEET

9am-4pm at Stillaguamish Grange (at Stanwood Fairgrounds). Multiple local vendors offering vintage, antiques, collectibles, art, jewelry and more. Plus food options available for purchase. At the Stillaguamish Grange on the Stanwood fairgrounds.

SATURDAY-SUNDAY, JULY 8-9

THE SKAGIT RIVER PRODUCE FARMERS MARKET

10am-3pm. Many wonderful products include produce and hand made arts and crafts. The vendors change every day so come often! Come enjoy the beautiful scenery, live music, and fun products in Conway, I-5 at the Highway 534 exit on the east side. For more information contact MarketCoordinator@SRPFarmersMarket.org.

SUNDAY, JULY 9

AFRICAN MARKET

You are invited to an African Market, for the benefit of the Wana Duma Children's Project. 1:00 - 5:00. Every year we have so much fun! Founder Susanne is bringing new jewelry, decor, and gift items, as well as new stories, from Kenya. Drop by for some quick shopping or spend the afternoon by the water, visiting with others who love Africa and its people. 1410 Beach Drive, in the country club area of Camano Island.

SUNDAY, JULY 9

SUMMER DRUM CIRCLES ON THE GREEN

at Camano Commons - Free Community Event. 6-7pm. Open to all ages. Bring drums and percussion instruments to play and share. Kids, dogs and dancers welcome. In case of rain the event will be cancelled. Please register for this free event so that we know how many people to expect. Raising the vibration of our community, register at movementarts.com.



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Free In-Person Regenerative Tourism Workshops

The Transformational Travel Council and Embrace Whidbey & Camano Islands are hosting in-person workshops on leading regenerative projects and groups.

Led by Jake Haupert, CEO of the Transformational Travel Council

Camano Island

July 12 12 noon - 3 pm Kristoferson Farm (Lunch included with registration)

Whidbey Island

July 13 1pm - 4pm Clinton Community Hall

(Please RSVP separately for lunch)

Prior to the July 13 workshop, Embrace Whidbey and Camano Islands Tourism Committee will be meeting at 11 AM, where Jake Haupert will be speaking, you are welcome to attend, followed by lunch from 12 Noon to 1 PM. Please RSVP to Vicki Graham at Wolfpack600@yahoo.com if you will be attending lunch



It's easy, just scan this code or visit

WhidbeyCamanoIslands.com/transformational-travel







MONDAY, JULY 10

ANNUAL TEDDY BEAR PICNIC



Bring your favorite teddy bear and snacks and join us. This is a free annual event for families for preschool and school-aged children, filled with fun activities and stories read by community members. It is a celebration of literacy and learning. 10 am to noon at Community Resource Center, 9612 271st St NW, Stanwood. www.crc-sc.org.

MONDAY, JULY 10

NAUGHTY BINGO

Tonight at 8pm at Beauty Bar Salon + Lounge. Always free to play. Come have some naughty fun and maybe win some naughty prizes! Drink & food specials. More info: 360-629-2324.

MONDAY, JULY 10

GUIDED HIKE

2:30 pm – 4 pm; Meet at the Cama Beach Drop-Off Shelter. Get out on the trails with park staff to learn about the human and natural history of the park. Topics include park history, wildlife, and so much more! All children must be accompanied by an adult.

MONDAY, JULY 10

SEASHELLS BY THE SEASHORE

Join Snohomish Conservation District from 10am-12pm at Cama Beach State Park for a family friendly dive into the world of crustaceans, mollusks, and other local beach dwellers! Identify shells from the beach, learn how these critters survive the crashing waves, and wave hello to a barnacle! Meet near the gas pumps in front of the historic store.

MONDAY, JULY 10

TRIVIA NIGHT

with Darren. 6-8pm at SAAL Brewing Company, 10209 270th St NW, Stanwood. Bring your team of up to 6 for a fun night of food, drinks and creative trivia! Free sign up. Win prizes!

4TH OF JULY TRIVIA

Thomas Jefferson was the main author of the Declaration of Independence.

There were four others on the drafting committee: Roger Sherman, Benjamin Franklin, John Adams and Robert Livingston.



Summer Move-In Special Now in Progress First Month's Rent Free, Call for Details.



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WARM BEACH

Contact us today to learn more: (360) 652-2640 • www.warmbeach.org

Warm Beach Senior Community 20420 Marine Drive • Stanwood, WA 98292

4TH OF JULY TRIVIA

There Are Only 2.5 Million Original United States Citizens Today, the United States has a population of more than 336 million, but on July 4, 1776, only 2.5 million people lived in this country. That means the population has grown by 13,200% since the first Independence Day.

TUESDAY, JULY 11

BUILD A DO-NOTHING MACHINE!

1:00 PM – Stanwood Library. Is it art? Is it science? It's kinetic sculpture! Make a whimsical whats-it that moves! Please Register. (360) 629-3132 or askus@sno-isle.libanswers.com

TUESDAY, JULY 11

ART PROGRAM - CAMA

10 am near the Cama Beach Store. Join park staff for a 1-hour program to learn ways to include art in your daily life. Topics include nature journaling, pastel drawing, and so much more!

TUESDAY, JULY 11

ART PROGRAM - CISP

1 pm – 2 pm; Meet near Camano Island State Park boat launch. Join park staff for a 1-hour program to learn ways to include art in your daily life. Topics include nature journaling, pastel drawing, and so much more! All children must be accompanied by an adult.

TUESDAY, JULY 11

FREE COOKING DEMO

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

TUESDAY, JULY 11

FORD GIESBRECHT PERFORMANCE

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, JULY 12

WEDNESDAY NIGHT TRIVIA!

7-9pm at Pub 282. Test your knowledge on music, history, current events, pop culture & more! All ages and free to play!

WEDNESDAY, JULY 12

SPECTACULAR SEA SLUGS



Join Snohomish Conservation District from 10am-12pm at Cama Beach State Park for a family friendly dive into the world of nudibranchs, also known as sea slugs! Meet near the store.



4TH OF JULY TRIVIA

Francis Scott Key wrote The Star Spangled Banner on September 14, 1814, as he watched British troops take over fort Fort McHenry during the war of 1812—but the sona didn't become the national anthem until more than a hundred years later in 1931.

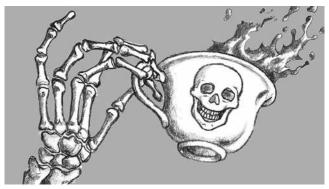
WEDNESDAY, JULY 12

ALLYSHIP 101

How to be an effective Ally to the LGBTQIA+ community. 7-8pm at the Community Resource Center, Stanwood. Event by PFLAG Stanwood-Camano. RSVP with the number in your party to pflagstanwoodcamano@gmail.com.

WEDNESDAY, JULY 12

DEATH CAFÉ



7pm-9pm at 580 W Monticello Dr. Camano Island. Ages 18 and over. Come for cake and conversations. Death Cafe is a social gathering for a group directed discussion of death with no agenda, objectives, or themes. It is a discussion group rather than a grief support or counselling session. Read more at www.deathcafe.com. Plenty of parking. Tea and cake provided. If you feel inclined, please bring a healthy snack to share. There is no charge for this event. RSVP appreciated but not required. Vicki Tracy 425-239-9166, call or text. Accessibility info: There is one flight of stairs up to the house for entry. Please call me to see if I can arrange assistance.

WEDNESDAY, JULY 12

STORYTELLING WITH OOMAGELEES

2:00 PM – Stanwood Library. Lummi educator and storyteller Cynthia Wilson (Oomagelees) tells the story of a day in a life of a little girl living on the shores of the Salish Sea 250 years ago.

WEDNESDAY, JULY 12

BEACH ECOLOGY 101

6pm Online event. Have you ever wondered what shows up amongst the sand and seaweed on our local beaches when the tide comes back in? Join us as we learn from the Beach Ranger about the animals and habitats that exist on our local beaches. Registration is required: askus@sno-isle.libanswers.com

WEDNESDAY, JULY 12

JOG AT THE AC RETREAT!

Noon at the AC Retreat, Silvana, WA. Join Athleisure Collective to take a moment in your day to jog, walk, run, ride & move forward. Free community event. SIGN UP at https://www.athleisurecollective.com/eventformsignup to be added to the list.

4TH OF JULY TRIVIA

When John Adams wrote that letter predicting an annual Fourth of July celebration, he specifically mentioned one iconic tradition: Fireworks.

THURSDAY, JULY 13

GUIDED HIKE

1 pm – 2 pm; Meet at the Camano Island State Park North Beach shelter. Get out on the trails with park staff to learn about the human and natural history of the park. Topics include park history, wildlife, and so much more. All children must be accompanied by an adult.

THURSDAY, JULY 13

BEAVER HIKE

2:30 pm – 4 pm; Meet at the Cama Beach Drop-Off Shelter. Join Park staff to learn about one of our most elusive mammals, but also the one that has the largest impact on the forests around Cama Beach State Park. All children must be accompanied by an adult.

THURSDAY, JULY 13

ASTRONOMY PROGRAM

9 pm – 10 pm near the Cama Beach Historic Store. Join park staff for a 1-hour program to learn about the skies above us. Topics include, planets, stories, constellations, and so much more. All children must be accompanied by an adult. Weather dependent.

THURSDAY, JULY 13

EDIBLE PLANTS ON CAMANO

The Camano Preparedness Group presents "Edible Plants on Camano" 7:00pm at the Vista Fire Station, 273 N. West Camano Dr. Foraging can be fun and may be essential in an emergency/disaster situation. Come learn about all the different native edible plants on Camano and surrounding areas. No reservations necessary. For more information, contact Sue at kk6sue@gmail.com.

THURSDAY, JULY 13

PARKS & PLAY

10-11:30am. The Community Resource Center outdoor program for ages 0-5 and their parents/caregivers. Explore our local parks. During group time we will be offering an activity such as nature art, scavenger hunts, sports, water fun, obstacle courses, and more. Go to www.crc-sc.org/events for more info.







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STANWOOD

\$625,000

Old world charm and craftsmanship are evident throughout this beautiful view rambler. #2078299



ARROWHEAD

\$625,000

Located on the sunny, north end of Camano is this wonderful daylight rambler with partial water and mountain views. #2077935



WATERFRONT

\$850,000

Fabulous waterfront acreage on Camano with spectacular east views, 2-bedrdoom home and huge ADU outbuilding. #2125380



WATERFRONT

\$650,00

Incredible, level waterfront lot on Camano with a sandy beach, gorgeous views and north island location. #2078007

STANWOOD 7359 267th St. NW, #D 360 629 8233



CAMANO ISLAND 818 N. Sunrise Blvd. 360 387 4663





WATERFRONT \$998,500 Camano, turn-key, waterfront cottage with easy access to your own beach and majestic views of the Cascades. #2056604



CAMANO ISLAND \$1,350,000 Exquisite, Custom-built home with breathtaking sunset and water views, gated entry and large shop. #2126223



CAVALEROBeautifully maintained 4024 asf home with partial views, community beach access, upscale finishes, theatre room, sauna and more. #2050900



CAMANO RIDGE \$725,000 Private and secluded 2.5-acres with level entry rambler, covered deck, fenced yard and RV parking. #2050271



Charming single level home on 1/3-acre corner lot and huge detached shop just minutes to the beach. #2077979



NORTH END \$1,075,000
Two homes on acreage with outbuildings, covered RV parking and peaceful grounds for a perfect island getaway. #2045502

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Congratulations to our 2023 Scholarship Recipients

Avery Abbott Ainsley Allen Helena Almli Heidi Anderson Barrett Anderson Logan Armstrong Adam Baxter Carson Beckt Vivienne Berrett Brock Berryman Austin Birkhofer Daniel Blue Kathleen Bohannan Lindsey Bordua Taylor Bradshaw McKenzie Bramwell Matthew Brennan Taylor Brown Amberlee Bulanhagui Ryder Bumgarner Avery Burchard Caden Caldero Riley Caldero Colby Campbell Aubree Carr Lily Carter Malcolm Childs Vince Christmas Hailey Clay Ezekiel Collver Enrique Correa-Mendez **Curtis Crews** Wyatt Custer Adeline Dams Jacob Daniels Nathan Dean Cezanne DePew Ethan Eichler Jaxon Eldridge Joshua Evans Kaylee Felver Mason Ferguson Mahkail Finco Aidan Finnegan Magdalen Flickner Ethan Fontes Jazhira Freeman Coda Goldsmith

Mason Goodson

Noah Grina

Lilie Guerra Henry Hannawalt Katelin Hannum Sarah Henderson Ella Hess Megan Holmes Ellie Hovden Madeline Husser Gage Hutsell Ethan Jake Hazel Johnson Kavden Johnson Sam Johnston Breanna Jordan Mckinley Joyner Ella Jung Mathew Kastelic Lindsey Khoury Carter Kinney Maleah Klesick Caden Latorre Tripp Loertscher Katy Logan Zoe Lonsinger Navada Luzik Maddison Maier Havden Main Aidan Manzuk Ana Marriott Macauley Martin Treyton Mascarenas Keaton Mayernik Emma Mayo Ryder McCall Matthew McFall Charlotte McNeely Riley McNicol Audrey Medina Lizbeth Medina Audrey Miller Benjamin Morgan-Reynolds Connor Munro Aidan Munson Samantha Myers Charlotte Nelson Logan Nordin Rhiannon Nordin Andrew Norton Keith Olson Finnan O'Malley Sophie O'Malley Rachel Oppegaard

Lane Ovenell Luke Palaniuk Riley Pappas Jevoni Potter Aiden Ramsey (William) Tucker Randall Tyler Rhue Laela-Marie Ridgeway **Grady Roberts** Avery Rochon Marleiza Rodriguez-Hernandez Kathryn Roman Belle Rose Antonio Sanchez-Racine Jack Sande Brooklyn Scanzon Robert Schmidt Darlena Schmitt Teddy Shipley Amelia Sicotte Cameron Smythe Jayden Spores Tryston Stephenson Madison Stoddard Nicole Surdyk Tess Swigart **Kaylin Tatos** Lael ten Hoopen Dalton Thompson Marcus Tobar Elva VanHorn Madeline Verhaaff Jackson Vondemkamp Grace Walker Brooke Weddle Quinn Weller Gabriel Wells Sadie Wermuth Breann Wheeler Luke Wickstrom Sydney Wiegand Kylie Wiganosky Hailey Wilson Mary Wilson Avery Yee

Twyla Zoloth

One Scholarship at a Time



\$296,125 invested in the future of our local students

Agriculture Mechanics Memorial American Legion Post 92 American Legion Auxiliary 92 Sons of the American Legion Post 92 American Legion Auxiliary Post 207 American Legion Post 207 Andrew Pinkham Memorial Austin Esary Memorial *Bahá'í Faith Bertha Jones Memorial Bonnie Susan Cole Memorial Camaloch Men's Club Junior Golf Camanio Lodge #19 / T. Dolvin Memorial Scholarship Camano Arts Association Camano Island Chamber of Commerce Camano Island Fire & Rescue/Island County Fire Chiefs Camano Plaza IGA Hometown Proud Carly J. Houser Memorial *Carol & Michael Upton Memorial Cascade Valley Hospital Medical Staff Charles & Donna Cole Memorial Children's Memorial Cliff Myron Memorial Close to My Heart Theater Arts *Connie O'Neill Memorial Cordona Family Daniel E. Moss Memorial *Dave Pinkham Memorial Davis Carlson Memorial Dayna Fure Memorial / Merrill Gardens Designs Northwest Architects DiAnne Shoup Memorial Dr. Dennis and Sharon Couch Future Teacher Edward & Katherine Jones Memorial Emil C. Jensen Memorial Erik Robertson Memorial Floyd & Delores Jones Memorial Floyd Norgaard Memorial Friends of Camano Island Parks Future Farmers of America *Gail Olsen CTE The Gilroy Law Firm Glen & Margaret Johnson Memorial Gordy Andrews Memorial Grover Love Memorial Hair by Kerrie Harry Heintz / Stanwood Volunteer Firefighters Henning Family Memorial Hope Unlimited Husby Family Memorial James B. Lund Agricultural The Jenkins Alumnus Joey Dettrich Baseball Foundation John Strandjord Memorial Joseph & Cathlyn Holton Computer Science

JR Richeson Musical

*Kerrie Ervin Realtor

Kiwanis Club of Stanwood-Camano Lars Holum Memorial Lyle & Eleanora Foster Memorial Mabana Flames *Marcia D. Quam Memorial *Marvlee & Leon Sams Memorial Melenia Hill Memorial Michael Lee Scholarship Michael & Shirley Rancich Memorial Mike Buse Memorial *The NOAH Center's Helen M. Draper Animal Care Norman & Antoinette Buse Memorial North 48 Real Estate North County Fire Fighters Association 9/11 Memorial Northend Family NorthSound Physical Therapy Northwest Veterinary Clinic-Andrew Stang Memorial Our Saviour's Lutheran Church PALS / Frank & Patty Besancon Memorial Penny Buse Scholarship RE/MAX Elevate Robert & Marion Nicholas Memorial Ruth Gavin Memorial *Safe Harbor Free Clinic Samuel & Gertrude Pusey Memorial Sandra Ochoa-Buenrostro Memorial Sara Jordan Memorial SCAF Christian Ed Schlagel Insurance Agency Schlosser Family Scholarship Fund Seth Nelson Memorial Shelly Greer Memorial Shields-Life Long Learning-SCP Alumni Snowden Family Memorial Sobotta Family Stanwood 4A Booster Club Stanwood-Camano Area Foundation Stanwood-Camano Arts Guild Stanwood-Camano Rotary Foundation Stanwood Camano PSE-SEIU Stanwood Foursquare Church Stanwood Lions Club Steelhead Swim Team Stillaguamish Grange #1058 Stilly River Mechanical Sven & Hildur Skoglund Memorial Taylor Family Memorial Theresa E. Nicholas Memorial Triplett Scholarship Twin City High Class of 1952 Twin City Idlers Car Club Twin City Sportsman's Club Utsalady Ladies Aid *Veaya & Michael Holzknecht Environmental Village Chiropractic Clinic Wana Duma Children's Project Windermere Real Estate (* denotes new scholarships this year)

www.s-caf.org

Kid's Korner

FOAM FIRECRACKER SLINGSHOT



Not only is this toy slingshot super fun to make but it was also cheap! You just need a few supplies to create your own: 1 foam tube (pipe insulator, found at most home improvement stores: makes 3 slingshots- cut between 6-8",) 2 plastic zip ties per slingshot, 1 rubber band per slingshot, ribbon, bakers twine and/or yarn (20" of 3-4 different colors) and red/white/blue acrylic paint.

Paint the black foam tubes red, white or blue: 3 coats will cover the black. Optional: paint pattern at this point as well. Cut ribbon. Fold ribbon in half and tie onto 1 full size zip tie. Attach rubber band to zie tie. Foam tubes are pre-cut so easily insert rubber band/zip tie/ribbon into the tube, with rubber band poking out from one side and ribbon hanging out the other. Use 2nd zip tie and secure. Pull TIGHT until it will not click anymore. Trim excessive zip tie.

Source: https://lollyjane.com/foam-firecracker-slingshot-toy/

4TH OF JULY TRIVIA

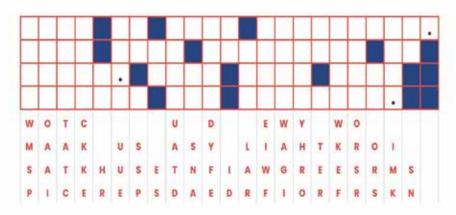
There are 31 towns in the U.S. that contain the word 'liberty.' The largest town is Liberty, Missouri, with a population of 32,865.



Be Responsible!

Loud, beautiful, and fun, fireworks are at the center of almost every Fourth of July celebration. Keep your celebration safe by making sure you act responsibly when around fireworks. Stay away from matches and lighters. Pick up used fireworks. Be sure they have cooled first. Have buckets of water handy throughout the area. Soak used fireworks in water. Make sure the area is safe and clean so that everyone can have fun and stay safe this Fourth of July!

How are your thinking skills? Try solving the puzzle below. In this "fallen phrase" puzzle, the letters have slid down and off the puzzle, landing in a mixed-up order under the columns in which they belong. The three fallen phrases are sentences from the paragraph above. Can you solve them?



Family Fireworks Fun

No Fourth of July celebration is complete without food! Historical documents show us that some traditional Independence Day foods have stood the test of time, such as salad, chicken, and cake.

Others, such as hot dogs, came to popularity in later years."
Today, the top foods include classic American dishes such as cheeseburgers and French fries." What are your family's favorite Fourth of July foods?





Fireworks Fact!

A prototype has been developed for a noisecancelling kennel designed to help dogs who are afraid of the loud noise of fireworks.¹



- * foodtimeline.org/july4th.html
- "nevsweek.com/americas-favorite-4th-july-foods-revealed-independence-day-2019-1447163
- dezeen.com/2019/03/14/ford-noise-cancelling-kennel-design



Photos and Art



4th of July folk art. Photo by Linnae Mallette.



A time capsule was buried by Paul Revere and Sam Adams on July 4, 1795, under the Massachusetts State House in Boston.



4th of July "colonists" at The Floyd. Photo by James M Shipley.



- Behavior Consultation
- Private 1-on-1 Training
- AKC Canine Good Citizen
- AKC Scent Work
- Tracking Classes
- Puppy Training

- Newly Adopted
 - Dog / Puppy Classes
- Virtual Dog Training
- Service Dog Training
- AKC Fitness
- AKC Tricks

OPAL COCKE



"In my studio, "work" is always play - using the collected pieces and remnants of other projects. I sew these bits together to create "new" fabric to use for bigger projects such as placemats, totes and bags, mug rugs, and wall art. There is always an Opal guilt in progress on the design wall." - Opal Cocke



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Business Spotlight

KAITLIN SWARTZ, LMT

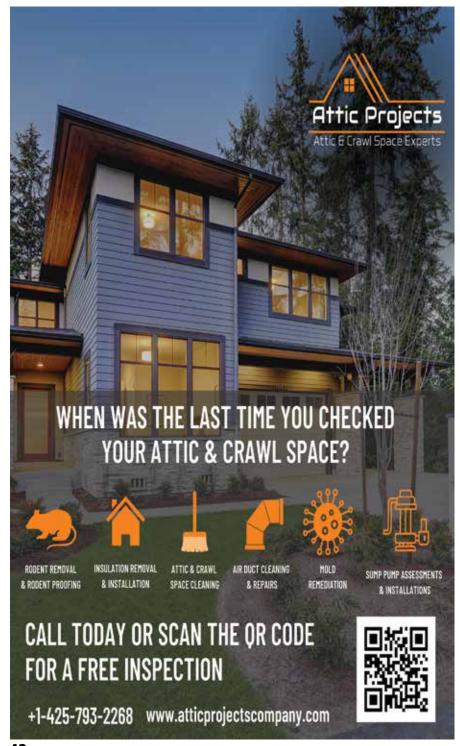


is joining Serenity Salon. Hello Camano Island! I graduated from Spectrum School of Massage in 2016. I greatly enjoy the practice of Massage. It brings peace and grounding to my life. I do relaxation, hot stone, stretching, deep pressure, and cupping. I work from the head to the toe, and also on pregnant women and the elderly. My style has often been called Therapeutic / Relaxation. I look forward to meeting and working on Camano Residents. (360) 387 - 7400 for appointments. www.serenityoncamano.com to check out our Salon & Staff.

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!





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

INDEPENDENCE DAYS

Some of us layabouts at the Poker Parlor were trying to think up something special for an upcoming 4th of July celebration. We figured we got so many Vets down this way the Diner might as well declare itself a VFW South End Auxilliary. And since most of them are vintage car guyz too, they could hold their own annual Independence Day Parade from Camano Head to the Elger Bay Store. I, of course, wanted to just use these militiamen as an excuse to secede from the Island, but cooler heads prevailed. As usual.

Two Toke Tom served in Viet Nam and now is pretty much anti- every war. Jimmy Z, who's old enough to be Tom's old man, fought the Japanese in WW2. Tom thinks Jimmy's still fighting em and maybe so, but I notice Jimmy driving a Toyota pickup now even though he swore for 60 years he'd never buy a 'Jap Car'. Baghdad Bill fought in the second Iraq War and Big Larry just got back two years ago from Afghanistan. Jerry spent a year in Korea and frostbit a couple of fingers he wishes he had back, but he still can play a mean guitar. We even got Crazy Eddie who 'liberated' Grenada. We're missing Afghanistan and Somalia and Panama and Bosnia, but with all the newcomers rolling in, we may cover those too eventually.

Sometimes the boyz argue among themselves about those wars and sacrifice and what patriotism really means at the Friday night poker game we've been running since 1986 down at the Marina and Bait Shop. Two dollar limit on bets, no limit on alcohol. The pots don't do much damage, but single nettle Daddle Distillery moonshine sometimes does. I sit in with these war-hardened patriots most Fridays and serve as their patsy and their sometime referee, the one who never served even in peacetime. Or what Two Toke calls a draft dodging, student deferred, flag burning, Summer of Love hippie protester. He takes great joy in telling me I would've loved the smell of napalm in the morning over there on the Delta. Jimmy Z chimes in how his platoon could've won Viet Nam single-handed although Jimmy never once has told us one iota the hell that must have been Iwo Jima. But he's the one who puts a liver spotted hand on Bill's arm whenever Bill gets overwhelmed by memories of buddies lost in the HumVee he was driving when it was blown off the road to the airport in Baghdad.

We've fought too many wars, I think, before realizing I've said it out loud. I see by their pinched lips and averted eyes I won't get an argument tonight. Patriotism comes in all uniforms, even no uniform at all. Big Larry finally breaks the swelling silence, pushes a handful of quarters into the pot and says, real quiet, "I'm willing to spend a couple bucks, Skeeter, to see if you got more than bluff in this hand." Grateful to change the subject, I say, "Name of the game, Big. Read em and weep."



GRAB A CRAB CRACKER:

from the box attached to the wall of Camano Gateway building at Freedom Park

WEEKLY INTERPRETIVE PROGRAMS AT OUR STATE PARKS

(Weather dependent, All children must be accompanied by an adult). FRIDAYS: BALD EAGLE TABLE TALK: 10 am at Cama Beach. Join Park Staff to learn about the Bald Eagles that make the park their home. Hopefully you'll get a chance to see them and this season's young eagles! JUNIOR RANGER PROGRAM: 1 pm near the Camano Island State Park boat launch. Join Park staff for this 1-hour kid-friendly program to learn about the park and the animals, plants, and humans that make their homes in our parks. Topics vary every week. WHO EATS WITH THEIR FEET: 2:30 pm at Cama Beach. Learn about barnacles and plankton. **SATURDAYS:** TOY BOAT BUILDING: 10 am in the Cama Beach Boathouse. Learn how to build a wooden toy boat. Bring it home as a souvenir! \$5 suggested donation. JUNIOR RANGER PROGRAM: 10 am at Cama Beach. Join Park staff for this 1-hour kid-friendly program to learn about the park and the animals, plants, and humans that make their homes in our parks. Topics vary every week. BALD EAGLE TABLE TALK: 1 pm near the Camano Island State Park boat launch. Join Park Staff to learn about the Bald Eagles that make the park their home. SOLAR ASTRONOMY PROGRAM: 2:30 pm at Cama Beach. Join Park staff for an informal program to learn about our planet's closest star. Topics include sunspots, planets, and so much more. **SUNDAYS:** BIG BUBBLES: 10 am at Cama Beach. Learn how to make giant bubbles and become a bubble-ologist! TABLE TALK: 1 pm near the Camano Island State Park boat launch. Join Park staff for an informal program to learn about the common plants, animals and birds that make Camano Island State Park their home. Topics vary every week. TABLE TALK: 2:30 pm at Cama Beach. Join Park staff for an informal program to learn about the common plants, animals and birds that make Cama Beach State Park their home. Topics vary every week. **MONDAYS:** JU-NIOR RANGER PROGRAM: 10 am near the Cama Beach Store. Join Park staff for this 1-hour kid-friendly program to learn about the park and the animals, plants, and humans that make their homes in our parks. Topics vary every week. **MONDAYS:** JUNIOR RANGER PROGRAM: 1 pm near the Camano Island State Park boat launch. Join Park staff for this 1-hour kid-friendly program to learn about the park and the animals, plants, and humans that make their homes in our parks. Topics vary every week. DISCOVERY WAGON: 2 pm near the Cama Beach Store. Learn about the different birds that live on Camano Island in this informal, family-friendly program, WEDNESDAYS: DISCOVERY WAGON: 2 pm near the Cama Beach Store. Learn about the different birds that live on Camano Island in this informal, family-friendly program. THURSDAYS: CRITTER CHAT: 10 am near the Cama Beach Store. Join Park staff for a 20-minute talk to learn about the animals that make their home on Camano Island and at Cama Beach State Park. You could learn about bats, bald eagles, orcas, seals and sea lions, and more.

COMMUNITY LAUNDRY OUTREACH

Free Load of Laundry offered to those in poverty or homelessness. Laundry supplies provided. No more than 10 people at a time. Sack meal provided. 5-7pm (last load in washer at 6:15pm) at Viking Laundry, 8812 Viking Way, Stanwood.

JOHN RINGEN ART SHOW



at Camano Gateway building (next to Freedom Park, Camano Island). John's art will be on display through July 29.

STANWOOD CAMANO YOUTH SOCCER

registration is open through July 8th for all students in the Stanwood School district boundaries. Please go to www.scysc.com to register.



4TH OF JULY TRIVIA

Although the holiday wasn't made an official national holiday until 1870, the state of Massachusetts has recognized the holiday since 1781. Several months before America won the Revolutionary War, Massachusetts declared the Fourth of July an official state holiday.

IN HONOR OF CADEN MACQUARRIE...



Donating blood strengthens our community, drop by drop. Your donation will help local patients like Caden who is 11 years old and lives on Camano Island. Caden was diagnosed with Leukemia last November. Since December 2022 he has completed four rounds of chemo, two radiation treatments, and had a bone marrow transplant. His 15 year old brother was a perfect match to be his donor. In addition to his bone marrow transplant, Caden has also received 40+ blood transfusion! Caden's favorite activities include Xbox, reading Dogman books, cuddling with his cat, Ella, and going to the beach. He is looking forward to going home when treatment is done, and volunteering in the children's ministry at church. Please consider donating blood in July so local patients like Caden can look forward to life's greatest milestones. Show your support for Caden by participating in a Virtual Blood Drive! Step 1: Register to donate blood at any Bloodworks NW Fixed Site or Mobile Drive between June 15th & July 31st. Step 2: On the day of your dontion when asked "what brought you in today" mention the code CSM or In Support of Caden. Step 3: Sit back, relax, and take pride in knowing you're making a positive impact on someones life. Photo ID & appointments required. No one under the age of 16 permitted onsite. There is no deferral from donating if you receive the COVID vaccine. For safety, appointments only. 800-398-7888. schedule.bloodworksnw.org.

JOIN US

The Transformational Travel Council and Embrace Whidbey & Camano Islands are hosting free in-person workshops on leading regenerative projects and groups. These are being led by Jake Haupert, CEO of the Transformational Travel Council. This in-person workshop will focus on providing tools and guidance on leading regenerative groups and projects aligning with the Embrace program, which is how we are activating regenerative development on the islands. We invite you to attend and get engaged with this process! The Camano Island Workshop is on July 12th at Kristoferson Farm from 12:00-3:00 a light lunch will be provided. RSVP at https://www.eventbrite.com/e/in-person-leading-regenerative-groups-projects-work-shop-camano-tickets-653765579447.

COMMUNITY GARDENING FOR WILDLIFE AWARD



Camano received an honorable mention as a community gardening for wildlife in the U.S.. Read the full story here: https://blog.nwf.org/2023/05/top-five-cities-that-garden-for-wildlife. Camano was the second community wildlife habitat in the state and tenth in the nation. Our wildlife project that began in 2002 has been a mentor to many communities in the Pacific Northwest. We certified as a community in 2005 and now have 1,043 certified wildlife habitats on the island. Our project continues on with the goal of Creating an Island in Harmony with Nature — One Yard at a Time. Many thanks to FOCIP for sponsoring the project. It's still making a difference! https://www.friendsofcamanoislandparks.org

4TH OF JULY TRIVIA

There are other countries that celebrate America's independence on the Fourth of July. Denmark, England, Norway, Portugal, and Sweden

FAMILY HISTORY CENTER OPEN WORKSHOP

Come any Tue (10am-noon) or Wed (6:30-8pm), at 795 Ell Rd, Camano Island (Church of Jesus Christ of Latter-day Saints), and get an absolutely FREE personalized consultation. We'll show you how to discover your ancestors and get FREE access to Ancestry.com, Fold3.com military records, Newspapers.com, ArkivDigital, and other sites.

ANCESTRY / GENEALOGY

Do you want to trace your roots? Are you interested in your personal family tree? If you are, the Sno-isle Libraries can help. We have a number of genealogy data bases that are available to use including Ancestry Library Edition (CAN ONLY BE USED IN THE LIBRARY). We also have staff available to assist you with using these databases. If you would like assistance at the Camano Island Library email esmith@sno-isle. org. Thank You Lyn Smith Sno-isle Libraries. More info: 360-387-5150.











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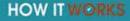




















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FREE SUMMER MEALS PROGRAM AVAILABLE IN JULY AND AUGUST

Good nutrition is essential for effective learning every day — all year long. Just as learning does not end when school lets out, neither does the need for good nutrition. Summer meal programs help children get the nutrition they need to learn, play, and grow throughout the summer months. The Stanwood-Camano School District is again offering its free Summer Food Service Program for all children ages 18 and younger. The program is open to all families and doesn't ask for any paperwork — kids can just drop in and grab a meal. "We're delighted that we're able to serve our community in this way during the summer. So many children go without, especially during the summer," said Don Vennetti, the district's Director of Food Services. The summer meal program will be offered Monday through Friday at the following locations: Twin City Elementary (26211 72nd Ave. NW, Stanwood, WA 98292). Dates: July 5 - August 25. Breakfast: 8:30 a.m. -9:30 a.m. Lunch: 10:45 a.m. - 11:45 a.m. Stanwood High School (7400 272nd Ave. NW, Stanwood, WA 98292) Dates: July 31 - August 25. Breakfast: 8:30 a.m. - 9:30 a.m. Lunch: 10:30 a.m. - 11:30 a.m. This federally-funded program is sponsored by many organizations throughout our state. Children may participate in summer meal programs outside of their communities. For more information, visit our Food Services webpage at www.stanwood.wednet.edu.



Beach Break estate

Malynda Shipley - Realtor® / Broker MShipley@AtTheBeachRealEstate.net 425-299-7892



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Welcome to this spacious home with vaulted ceilings and open floor plan. Generous sized kitchen flows to the living with propane fireplace. Dining room featuring stainless steel appliances & walk-in pantry. Deck off kitchen perfect for BBQ. Lrg bedrooms & bonus room w/primary on main floor & on-suite bathroom. Downstairs adds valuable bonus footage with recreation room, wood burning stove & guest suite with full bathroom. Fully fenced backyard backs to a serene greenbelt, raised garden beds, multiple fruit trees & a 10x12 storage shed. The home is wired for a whole house generator, new 50 year roof in in 2017 and a 2 car garage. Enjoy the amenities of Camano Country Club w/ 3 private beaches. Close to beaches, parks and island amenities.

PARKS SURVEY



We need your input! The City of Stanwood is currently updating it's Parks, Recreation and Open Space plan and are conducting two park surveys to understand local values, priorities, and desired changes to the parks system. Take the survey today! Youth Survey (ages 5-17): https://www.surveymonkey.com/r/2023youthparksurvey. Adult Survey (ages 18+): https://www.surveymonkey.com/r/2023parksurvey.

4TH OF JULY TRIVIA

It's a tradition in New England to eat salmon on the 4th of July.

ADULT SCHOLARSHIP CYCLE OPEN

The Stanwood-Camano Area Foundation has several scholarships available for adult students seeking advanced education or needing additional training or education to compete in today's workforce. To be eligible, applicants must reside within the boundaries of the Stanwood-Camano School District or be former graduates of either Stanwood or Lincoln Hill High Schools, and have financial need. In addition to these general eligibility requirements, each scholarship isted has its own requirements. Scholarships are available for the following areas of study: Veterinary Care; Fire Sciences/EMT; Visual Arts; Caregiving; Nursing/Medicine; Single Parents pursuing additional training; General Studies. The adult scholarship cycle begins on June 12 with an application deadline of July 14. Applications and additional information can be found online at www.s-caf.org. For more information, contact Natalie at 360-770-5842 or natalie@s-caf.org.

Stanwood United Methodist Church

~ Open Hearts, Open Minds, Open Doors ~

In-Person Sunday Service at 10:00am. Live Online Services available at 10:00am at www.stanwoodumc.org or on our Facebook page at: Stanwood United Methodist Church.



360-629-9555

27128-102nd Dr. NW, Stanwood, WA 98292 www.stanwoodumc.org Handicapped Accessible Pastor Justin White



AIRLIFT NW



Camano Preparedness Group's guest speaker for their June 8th meeting was James Richardson from Airlift NW. Included in Mr. Richardson's presentation was our opportunity to get up close and personal with one of their amazing Airbus H135 helicopters. Airlift NW works in conjunction with the University School of Medicine and provides life-saving airlift transport to any of a multitude of hospitals throughout the Pacific Northwest, including Washington, Idaho, Montana, Oregon, and Alaska. They will be one of the key and crucial responders in the event a major disaster strikes our area.

4TH OF JULY TRIVIA

It was once considered disrespectful to keep your business open on the 4th of July.

PANCAKE BREAKFAST FUNDRAISER

Stilly Valley Youth Dynamics will host a pancake breakfast fundraiser 7am-11am, at Haller Park in Arlington, on the 4th of July. Proceeds will benefit youth programs in Stanwood/The Spot and Arlington.

FREE HORNET HIVE REMOVAL

Call Joel at (509) 987-7717 for free hornet hive removal. The hornets are desperately needed in order to be used for immunotherapy. You can help save lives! This is a free service to our community members in Camano/Stanwood/Arlington areas. https://www.facebook.com/Hingston.Hive.Removal



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The Liberty Bell hasn't been rung since 1846. The last time it rang was on Washington's birthday in 1846, when a major crack appeared.

YMCA OF SNOHOMISH COUNTY HONORS VOLUNTEERS OF THE YEAR

First Post-Pandemic Celebration Recognizes 29 Volunteers From Across the County. The YMCA of Snohomish County resumed hosting its Volunteers of the Year Awards Breakfast on Wednesday, June 14. This annual celebration returns for the first time post-pandemic. Volunteers from all six branches, the Board of Trustees, and the Youth Development Board were honored and recognized for their service to the Y. "The YMCA of Snohomish County is a volunteer-driven organization," said Peyton Tune, President and CEO, YMCA of Snohomish County. "We could not thrive without the dedication of our community of volunteers. It's a privilege to honor them for the good work they do every day." Volunteers were recognized in four categories: program, policy, youth, and philanthropy. The recipients serve in different capacities across the county, but they all embody leadership, commitment, and a heart for the Y and the community it supports. Award recipients are: Program Volunteers of the Year: Betsy Case (Everett), Will Beck (Marysville), Nikki Gale (Mill Creek), Greg Piland (Monroe/Sky Valley), Jim Russell (Mukilteo, Shawn Hopkins (Stanwood-Camano), Nate Nehring (Trustees). Policy Volunteers of the Year: Jon Stewart (Everett), Emily Wicks (Marysville), Shawnti Johnson (Mill Creek), Becky Hasart (Monroe/Sky Valley), Jen Castleberry (Mukilteo), Cameron Brown (Stanwood-Camano), Craig Connell (Trustees), Cyrus O'Bryant (Youth Development). Youth Volunteers of the Year: Victoria Lopez (Everett), Cheyenne Markel (Marysville), Kailyn Powers (Monroe/Sky Valley), Ana Marriott (Stanwood-Camano). Philanthropy Volunteers of the Year: Amy Lewandowski (Everett), Al and Suzanne Taitingfong (Marysville), Pam Gallagher (Mill Creek), Cheri Larsen (Monroe/Sky Valley), Gretchen Reynolds (Mukilteo), Ted McCammant (Stanwood-Camano), Kristin Meadows (Trustees), Steve and Keri Myers (Youth Development). In addition to recognizing these volunteers, the Y also honored the "Champions of Resiliency," volunteers who were integral in helping the organization through the pandemic. "From board members to youth sports coaches, Annual Campaign chairs to Big Brother and Big Sister mentors, we are so appreciative of our volunteers who dedicate their time and talent to strengthening our local community," said Tune. "They lead, inspire and support our Y family, and me too!"

OPEN HOUSE SATURDAY & RESEARCH WEDNESDAY

Open House every Saturday, 10am-1pm at the Stanwood Area Historical Society Tolin House (between the Pearson House the Floyd Norgaard Center). Research Wednesday 1-4pm at Eldridge Center.



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CASA'S PET OF THE WEEK:

My name is **MAX!** I am six-month-old large mixed breed. I was found as a stray and had not interacted much with humans before coming to the shelter. I have warmed up to the shelter staff quickly! I love making them laugh, playing, and have grown fond of their affections.

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



NOAH'S PET OF THE WEEK:

Hi I am KALEA! I am about a year old and I weigh about 6 pounds. Come visit me at The NOAH Center today!

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



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

BEAR is a tender hearted fella. If you are looking for a best friend your search is over. He can usually be found curled up on the couch under a blanket. Bear loves the quiet life and will need an adult only home. YOU MUST visit www.save-a-mutt.org/adoption-application/ to fill out an application before meeting any dogs. We are foster-based rescue with no facility.

Save-A-Mutt (Silvana, WA): (425) 280-0502. www.save-a-mutt.org

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The Bleachers

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

HUMOR WRITING MADE EASY WITH CHATGPT

Technology futurists have been predicting for decades that AI (Artificial Intelligence) would eventually overhaul how we do our jobs, how we travel, and even how we engage in sex. But I'd rather not delve into my brother-in-law's fascination with his AI robot girlfriend, the Monica XL-400. I still don't understand their relationship, to be honest.

Tremendous advances in AI have taken place, thanks to the introduction of AI chatbots. The one getting the most press coverage is ChatGPT. Think of it as simply an AI-powered chatbot. We've all seen chatbots before. You know, those annoying online chat programs where you type in a request like, "Can I talk to someone in customer service?" and the chatbot replies, "Hello, I'm Brad. How can I help you?" And then you reply, "I just need to talk to a LIVE person," and it replies, "Hello, I'm Brad. How can I help you?"

The technology of these AI chatbots is actually quite impressive. Just log onto one of these websites, type in any conceivable topic you'd like information about, and voilà! Within seconds, this AI program will compose a written response in surprising detail, crafted in such a way that it is almost impossible to tell that it was not written by a human.

Popular applications of this breakthrough technology include using it to write press releases and legal briefs, and helping to ensure that thousands of hardworking tech support and customer service employees all over the world will lose their jobs forever.

But probably the source of greatest controversy is the use of these programs to write high school and college term papers. We asked a high school senior and ChatGPT the same question: "Who was George Washington?" Below are their responses. See if you can guess which response was written by Jordan Carruthers, a senior at Garfield High School, and which was provided by ChatGPT.

ChatGPT or Jordan Carruthers?

George Washington (1732-1799) was an American political leader, military general, and Founding Father of the United States. He played a crucial role in the American Revolution, leading the Continental Army to victory over the British and securing American independence. After the war, Washington was a key figure in the drafting of the U.S. Constitution and became the first President of the United States in 1789. Washington's legacy as a leader and statesman has been widely celebrated throughout American history.

ChatGPT or Jordan Carruthers?

George Washington chopped down a maple tree and had wooden teeth. He was very tall and wore a white wig. He stood in the front of a rowboat crossing a river in wintertime. That's very dangerous, as he could have fallen overboard and drowned. He's the guy on the one dollar bill. Did I mention he was tall? We get the day off every year on his birthday, so he must have been a fairly important dude.

Who wrote which version? It's hard to tell. Believe it or not, the first response was supplied by ChatGPT. But in fairness, Jordan Carruthers is



a lazy idiot who's probably not going to graduate on time. Of course, experts are concerned students may cheat and use ChatGPT to complete their term papers for them. This is a serious issue, and I, for one, am furious... that this technology was not available for me to use when I was in college back in the 1970s. So unfair.

Another disturbing challenge in the rapid deployment of Al chatbots is that they can quickly become obnoxious jerks. Let me explain. Al chatbots are essentially highly sophisticated robot parrots. They quickly learn to assimilate knowledge – and opinions – based on the input they receive from the humans interacting with them. Before long, they start repeating the sentiments of their users.

So, imagine the tech team's surprise when Microsoft launched its cutting-edge AI chatbot program called Tay. Twitter users started tweeting the bot with a barrage of vitriol, including misogynistic and racist comments laced with offensive expletives. Within hours, Tay's R-rated commentary started to make Samuel L. Jackson look like Mother Teresa.

Okay, so there are still a few bugs to work out with these AI chatbots. But I for one am excited about the future potential. In fact, I am so impressed with these chatbots I used ChatGPT to compose this entire column. Next week's topic: "The history of baseball." I can't wait to see what ChatGPT comes up with. I'm sure it will be compelling reading. I just hope it won't be way better written than my usual columns.



9923 270th St. NW Stanwood • tami@tamarasperry.com • www.tamarasperry.com

www.TheCrabCracker.com

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Classes and Workshops

4TH OF JULY TRIVIA

The One World Trade Center in New York was designed to be 1,776 feet tall, which represents the year America declared independence. **Piano and Guitar Lessons.** Looking to learn how to play the piano or guitar this summer? Hart Music School on Camano Island offers lessons for all ages and skill levels. Personalized instruction to help you reach your musical goals. Music teachers are also welcome to apply online. Call us today to schedule your first lesson at no charge: 425-780-2289, or book a complimentary lesson at HartMusicSchool.com

FREE HIGH Fitness aerobics classes Saturdays at 8am outside on the Stanwood High School multipurpose field. High Fitness is a high-intensity, cardio and toning class set to fun music. All are welcome!

Free Medicare Basics Information Class July 13th (10:15am - 11:15am) Free, open to the public. We will be explaining how your Medicare benefits work, as well as the details of enrollment. Camano Island Library Meeting Room. RSVP with John: 360-967-9601. Unable to attend? Call to book a Zoom appointment that fits your schedule.

Yoga for Beginners Five Week Session Tuesdays 6pm. Prepare you with the first steps toward a regular practice. Sign up through movementars.com or call 360-629-9100. Space is limited, sign up early.

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 your own home. ON-LINE 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; regular membership rates apply.

Virtual Guitar Lessons with Ford Geisbrecht. All ages, levels & styles. Learn at your own pace. Ukelele & Bass also available. 360-631-0661.

YogaTone 4-Class Course June 18 and July 16, 2-3pm. A uniquely curated class, incorporating movement, dance, yoga, breath, and positive sweat. No prior experience needed. If you like to move and groove, this may be the class for you. \$85. Space is limited to 15, sign up early to secure your spot in class. movementars.com.

Belly Dance Fitness is at Tru Grit Gym in Stanwood, 10:30 - 11:30 a.m. Come shimmy, shake and undulate your way to better health and flexibility while making new friends! All levels, ages and genders welcome. \$10 non-members, \$5 members.



Come pick organic blueberries in Silvana this Summer!

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Cooking Mamas

SMASH BURGER TACOS



This delicious mashup went viral all-over social media. These smashed burgers topped with melty cheese, lettuce, pickles, onions, and secret sauce, folded in crispy flour tortilla shells are simply amazing. They're perfect for a summer cookout with family and friends or a quick weeknight meal, Enjoy!

SECRET SAUCE: 1/4 c. mayonnaise; 1 T. ketchup; 1 tsp. mustard; 1 T. sweet relish or finely diced sweet pickles; 1/2 tsp. hot sauce

SMASHED BURGERS: 1 lb. 80/20 ground beef; 1 tsp. kosher salt; 1/2 tsp. freshly ground black pepper; 4 (6-inch) flour tortillas

TOPPINGS: 4 slices American cheese; 1 c. shredded iceberg lettuce; 1/4 c. diced onion; Sweet pickle chips; Secret Sauce

DIRECTIONS: 1. SECRET SAUCE: In a small bowl, whisk together all ingredients until well combined. Cover and refrigerate until ready to serve. 2. Prep the toppings before you begin. Open the cheese, shred the lettuce, dice the onions, and drain the pickles. (These smash burger tacos cook quickly.) 3. Preheat your griddle or cast-iron skillet over medium-high heat. 4. SMASHED BURGERS: Divide the ground beef into 4 loose portions and place them in mounds on the hot griddle or skillet (depending on the size of your griddle or skillet you may want to do this one at a time). Season each mound with salt and peoper. Place a tortilla on top of each mound and press down with a burger press, heavy pan, or spatula to flatten the beef into the shape and size of the tortilla and cook for 2-3 minutes. (Note: The burgers are very thin and won't take long to cook.) 5. Flip each burger over with a large spatula and top with cheese. Cook until the cheese is melted, and the tortilla is golden brown and crispy, about 2 minutes more. 6. Immediately top each taco with lettuce, onions, and pickles (or your favorite toppings) then drizzle with the secret sauce. Fold in half like a taco and devour! Serves 4. Cook's Note: Smash burger tacos should be eaten immediately after they are cooked, while the meat is hot, and the shells are crispy.

Recipes by Cooking Mamas created by Dusty Hutchins-McNutt.

"Great recipes begin in Mama's Kitchen!"

Visit me at: www. CookingMamas. com

Cama Beach Foundation

Volunteers Needed at Cama Beach State Park:

Cama Beach Store Cashiers: 3 hours/week during the summer Nature Program Assistants

Amateur Astronomer



For more information about volunteer opportunities with the Cama Beach Foundation please call Janet at

ilmo

360-387-2062 or *email* jlmott.cbf@gmail.com





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GARAGE/YARD/ESTATE SALES:

Fabric sale: Quilting Fabric Inventory High Quality Fat QTRS/Yards. June 30th-July 1st. 9am. 7025 299th St NW Stanwood, Wa. 98292

Onamac Garage Sale July 7th & 8th 9am - 3pm.

Lost Lake community yard sale: July 14-16th, 9am-5pm. "Find Your Next Treasure!". Lots of stuff. Home items, antiques, furniture, clothes, tools and so much more!!

Doubleview Community Yard Sale July 15th from 9am-1pm. Enter at the intersection of Sunset Dr and Doubleview Dr, just south of Madrona Beach on Camano Island. Bad Cat Ceramics also for sale.

MISCELLANEOUS:

Mother-in-law unit for rent: Waterfront in the gated community on the north end of camano island. Semi Private one bedroom unit available for a single woman with full kitchen, laundry and private entrance. Rent and utilities included \$1550/month. No smoking/drugs. No pets. Contact: 48rainyinseattle@gmail.com

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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. windermerestanwoodcamano.com.

4TH OF JULY TRIVIA

In 2020, an estimated 15,600 people were hospitalized with injuries related to fireworks.

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earn to partner dance! FUN & EASY

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DROP-INS WELCOME

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Social Dance Simplified

WHEN: May 5th!
Fridays 4:00-5:00 pm
WHERE:
ary! Camano Center
606 Arrowhead Rd
Camano, WA 98282
\$15 per person / \$25 for couples
\$10 for Camano Center Members

TIDE TABLES / SARATOGA PASSAGE / JUNE 30 - JULY 13, 2023

Date		High /Low	Tide Time	Height Feet	Moon Visible	Date		High /Low	Tide Time	Height Feet	Moon Visible
	30 30 30 30	High Low High Low	1:44 AM 9:06 AM 4:58 PM 9:25 PM	10.8 -1.2 10.1 8.0	0	F	7 7 7 7	Low High Low High	2:53 AM 7:44 AM 2:31 PM 9:50 PM	6.0 9.5 -1.8 12.3	0
Sa	1 1 1	High Low High Low	2:22 AM 9:48 AM 5:45 PM 10:24 PM	10.8 -2.3 10.9 8.3	\bigcirc	Sa	8 8 8	Low High Low High	3:53 AM 8:56 AM 3:20 PM 10:29 PM	5.0 8.7 -0.1 12.3	Q
Su	2 2 2 2	High Low High Low	3:05 AM 10:32 AM 6:28 PM 11:18 PM	10.9 -3.2 11.5 8.3		Su	9 9 9	Low High Low High	4:56 AM 10:19 AM 4:12 PM 11:09 PM	3.7 8.0 1.8 12.1	
М	3 3 3	High Low High	3:52 AM 11:18 AM 7:09 PM	11.0 -3.8 11.9		М	10 10 10 10	Low High Low High	5:58 AM 11:56 AM 5:11 PM 11:49 PM	2.4 7.7 3.9 11.8	
Tu	4 4 4 4	Low High Low High	12:09 AM 4:44 AM 12:06 PM 7:50 PM	8.0 10.9 -4.0 12.1		Tu	11 11 11	Low High Low	6:56 AM 1:49 PM 6:21 PM	1.1 8.1 5.6	
w	5 5 5 5	Low High Low High	1:01 AM 5:39 AM 12:54 PM 8:31 PM	7.6 10.7 -3.7 12.2		W	12 12 12 12	High Low High Low	12:30 AM 7:49 AM 3:29 PM 7:47 PM	11.5 0.0 9.1 6.9	
Th	6 6 6	Low High Low High	1:55 AM 6:39 AM 1:42 PM 9:11 PM	6.9 10.2 -3.0 12.3	0	Th	13 13 13 13	High Low High Low	1:14 AM 8:37 AM 4:40 PM 9:13 PM	11.0 -0.9 10.2 7.6	





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