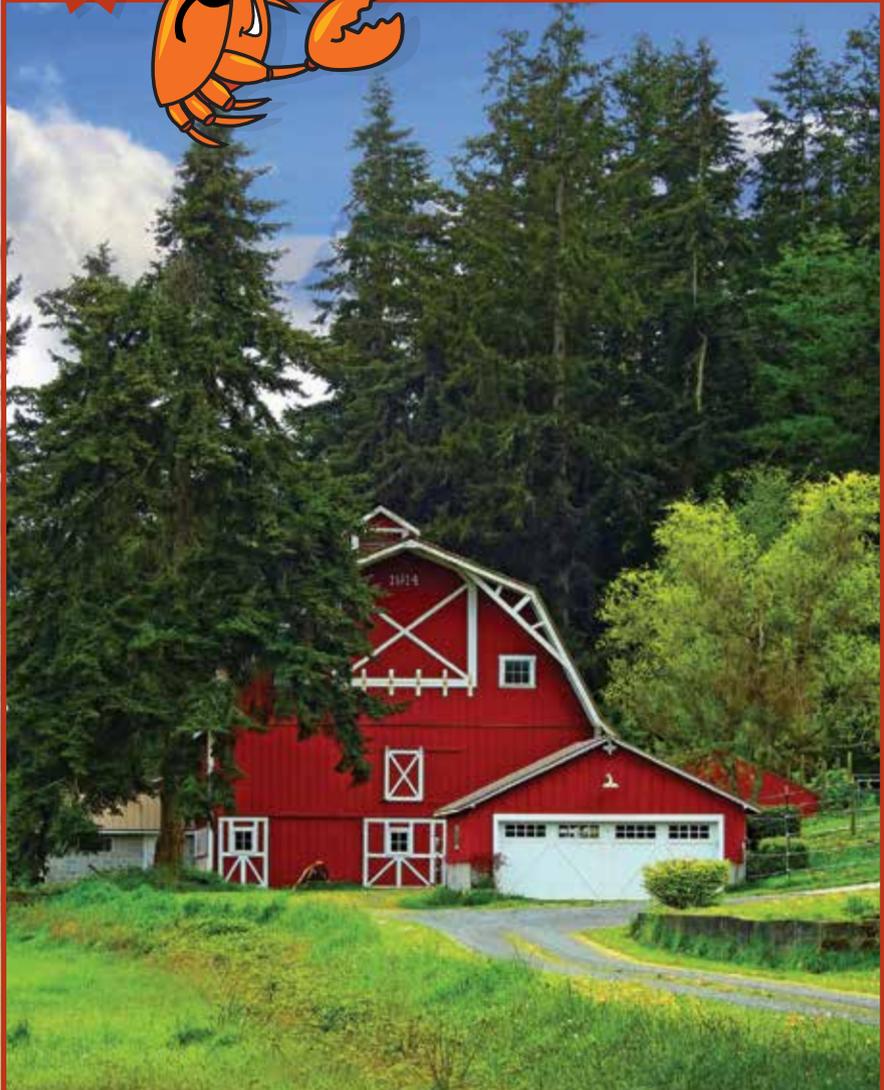


THE CRAB CRACKER
ISSUE 385
August 23 - September 5
COMMUNITY MAGAZINE

**FREE
TAKE
ONE**



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



Roaming Artist's Show

for this Labor Day weekend

The Camano Roaming Artists are again having our annual Labor Day Show August 31 and September 1, 10am. to 4pm. each day at the Island County Multi-Purpose Center, 141 East Camano Drive. Camano Island.

Around 15 to 20 artists Plein Air paint two to three times a week at beautiful locations from Marysville to Mount Vernon. Artists paint in a variety of mediums.

Our featured artist is Roger Frost with one of his beautiful watercolors, "Camano Rose". "I found the colorful contrast of the rose bush with the interesting trees behind and the natural rural wildness of the gardens a fascinating subject to paint. Retirement in 2010 allowed me to study drawing and watercolor painting, something I had always wanted to do since my younger years. I need to be creative, landscapes are my favorite subject, watercolor my favorite medium, and plein air my favorite challenge".

Joan Penewell has donated a beautiful watercolor for our raffle, "NW Backroad". "The inspiration for my painting came from a drive in early fall. I love the contrast between the deep dark greens of the evergreens and reds and yellows of the vine maples and the challenge of interpreting the scene with watercolors."

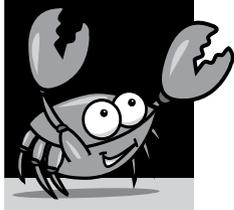


"Camano Rose"



"NW Backroad"

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facebook

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

The Crab Cracker is a community magazine created **BY** local residents **FOR** local residents. It is a FREE publication printed every two weeks and distributed throughout the communities of Camano Island, Stanwood (and Warm Beach area), Silvana, and Conway. It contains an extensive calendar of events, original stories, feature articles, fun and interesting sections, community news and announcements, tide tables, and more. Please send us any material you want our communities to know about for possible entry into this publication. It is content provided from YOU that makes this publication the popular source of information and entertainment that all of our friends and neighbors enjoy.

*Cover photo: red barn on Lindsay Road, Camano Island.
Photo by James M. Shipley.*

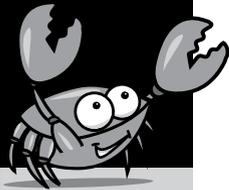


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James and Malynda Shipley, owners, proprietors
thecrab@thecrabcracker.com or 425-299-7892 / 425-299-7893
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Submission DEADLINE: AUG. 29 for Next Edition (September 6-19)

Calendar of Events



DID YOU KNOW?

The first known recipe of Angel Food Cake was published in 1878.

THURSDAY, AUGUST 22

SUMMER SCHOOL SHOWCASE

6:00 PM – 7:30 PM at Twin City Elementary, 26211 72nd Ave NW, Stanwood. Join us in celebrating fantastic summer school sessions with a fun community event. The Summer School Showcase event is free and open to the public. We will have a variety of activities for everyone to enjoy, including: A student art show, Booths from local community groups, Snacks, Free books, Games and activities, Music and dancing. The Stanwood Camano Arts Advocacy Commission (SCAAC) will have our Mobile Arts Center (MAC) on site and local artists will lead attendees in an art activity. SCAAC artists provided art education during our summer school classes and will be displaying the students' work in a student art exhibit through out the event.

FRIDAY, AUGUST 23

STANWOOD FARMERS MARKET



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.

FRIDAY, AUGUST 23

STEWART WOODS – FRIDAYS IN THE SPEAKEASY

6:30 – 8 pm at the Conway Muse – No Cover. Bring your dinner in and enjoy Stewart's music and a cocktail!

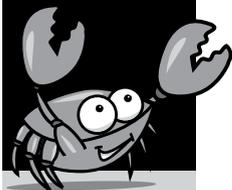
PLEIN AIR WASHINGTON ARTISTS
9TH ANNUAL EXHIBITION OF

little gems

AUGUST 2-31, 2024
Scott Milo Gallery, Anacortes
Online at ScottMilo.com



Calendar of Events



DID YOU KNOW?

The name ASOS
is an acronym
for "As Seen On
Screen".

FRIDAY, AUGUST 23

JOE DAY & THE COYOTES + GOLDEN HART & GABE ARCHER

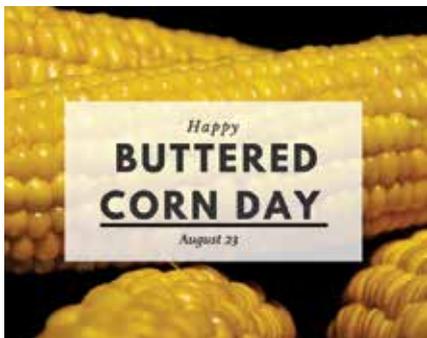
The Conway Muse proudly welcomes back Joe Day plus friends @ 8 pm. Tickets \$15 Advanced \$18 Day of Show.

FRIDAY, AUGUST 23

BIKE RODEO



5:30-7:30pm. Riding your bike to school this year? Join us for a Bike Rodeo featuring a practice course, safety skills, free helmets, and more! Stop by anytime between 5:30 and 7:30pm. While you're here, sign up for Dolly Parton's Imagination Library with Stanwood-Camano Island Rotary. This event will be taking place in the library auxiliary parking lot across 96th Ave NW from the library. Bathrooms will be available inside the library. Presented in partnership with North County Regional Fire Authority, Safe Kids Snohomish County and Stanwood-Camano Island Rotary. Safe Kids Snohomish County has provided 30 free children's bicycle helmets in sizes small, medium, and large for this event.



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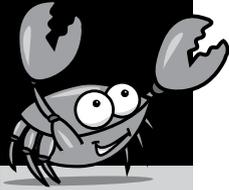
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FDI-1867M-A-A1 AECSPAD

Calendar of Events



DID YOU KNOW?

In general, people tend to read as much as 10% slower from a screen than from paper.

FRIDAY, AUGUST 23

TOUR OF BARNUM POINT COUNTY PARK



10:00 am – Local historian, Tom Eisenberg, will be leading a guided tour of the history of Camano Island's newest park. Meet at the kiosk by parking lot of the park.

FRIDAY, AUGUST 23

JOE COOK BLUES BAND

8-11pm at Pub 282.- The members are all award winning blues professionals with more than 30 years experience as gigging blues musicians. The band performs high energy traditional Chicago and west coast style blues, with elements of the old school Texas sound.

SATURDAY, AUGUST 24

BEAVER, SALMON, PLANKTON, OH MY!

12-4 pm at the Camano Multi-Purpose Center. This free, all-ages event highlights salmon restoration, the importance of clean water, and local success stories. Meet with salmon scientists and beaver biologists! View two completed restoration projects; a beaver marsh and the newly placed fish passage culvert. Microscope activities, crafts, educational demos and more. Hosted by Sound Water Stewards, this event is a square on Baby Salmon Live Here BINGO: <https://soundwaterstewards.org/calendar/>

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**National
Waffle Day**

AUG. 24



2024 STANWOOD-CAMANO HISTORIC SITES TOUR

Sponsored by the Camano Island Chamber of Commerce



Friday, August 23, 2024

Barnum Point County Park (at the South end of Sunrise Blvd on right)

- o 10:00 am - Tom Eisenberg will give a guided tour of the historic area of the park.
-

Saturday, August 24, 2024

All Sites will be open from 10:00 am to 4:00 pm

Bus Tour of the historic sites on Camano Island

- o 9:30 am or 1:30 pm - Meet at the Camano Center to begin the historic sites tour by Tom Eisenberg
-

Camano City Schoolhouse and Fire Hall – 993 Orchid Road, Camano Island, WA

- o 11:00 am Maud Hayden teaches school in the schoolhouse.
 - o See a 70-foot-long miniature model railroad layout of a 1930s logging community in operation.
 - o The 1935 Ford fire engine will be on display in the Camano City Fire Hall.
-

Utsalady Ladies Aid – 79 Utsalady Road, Camano Island, WA

- o The Ladies Aid will be celebrating the 100th anniversary of their building and will be serving cakes all day.
 - o 10:00 am and 1:00 pm - Walking Tours of the historic homes along Utsalady Road by Robin Hanks
 - o 10:30 am and 1:30 pm Richard Hanks shares tales of Utsalady
-

Kristoferson Farm – 332 East Camano Drive, Camano Island, WA

- o Docent-led tours of the historic barn and farm will be at 10:00 am, 11:00 am, 1:00 pm and 2:00pm
-

Camano Island American Legion (Former Mattress Factory) 608 West Camano Drive, Camano Island, WA

- o See phase 1 of the new Camano Island Military History Museum and experience Camano's heroes, including hearing a presentation of the wartime/prison camp experiences of our local WWII exPOW, Fred Pilkington by his wife, Mary Pilkington.
-

Stanwood Masonic Lodge - 27205 102nd Avenue NW, Stanwood, WA

- o 10:00 am – 4:00 pm - Guided Tours of the historic Camano Masonic Lodge
-

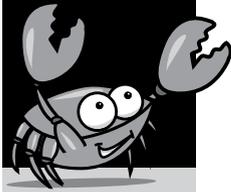
Stanwood Area Historical Society - 27130 102nd Ave. NW, Stanwood, WA

- o 11:00 pm – 12:00 pm – Walking Tour of the historic West Stanwood by Diane Anderson that ends at the Stanwood Masonic Lodge for a special tour of the Lodge.
 - o A Model-T Ford and two Model-A Ford Automobiles on display 10:00 am to 4:00 pm
-

D.O. Pearson House and IOOF Public Hall (The Floyd Norgaard Cultural Center)

- o 1:00 pm – Demonstration of wool carding and spindle spinning by Elaine Commins on the back porch of the D.O. Pearson House.
 - o Guided tours of the Porter Garrison exhibit in the Floyd Norgaard Cultural Center
-

Calendar of Events



SATURDAY, AUGUST 24

2024 STANWOOD CAMANO HISTORIC SITES TOUR



10:00 am - 4:00 pm - Visit some of Stanwood and Camano's historic sites, including the Camano City Schoolhouse and Fire Hall, the Utsalady Ladies Aid, the Kristoferson Farm, the Camano Island American Legion Museum, the Stanwood Masonic Lodge, and the Stanwood Area Historical Society's D.O. Pearson House and IOOF Public Hall (Floyd Norgaard Cultural Center). Planned activities at each site will demonstrate the interesting history of our community. Check out the schedule of activities and addresses of historic sites in ad in this issue of the Crab Cracker or on-line at www.historicsitestour.org. This is a free event for children and adults.

Announcing, AIP Shuttle! Starting July 8, 2024

Every week on Monday and Wednesday we can pick you up at home,
and bring you to

Lincoln Hill Retirement Community!



AIP Shuttle

Our Age In Place Program is growing. With the AIP Shuttle, you can come join us on Monday and Wednesday, for lunch and fun activities. If you're tired of being at home, and no longer drive, we can help! Our bus will come to your home and bring you to the center. After lunch and activities, we will take you home again!

Your first lunch at Lincoln Hill Retirement Community is on us, and transportation is always free! So, hop on the bus come and have lunch, meet new friends and have a great time!

*Lunch Member price \$5.00

*Lunch Regular price \$8.00

Bus leaves the center for pickups at

10:30 AM—Lunch from 11:30-12:15

Activities from 12:15—2:00—Bus Home

Call to sign up for your trip to the Center at 360-629-7403 x 114

*Site Evaluation for pick up and drop off may be required.



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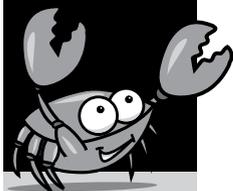
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www.atthebeachrealestate.net

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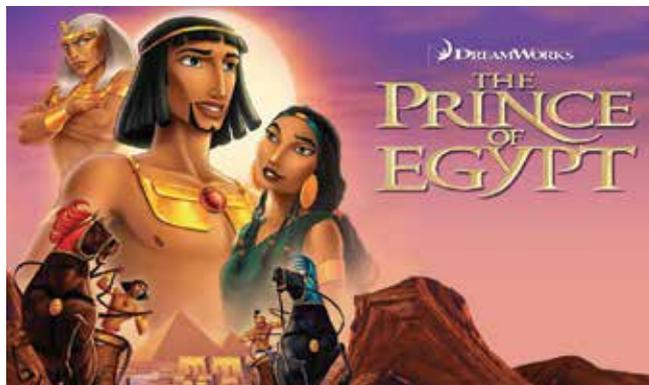
Calendar of Events



DID YOU KNOW?

The Latin name for banana is "musa sapientum" which translates to fruit of the wise men.

SATURDAY, AUGUST 24 MOVIE ON THE LAWN



8:30-10:30pm. Camano Chapel will be presenting "The Prince of Egypt" at the Commons. We will begin the showing at Dusk (around 8:20.) Our youth will be providing free shaved ice, and there will be free popcorn, too. Vendors will be open for other refreshments. Please mark your calendars for this free, family fun event. You should plan to bring chairs, blankets or both.

SATURDAY, AUGUST 24 TASTE OF THE GRAPE FESTIVAL

3-6pm at Edward Lynne Cellars, Camano Island. Event by Krysta Vermeulen, Pat Shaughnessy and Camano Island Women's Republican Club. Join us for wine tasting, hors d'oeuvres, music and sparkling conversation! Tickets: Adults \$30 or \$50 for a Couple. One flight OR one glass of wine included with each ticket! Tickets can be purchased on PayPal. Please contact us at Islandpco@protonmail.com for any questions or tickets!

SATURDAY, AUGUST 24 KIDS NIGHT OUT!

Come and join us at the Stanwood YMCA for a delightful evening filled with scrumptious hot dogs, a tasty ocean-inspired snack, and an entertaining movie night featuring Luca. Hurry, as spots are filling up fast. Register now to reserve your spot before it's too late!
<https://buff.ly/4aWkphe>

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GRAND OPENING

September 13th

1:00-3:00

ARROWHEAD RANCH
615 ARROWHEAD ROAD, CAMANO
RIBBON CUTTING AT 1:15

FOOD
FUN
PRIZES

LEARN ABOUT
THE L.A.N.E



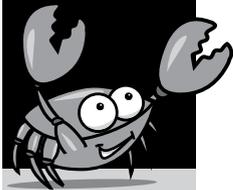
EVERYONE IS INVITED !

The L.A.N.E (Little Arrowhead Nature Explore) is an initiative of the Community Coalition of Stanwood-Camano. This outdoor classroom is designed to stimulate the creativity of young minds (ages 5 and under). Be the first to play and explore on Sept. 13th!



**SEASIDE
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Calendar of Events



The Crab Cracker had compiled this list of current events, derived from submissions & content from various resources, with effort to ensure accuracy. We recommend that you contact the venue or event to confirm the info provided.

Thank you.

SATURDAY, AUGUST 24

AARON SCHERZ AND A DAY IN THE PARK

3pm-6pm at 27903 71st Ave NW, Stanwood. This event will be held at Jasper junction H.O.A Park (a private park). Please bring your coolers & lawn chairs. Keep all open drinks in a tumbler or unmarked cup please. THIS A PRIVATE PARK. Jasper junction H.O.A is asking for a \$20 donation to be given to the artist and a \$5.00 for a hamburger or hot dog meal ticket for each person that is not a Jasper junction H.O.A owner. No pets at all will be allowed and under 21 is welcome. Please Park on the street next to the park. The back gate open to the park and the tiki bar will be open to PHOPS members & Friends. <https://www.aaronscherz.com>

SATURDAY, AUGUST 24

ASK A MASTER GARDENER PLANT CLINIC: CAMANO

11am-1pm at Ace Hardware, Camano Plaza. Bring your questions, plant pictures and plant samples, and get free, research-based gardening advice from an Island County Master Gardener.

SATURDAY, AUGUST 24

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, AUGUST 24

SUMMER PARK RANGER TALK

2-3pm at Camano Commons Marketplace. Bring your kiddos to The Commons, for educational talks from a Cama Beach Park Ranger.

SATURDAY, AUGUST 24

LINE DANCING @ CAMANO COUNTRY CLUB

6:30pm-8:30pm at the Camano Country Club. Join us for Line-dancing fun at Camano Country Club Clubhouse! Instructor Kari will teach you how to line dance! Then dance the night away! Bring your friends, snacks, & drinks! Space is limited. Reserve your spot, buy your tickets now! Tickets available at the clubhouse \$15 pp in advance cash or check. (1243 Beach Dr. Camano Island). 21+.

SATURDAY, AUGUST 24

JOEL ASTLEY

Multi-award winning Joel Astley returns to the Conway Muse. High energy swing, blues, country, funk. 8 pm. Tickets \$15 Advanced \$18 Day of Show.

SATURDAY, AUGUST 24

BRANDON TIGNER

Brandon Tigner plays most Saturdays at 6:30 on the Conway Muse Speakeasy Stage. Ticket Price: (Hat)

SATURDAY, AUGUST 24

CHILL DEVILLE

8-11pm at Pub 282. Playing a fun, wide ranging mix of classic rock, blues, R&B and a few originals.



Holly Njenga

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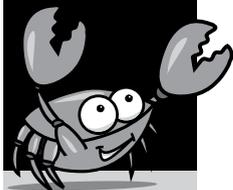


3043 Shoreline Drive, Camano Island • \$1,299,999

Opportunity of a century awaits. Cherished by one family for generations, now it's your turn. This charming turn-key waterfront beach home is now ready to be yours. With 2 bedrooms, 2 bathrooms, and a versatile bonus/flex room, this property offers both comfort and flexibility. Topped off with an outdoor shower! Relish in the stunning views from the wrap-around deck and take advantage of the 50 feet of tideland access. Whether you're seeking a weekend retreat, a year-round residence, or a lucrative vacation rental, this home has it all. Enjoy beachcombing, boating, swimming, fishing, and the breathtaking scenery that this unique location offers year-round. Don't let this exceptional opportunity slip away. MLS#: 2277076

**Listed by Holly Njenga • Care Realty Associates LLC
360-631-3722 / holly@carerealty.com**

Calendar of Events



DID YOU KNOW?

Rabbits can be literally “scared to death” if approached by a predator when they are totally unaware.

SATURDAY, AUGUST 24

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, AUGUST 24

CO-ED ULTIMATE FRISBEE

9-11:30am at 7401 272nd St NW, Stanwood. Join us for a fun morning of co-ed Ultimate Frisbee pickup games in Stanwood. Whether you're a seasoned player or new to the sport, this is open to all skill levels.

SATURDAY, AUGUST 24

TOY BOAT BUILDING

at Camano Island State Park. 10am-2pm. Drive to the Park and follow the signs. Because of the unfortunate situation at Cama Beach State Park, the Center for Wooden Boats, former sponsor of toy boats, will be leaving Cama Beach soon. The Cama Beach Foundation will now be sponsoring this popular activity. Come build a toy boat! All supplies and tools are provided. A \$5 donation is requested.

SATURDAY, AUGUST 24

ANNUAL OUTDOOR MARKET



10am-4pm at The Spare Room, 1215 State Highway 532, Camano Island.

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Learn science-based climate change impacts and solutions with actionable steps that save both money and the environment.

Wednesdays, 6:00 pm to 8:30 pm — September 11 thru October 30

\$50 to participate - scholarships are available. No experience needed.

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REDUCE, REUSE, RECYCLE

Learn the where, what and how of responsible consumerism



COMPOSTING YARD AND KITCHEN WASTE

Learn basic and advanced methods of composting yard and food waste



TOXICS REDUCTION

Learn about safer cleaning products and proper disposal of household hazardous materials



CARBON FOOTPRINT & CLIMATE CHANGE

Understand how consumption and waste contribute to climate change



LOW-IMPACT LIVING

Consider your carbon footprint. Learn conscientious "consumption" of money, time and resources



EDUCATE OTHERS

use your new skills to teach others in your community.

Note: volunteer activity is not required.

This community training is offered in partnership with WSU Snohomish County Extension



Island/Snohomish County

WASHINGTON STATE UNIVERSITY
EXTENSION

More info: 360-639-4608
Heather.Teegarden@wsu.edu
<http://extension.wsu.edu/island>

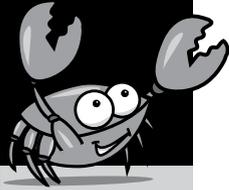
reduce-reuse-not-recycle-rethink



Waste Wise
WSU Extension, Island County

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Calendar of Events



DID YOU KNOW?

The modern salute is believed to be derived from the way in which French Knights would greet each other by lifting the visors of their helmets.

SATURDAY, AUGUST 24

2ND ANNUAL DUBS AROUND THE ISLAND



Volkswagen owners from around the area will be meeting at 1:30 pm in the overflow parking lot just North of the Camano Commons. This will be the start of our cruise around the Island, heading south to the point, then back up the West side through Madrona Beach area, up to Utsalady and finally ending at Ale Spike Brewery (next to the airport). All Volkswagen owners are invited to meet at Camano Commons at 1:30 pm. and leave the lot at 2 pm. For more information check out the Dubs Around the Island Facebook page or call (775) 762-2026

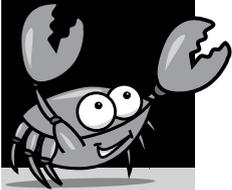
SATURDAY-SUNDAY, AUGUST 24-25

STANWOOD-CAMANO RALLY CUP SERIES



Join us at Arrowhead Ranch for our first Rally Race of the season. There will be a Double Elimination race on Saturday and a Double Elimination race on Sunday. Visit our website for information and registration. <https://www.arrowheadranchcamano.com/rally-race>

Calendar of Events



DID YOU KNOW?

Chocolate ice cream has been proven to significantly reduce emotional and physical pain.

SUNDAY, AUGUST 25 PUB 282 CAR SHOW



10am-2pm at Pub 282. Cars, trucks, motorcycles. Free bouncy house for the kids! \$20 breakfast buffet 10 AM to 12 PM including: scrambled eggs, biscuits & sausage gravy, French toast, pancakes, sausage, bacon, and rosemary potatoes. Pay at the Pub. Jimmy Wright Band playing on the patio (weather permitting) from 10 AM to 1 PM. Thank you for supporting hungry families in our community! Help us raise funds for the Stanwood-Camano Food Bank and the West Camano Little Free Pantry!

MONDAY, AUGUST 26

ADULT FUTSAL

Futsal is a soccer-based game played on a hardcourt, using the basketball court at Camano Chapel. 6pm-8pm, ages 18+. Cost is free!

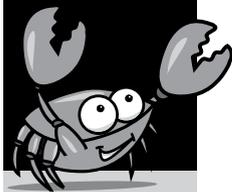
MONDAY, AUGUST 26

BREWCAD WEEKLY 3 STRIKE TOURNAMENT

6pm at The Brewcade, 7009 265th St NW #102, Stanwood. \$5 buy-in 3 strike Pinball tournament. Should end around 10pm. All money payed to top three players. All skill levels are encouraged. Sign ups start at 6:00pm and flippers up at 6:30pm Pot splash happens if there's over 15 players!



Calendar of Events



DID YOU KNOW?

Due to paralytics administered, if you wake up during surgery, you probably wouldn't be able to tell anyone.

MONDAY, AUGUST 26

NAUGHTY BINGO

8pm at Beauty Bar Salon + Lounge. Always free to play. Come have some naughty fun and maybe win some prizes! 360-629-2324.

TUESDAY, AUGUST 27

2024 DUBS!

Event by Stanwood Disc Golf Club. 5:30pm-8pm at Church Creek Park, Stanwood. Church Creek random flip dubs. \$10 buy in: \$5 to the pot, \$1 ace pot, \$1 birdy bash, \$1 CTP, \$2 club fund, Ace pot, birdy bash, CTP.

TUESDAY, AUGUST 27

LINE DANCING & LESSONS

Event by Lady Di Dancin'. 6-8pm at Stanwood Eagles Foe 3041, 6419 Pioneer Highway. Come on out and learn a new line dance & practice the ones you know. Everyone & ALL AGES welcome! Lessons are donations/tip based.

WEDNESDAY, AUGUST 28

MEET WASHINGTON STATE TREASURER, MIKE PELLICCIOTTI

12:00 – 12:30 p.m. at the George Held meeting room in North County Fire Station 99, 8117 267th St NW, Stanwood. Come learn what a state treasurer does and bring your questions. Snacks served. Hosted by the Stanwood-Camano Rotary Club.

THURSDAY, AUGUST 29

STANWOOD HIGH SCHOOL CROSS COUNTRY HOSTING INAUGURAL AUCTION DINNER

The Stanwood High School Booster Club is excited to announce its inaugural Cross Country Auction Dinner. This highly anticipated event will take place at the Camano Center (606 Arrowhead Rd), starting with doors opening at 4:30 p.m., dinner at 5 p.m., and the live auction kicking off at 6 p.m. The dinner — which features a silent auction, dessert dash, and live auction — is the only major fundraising event for the Cross Country team for 2024. Cross Country coach Mike Evans said, "The funds we raise will not only help cover essential expenses but also enhance the overall experience for our athletes. We're incredibly grateful for the opportunity to come together and show our support for the team." The funds raised will help cover travel and entry expenses for major cross country competitions, purchase new uniforms and travel gear, upgrade team equipment, add a large 10-foot by 20-foot team tent for meets, and establish a scholarship fund for our dedicated Cross Country athletes. Tickets: \$25 plus \$1 online fee (Available for purchase at <https://tinyurl.com/SHSXctickets>)

THURSDAY, AUGUST 29

OPEN MIC

6:30 pm – 10 pm @ Conway Muse Hayloft. Come in and join us! 6 PM we open, open mic begins at 6:30. Please hang out outside until 6, as to let everyone get comfortably set up. Food is still welcome to come in with you or be delivered.

Join the adventure!

Build your own playbook for aging well

The Aging Mastery Program is a fun, innovative 10-week program that empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. The program is being offered at the Camano Center this fall!

Classes will be held Fridays
October 4 - December 13
10:00 a.m.-11:30 a.m.

at the Camano Center
606 Arrowhead Road

Call 360-387-0222 to register.
Cost per person for 10 class
series is \$60.



Class topics cover:

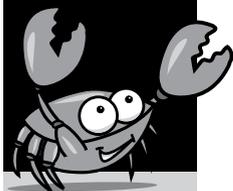
- Navigating longer lives
- Exercise and You
- Sleep
- Healthy Eating & Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement



Aging
Mastery



Calendar of Events



DID YOU KNOW?

Your brain uses
20% of the total
oxygen in your
body.

THURSDAY, AUGUST 29

SANDY ROWE

7:30pm - 10:00pm at Pub 282. Sandy Rowe is an American performer and recording artist based out of Camano Island. Using mainly a steel bodied "resonator" guitar, Sandy blends many styles of blues, folk, country and Americana into his recordings and performances. Playing original compositions and cover versions of his favorite songs, Sandy brings a fresh take on old favorites and stylistically changes songs into different genres to create something special.

FRIDAY, AUGUST 30

GREAT COMET

The Conway Muse presents Great Comet @ 8 pm. Alternative Rock & Americana. Tickets \$15 Advanced \$18 Day of Show. Tickets available at the door – Note: Online Sales Close at Noon on day of show.

FRIDAY, AUGUST 30

STANWOOD FARMERS MARKET

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.

FRIDAY, AUGUST 30

STEWART WOODS – FRIDAYS IN THE SPEAKEASY

6:30 – 8 pm at the Conway Muse – No Cover. Bring your dinner in and enjoy Stewart's music and a cocktail!

FRIDAY, AUGUST 30

MINIMUM WAGE BAND

8-11pm at Pub 282. Channel your inner rebel as the speakers blast with the echoes of legends. Feel the rush of the bass and the pulsating beat as you join a community of rock enthusiasts in a night of pure sonic liberation. From classic riffs to modern thrills, this event will have you shouting for more. Join us for Minimum Wage Band, who will be performing Classic Rock Covers.



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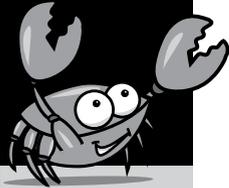
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design consultant for a free quote.

**Mike Dickson 425-330-9506 call/text
michael.dickson@rbawa.com**



Calendar of Events



DID YOU KNOW?

Malta's official language is Maltese; however the majority of the population also speaks English.

SATURDAY, AUGUST 31

SOUTH CAMANO GRANGE MEMORIAL BREAKFAST

in honor of Pat Major. 8-11am at the South Camano Grange, 2227 S Camano Drive. Enjoy breakfast with your neighbor. Pancakes or French toast served with scrambled eggs, ham & sausage, along with coffee, juice, or tea. Donations to the Grange in her name will be accepted.

SATURDAY, AUGUST 31

CHROME & CLASSICS CAR SHOW



Lincoln Hill Retirement Community is having a car show from 9:00 AM - 3:00 PM with a Biscuits and Gravy breakfast starting at 7:30 AM. Our Chrome & Classics Car Show will benefit the AIP (Age In Place) program for seniors in our community. We offer low cost meals transportation and social activities for the older adult community. Breakfast and lunch will be served at just \$5 each. Pre-Registration \$25.00 (\$20.00) if you're a member and \$30.00 Registration on the day of our event. T-Shirts 25.00 or get a bundle for \$55.00 includes Registration T-Shirt and lunch! Awards will be given.

SATURDAY, AUGUST 31

BRANDON TIGNER

Brandon Tigner plays most Saturdays at 6:30 on the Conway Muse Speakeasy Stage. Ticket Price: (Hat).

SATURDAY, AUGUST 31

JIMMY WRIGHT BAND

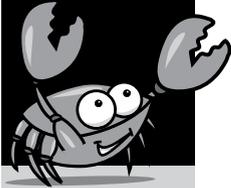
8-11 pm at Pub 282. Catering a wide variety of music.

SATURDAY, AUGUST 31

FULL COLOR DREAM, CROW KID + BIFF GOT KILLED

The Conway Muse is proud to welcome a triple bill – featuring Full Color Dream plus Crow Kid plus Biff Got Killed. This is gonna be awesome! 8 pm – outside on Starlight Stage! Tickets \$13 Advanced \$15 At Venue/Day of Show. All Ticket Sales Final at Showtime. You are welcome to bring outside food (no outside beverage containers).

Calendar of Events



DID YOU KNOW?

Bumblebees
have hair on
their eyes.

SATURDAY, AUGUST 31

FOUNDERS DAY SALE

Join us 9A-5P, for our Founders Day Sale at Stanwood Camano Thrift Store in Stanwood, a special day to commemorate the vision and leadership of our founder, Jeanie Ovenell. 25% OFF EVERYTHING IN THE STORE! 50% OFF SPECIALS IN THE PARKING LOT! (all furniture items must be picked up same day)

SATURDAY, AUGUST 31

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, AUGUST 31

CO-ED ULTIMATE FRISBEE

9-11:30am at 7401 272nd St NW, Stanwood. Join us for a fun morning of co-ed Ultimate Frisbee pickup games in Stanwood. Whether you're a seasoned player or new to the sport, this event is open to all skill levels.



DAVID BRIGHTON'S SPACE ODDITY

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LIVE IN THE PACIFIC SHOWROOM! **OCTOBER 18 & 19, 2024**
\$30 A TICKET | DOORS OPEN AT 7:00PM | SHOW AT 8:00PM



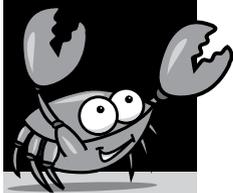
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Calendar of Events



SATURDAY, AUGUST 31 TOY BOAT BUILDING



at Camano Island State Park. 10am-2pm. Drive to the Park and follow the signs. Because of the unfortunate situation at Cama Beach State Park, the Center for Wooden Boats, former sponsor of toy boats, will be leaving Cama Beach soon. The Cama Beach Foundation will now be sponsoring this popular activity. Come build a toy boat! All supplies and tools are provided. A \$5 donation is requested.

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ADL Assistance, Respite Care, Housekeeping, Meal Prep



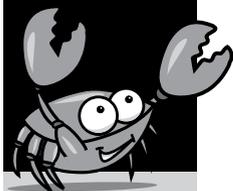
Training:

CNA Skagit Valley College 2005
Nurse Delegation Core/Diabetes
Medication Management,
CPR Basic Life Support,
Food Handlers Card

Elisabeth Waldron CNA

360-770-1272 elisabethwaldron36@gmail.com

Calendar of Events



SEPTEMBER 2

LABOR DAY

is a federal holiday in the United States celebrated on the first Monday of September to honor and recognize the American labor movement and the works and contributions of laborers to the development and achievements of the United States.

SATURDAY-SUNDAY, AUGUST 31-SEPTEMBER 1
SECOND ANNUAL CIDERFEST



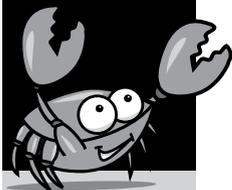
11-5pm. Join us for Camano Ciderfest, where we will showcase the best local cideries from the area! Enjoy delicious food from various vendors including Camano Commons Marketplace, Tapped Camano, the new Primal BBQ, and The Baked Cafe. Plus, a food truck will be on site. Live music by Johnny Hinchman (noon-3pm). Check our Website for more Information. www.Camanociderfest.com.

SATURDAY-SUNDAY, AUGUST 31-SEPTEMBER 1
ROAMING ARTIST'S SHOW



The Camano Roaming Artists are again having our annual Labor Day Show 10am-4pm. each day at the Island County Multi-Purpose Center, 141 East Camano Drive. Camano Island. Around 15 to 20 artists Plein Air paint two to three times a week at beautiful locations from Marysville to Mt. Vernon. Artists paint in a variety of mediums. Our featured artist is Roger Frost with one of his beautiful watercolors, "Camano Rose". Joan Penewell has donated a beautiful watercolor for our raffle, "NW Backroad".

Calendar of Events



DID YOU KNOW?

Geomelophagia
is someone
who has the
urge to eat raw
potatoes.

MONDAY, SEPTEMBER 2

CARE REUNION POTLUCK PICNIC



Dear Friends, please join us for a no-host C.A.R.E. Reunion potluck picnic at the South Camano Grange from 2 – 6pm. This invitation is for everyone who was ever involved in or appreciated C.A.R.E. (Camano Action for a Rural Environment). The whole community is invited. Please bring a potluck dish to share, your beverage of choice and of course any memorabilia. Looking forward to seeing you all. If you have any questions please contact Carolyn at 360-387-8864.

MONDAY, SEPTEMBER 2

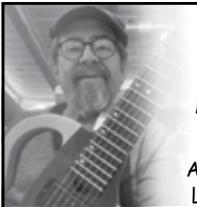
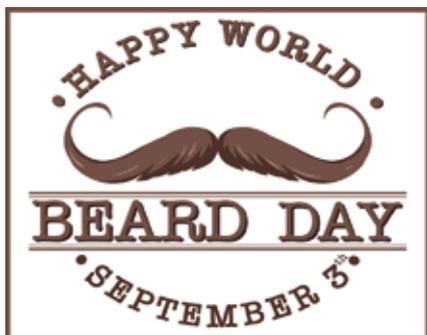
BREWCAD WEEKLY 3 STRIKE TOURNAMENT

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MONDAY, SEPTEMBER 2

NAUGHTY BINGO

8pm at Beauty Bar Salon + Lounge. Always free to play. Come have some naughty fun and maybe win some prizes! 360-629-2324.



Guitar by Ford

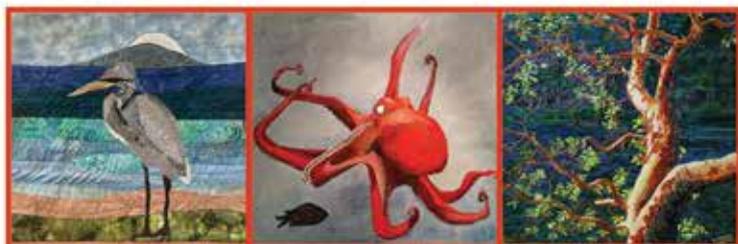
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SATURDAY AND SUNDAY
SEPTEMBER

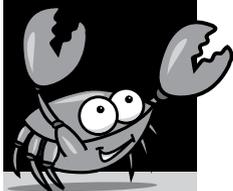
7th & 8th • 10am to 5pm

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Calendar of Events



September 3rd
is International
Bacon Day.

TUESDAY, SEPTEMBER 3

SHS FALL SPORTS PARENT INFO NIGHT

5:30-7:30pm at SHS Performing Arts Centre.

TUESDAY, SEPTEMBER 3

TEEN/TWEEN CHILL & RECHARGE

3:00 PM – 5:00 PM at the Stanwood Library. Drop by to relax, power up your devices, and have some fun! This week, we're featuring Diamond Art from Nana's Toys and Gifts, Magic: The Gathering Jumpstart decks, and other games and activities. We'll provide instructions and everything you need to get started! Bring a friend, meet new people, or just hang out solo. We'll have snacks and plenty of space to socialize. Feel free to bring your own favorite games or activities. This informal program is designed for teens and tweens ages 9 to 18 to have a space just for themselves. No registration is needed — drop in any time between 3:00 and 5:00 pm to recharge and enjoy some free snacks. It's a win-win!

WEDNESDAY, SEPTEMBER 4

SHS 5K RUN

Event by SC Runners - Stanwood Camano Runners. 6pm. Park at the main entrance of Stanwood High School and let's run the Turkey Day 5k route.

THURSDAY, SEPTEMBER 5

THE LIT LAB

took place at Steve Hawley and Glenda Brown's lovely home at the edge of Camano Island's state park. The theme we chose for August was "Moving" which was appropriate since we are moving from the Conway Muse to the Camano Island Lutheran Church's Pioneer Hall, 850 Heichel Road. Thanks ahead of time to the church for their generosity. Our next meeting will take place at the iconic church with its white steeple just off SR 532 as you drive onto Camano Island: today at 6 pm. This month's theme is "Manifestation." Put your thinking caps on for upcoming themes, plus several games have been suggested like a Liar's Contest where we make up tall tales. PS Another church offered its premises to us: Conway Lutheran Church, 18101 Fir Island Road, Conway. Perhaps northern Lit Labbers would consider having meetings there.

THURSDAY, SEPTEMBER 5

OPEN MIC

6:30 pm – 10 pm @ Conway Muse Hayloft. Come in and join us! 6 PM we open, open mic begins at 6:30. Please hang out outside until 6, as to let everyone get comfortably set up. Food is still welcome to come in with you or be delivered.

**MAC 20
FEST 24**

**BRICK ROAD
BLOCK PARTY**

**SATURDAY, SEPT 14
12 - 8 PM**

MURALS · LIVE MUSIC · FOOD TRUCKS · KIDS ACTIVITIES



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CAMANO
ARTS
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COMMISSION

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WSU Waste Wise Plastic Plant Pot Exchange

Saturday, Sept. 7, 2024 10am-noon
Lot behind C.A.S.A. and Island Transit, N Can Ku Rd

- Bring used plant pots or pick up ones to use later.
- 4" and larger only.
- No "pony packs" or flimsy starter pots, please.
- Reasonably clean: no soil, plastic markers, metal, tags, or plant material.



heather.teegarden@wsu.edu
360-639-4608

Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local WSU Extension office.



Island
County

WASHINGTON STATE UNIVERSITY
EXTENSION

Public Alert

Bat tested positive for rabies on Whidbey Island

Please take precautions:

- **Do not touch** or handle wild animals, especially bats
- Have your children **tell an adult** if they find a bat.
- **Report wildlife** observations
- **Do not feed** wild animals or try to keep them as pets
- **Bat-proof** your home
- Protect your pets by **vaccinating against rabies**.



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 Expansive views encompassing Mt Baker and Port Susan from this elegant Camano home, oversized garage, level and beautiful property. #2276818



LONG BEACH **\$1,495,000**
 Private and tranquil gated 4-bedroom Camano waterfront home on 1.297 acres plus horse stable, overlooks the Bay and out to the Cascades. #2275969



COUNTRY CLUB **\$699,000**
 Nicely landscaped Camano Rambler with views of the mountains and Bay and 3 community beaches close by. #2273744



WATERFRONT **\$1,150,000**
 Gorgeous waterfront Rambler on Camano has breathtaking Mt Rainier and blue water views plus sand and driftwood beach. #2273189



CAMALOCH **\$625,000**
 Single level living with a lush backyard in Camano's gated golf community includes generator, two decks, shed and year-round golf. #2255825



DRIFTWOOD HEIGHTS **\$699,900**
 View home and professional shop in a quiet Camano neighborhood with decks, hot tub, gardens and private beach rights. #2257693

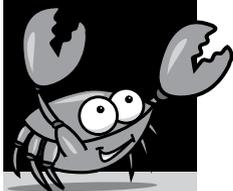
STANWOOD
 7359 267th St. NW, #D
 360.629.8233



CAMANO ISLAND
 818 N. Sunrise Blvd.
 360.387.4663

Visit WindermereStanwoodCamano.com for more information

Windermere Real Estate/CIR



DID YOU KNOW?

Giraffe hearts pump twice as hard as a cow's heart, in order to get blood to its brain.

DIY: SIDEWALK CHALK "POPS"

Sidewalk chalk is a great way to encourage imagination and physical activity (hopscotch, tic-tac-toe, toy car racetracks, hangman, bean bag toss, checkers, etc). Mix up a batch of your own colorful DIY sidewalk chalk "pops."



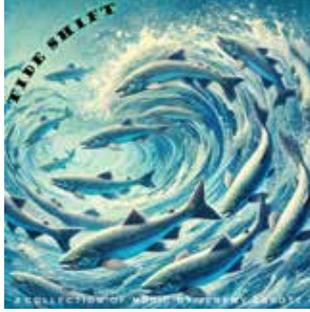
Materials: Plaster of Paris, tempera paint (neon works best), silicone pop mold, wood craft sticks, plastic cups and plastic spoons. You'll also need cold water, scissors and measuring cups (not pictured).

A few important notes before we begin: 1. Do not put Plaster of Paris down your drain! It will harden in your pipes and cause damage. You can rinse very small amounts off your measuring cups and such, but get the majority of the excess (wet or dry) in the trashcan. 2. This can be messy. I would recommend doing it outside. 3. Cold water means between 40-50° F. Yes, it matters. Chill enough water in your fridge for 30 minutes prior to starting. 3. Older children may help with the mixing, but little ones probably shouldn't.

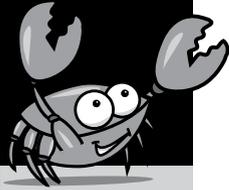
Begin by cutting down your craft sticks to about 3" long. You will need one plastic cup for each color you wish to make. Since my mold has eight spaces, I decided to mix eight different colors. Fill each plastic cup with 1/3 cup cold water. Add 2 Tablespoons of tempera paint to each plastic cup. I measured the first one then just eyeballed the rest. Since my paint set only had six colors, I created the purple (pink+blue) and aqua (green+blue) myself. Use your plastic spoons to gently stir the water and paint together. Don't worry if it remains a little chunky or separated—it will smooth out in the next step. Add 2/3 cup Plaster of Paris to each plastic cup. This is where it got messy and I learned my cups were a little too small. Stir until thoroughly combined. Ideally, your mixture will have the consistency of thin yogurt. Carefully pour your colors into the silicone mold. Gently tap the mold on your work surface to release any air bubbles. After two minutes, the plaster will begin to firm up. Insert your craft sticks (cut side down) into the middle of the chalk "pops." They should be easy to place without having to push hard or hold them up. Setting these out in the hot sun is a great way to cure them quickly. After an hour, you will be able to carefully remove them from the mold. Leave them in the sun to continue drying. Most sources recommend waiting 24 hours for the plaster to fully cure. This will ensure a nice solid chalking experience. Source: www.projectnursery.com.

Artist of the Week

JEREMY ABBOTT



Local musician, Jeremy Abbott recently released a new album “Tide Shift”, that contains a song about Camano Island, titled “Camano”. Listen on Spotify (<https://open.spotify.com/album/4IJ3T7KN8pylr5NL-3WSQLE>). JAM is a Pacific Northwest reggae fusion band. Blending reggae, rock, blues and electronic tones, Jeremy Abbott delivers genuine vocals and finds a unique sound. “It matters what you put in your ears. Music should make you think, make you celebrate, it should have something to say. I’m on a mission to connect people together , dig deeper into the heart, and reveal what’s important.” - Jeremy Abbott <https://jeremyabbott.net/music/>



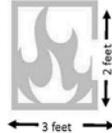
Outdoor Burning Checklist



Outdoor burning is permitted only when there is NOT a county wide ban. Please refer to the Snohomish County Fire Marshal’s website for more information.



Only recreational fires are permitted within the city limits of Stanwood. A recreational fire is defined as a cooking fire or camping fire using charcoal or firewood



Fires may **not** be greater than three feet(36 inches) in diameter and/or two feet (24 inches) in height. The location of the recreational fire shall be at least 25 feet from a structure.



A water source must be immediately available whenever the recreational fire is lit.

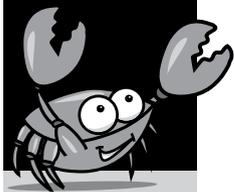


The fire must be constructed of a noncombustible material such as concrete or metal. (Example Fire Pit, Outdoor Oven, Chiminea)



NO garbage, household trash, lumber, building construction waste, or demolition debris may be burned. If smoke is determined to be a nuisance to neighbors, the fire must be extinguished.

Business Spotlight



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

SACRED CEDAR CO.



"Hi there! We are a new business in Stanwood, we moved our shop from La Conner. We were in business in La Conner for the past 3 years. I am a Camano Resident, have lived here since I was 4 years old. My 3 children attend Stanwood school district. I am an artist, our shop features Gifts from the Earth and its artisans. We aim to feature local art and be hub for meaningful purchasing and gifting. Let us craft a one-of-a-kind gift that speaks directly to your heart. We are delighted to introduce these meticulously crafted collections, aiming to infuse beauty and Intention into your life, through this interactive experience. you can choose themes that resonate with your soul or let us be your guide. Each box embodies the essence of Sacred Cedar, representing our commitment to spiritual connection and purposeful living. If you'd like to check out our social media it's @sacredcedar-co both on IG and FB. Our website is www.sacredcedarco.com. If we could be featured in the upcoming crab cracker we'd greatly appreciate the support. If so, please let us know what we can provide. Happy to supply some images etc. Photo: Chenoa inside her shop.

8705 271st St NW, Stanwood, Suite 1
425-328-4057
sacredcedarco@gmail.com



Community Information



DID YOU KNOW?

Coca-Cola was the first drink that was ever consumed in space.

STANWOOD AREA HISTORICAL SOCIETY MUSEUM EXHIBITS



Open for guided visits and history research 1 - 4 pm Wednesday and Saturdays. Tour the D. O. Pearson House Museum, the Eldridge Center Gallery and Library, the Floyd Norgaard Cultural Center 3rd Floor Exhibits and the Veterans Memorial (Outside). Volunteers welcome! More info: www.sahs-fncc.org.

THE SPOT

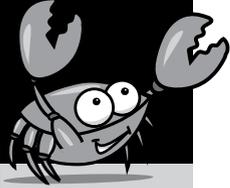
Hosted by Youth by Dynamics Stilly Valley. Tuesdays & Saturdays. TUES 2:30-5pm. SAT 7:30-10pm. Fun, food, hang out. Middle school & high school. 9831 271ST ST NW, Stanwood. 425-879-7633.

PLAYGROUND MEET & GREET

Wednesdays at 12:30-1:30pm at Freedom Park, Camano Island. A fun opportunity to get the kids outside playing while we get to know other moms in the same boat as we are.



Community Information



DID YOU KNOW?

The U.S. government gave Indiana University \$1 million to study memes.

HOOVES AND HEROES COFFEE BREAK

A free social event for active duty, veterans, first responders, emergency support personnel, and their families. Meet with members of your community and learn more about our program with the help of some coffee. 9-10am on Thursdays at 2532 292nd St NW, Stanwood. More info: info@herehoovesandheroes.org.

COMMUNITY OPEN SEW

Mondays with Camano Island Quilters. 10am - 2pm at Stanwood United Methodist Church, 27128 102nd Dr NW. Open to public, enter thru back entrance of church. Want to sew with others, need help on a project? We are here to help you with your sewing needs. Bring your sewing machine, a project, and basic tools for an afternoon of fun! Bring a sack lunch. (No microwave).

FREE HORNET REMOVAL



Call Joel 509 987-7717 for free hornet removal. I remove the hornets for free in the Stanwood/Camano area. The hornets are used for immunotherapy. I remove the hornets with out the use of chemicals. Together we can save lives!

FREE HEARING AID CLEANINGS

(by Stanwood Hearing). September 4th from 12:30-1:30pm @ The Stanwood Lincoln Senior Center. Call us to save your timeslot, 360-572-4422.

Yoga and Pilates

movementarts.com



MOVEMENT ARTS

360-629-9100

Camano Commons





BINGO

Baby Salmon Live Here



Bald Eagles-Ranger Talk	Salmon Habitat Restoration-Ranger Talk	Attend Camano KidsFest	Choose Your Own Adventure:	Leque Island Walking Tour
Choose Your Own Adventure:	Take a Hike- Look for Salmon Streams	Learn the 5 Types of Salish Sea Salmon	Trivia Night at Tapped Camano	Visit Padilla Bay Reserve
Visit a Local Fish Hatchery	Commit to 3 Salmon Saving Strategies at Home		Make a Salmon Lifecycle Bracelet	Salmon and Plankton-Ranger Talk
Watch "Stories From the Saish Sea"	Beaver Marsh Education & Viewing	Choose Your Own Adventure:	Beach Clean Up	Learn About Kristoferson Creek
Be A Salmon Scientist-Iverson Spit	Choose Your Own Adventure:	Search for Eelgrass at Low Tide	Browse Sound Water Stewards Media Library	Killer Whales-Ranger Talk

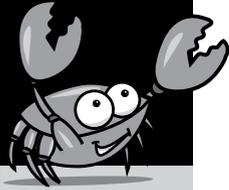
June-August 2024 - Scan the QR code for activity details and location.

Through a series of educational events and activities, learn how to protect and preserve regional salmon habitat, visit key restoration sites, and meet with salmon scientists to help save the 5 local salmon species for generations to come.

Submit your bingo card with at least 5 boxes completed to be entered to win our grand prize whale watching trip!

www.soundwaterstewards.org

Community Information



ONE OF THE MOST LIFE-ALTERING EVENTS IS THE DEATH OF A LOVED ONE

Camano Chapel has been providing hope to those who are grieving this type of loss for many years. If you or someone you know has suffered the loss of a loved one, please know we want to offer you help. Make plans to join us for Grief Care Fellowship. This six-week video series is called "Hope Beyond Today." It is a comprised of Video & Group discussions. Wednesdays September 25 to October 23, 2024 6:30 p.m. to 8:30 p.m. Room 304 Cost: \$15.00. Online registration begins Sunday, September 1, 2024.

CHILDREN'S MUSICAL THEATER IN STANWOOD

Young people ages 7-16 – Interested in acting, singing, being a stage-hand or working with audio/video equipment? An Enchanted Journey: A Musical Adventure in the Land of Pilgrim's Progress - Based on the book 'Pilgrim's Progress' by John Bunyan Thursday nights from 6:00-7:30 this fall at the Cedarhome SDA Church, 28505 68th Ave NW, Stanwood, WA 98292. No charge, all welcome! Registration opens August 28. For more information: Email: Cedarhomekidz@gmail.com<mailto:Cedarhomekidz@gmail.com> or scan

STANWOOD/CAMANO PUZZLE EXCHANGE

Join us for our monthly meeting at the Stanwood Library Wednesday September 11th at 6pm. This is a family friendly event to bring your puzzles and exchange with others. For more information you can find us on Facebook at <https://www.facebook.com/share/g/swwZTC3M-LDAPkeTP/?mibextid=K35XfP>

Research Shows Good Brain Health is Connected to Better Hearing

Recent research suggests there is a link between hearing properly and brain health.

When left untreated, hearing loss can lead to:



Social Isolation & Depression



Fatigue



Cognitive Decline

A recent study showed that hearing intervention slowed down loss of thinking and memory abilities by



Not taking advantage of the latest Oticon hearing aid technology advances? Trade in your current hearing aids from another manufacturer and upgrade to Oticon Intent 1 to get up to a \$200 rebate from Oticon.

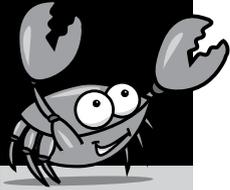
Good through 12/31/2024, not eligible for devices purchased before 6/13/2024.



9300 271st Street NW, Suite B-5 • Stanwood, WA 98292
Near QFC, between Papa Murphy's and H&R Block
p: 425-272-9435 | f: 360.572.4765
w: Stanwoodhearing.com

*ACHIEVE: Johns Hopkins Bloomberg School of Public Health. "A landmark study of the effect of hearing intervention on brain health in older adults."

Community Information



CUSTOMER COMMENT:

"Wow! The ad (in The Crab Cracker) is a huge hit! They thought maybe 100 people may attend... now they're worried it might hit 200! After the ad hit the streets they were getting calls constantly! Thank you again!" – Jeff Z.

ANNUAL PLASTIC PLANT POT EXCHANGE

10am - Noon. Tired of buying new plastic plant pots every year? Concerned about adding to the plastic waste problem? Consider REUSE instead! Donate pots or take pots for your future plantings. WSU Extension Island County Waste Wise program is hosting their Annual Plastic Plant Pot Exchange on Saturday, September 7th from 10 am to 12 noon on Can Ku Rd, behind CASA and Island Transit on Camano Island. Home gardeners, organizations, and volunteer groups are encouraged to come gather what they need. If your group is having a plant sale next spring, this is a great time to stock up on your free pots! If you are bringing pots to share, they should be 4" or larger, without any dirt, tags, or wire. No "pony packs" or flimsy starter pots or trays, please. WSU Extension Island County Waste Wise volunteers will be on hand to assist you. Contact Heather Teegarden at heather.teegarden@wsu.edu for more info.

FULL OF WORDS: A 4-WEEK WOMEN'S WRITING CIRCLE



4 Week Series (Free) Every Tuesday from - Sep 17 - Oct 8, 12:30pm - 2pm at the Camano Island Library Meeting Room. Women Only. 16 yrs and older. Our writing circle will use a timed writing process to help open the door to telling our stories and to uncovering the themes we each want to write about. Using poetry to lead us into our writing, we write three times in one session, writing as fast as we can, pen never leaving the page. By writing quickly we are hoping to push past our inner judgements, performance ego and all the ways we stay trapped in our critical voice. This writing practice is about allowing your mind and heart and body to tell the truth imperfectly on the page without judgment. It's about your pen saying yes to writing about this or that or the next thing as it moves through you. After each writing period we read what we've written aloud to the group. We don't critique, we just listen. This technique can be both therapeutic and a wonderful way to help us get to the chewy nougat of what we are living and feeling. As a writing process it can be both intimate and powerful. You do not need to consider yourself a writer to join the writing circle, all you need is a desire to write, to read your work and to listen. Our groups will be small, a minimum of 5 and a maximum of 8 writers (including the facilitator). We will meet weekly (for 4 weeks), 90 minutes per session. Registration is required. If you have questions or would like to register please email the facilitator, (Joyce) at fact@msdeadlines.com.

Community Information



DID YOU KNOW?

LegoLand Billund opened on the 7th June 1968, and attracted over 3,000 visitors on the first day!

FREE SHUTTLE BUS TOUR TO HISTORIC SITES



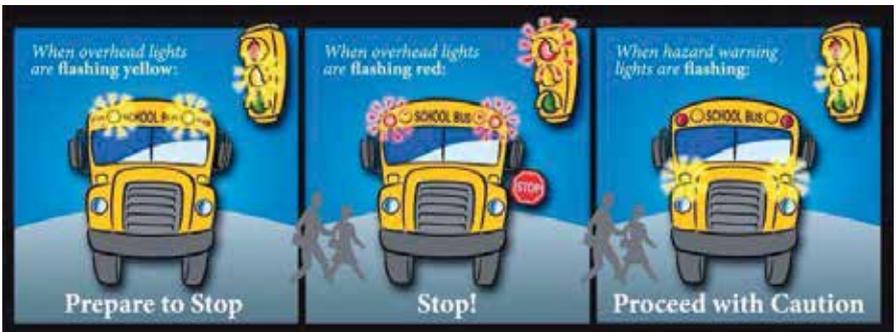
Saturday August 24th, 9:30 & 1:30. See the Historical Sites on Camano Island! Join our FREE BUS TOUR of Camano Island! Whether you have been on the Island 10 days or 10 years, you can still learn some interesting facts about Camano Island. Friends of Camano Island Parks and the Camano Center are presenting this tour on Saturday August 24th. The tour is 3 hours long and includes points of interest, public parks, and historic sites, with stops at several sites. There will be a morning trip at 9:30 and an afternoon trip at 1:30. All trips start and finish at the Camano Center, 606 Arrowhead Road. If you are interested call the Camano Center 360-387-0222. The bus has a 12-passenger capacity so don't delay. Call Now! <https://www.friendsofcamanoislandparks.org>.

YOGA TEACHER TRAINING

Accepting applications for 2024/25 200 hour training. Teaching teachers since 2002. Yoga Teacher training can enrich your life. Whether you choose to teach or not, the tools you obtain through this 200hr training (Oct 2024-April 2025) can broaden your skill set in your profession or deepen your existing yoga practice through deeper study. For more information, contact Carol at info@movementarts.com or visit our website at movementarts.com/teachertraining or call 360-629-9100.

FARM ASHRAM VISITING DAY

Saturdays 12-3pm, June-Sept., 732 Haven Pl., Camano island. Visit the nature farm and yoga ashram. Visit with farmers, alpacas, goats, chickens, pigs, dogs, and cats. Farm produce, herbal products, garden tours, and farm food available. A wonderful day outing to spend with your friends and family. www.CamanoFarmAshram.com.



REOPEN THE CABINS AT CAMA BEACH

SEND YOUR COMMENTS TO WASHINGTON STATE PARKS AND RECREATION COMMISSION

Public comments need to be submitted to the Parks Commission by September 27, 2024. More than one comment can be submitted during the comment period. If you want these cabins to reopen you need to let the State Parks Commission know how important and unique these cabins are to you. The Parks Commission will decide whether or not to permanently close the cabins at Cama Beach State Park at their October 10th meeting in Clarkston, WA .

SENDING IN COMMENTS TO PARKS COMMISSION

1. In a web browser search for "wash state park commission cama beach project" .
2. Select the link to "Cama Beach Project - Washington State Parks - WA.gov" .
3. Scroll down to "Community participation" and click on "Online Public Comment Form" .
4. Add your Comments and click on "Submit" .

Also send your thoughts and comments to our State representatives, Senator and Governor to let them know what you would like to see happen to the cabins at Cama Beach State Park. **To send an e-mail to WA State Legislators go to leg.wa.gov and select the elected official and then click on their name.**

Senator Ron Muzzall District 10 (360) 786-7616

Legislative Modular Building 114, P.O. Box 40410, Olympia, WA 98504

Representative Dave Paul District 10 (360) 786 -7914

424 JohnL. O'Brien Building, P.O. Box 40600, Olympia, WA 98504-0600

Representative Clyde Shavers District 10 (360) 786-7884

311 John L O'Brien Building, P.O. Box 98504-0600

Governor Jay Inslee (360) 902-4111

Jay Inslee Office of the Governor, P.O. Box 40002, Olympia, WA98504-0002

E-mail governor.wa.gov

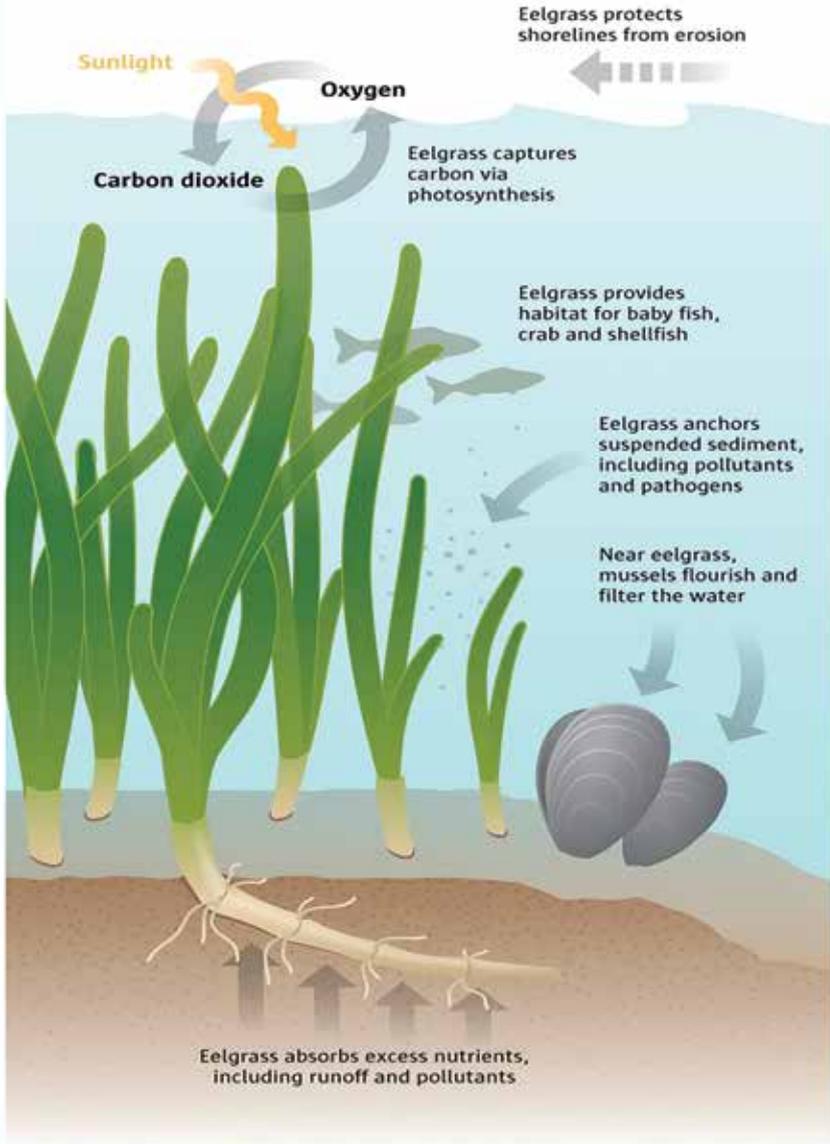
If you live in a different district please write to your legislators letting them know the importance of these cabins to the State not just Camano Island.

TOPICS TO DISCUSS

1. Share your story or personal experiences at Cama Beach State Park.
2. The resort is on the National Register of Historic Places along with the Pre Contact Tribal site. Both sites are important, and both sites should be protected. Since the resort reopened in 2008, State Park employees have been respectful of the Tribes and procedures are in place to protect any culturally sensitive areas. Cama Beach is unique. As a large, intact 1930s saltwater waterfront fishing resort on the National Register, it is a time capsule of the more recent history of Camano Island and Puget Sound. It is living museum that people can use. At one time there were many resorts like this one around the Sound. This resort is the only one left and it allows visitors to step back in time. The Tribes could be doing educational programs about their history at the Park, but have chosen not to.
3. State Park management's implication that somehow there was careless indifference in cases of accidental disturbance of graves did not happen at Cama Beach State Park. The implication is not true. Prior to the Park opening \$2 million of archaeological survey work was completed to help protect the culturally sensitive areas. Work requiring digging that has happened at the Park since the opening in 2008 has not found any significant discoveries.
4. State Park management has not done a good job of maintaining and fixing problems at the Park. They are right, making temporary fixes isn't good enough. They need to make the necessary repairs. The systems that need repair, the septic system and the fire suppression system can and should be fixed. The septic system can be repaired. State Park management has yet to tell us what needs to be done and what the cost is for the repairs. The fire suppression system is also fixable. Again what needs to be replaced and what is the cost? If State Park management fixed these systems the cabins could be reopened.
5. The sea wall, like the other systems at Cama Beach, has needed work for several years. The sea wall is about 2100 feet in length. Some portion of 1500 - 400 feet needs repair. State Park management should have addressed this issue years ago. Now they claim they can't because of sea level rise. FEMA had federal money available for repairs, but State Parks did nothing to access the money. State Park management should be doing all it can to protect the site from sea level rise, but they have shared no options or costs with the public.
6. How does State Parks management decide to permanently close cabins without providing what the costs are to fix the systems that need work? The cabins have generated \$1 - \$1.5 million in revenues each year. Some of that revenue could be used to do the repairs. In addition the cabins at Cama Beach are a big attraction for the Island and the money spent by visitors is very important. In 2023 there were 273,000 visitors to the Cama Beach State Park. According to a Park Study those visitors spent about \$8,829,000 in the area and created 71 full and seasonal jobs. State Park management has not discussed the loss of this income to the area in their discussion of closing the cabins. The decision to temporarily close the cabins has already had a serious impact on businesses who are dependent on Park visitors. And given the expected population growth in the region having good public access to the waterfront and rentable cabins on the beach would seem to be highly desirable.
7. Cama Beach State Park is a wonderful and unique place. The decision by State Park management to permanently close the cabins at the beach is ripping the heart out of this Park. It is the cabins on the beach where visitors can spend time listening to the waves at night, looking at the stars, building special memories with their families, and learning about the bygone eras of Puget Sound that makes this Park so special. Ask the State Park Commission to get the cabins reopened as quickly as possible. Then, we can work together on the longer term issues

The superpowers of eelgrass

Eelgrass beds provide ideal nurseries for fish, crab and other animals. They anchor sediment, cycle excess nutrients and sequester carbon from the atmosphere. In Puget Sound, scientists found that mussels placed near eelgrass had 65% fewer pathogens than mussels placed in areas without eelgrass. The exact filtering mechanism is unknown and invites further research.

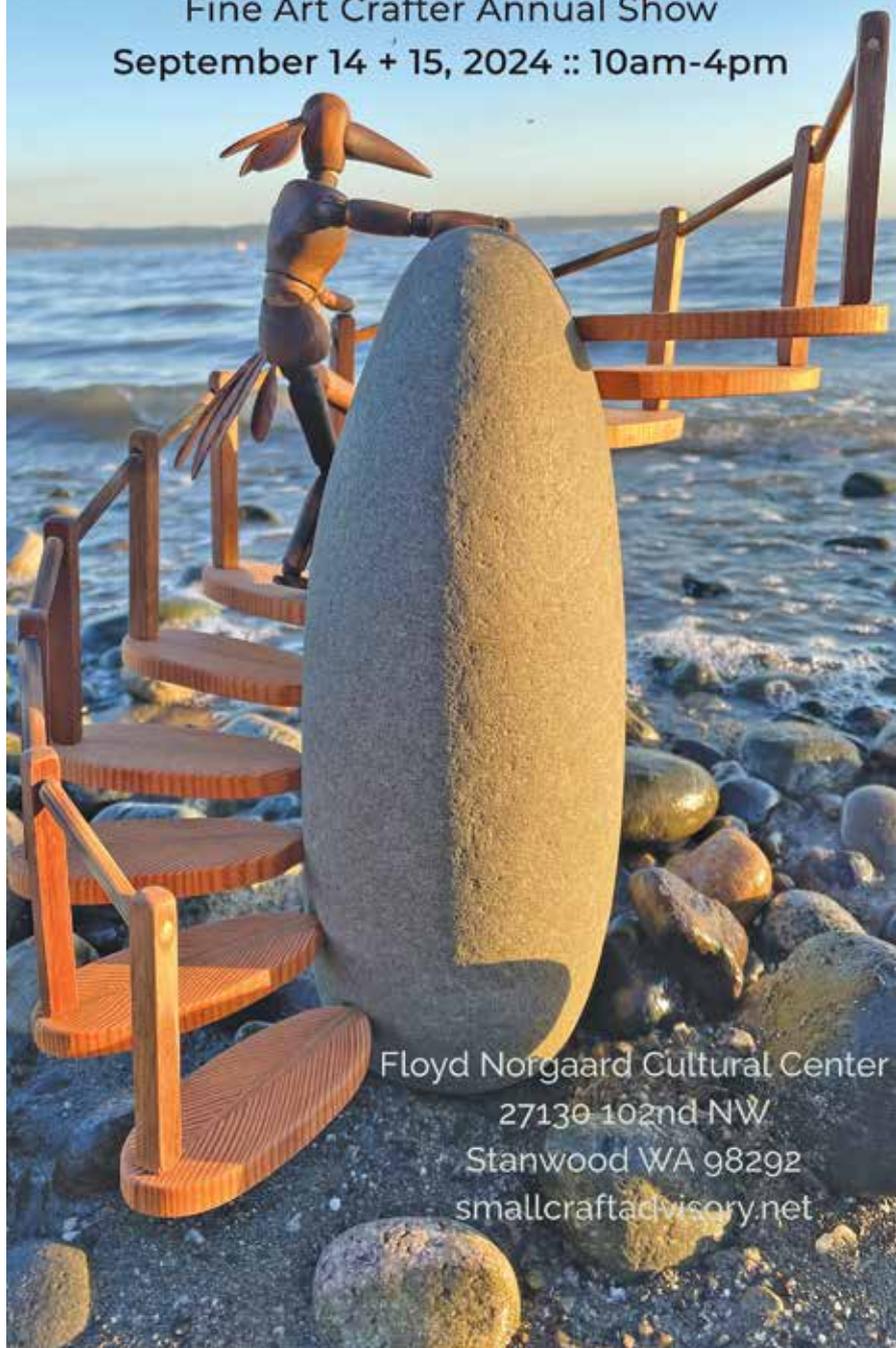


Dawkins et al. 2023, Lamb et al. 2017, NOAA (Fiona Martin / The Seattle Times)

Small Craft Advisory

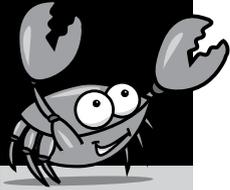
Fine Art Crafter Annual Show

September 14 + 15, 2024 :: 10am-4pm



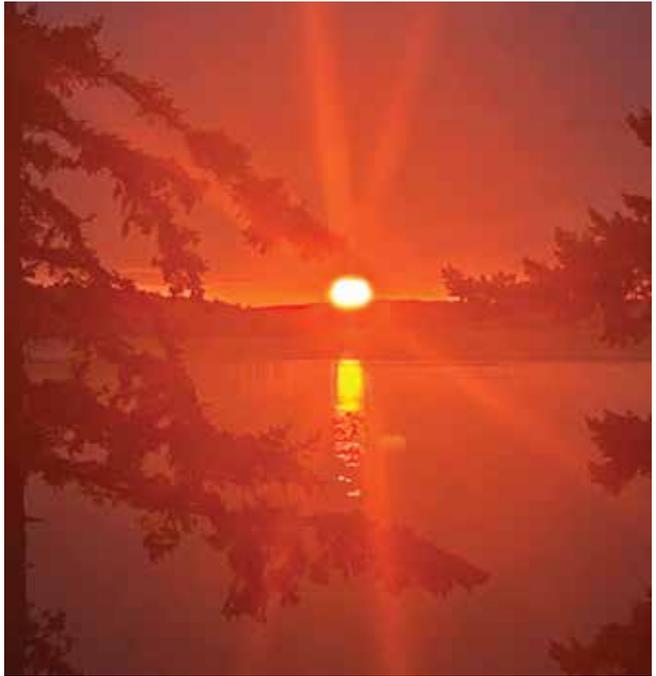
Floyd Norgaard Cultural Center
27130 102nd NW
Stanwood WA 98292
smallcraftadvisory.net

Photos and Art



DID YOU KNOW?

Pistanthrophobia is a common fear of trusting people due to past experiences with relationships gone bad.

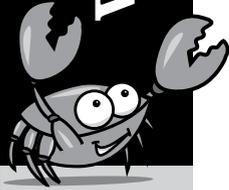


"August Sunset". Photo by Annie McDowell.



"Here is my nephew Greyson Collver enjoying some end of summer treats." - Adin Collver

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

BREAKING OUT OF THE LOONY BIN

This past weekend I drove upriver into the foothills east of Bellingham to visit my old friend from the Seattle days when we were both young and drove bus to the same elementary school. She and her biker beau had built a cabin on the Nooksack and I had even helped put up the roof. Funny how we both ended up living in shacks far off the beaten path, but then again, probably why we were friends in the first place.

Melinda lived in my ghetto house for a few months, about the time I hit the road for the island but before the house was sold. She came with her golden lab and I left with Dr. Gonzo, the fiercest dog I ever met and the beast that kept our larcenous neighbors from acting on their urges in regard to breaking and entering the two years or so I lived there. I didn't bother locking doors back then, not with Gonzo on the inside.

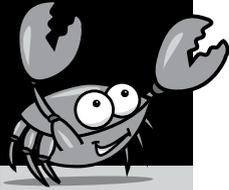
But we left and Melinda stayed. She was mid-bath one afternoon when she heard a crash down below the upstairs bathroom and heard voices yelling at her lab which had started barking wildly. So she grabbed a bathrobe and scooted downstairs and out the front door while the intruders were helping themselves in the back to whatever they could find, not much in that house, trust me. Her plan was to barefoot it over to the hospital catty-corner, find a phone and call the police.

Which is exactly what she did. But when she headed back outside, a nurse asked her where she thought she was going. Home, Melinda told her. And the nurse, shaking her head, called a couple of orderlies to prevent that from happening. You aren't going anywhere, she told Melinda, except back to your room. Now, what Melinda didn't realize in her haste to get to a phone, was she'd flown into the cuckoo's nest, the psych unit of Providence Hospital and there was no way the good custodians of the mentally ill were going to allow her to just waltz out of there barefoot in her bathrobe.

She tried explaining there was a robbery underway back at her house across the street, she told them how two intruders had hurled a potted plant at her dog on the stairs, she even mentioned she had been in the tub, why she was dressed in a bathrobe and no shoes. But these folks had heard it all before, they weren't falling for that old line. No, ma'am, you need to get back to your room. Probably need an extra couple of sedatives.

Well, in the end Melinda finally convinced them she wasn't totally crazy --- and if you knew Melinda, you'd know how hard that would be --- and by the time she got herself released from the mental ward the police were at the house and the thieves were long gone. Nothing much was stolen, not too much damage done, her dog was okay and the only thing hurt was maybe her pride. I brought the ferocious Dr. Gonzo back down to prevent repeat psych ward incarcerations and shortly after got the house sold. You ever wonder why I left the city, and Melinda too, maybe that was exactly why....

Classes and Workshops



COMMUNITY COMMENT:

"Thanks for being part of the glue that keeps our community together and makes this such a great place to live." - Chuck Durland.

Yoga is back again! Pathway to Wellness Massage & Yoga. Starting September 6th Every Friday from 930am-1030am. Call or text to reserve a spot. 425 308-0598. 10120 270th St NW, Stanwood, WA 98292

Fun Painting Classes: Explore your creativity with individual guidance in small sized classes instructed by well-known artist, Dotti Burton. All levels are welcome. Classes are September 12, 19, 26 and October 3 and are beginning to fill up. Contact Dotti at 206-714-3647.

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

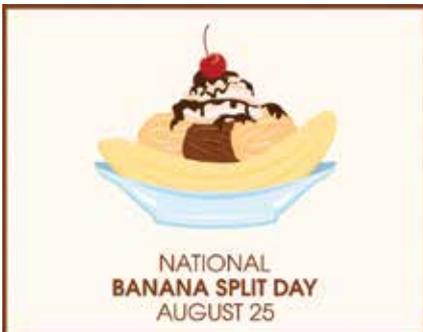
Yoga Classes In-studio & Online at Movement Arts. IN-STUDIO – View our schedule to monitor our status. LIVE STREAM – book classes in advance to attend our live studio class from your own home. ON-LINE VIDEO LIBRARY – practice anytime, anywhere – just practice! Go to www.movementarts.com and follow the links to view our video library of online hour length classes; regular membership rates apply.

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

Homeownership workshop on the fourth Thursday of each month at Elite interiors next to UPS store from 6 to 8 PM. We will not be holding them In June, November or December.

Line Dance Lessons at the Camano Center with Kari — every Wednesday 3:00pm-3:45pm. Fun and exercise! More info at www.socialdancesimplified.com.

Medicare Basics Information Class September 6th (10:00 - 11:00 am) Free event open to the public. We will be explaining how your Medicare benefits work, as well as the options for supplementation. Whether you are new to Medicare or want to re-evaluate your current plan, this class is highly recommended. Location: Camano Island Library Meeting Room. RSVP with John (Licensed Insurance Agent)-360-967-9601



Classes and Workshops



DID YOU KNOW?

Arizona driver's licenses don't expire until you're 65. You then have to renew in person every five years.

Private Music Lessons: piano, guitar, bass, and voice for all ages and skill levels. Our experienced teachers provide personalized instruction to help you reach your musical goals. Call 425-780-2289 with questions or book a complimentary 30-minute lesson: HartMusicSchool.com/free-trial. Now accepting applications for new teachers.

Yoga for Beginners September 3-October 1, Tuesdays 6-7:15p. Whether you are brand new to yoga or returning after a long absence, this five-week course will prepare you with the first steps toward a regular practice. \$95 Register in advance at movementarts.com/events or call 360-629-9100.

Reiki and Restore Workshop September 6, 6-8:30pm. 90 minutes of deep relaxation as you enjoy restorative yoga poses with an optional reiki session as part of a long soothing Savasana. Combined, Reiki and Restore will be a magical reset for your mind/body system. \$35 Space is limited. Register in advance at movementarts.com/events or call 360-629-9100

The Practice of Prevention with Ayurveda September 22, 1-4pm. Svasthvrta- The Practice of Prevention in Ayurveda. In this workshop, you will learn about the pillars of life, considerations of a preventative routine customized to your own blueprint, life cycles and the seasons. Participants will leave with a sense of their own body constitution (called prakriti) and how to craft their own prevention practices to support ultimate longevity, health, vitality and peace. Available in-studio and online via live-stream. \$60 Register in advance movementarts.com/events or call 360-629-9100

Yoga for Better Posture 6-Week Course: Oct 15-Nov 19, Tuesdays 6-7:15pm. Do you notice fatigue in your neck and shoulders? Does your low back ache? How is your breathing? It might seem like these are three different questions, but all of them can be improved with better posture and by developing your proprioception, an awareness of how you are standing, sitting and generally carrying your body. This session is offered in-studio only. 6-week session incl. Workshop Manual \$119 Register in advance movementarts.com/events or call 360-629-9100

I ♥ CAMANO ISLAND

CAMANO ISLAND IS TOTALLY CLAWSOME!

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KERRI

KERRI JONES | NORTH48 REAL ESTATE
KERRI@CAMANOKERRI.COM | 206.963.6615



Jan Mather

Camano Island Expert
360-507-4133

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7104 265th St, Suite 101, Stanwood, WA 98282
For a complimentary title and/or escrow quote,
call our Stanwood/Camano office at 360-629-9737
www.ltco.com



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Your Local Agent |
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STE 210 Stanwood,
WA 98292
Call **360-629-0174** today!
For Home, Auto and Business.
tcharette@farmersagent.com

Coverage to live the life you want

- Commercial Auto Insurance
- Business Insurance
- Auto Insurance



Underwritten by Farmers, Truck, or Fire Insurance Exchanges, or affiliate.
Insurer license & location info: farmers.com/companies/states/. Insurers
not authorized in all states. Each insurer solely financially responsible.

**Grow your gardening knowledge.
Become a Master Gardener!**

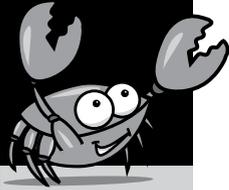
Camano training starts Oct. 1
Apply today!
extension.wsu.edu/island



Extension programs and employment are available to all
without discrimination. Evidence of noncompliance may
be reported through your local Extension office.



Clubs and Meetings



look for us
online at

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

or on
Facebook.

Download
current or past
editions.

The Stanwood Coin Club meets the 4th Tuesday of the month at the Stanwood Library (summer months 6pm, informal meeting). September to June 7pm - 9pm. Members are knowledgeable in wide range of numismatic topics and are offering mentorship in hobby, assistance with appraisal and have access to reference materials! Contact: Mike at gardenday2727@gmail.com

Friendship Tea - Drop by for tea, treats, and a chance to visit with friends, both old and new. 1st & 3rd Tuesday mornings of from 10:30-12:00. No charge for Camano Center members; \$5 for non-members. Please check in at the Front Desk. For more information, contact Connie (360) 652-7211.

Rainy Day Room Playgroup Free weekly play group on Mondays at 3:30-4:30pm Community Resource Center for ages 0-5 and their grown-ups! Friendship and community....getting out of the house. More info: www.crc-sc.org/events.

Teen Programs Monday through Friday at the Community Resource Center, please visit www.crc-sc.org/teenprograms for more details and schedule of activities.

Kaleidoscope Play & Learn Tuesdays and Wednesdays, 10-11:30am and 3:30-4:30pm - a FREE play group for 0-5 years and their grown ups. Facilitators guide children and their caregivers through a variety of developmental activities that promote early learning, and is inclusive of all young children, languages, and cultures. RSVP at www.crc-sc.org/events.

Camano Island Quilters-Machine Embroidery Group Every 1st Friday of the month. 10am-noon at Skagit Regional Clinics in Stanwood, 269th St., Conference Rm A. CIQ members will share help, ideas, designs, etc. Come join in the conversations.

Camano Island Quilters Open Sew Every 2nd Monday of the month. Open to the public. 10am-2pm at Stanwood United Methodist Church, 27128 102nd Dr NW. Bring your sewing machine, project & basic tools for an afternoon of fun! Bring a sack lunch.

Teen Late Night Every Thursday. Grades 9-12, 4PM-6:30pm at Community Resource Center of Stanwood Camano. A safe place for teens to come and connect over food & fun.

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

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CASA'S PET OF THE WEEK:

ROCKY is a 3 year old Chihuahua mix looking for his forever home. Rocky is a sweet guy who loves to be the center of attention. Rocky has lived with kids before and has done well with them. He is very active and loves to go on walks and would love a home with a yard to run in. Once his energy is out, he loves to sit in your lap and cuddle. Please stop by to see Rocky if he looks like the guy for you.

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



NOAH'S PET OF THE WEEK:

COTTON: Looking for a playful, active pup to add some life and love to your family? Look no further! At 4 months old, this adorable pup, is looking for a FURever home committed to training, while giving out plenty of love and patience. Cotton has some sight issues, so we recommend that he goes to a home with another friendly dog, who will guide him and show him the ropes!*

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



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

JULIETTE is a sweet, senior lady who is dreaming of a family of her own. She is confident and knows what she likes. Juliette would love a family that will include her in all their adventures. She would be a great walking, running or hiking buddy. Juliette would also enjoy a couch to cuddle on. **FIRST STEPS:** Visit www.save-a-mutt.org/adoption-application/ to fill out an application. We are a foster home based rescue.

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



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Classified Listings



DID YOU KNOW?

Eating a banana can help to form a lining which prevents heartburn from getting worse.

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GARAGE / YARD/ ESTATE SALES:

Multi-Family & Estate Sale. Aug. 23 & 24, 9 to 4. 29114 15th NE, Stanwood. Something for everyone. NO early birds.

Multi-Family & ESTATE sale, years of accumulation. Aug. 23-25, 9 to 4. Tools, clothes, vintage, jewelry, power tools, barn doors with acces. books, household, guy stuff & more! 29114 - 15th NE, Stanwood, X street from N - 300th from S - HWY 532E.

Yard Sale: Retired teacher, grandparents, and 20 years of accumulated treasures being offered on Saturday August 24th and 25th 9am-3pm. Gate will open at 9am. 682 Gladstone Drive.

SUPER SALE, SOMETHING FOR EVERYONE. Brand new items still in boxes, printer, toaster over, tools, furniture, you name it, I think we have it. August 30 & 31st. 9:00-5:00. 343 Roberts Way.

Garage Sale: Friday/Saturday Aug. 30 & 31 from 9-4 at 171 Vista del Mar Street, Camano Island. Tools, large ladder, household goods, animal carrier, and for the artist we have an easel, Larson Juhl picture framing, Logan mat cutter with attachments and supplies, metal frames, glass and much more.

PROFESSIONAL SERVICES:

Learn to square dance, have fun, meet new friends, lessons start September 10th, first lesson free, for info call Jerry at 425-327-4742.

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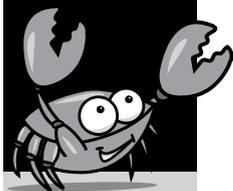


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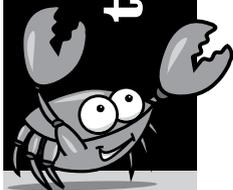
CORN SALSA: 2 ears corn on the cob; 2 c. cherry tomatoes, sliced in half; 6 green onions, thinly sliced; 1/2 c. cilantro, chopped; 3 T. finely diced jalapenos, seeds & membranes removed; 5 cloves garlic, pressed; 2 T. extra virgin olive oil; 1 lime zest and juice; 1/2 tsp. salt

CILANTRO LIME CREMA: 1 c. sour cream; 1/4 c. mayonnaise; 3 cloves garlic, pressed; 1/2 c. cilantro; 1 lime zest & juice; 1/2 tsp. salt

TACOS: 10-12 corn tortillas; Extra virgin olive oil for brushing; 2 c. fresh cooked crab meat (about 2 whole Dungeness crabs); 2 c. shredded white sharp cheese or mozzarella or combo

DIRECTIONS: 1. **CORN SALSA:** Shuck the corn on the cob. Cut the corn kernels off the cob and place in a medium bowl. 2. To the bowl, add tomatoes, green onions, cilantro, jalapenos, garlic, lime zest and juice, olive oil and salt. Gently toss to combine. Cover and refrigerate until ready to use. 3. **CILANTRO LIME CREMA:** In food processor or blender, add sour cream, mayonnaise, garlic, cilantro, lime zest and juice, and salt. Process until creamy, but green flecks are still visible. Pour into a small bowl, cover, and place in the refrigerator until ready to serve. 4. **TO ASSEMBLE THE TACOS:** In a large nonstick skillet over medium heat, brush olive oil on one side of a tortilla, flip and brush the other side. Once the corn tortilla is crisp, flip and immediately top with a handful of cheese and crab. 5. Once the cheese has melted and the crab is warmed, remove the taco to a serving plate. Repeat these steps with the remaining tortillas. (I use two skilletts at the same time making the cooking time faster.) 6. Top each taco with corn salad and cilantro lime crema. Serve and enjoy!

View from the Bleachers



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

A SURVIVAL GUIDE FOR COPING WITH AIRLINE TRAVEL

When Orville Wright first took flight over the beaches of Kitty Hawk, NC in 1903, he couldn't have imagined that a century later, millions of people the world over would be getting into shouting matches with ticket agents, security screeners and baggage handlers over the nearly universal frustration caused by his invention. Thanks for the 12-inch gash in the side of my brand new suitcase, Orville.

The first rule of air travel is simple: Don't fly if you can possibly avoid it. But sometimes air travel is unavoidable. If you simply must book a flight, here are a few helpful tips to reduce your stress level. These just might help you resist your urge to strangle the Delta Airlines ticket agent in Concourse C.

Packing: If you absolutely must fly I recommend packing light, so that you can fit everything into a carry-on and avoid the delay of waiting for your luggage at baggage claim on your arrival. It may force you to make some difficult decisions – like which to leave home: your sun lamp or your snow cone machine. Hard choices, I know.

If packing for a longer trip, a carry-on might not always be an option. You may need a larger suitcase. By FAA guidelines, your luggage can only be one of five colors: black, grey, blackish grey, greyish black or navy blue. It's easy to mistake your bag for someone else's, so make sure it stands out by attaching a brightly colored neon orange strap securely to the handle. Once the luggage comes down the carousel, your bag will be easy to spot. Yours will be the one missing the brightly colored neon orange strap – as well as its handle.

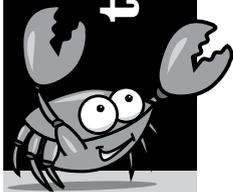
Boarding: For many of us, the most exhausting part of air travel is waiting in all those long lines. When going through TSA Security, you will usually have several lines to choose from. It's important to know which is the slowest. Here's a simple rule of thumb: The slowest line will be whichever one you decided to get in.

Your line will inevitably be the one stalled by the traveler who barely speaks English embroiled in a twenty-minute heated debate with the TSA agent (who also barely speaks English) arguing that the army surplus bowie knife he tried to sneak through is a gift for his seven-year-old niece. Just accept your fate and just pick a random line. Then start taking off your shoes, socks, belt, overcoat, shirt, slacks, and underwear for the TSA screener. But leave your glasses on – unless they're your night vision goggles.

As you board the plane, it's important to be patient. The time it takes to reach your seat will vary between ten minutes and a week-and-a-half. The delay is typically caused by some 350-pound dude in camo pants and mullet haircut who will spend 15 minutes trying unsuccessfully to cram a carry-on the size of a small bison into the overhead rack.

The flight: To get a good seat, you need to book far in advance. But because you foolishly booked only 11 months before your departure date, congratulations, you got the last row on the plane. If your luck

View from the Bleachers



is like mine, you'll be seated in a middle seat right in front of the restroom, between that same 350-pound mullet head in camo pants and a 21-year-old first-time mom with her five-month-old baby on her lap. Your best bet is to get heavily sedated. And just pray you fall unconscious before the baby throws up on your lap.

Baggage claim: Upon arrival, head directly to baggage claim. Notice how it's been an hour and now the only bag revolving around the carousel is a black bag with a brightly colored neon orange strap – which oddly enough is not your bag. At this point, I recommend spewing a series of loud obscenities interspersed with the name of whatever airline you swear you'll never fly again.

Go to the lost luggage desk, where you will see a sign that reads "On break. Back in one hour." When he eventually returns, he'll display as much concern for locating your lost luggage as he has about Norwegian currency fluctuations.

You'll eventually be informed your luggage, which was supposed to arrive in Savannah, GA (airport code SAV) was misrouted to an airport with a similar airport code – Savoonga, Alaska (airport code SVA). If all of this still sounds like a bit too much excitement, there is one other way to take the hassle out of flying. Next time, take the train.

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

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Date	High /Low	Tide Time	Height Feet	Moon Visible
F 23	Low	2:15 AM	1.6	
23	High	8:16 AM	10.2	
23	Low	2:12 PM	2.2	
23	High	8:28 PM	12.0	
Sa 24	Low	3:05 AM	0.7	
24	High	9:26 AM	9.8	
24	Low	3:00 PM	4.0	
24	High	9:02 PM	11.6	
Su 25	Low	3:59 AM	0.1	
25	High	10:48 AM	9.5	
25	Low	3:55 PM	5.8	
25	High	9:39 PM	11.2	
M 26	Low	4:57 AM	-0.3	
26	High	12:28 PM	9.5	
26	Low	4:58 PM	7.1	
26	High	10:23 PM	10.7	
Tu 27	Low	5:58 AM	-0.4	
27	High	2:14 PM	9.9	
27	Low	6:12 PM	8.0	
27	High	11:16 PM	10.1	
W 28	Low	7:03 AM	-0.5	
28	High	3:23 PM	10.5	
28	Low	7:47 PM	8.2	
Th 29	High	12:22 AM	9.7	
29	Low	8:09 AM	-0.6	
29	High	4:14 PM	10.9	
29	Low	9:17 PM	7.7	

Date	High /Low	Tide Time	Height Feet	Moon Visible
F 30	High	1:37 AM	9.5	
30	Low	9:06 AM	-0.7	
30	High	4:54 PM	11.2	
30	Low	10:10 PM	7.0	
Sa 31	High	2:45 AM	9.5	
31	Low	9:54 AM	-0.8	
31	High	5:28 PM	11.3	
31	Low	10:50 PM	6.2	
Su 1	High	3:42 AM	9.6	
1	Low	10:36 AM	-0.7	
1	High	5:57 PM	11.3	
1	Low	11:25 PM	5.4	
M 2	High	4:32 AM	9.6	
2	Low	11:13 AM	-0.3	
2	High	6:20 PM	11.3	
2	Low	11:58 PM	4.6	
Tu 3	High	5:20 AM	9.7	
3	Low	11:49 AM	0.2	
3	High	6:40 PM	11.2	
W 4	Low	12:30 AM	3.8	
4	High	6:06 AM	9.7	
4	Low	12:23 PM	1.0	
4	High	7:00 PM	11.1	
Th 5	Low	1:02 AM	3.1	
5	High	6:52 AM	9.6	
5	Low	12:58 PM	1.9	
5	High	7:21 PM	10.9	



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