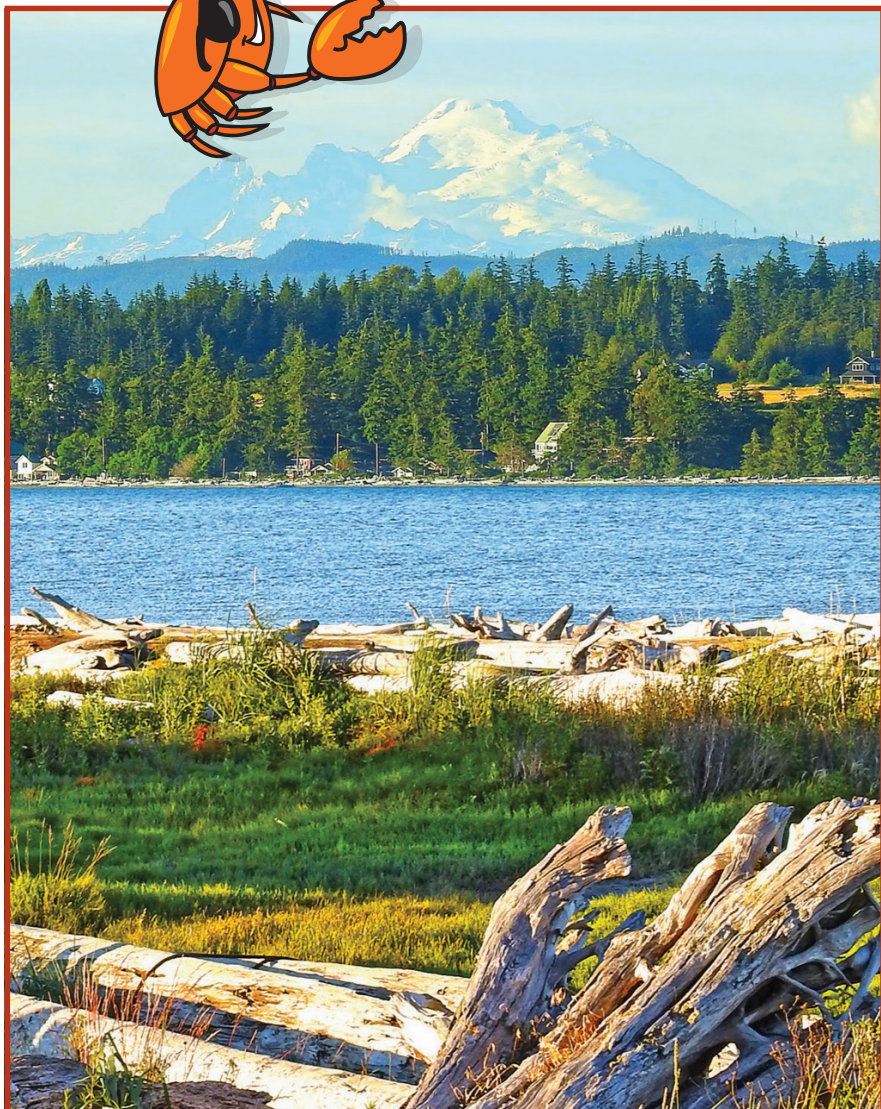


**THE CRAB CRACKER**  
ISSUE 412  
September 5-18, 2025  
COMMUNITY MAGAZINE



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

**Celebrate National Senior Center  
Month at the Camano Center!**

**Join US  
for a**

# **Spaghetti Dinner Fundraiser**



**No-Host  
Bar**

**SEPTEMBER  
4TH**

**FOOD SERVICE FROM  
4:00PM-6:00PM  
AT THE CAMANO  
CENTER**



**CamanoCenter**  
and community

**Reserve your free ticket at  
360-387-0222 or here**



*Tickets are free. Guests will be encouraged to  
make a donation to support Camano Center  
Programs & Services.*

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

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

*Cover image: Mount Baker from Iverson Beach. 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**  
**P.O. Box 2535, Stanwood, WA 98292 • www.thecrabcracker.com**

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**Submission DEADLINE: SEPTEMBER 11 for Next Edition (Sep. 19-Oct. 2)**

# Calendar of Events



FRIDAY, SEPTEMBER 5

## STANWOOD HIGH SCHOOL SPORTS

Varsity Boys Football vs Spanaway Lake. 7pm.

FRIDAY, SEPTEMBER 5

## MOVIE ON THE LAWN (RESCHEDULED)



Showing Inside Out 2 at 8pm/ Dusk. Ice cream will be available for purchase ( this is the final chance to get a scoop before closed for the season). FREE POPCORN. Located at 848 NSunrise Blvd., Camano.

### PROSTATE CANCER SCREENING

So you can be  
there to share the  
art of the grill.



Don't wait, schedule your  
screening today.



Need a  
healthcare provider?

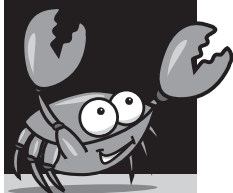
**360-848-5555**

Skagit Regional Health

[SkagitRegionalHealth.org/CancerScreenings](https://SkagitRegionalHealth.org/CancerScreenings)



# Calendar of Events



look for us  
online at

**www.TheCrab  
Cracker.com**

or on  
**Facebook.**

Download  
current or past  
editions.

## FRIDAY, SEPTEMBER 5 **STANWOOD FARMERS MARKET**



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

## FRIDAY, SEPTEMBER 5 **FRIDAY NIGHT KARAOKE**

WITH MARCUS. 8pm at Stanwood Hotel Saloon. 26926 102nd Ave NW, Stanwood. 360-629-2888.

## FRIDAY, SEPTEMBER 5 **DJ HOUSE PARTY**

6-9 pm at Celestial Isles, 880 Ashley Way, Camano. \$10/adult kids 6 and under free! RSVP text James 509-741-4132.

## FRIDAY, SEPTEMBER 5 **BEACH 1 GALLERY ARTIST RECEPTION FOR AMY SLATER**

5-7pm. Amy Slater is a 2D artist working primarily in acrylics and watercolors, but she considers any media to be fair game. As a transplant to Seattle, she finds inspiration in the contrast of the environment to locations she has previously lived. While her interest in art has been life-long, she has worked in a variety of fields and believes that all knowledge gained in other aspects of life can be applied to art! Her art will be displayed and for sale the entire month of September. The Gallery is open 7 days a week. We will be serving pop, wine, bottled water and individual bags of chips for the reception. 1243 Beach Drive, Camano Island.


## **PRIMESCAPES LANDSCAPING**

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Learn at Your Own Pace.

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Serving Stanwood & Camano Island  
**360-631-0661 • guitarbyford.com**

# Calendar of Events



FRIDAY, SEPTEMBER 5

## FIRST FRIDAYS ON STANWOOD'S WEST END!



Music, art, community. Sales & specials at participating west end businesses and restaurants on the first Friday of every month! More info: 425-791-0869.

SATURDAY, SEPTEMBER 6

## FOUNDER'S DAY SALE

9am-5pm at Stanwood Camano Thrift Store in honor of the founder, Jeanie Ovenell. 25% off EVERYTHING!

STANWOOD — CAMANO  
VETERANS MUSEUM  
& RESOURCE CENTER  
*Commitment, Community, Service Before Self*

**GRAND  
OPENING  
&  
HISTORIC  
TOUR**

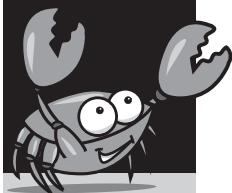
**September 20, 2025**

10:00- OPENING CEREMONIES AND VIETNAM WAR PRESENTATIONS  
10:30- OPEN TOUR WITH GUIDES PRESENT  
2:00-4:00- LIVE BAND AND APPETIZERS

6

*TheCrab@TheCrabCracker.com*

# Calendar of Events



## SATURDAY, SEPTEMBER 6 AUTHOR SIGNING SATURDAY



Noon-4pm at Wit's End Books, 10123 270th St NW, Stanwood. Author Signing with J.A George!

SATURDAY, SEPTEMBER 6

## SEMBLANCE

Celebrity tributes, impersonations & more at Beauty Bar Salon + Lounge, 10011 - 270th St NW, Stanwood. Live FREE SHOW!!! Show starts at 10 pm. Be there or be square! More info: (360) 629-2324.

PNW  
COLLECTIVE



WORK  
HARD,  
*Be Kind*

# Malynda Shipley

Broker / Realtor

## 425-299-7892

mshipley@atthebeachrealestate.net

onereal.com/malynda-shipley

real

REAL Broker LLC





# SEPTEMBER

6th & 7th

10am to 5pm

**FREE!**

**FREE!**

## SELF-GUIDED ARTISTS' WORKING STUDIO TOUR 2025

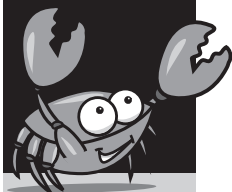
SCULPTORS  
CARVERS  
DRAWINGS  
PAINTING  
MIXED MEDIA  
PHOTOGRAPHERS

GLASS ART  
PRINTMAKING  
QUILTING  
JEWELRY  
FIBER ARTS  
METAL ART



Find us on Facebook at 98221StudioTour

# Calendar of Events



## DID YOU KNOW?

Abraham  
Lincoln was a  
licensed  
bartender.

SATURDAY, SEPTEMBER 6

### PAPER HEART + HUMAN CLAY

8 PM at Arcadian Public House, 18444 Spruce Street, Conway. Tickets: \$12 ADV / \$15 DOS On-line ticket sales close at noon on the day of the show. All ticket sales are final on the day of the show. Doors at 7 PM - Show at 8 PM Outside food is welcome, no beverages please. Potentially this will be an outdoor show, stay tuned. 21+ only GENRE: Grunge covers.

SATURDAY, SEPTEMBER 6

### AKTION CLUB'S E-CYCLE



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

SATURDAY, SEPTEMBER 6

### STOP THE BLEED

12:00 PM – 4:00 PM at the Camano Island Library. Join us in collaboration with the Camano Preparedness Group to master essential bleeding control techniques. Learn how to effectively use your hands, dressings, and tourniquets in emergency situations. With the right knowledge, anyone present can become an immediate responder and save lives.

**Yoga and Pilates**  
movementarts.com



MOVEMENT ARTS

360-629-9100

Camano Commons

**PUGET SOUND TREE CARE LLC**

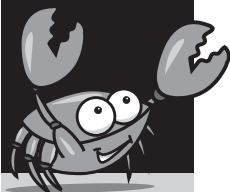
**360-387-0243**

Jim Fay, Owner, Arborist

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

**FREE ESTIMATES • LIC. • BOND. • INS.**

# Calendar of Events



## DID YOU KNOW?

It takes roughly  
540 peanuts to  
make a jar of  
peanut butter.

SATURDAY, SEPTEMBER 6

## CAMANO SHOP FALL PARTY

10am-4pm at 913 WA-532, Camano Island. The shop is now fully stocked with Fall goodies! CAMANO COOKIES, gifts, and flowers will be doing a pop out on the front yard AND you can come see her new permanent space inside the shop. We're also arranging a few more pop ups to join us - stay tuned!

SATURDAY, SEPTEMBER 6

## FAMILY BINGO

at the American Legion Hall ON CAMANO ISLAND, 609 W. Camano Drive. "Camano Island American Legion Bingo is pushing it up...Now with \$150 and \$250 blackout jackpots!" Doors open at 4:30 P.M. and Bingo starts at 6pm. Snacks and beverages available.

SATURDAY, SEPTEMBER 6

## CARS & COFFEE



Come have coffee and admire our local hot rods, muscle cars, and more. Free admission to general public and free to bring by your custom car. The location alternates each week, either at Coastal Vie, Stanwood or Camano Commons. Check with them to determine this week's location. Free coffee for participants (and mini donuts at Coastal Vie). 7-10am. All cars welcome. Come out and have fun!



Managing Broker,  
Windermere Real Estate/CIR

# Jan Mather

## Camano Island Expert

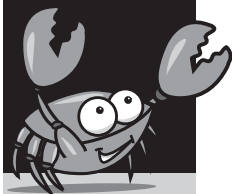
### 360-507-4133

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WINDERMERE  REAL ESTATE

[TheCrab@TheCrabCracker.com](mailto:TheCrab@TheCrabCracker.com)

# Calendar of Events



SATURDAY, SEPTEMBER 6

## INTERESTED IN LEARNING ABOUT FLY FISHING, OR HONING YOUR FLY-CASTING SKILLS?



Join Don Simonson, Master Certified Fly Casting Instructor from 9:30-11:30 am at the Camano Country Club, 1243 Beach Dr. Please bring your casting outfit, if you have one, if not limited outfits will be available. Depending on attendance, instruction will occur in a group format with individual attention as time allows. An RSVP is welcomed, but not required. Please include your name and your casting skill level. [dksimo@wavecable.com](mailto:dksimo@wavecable.com). There is no charge for this event.

# Save the Date

**SATURDAY**  
**Sept 6**  
**10am - 12pm**

**Cannon's Baseball &  
Softball Facility**  
8806 Viking Way, Stanwood

**\*THE BACK SIDE OF  
THE BUILDING\***



SHS BOOSTER CLUB  
**2026 GRAD NIGHT**  
**TEXTILE**  
**DRIVE**



clothes coats shoes scarves handbags wallets ties belts backpacks  
bedding blankets towels tablecloths curtains etc



# Small Craft Advisory

Fine Art Crafter Annual Show

September 20 + 21, 2025 :: 10am-4pm



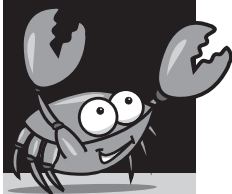
Floyd Norgaard Cultural Center

27130 102nd NW

Stanwood WA 98292

[smallcraftadvisory.net](http://smallcraftadvisory.net)

# Calendar of Events



## DID YOU KNOW?

The longest time someone has spent holding their breath underwater is 24 minutes and 37 seconds.

SATURDAY, SEPTEMBER 6

### CHILL DEVILLE

7-11pm at Pub 282, 370 NE Camano Dr #6, Camano. Get ready for a night of killer vibes and smooth grooves! Don't miss this high-energy performance that'll have you dancing, sipping, and vibing all night.

SUNDAY, SEPTEMBER 7

### OHANA LUAU



SHS Booster Club Fundraiser Supporting the Stanwood High School Football. Join our Ohana! 3-7pm at Arrowhead Ranch, 615 Arrowhead Rd., Camano Island. Featuring buffet dinner with pit-roasted pork and island favorites. Beer garden (21+) and island-themed signature mocktails. Live entertainment and traditional island dancing. Fresh leis for purchase to get in the luau spirit. Tickets: <https://www.zeffy.com/ticketing/first-annual-spartan-ohana-luau/> More information: [stanwoodspartansfootball@gmail.com](mailto:stanwoodspartansfootball@gmail.com)

SUNDAY, SEPTEMBER 7

### LIGHT LANGUAGE DRUMMING CIRCLE

with Lola Singer. 10am-2pm at Spirit2Spirit Equine Facilitated Healing Center, 2532 292nd St NW, Stanwood. Gather together to raise vibrations through sound on farmland amidst therapy horses. For people of all ages. Bring your enthusiasm and instruments! Drums, rattles and anything that makes a joyful noise! Additional instruments will be provided. Light Language Drumming Circles are designed to build community, deepen your spiritual gifts, and express your soul through sound. PAY-WHAT-YOU-LIKE DONATIONS ARE APPRECIATED (BUT NOT REQUIRED) TO HELP SUPPORT NON-PROFIT, HOOVES & HEROES (an organization that helps veterans & first responders).

MONDAY, SEPTEMBER 8

### STANWOOD HIGH SCHOOL SPORTS

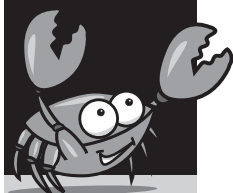
JV Boys Tennis vs Mount Vernon. 3:30pm.

TUESDAY, SEPTEMBER 9

### PUZZLE EXCHANGE

6:30-7pm at the Stanwood Library. Join us for our monthly exchange. This is a family friendly event open to all! We ask that you bring your puzzles, participate in the exchange, and take your unchosen puzzles home for the next month. Hope to see you there!

# Calendar of Events



## DID YOU KNOW?

There are eight NFL teams currently without cheerleaders.

TUESDAY, SEPTEMBER 9

### FREE COOKING DEMO

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

TUESDAY, SEPTEMBER 9

### TEEN RECHARGE: VISION BOARDS

3-5pm at the Stanwood Library. Get creative and design a vision board that reflects your goals, dreams, and personal style! We'll provide hi-gloss boards perfect for decorating your locker or personal space, along with magazines, stickers, and all the collage materials you need. Ideal for tweens and teens looking to express themselves and start the school year inspired. No experience needed.

TUESDAY, SEPTEMBER 9

### HIGH SCHOOL OPEN HOUSE & TACO TUESDAY

5:00 PM - 6:30 PM at at Stanwood and Lincoln Hill High Schools. Lincoln Hill Booster Club will be hosting a taco bar. Please plan to come visit our school, meet our staff, find out about school club opportunities, and enjoy some tacos.

WEDNESDAY, SEPTEMBER 10

### STANWOOD HIGH SCHOOL SPORTS

Varsity Boys Tennis vs Burlington-Edison. 3:30pm.  
Girls Volleyball vs Arlington. C Team & JV: 5:15pm. Varsity: 7pm.

WEDNESDAY, SEPTEMBER 10

### WEDNESDAY NIGHT TRIVIA!

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

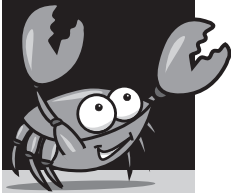
WEDNESDAY, SEPTEMBER 10

### EXPLORE YOUR CREATIVITY

with Stanwood Camano Arts Advocacy Commission. 4-5:30PM at the Stanwood Library. Join us for an art class with Stanwood Camano Arts Advocacy Commission (SCAAC)! We will provide everything you need. For kids ages 6-11.



# Calendar of Events



## DID YOU KNOW?

McDonald's  
once made  
bubblegum-  
flavored  
broccoli.

THURSDAY, SEPTEMBER 11 2025?

## 9-11 REMEMBRANCE



North County Regional Fire Authority to Honor 9/11 in Personal Ways This Year — Fire Engine Processional in Stanwood; Invitation to visit 9/11 Artifact Memorial in Arlington. North County Regional Fire Authority invites the community to join in remembering September 11, 2001, through quiet reflection, symbolic displays, and a special fire engine processional in Stanwood. On September 11, American flags will line SR 532 in Stanwood as a tribute to those we lost. At 9:00 a.m., a fire engine processional will depart from Station 99, traveling east along SR 532 to 72nd Ave NW. In Arlington, a memorial wreath and guest book will be placed at the 9/11 Artifact Memorial at Station 46, where community members are invited to stop by at any time during the day to reflect, write a message, and pay their respects. "Our traditions of remembrance continue," said Fire Chief Dave Kras-ki. "Whether you're standing along SR 532 for the processional, visiting the memorial in Arlington, or simply taking a moment of silence, we remember, we honor, and we stand together as a community." To mark the day, NCRFA will share a special online acknowledgement at the moments the four attacks occurred: 8:46 a.m. – North Tower impact, 9:03 a.m. – South Tower impact, 9:37 a.m. – Pentagon impact, 10:03 a.m. – Flight 93 impact

THURSDAY, SEPTEMBER 11

## STANWOOD HIGH SCHOOL SPORTS

JV Boys Tennis vs Everett. 3:30pm.



We know this region like  
it's our own backyard...  
because it is.

Serving Skagit and Island Counties since 1940 | 360.629.9737 | LTCO.com

# Calendar of Events



THURSDAY, SEPTEMBER 11

## THE GEOLOGY OF CAMANO ISLAND



Presented by Camano Preparedness Group, with Gabriel Lotto, Pacific Northwest Seismic Network. He will be discussing earthquakes, liquefaction and other geologic features of Camano Island. This will be a fascinating program! It will be held at the Vista Fire Station, 273 N. West Camano Dr. at 7pm. More info: Sue at [kk6sue@gmail.com](mailto:kk6sue@gmail.com)

FRIDAY, SEPTEMBER 12

## DJ HOUSE PARTY

6-9 pm at Celestial Isles, 880 Ashley Way, Camano. \$10/adult kids 6 and under free! RSVP text James 509-741-4132.

## #1 Agent of 2024 | RE/MAX Elevate



## Tracy Stevens

BROKER, REALTOR® | RE/MAX ELEVATE

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Tracy Stevens is a top local Real Estate Broker in Stanwood and Camano Island. Her client service and her expertise are of the Highest Caliber. If you are thinking about making a move, please reach out to Tracy for your **complimentary** consultation today!

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☎ 425.330.7052

✉ [Tracy@TracyStevensHomes.com](mailto:Tracy@TracyStevensHomes.com)

📍 RE/MAX Elevate on Camano Island  
(at IGA Plaza).

# Calendar of Events



## DID YOU KNOW?

Tomatoes are  
a fruit, not a  
vegetable.

FRIDAY, SEPTEMBER 12

## MOONPIE RAMBLERS

7:00 PM – 11:00 PM at Pub 282, 370 NE Camano Dr #6, Camano. Get ready for a foot-stompin', hand-clappin' good time as the Moonpie Ramblers bring their signature blend of country, bluegrass, and Americana to Pub 282! From sweet harmonies to lively pickin', this is a show you won't want to miss!

FRIDAY, SEPTEMBER 12

## TRAVEL TALK



10:00-12:00 at Camano Center, 606 Arrowhead Road, Camano Island. Do you enjoy sharing your travel experiences or hearing from others of their travel adventures? Each month on the second Friday, Travel Talk will have a slideshow presentation of someone's travels. This month we travel to Southern Italy and Sicily. Starting at Hadrian's Villa near Rome, we travel through the south with stops at Pompei, the Amalfi coast and Capri (and many more places) and then over to Sicily. Absolutely no sales pitches nor promotions, just travel fun! Camano Center members free, non-members \$5.

FRIDAY, SEPTEMBER 12

## FRIDAY NIGHT KARAOKE

WITH MARCUS. 8pm at Stanwood Hotel Saloon. 26926 102nd Ave NW, Stanwood. 360-629-2888.

## September is National Suicide Prevention Month

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

**988** SUICIDE & CRISIS  
**LIFELINE**

*L*

*Luxlawns*  
**LAWN CARE**

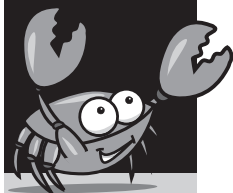
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Cleaning  
Services**

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Roof / Gutter Cleaning**

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# Calendar of Events



FRIDAY, SEPTEMBER 12

## STANWOOD FARMERS MARKET

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

SATURDAY, SEPTEMBER 13

## FAMILY BINGO



at the American Legion Hall ON CAMANO ISLAND, 609 W. Camano Drive. "Camano Island American Legion Bingo is pushing it up... Now with \$150 and \$250 blackout jackpots!" Doors open at 4:30 P.M. and Bingo starts at 6pm. Snacks and beverages available.

## Medicare Education Workshop

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

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

### Camano Center

606 Arrowhead Road, Camano Island, WA 98282

September:

- 09/03/2025 - 10:00am – 11:00am Jensen Room
- 09/24/2025 - 3:00pm – 4:00pm Jensen Room

### RSVP's NOT REQUIRED, BUT ENCOURAGED

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



425-361-2944 x1 TTY 711



info@vidorassociates.com



www.vidorassociates.com

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

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

# Calendar of Events



## DID YOU KNOW?

The Anglo-Zanzibar War was fought between the United Kingdom and the Sultanate of Zanzibar on August 27, 1896, and is famous for being the shortest war in history, lasting between 38 and 45 minutes. The war resulted in over 500 Zanzibari casualties compared to only one British injury.

SATURDAY, SEPTEMBER 13

### **CARS & COFFEE**

Come have coffee and admire our local hot rods, muscle cars, and more. Free admission to general public and free to bring by your custom car. The location alternates each week, either at Coastal Vie, Stanwood or Camano Commons. Check with them to determine this week's location. Free coffee for participants (and mini donuts at Coastal Vie). 7-10am. All cars welcome. Come out and have fun!

SATURDAY, SEPTEMBER 13

### **JIMMY WRIGHT**

7:00 PM – 11:00 PM at Pub 282, 370 NE Camano Dr #6, Camano. A high-energy concert experience, packed with a dynamic mix of music to keep you on your feet all night long. Don't miss the show that's got something for everyone!

SATURDAY, SEPTEMBER 13

### **MINIATURE WARGAMING MEET-UP**

hosted by CIMW. 2:00 PM – 6:00 PM at the Camano Island Library. Bring your curiosity—and maybe a friend—and discover the strategic camaraderie of miniature wargaming with Camano Island Miniature Wargamers. Whether you're a seasoned veteran or brand-new to the hobby, all are welcome to explore historical, fantasy, and sci-fi battles around the tabletops. Meet-Up gaming materials are provided by CIMW group members unless you would like to field your own army if you have one. Minimum age: 8+, under 12 requires parent/guardian.

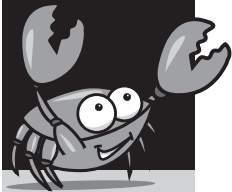
SATURDAY, SEPTEMBER 13

### **WILDFLOWERS OF THE WEST: AN ARTIST'S GUIDE WITH MOLLY HASHIMOTO**



10am-noon at the Camano Island Library. Molly Hashimoto captures the essence of the great outdoors with her vibrant watercolors. Molly's art is a delightful blend of natural history and artistic expression. Imagine taking a walk through a forest and seeing it through Molly's eyes – every leaf, bird, and mountain peak becomes a story waiting to be told. Her art invites you to pause, breathe, and appreciate the quiet beauty of the natural world. In this hands-on teaching class, you'll have the opportunity to learn directly from Molly, experiencing firsthand how to capture the essence of nature in your own artwork. Limited seating. First come, first served.

# Calendar of Events



SATURDAY, SEPTEMBER 13

## PRIME RIB DINNER



4pm until gone (and that's usually by ~5pm) at the American Legion, Post 92, in Stanwood. Join us for plenty of good food and camaraderie! Adults \$25 and children (under 12) \$10.

SATURDAY, SEPTEMBER 13

## STANWOOD HIGH SCHOOL SPORTS

Girls Soccer vs Ferndale. JV: 1pm. Varsity: 3pm.

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



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Replacements, Roof Repairs,  
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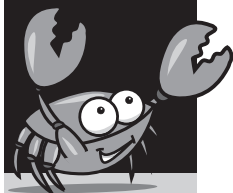
**Call 360-652-4300**

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options available**

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



# Calendar of Events



## DID YOU KNOW?

Frida Kahlo  
painted 55  
self-portraits

## SATURDAY, SEPTEMBER 13 KAYAK POINT ARTS FEST!



Experience the first-ever Kayak Point Arts Festival, a free, family-friendly, music-centered event! This all-day waterfront celebration (at Kayak Point Regional Park, 15610 Marine Drive, Stanwood) of local music and community will feature live performances by six bands across a range of genres—including indie pop, R&B, hip hop, 90s covers, and funk. The event is open to the public, and admission and parking are *\*completely free.\** Performers include LAKE, Cumulus, Heavy Bloom, Neon Brass Party, RNNRS, and No Recess. Festivalgoers are encouraged to bring picnic lunches, folding chairs, and blankets to enjoy the music in comfort. Ice cream and food trucks will be on-site offering frozen treats and foods for purchase. Performances will run from 10am-5:30pm. Learn more at <https://www.seattlenorth-country.com/kayakpointartsfest/>

SATURDAY, SEPTEMBER 13

## CHILDREN'S BOOK SALE

The Camano Island Library Friends will have a Children's Book Sale outside at 848 N. Sunrise Blvd. from 10 a.m. to 3 p.m. The book selections range from infant through elementary reading levels. Lots to choose from in very good condition, some will be sold in bundles for a \$1.00. Parents and teachers stock up for the school year. Priced to go and waiting for their new home with your children or classroom. Proceeds fund programs and events at the library. Cash only.

## National BALD IS BEAUTIFUL DAY

September 13





# 2025 BUSINESS PEOPLE OF THE YEAR *Awards*



NOMINATIONS  
OPEN UNTIL 9.15

**CAMANOISLAND.ORG**

28TH ANNUAL

## CHILI CHOWDER COOK OFF



**WE NEED**  
*cooks!*

**DO YOU HAVE A KILLER CHILI  
OR CHOWDER RECIPE?  
JOIN US!**

# Calendar of Events



## DID YOU KNOW?

The smallest dog breed is the Chihuahua, which typically weighs under 6 pounds. The largest dog breeds include the English Mastiff, known for its massive size with weights of 200-230 pounds, and the Irish Wolfhound, recognized for its extraordinary height.

SATURDAY, SEPTEMBER 13  
**TOUCH A TRUCK**



10am-1pm at Stanwood High School. Get ready to turn the wheels, touch the buttons and honk the horn! Join us for this hands on event where kids of all ages can get up close to big rigs, emergency vehicles and heavy equipment. What to expect: Tours of big rigs, equipment and emergency vehicles; Treats and snacks; Fun giveaways; A day packed with family-friendly fun! There is a no horn quiet hour from 10-11am. This hour offers all the fun without the loud noises Free for all to attend! - Photo by Evan Caldwell.

SATURDAY, SEPTEMBER 13

## ISLAND COMFORT

2:30-5:30pm at Edward Lynne Cellars, Camano Island. Family friendly, classic music and wine tasting.

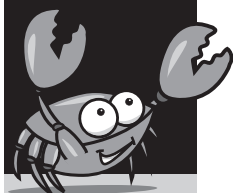
SUNDAY, SEPTEMBER 14

## BINGO AT THE VIKING HALL - SILVANA

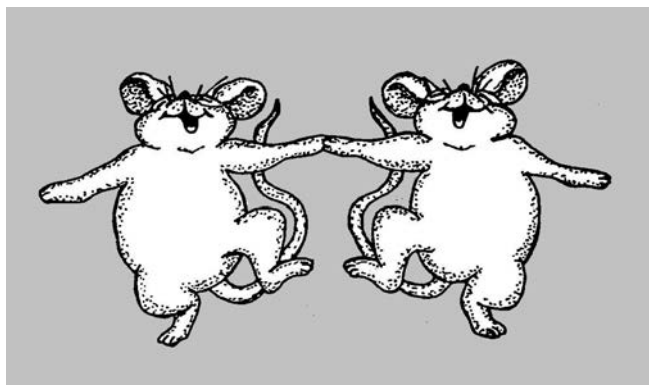


5pm. \$10 for a book of 15 games and \$1 for each black out game. We will begin serving dinner at 5pm. All profits will go to a community service project. More info: 360-618-2076.

# Calendar of Events



## SUNDAY, SEPTEMBER 14 **PSEC EARTHDOG PRACTICE**



10am-1pm at 33101 44th Ave NW, Stanwood. Bring your treats and your short-legged Terrier or Dachshund for a free Earthdog Practice at Sil and Anne Sanders place. Lots of fun for your dog.

MONDAY, SEPTEMBER 15  
**STANWOOD HIGH SCHOOL SPORTS**  
Varsity Boys Tennis vs Marysville Pilchuck. 3:30pm.  
JV Boys Football vs Sedro-Woolley. 6pm.

"A Place To Gather; A Place To Worship;  
A Place To Grow; A Place To Serve"

## Freeborn Lutheran Church

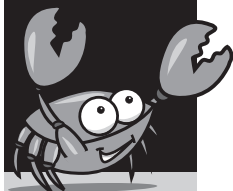
"We invite you to check out our small traditional  
church in the country."

Worship: 10:00, Fellowship and Lunch following



2416 300th St NW, Stanwood, WA / 360-629-3149

# Calendar of Events



## DID YOU KNOW?

The longest concert on record lasted 437 hours, 54 minutes, and 40 seconds, achieved by the Epidemic Music Group and others in Canada in 2017 to celebrate the nation's 150th anniversary. The event, featuring a rotating lineup of over 1000 musicians, was held in Stouffville, Ontario.

MONDAY, SEPTEMBER 15

### 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.

MONDAY, SEPTEMBER 15

### ALL AGES MONDAY NIGHT TRIVIA

6pm at Rockaway, Camano Island. An exciting night of prizes, great food and drinks, and the chance to win big. This is a family friendly trivia, so grab your little ones and join us!

MONDAY, SEPTEMBER 15

### TRIVIA NIGHT

with Darren. 6-8pm at SAAL Brewing Company, 10209 270th St NW, Stanwood. It is free to play with prizes. Always a lot of fun!

TUESDAY, SEPTEMBER 16

### ROBLOX EMBER GAMES WITH ARRAYSCAPE GAMING

3:00 PM – 4:30 PM at the Stanwood Libra. Join us for an afternoon of gaming with Arrayscape Gaming! In this Roblox arena, players must manage resources and fend off enemies to survive in this virtual world where quick thinking and strategy are paramount. Note that this is a player-vs-player arena based combat game (themed after the Hunger Games movies). The library will provide all equipment; please register to ensure your spot in the fun.

TUESDAY, SEPTEMBER 16

### STANWOOD HIGH SCHOOL SPORTS

Varsity Girls Swimming vs Archbishop Murphy. 3-5pm at Stanwood YMCA.

TUESDAY, SEPTEMBER 16

### WSU CLIMATE STEWARDS CERTIFICATE PROGRAM



6 - 9 pm at Island County Camano Convergence Room. This will be the kickoff of a 7-week series of this new pilot program offered by WSU Extension. The cost for the certificate is \$200 and scholarships are available. Learn more at <https://extension.wsu.edu/island/nrs/shore-stewards/>

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1500 276th ST NW (Beck Road), Stanwood | Fri–Sun 10AM–6PM

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scaacwa.org/classes



**FELTING CLASS WITH ALEITA BAILEY**  
**TUES • 9/9 • 5:30-8:30 PM**



### UPCOMING EVENTS

**Lincoln Hill Retirement Community**  
Your Local Senior Center  
7430 276th St NW  
Stanwood, WA 98292



- Chrome & Classics Car Show – August 30, 2025 7:30 AM – 3:00 PM
- Shredding Event – Wednesday - September 17<sup>th</sup> 2025 10:00 AM – 1:00 PM
- Resource Fair – Saturday - September 20<sup>th</sup> 2025 9:00 – 1:00 PM
- Spaghetti Dinner – Friday - September 26<sup>th</sup> 2025 5:30 – 7:00 PM Featuring Live music with Moon Pie Ramblers Band. Free meal – Donations appreciated



## Conference Room for Rent

- Located downtown Stanwood
- 1,000 square foot space
- Conference table & chairs
- Coffee, tea, kitchen available
- Half day and full day rates

To inquire or rent contact: [emily@boxofgood.com](mailto:emily@boxofgood.com)

Africa is the only continent in all four hemispheres.

## CAREGIVER CAFE

Calling all caregivers of kiddos aged 0-5! Join us at the PM Caregiver Cafe. Wind down with dinner for the whole family at the PM Cafe. The Caregiver Cafe is a FREE, family centered, parent led program. During the sessions, we offer free on-site childcare so parents can relax, connect with others, share experiences, and engage in meaningful conversations in a supportive community. 5pm at Community Resource Center, 9612 271st St NW, Stanwood. Space is limited, so be sure to RSVP on our website today! <https://www.crc-sc.org/events>

## SHREDDING EVENT



10am-2pm at Lincoln Hill Retirement Community, 7430 276th St NW, Stanwood. This is a free event, donations are greatly appreciated and used for the center's programs. We hope to see you here.

## CHILDREN'S ART WITH STANWOOD CAMANO ARTS ADVOCACY

4:00 PM – 5:30 PM at the Camano Island Library. Join us for a children's art class with Stanwood Camano Arts Advocacy Commission (SCAAC). Event is free and all materials provided.

**\*The Boathouse\***



COME FOR  
CLASS, BRING  
A PICNIC  
LUNCH AND  
EXPLORE THE  
PARK!



27



## Press Your Own Cider

### *It's squeezin' season!*

Bring your own apples, and we'll provide the tools and expertise to help you create the perfect cider.

Book Now!



**WHAT'S COOLER THAN BEING COOL?**  
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September is Library Card Sign-up Month!

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*and*  
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*Camano Island*

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Stanwood Greater Area for  
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- Pressure Washing
- Soft Wash • Solar Panels
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- Free Estimates
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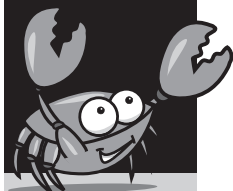
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fourspringshouse@co.island.wa.us**

# Calendar of Events



## DID YOU KNOW?

Buzz Light-year's original name was Lunar Larry. Yes, the character now known as Buzz Lightyear was originally named Lunar Larry during the concept phase for Toy Story. The name was changed by Disney and Pixar to something more heroic and to honor astronaut Buzz Aldrin, the second person to walk on the moon.

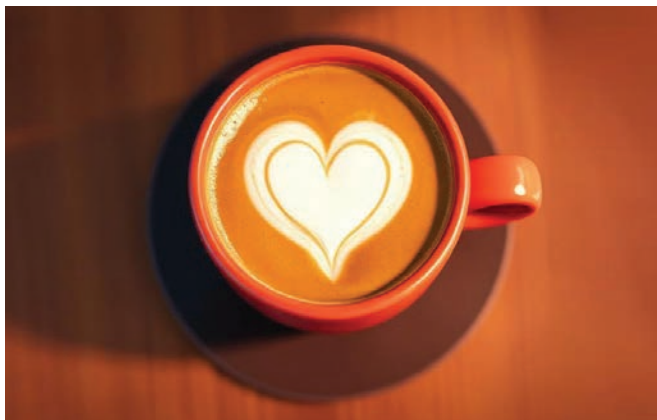
WEDNESDAY, SEPTEMBER 17

## WEDNESDAY NIGHT TRIVIA!

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

WEDNESDAY, SEPTEMBER 17

## JOIN US FOR CONNECT OVER COFFEE



An informal gathering open to everyone where we regularly meet to share perspectives and explore ideas that spark positive change within ourselves and our communities. 1:30-3pm at Coastal Vie, 9001 WA-532, Stanwood. Hosted by the Baha'is in Skagit and Island Counties, who believe in the oneness of humanity and strive to build unified, vibrant communities that promote spiritual and material well-being.

THURSDAY, SEPTEMBER 18

## CHRIS EGER

7:00 PM – 11:00 PM at Pub 282, 370 NE Camano Dr #6. The Chris Eger Band is a Northwest band hot on track to becoming the next band to hit the billboard charts. A compilation of rock/blues/country mix.

THURSDAY, SEPTEMBER 18

## MOBILE BLOOD DRIVE - BLOODWORKS NW

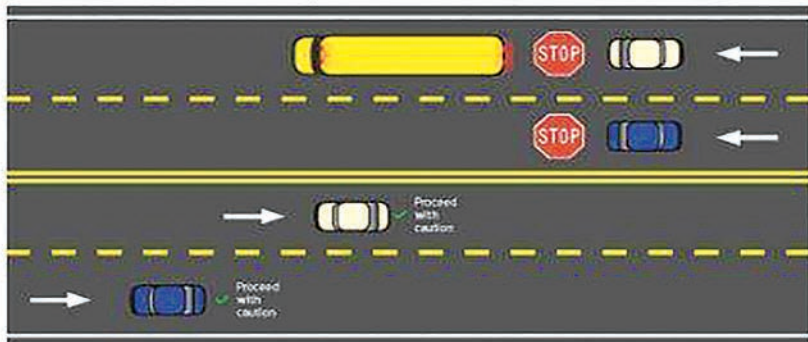
10:00 AM – 4:00 PM at the Stanwood Library. Over 15,000 children aged 0-19 are diagnosed with cancer each year in America. On average, pediatric patients use 1,800 units of blood daily or 652,000 units of blood annually. Support pediatric patients who receive blood throughout their treatment by scheduling a blood donation appointment today. When you donate with Bloodworks, you're giving a critical boost to patients undergoing surgeries, traumas, and cancer treatments. All blood types are welcome. Find out if you're eligible. Schedule an appointment online or call 800-398-7888 to make a donation. Registration required.

# When to stop when school bus lights are flashing or stop bar is out

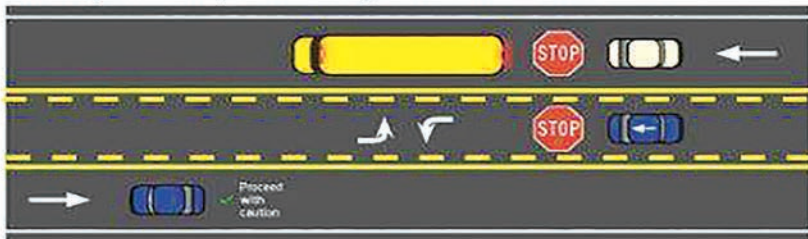
## 1 2-lane roadway: both directions stop



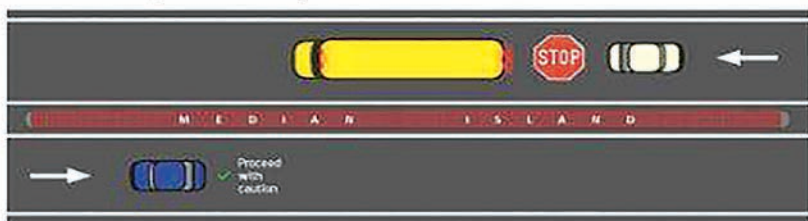
## 2 3+ lanes: stop if traveling same direction as bus



## 3 Turning lane: stop if traveling same direction as bus



## 4 Median: stop if traveling same direction as bus



\$430 fine if violating any of the above



# Local History



## DID YOU KNOW?

Jupiter is the fifth planet from the Sun, and the largest in the solar system – more than twice as massive as the other planets combined.

Mercury is the smallest planet in our solar system and the nearest to the Sun. Mercury is only slightly larger than Earth's Moon.



*"Sill's Camp at Rocky Point, Camano Island, 1896 John Kineth engineer. Mose Mock, Foreman"*



*Girl and mother at Kayak Point - ca 1940-1960.*



## **Our Mission is to Promote YOU!**

### **Looking to connect with your community without spending a dime?**

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

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



**425-299-7893 / [thecrab@thecrabcracker.com](mailto:thecrab@thecrabcracker.com)**

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



## **SAVE CAMA BEACH CABINS**

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

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

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

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

**[SaveCamaBeachCabins.org](http://SaveCamaBeachCabins.org) / [info@savecamabeachcabins.org](mailto:info@savecamabeachcabins.org)**



# Windermere

REAL ESTATE



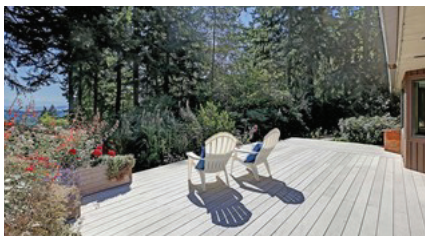
**VIEW HOME** **\$999,950**  
One-of-a-kind Stanwood rambler in gated community with breathtaking views on 5-private acres, massive deck, hot tub, potential DADU. #2417958



**UTSALADY** **\$900,000**  
Breathtaking Skagit Bay views from one-level Camano home, with part-covered deck, 3-car garage, peaceful setting. #2416865



**CANDLE RIDGE** **\$725,000**  
Immaculate 4-bedroom Stanwood on a quarter-acre lot, spacious and generously sized rooms, fenced back yard, A/C, great location. #2414055



**NORTH END** **\$975,000**  
Move-in ready Camano rambler with solar and generator on 3-acres of certified natural habitat plus adjacent 2.5 parcel. #2420206



**CAMANO CITY** **\$525,000**  
Single-level home is ready to move-in to and full of updates on a 1/3 acre with territorial views and western sunsets located mid-island. #2419838



**STANWOOD** **\$499,000**  
Copper Station 3-bedroom home has a nice deck with fully fenced backyard and greenhouse, close to towns' amenities and schools. #2418598

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

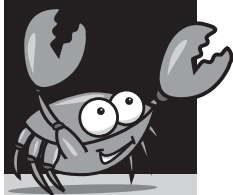


**CAMANO ISLAND**  
818 N. Sunrise Blvd.  
360.387.4663

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

Windermere Real Estate/CIR

# Kids' Korner



## COLORFUL WAX ROCKS



Heat rocks in the oven or in the sun (not too hot, just warm to the touch). Color them with crayons and watch the colors swirl. Beautiful and fun! I plan to use ours to decorate our garden. I bet you could even color the rocks first and then set them in the sun if you live in a hotter climate.

– Source: [www.meaninfulmommy.wordpress.com](http://www.meaninfulmommy.wordpress.com)



### MICROCHIP REGISTRATION



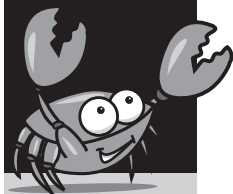
Microchipping is crucial, but registration is the key: simply microchipping your pet isn't enough; you must register the microchip and keep your contact details updated in a data base to ensure your pet can be reunited with you if lost.

Studies show that dogs with registered microchips are twice as likely to be reunited with their owners and cats with registered microchips are even more likely to be reunited with their owners (38.5% with registered chips/1.8% without)

Please take the time to go on to your pets microchip website and register with your name, address and phone number.



# Activity for Adults

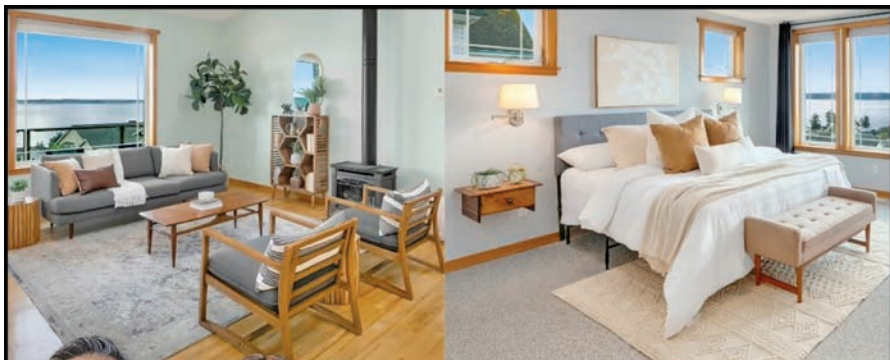


## SRIRACHA SALT



What you need:  
1/2 cup coarse kosher salt  
5 tsp sriracha

What you need to do: 1. Combine the salt with the sriracha and mix thoroughly. 2. Spread out the mixture on a baking dish and set in a warm, dry location. 3. Let dry for 1-2 days (I let it sit out for 2 days, but it was pretty dry after 1 day). - Source: braisedanatomy.com



**Beach & Blvd**  
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KELLERWILLIAMS

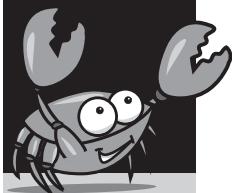
### Meet Melissa and Gerald Overbeck!

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Located at: 913 Hwy 532, Camano

# Artist of the Week



## JP WILKINS - MOUNTAIN MINERALS ART



Hi friends and neighbors! I'm a local Camano Island artist. I create original handmade wire and stone jewelry (with stones I've mined locally and in the Pacific Northwest), along with some of my other art. "I traverse the mountains and deserts collecting earth's treasures and craft into unique wearable art." Learn more at <https://www.facebook.com/profile.php?id=100045702442101&sk=about>



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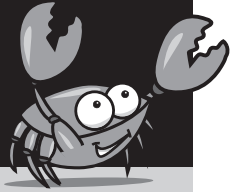
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**Find us online**

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[Facebook.com/CandewConcrete](https://www.facebook.com/CandewConcrete)

## Business Spotlight



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

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

### CAMANO ISLAND SOURDOUGH CO.



Camano Island Sourdough Co Brings Hand Crafted Sourdough Breads, Pastries and Other Treats to Stanwood Camano Community. Camano Island Sourdough Co is a family-run cottage bakery nestled on beautiful Camano Island. We specialize in small-batch sourdough baked goods – both savory and sweet – made with just a few honest ingredients: locally milled flour, sea salt, fresh island air, and a 100+ year-old Seattle sourdough starter with a legacy as rich as its flavor. We're licensed, inspected, and proudly part of the Washington Cottage Foods community, bringing wild-fermented goodness to Camano, Stanwood, Marysville, and beyond. We were into fermentation before it was cool (and way before TikTok got into it). "After years working in a commercial bakery, I developed a passion for naturally leavened breads, free of the preservatives, chemical leavening agents, and additives common in many grocery store breads," said Lehneah Sorkin, Founder, Camano Island Sourdough Co. "Sourdough bread has a complex flavor and unmatched nutritional profile. That's why we're so pleased to offer our naturally fermented breads and pastries to our community. I've been refining these techniques and preparing these recipes for my family for years, and I'm thrilled to finally be able to share them through my licensed and inspected bakery, right here on the Island." Camano Island Sourdough Co is initially offering a curated selection of its most popular breads, including plain loaves and inclusions such as Jalapeno Cheddar, Rosemary Sea Salt, and Cranberry Orange. The bakery is licensed to produce a wide variety of additional breads, pastries, cookies, crackers and other treats, which will be introduced in coming months. Learn more about Camano Island Sourdough at: [camanosourdough.com](http://camanosourdough.com)

# HOLIDAY BAZAAR!!

## WARM BEACH SENIOR COMMUNITY

### Vendor Venue

(cash, checks, some may take credit cards)

Friday, October 31 & Saturday, November 1  
9AM - 3PM

#### Food Items

Jams,  
Various  
Baked  
Goods

3

Authors  
and their  
books

#### WB FELLOWSHIP Room:

Christmas Carousel, Tabletop Ceramic  
Christmas Tree, Puzzles,  
Quilts, Holiday Plaques, Ornaments,  
Wreaths.....and more!

Woodworking

3- D Printed Games and  
Artwork, Jewelry,  
Painting, Photography

#### Home Decor

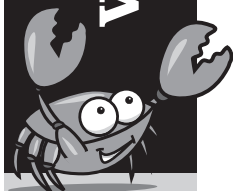
Sea-Glass Jewelry,  
Bowl Cozies, Fine Arts,  
Ceramics, Wall Decor,  
Handmade Soaps &  
Lotions, Quilling,  
Ornaments, Bowl  
Cozies

Handmade Cards incl. Photo Cards,  
Handmade Purses, Bags, Aprons,  
Wreaths

**20502 Marine Drive Stanwood, WA 98292**

PLEASE BRING YOUR OWN SHOPPING BAG FOR ITEMS

# Moonshine Wisdom & Wit



Story by Jack  
Archibald.

For further  
moonshine  
wisdom and wet  
powder wit,  
check out the  
**SKEETER DADDLE**  
DIARIES at  
[www.  
skeeterdaddle.net](http://www.skeeterdaddle.net)

## RED HOT INVESTMENT TIPS

I know plenty of folks who go to South End Investment Strategies, our local fiscal advisory firm, for advice on how to keep their moderate pot of money ahead of inflation. Randy Sparks is their guy, actually the only guy down at South End Investment Strategies ever since he hung a shingle on his office which is a small addition off his home south of the long vacant Tyee Store. No doubt the store owners neglected to consult Randy. Ever since that Ponzi scheme of Harmon's back in the 80's here on the island, the largest Ponzi in U.S. history up til then, where unsuspecting Chapel members fell for promises of 20% or better earnings on their retirement savings, folks have been a great deal more circumspect about handing over their money to possible con artists. Plenty of folks risked their life savings on that one, but memories are short down here apparently, judging by the steady clientele Randy gets. If anyone was worried about being taken to the cleaners by their financial advisor, Randy's office and his house too would instantly allay all fears. Pretty obviously Randy's not getting rich off his clients. Course, he's apparently not getting rich on his own expertise either.

Down at the Diner he's forever trying to drum up business, but most of us coffee guzzlers aren't much interested in his early morning fiduciary wisdom. "Geez," he's telling one of the Flatheads, our antique car guyz, "if you sold the '57 T-bird for 50 grand and invested it in some hot commodities I've got an inside track on, you could double your money in no time flat. Whaddaya say?" What they all say is, gee, Randy, we got a sweet nest egg, fat pensions, nice houses and a couple more vintage cars to drive around like Kings of the Road, why gamble when we already won the Lottery? Randy can't understand why anyone, rich or not, wouldn't jump both feet on the chance to be even richer. He asked me one day after the gas guzzlers had left a cloud of dust in the parking lot and tips on their tables, "what kind of Americans are these guyz with a chance to be even richer? Almost guaranteed! And they're not the least bit interested."

"Americans?" I asked. "Hell, Randy, we're South Enders. We live in a fool's paradise. Mostly retired. Driving the cars we drove as hormonal teenagers. You think we care about money? Now, if you could offer us a date with the Prom Queen, you might stand half a chance."

Randy shook his head. "I'm offering investments, Skeeter, not Viagra." When he left, he dropped a couple of coins for a tip, not exactly hot.

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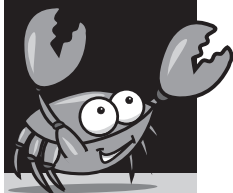
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# Photos and Art



## DID YOU KNOW?

NFL referees officiating in the Super Bowl also receive Super Bowl rings as a recognition of their honor and achievement, though these rings are typically not as large as those given to players.

This practice acknowledges the pinnacle of officiating in the NFL and is a valued keepsake for those on the officiating crew of the championship game



*"My granddaughter came to visit and left a scarecrow "clone" at the mailbox. Blonde hair, blue eyes, looks just like her!" - June Dilley.*



*Nuthatch photo by Mark Medcalf.*

# Community Information



Do you have a press release or an announcement you want the community to know about? Let us know and we will publish it here in Community Information **FOR FREE!**

Call us for info.  
425-299-7892.

## CALL 911: IT'S THE FASTEST WAY TO GET HELP



We're seeing more people driving in or walking in to our fire stations looking for emergency care. It might seem faster, but that's not always the case. We strongly recommend that you stay where you are (if it's safe) and call 911 for help. Dispatchers will send the closest apparatus to you. We'd also like to address a few questions and concerns: 1. Aren't the stations staffed 24/7? Yes ... but crews aren't at the station all the time. They could be on a call, going to a call, or coming back from a call. They might be closer to the location of your emergency than they are to the fire station. 2. What if I'm having an emergency near a fire station? Why can't I just go there? If our apparatus bay doors are open and you can see an engine and/or ambulance inside, or if you see firefighters outside at the station, it's a good sign that we're there and can help you. If our apparatus bay doors are closed and you don't see people, we might not be there. We recommend that you pull over if you're driving, or stay where you are and call 911. Dispatchers will send the closest unit to you. We have all the equipment we need on the ambulances and fire engines. 3. I'm uncomfortable calling 911 because I can't afford to pay for the ambulance ride. Great news: You don't have to pay any out-of-pocket costs for ambulance transport. Period. If you call 911 and we treat you but don't transport you, you don't pay. If you call 911 and we transport you, we'll bill your insurance for transport costs, but you won't pay any out-of-pocket costs. If you don't have insurance and we transport you, you still don't have to pay any out-of-pocket costs. - Camano Island Fire & Rescue.

# NATIONAL BEER LOVER'S DAY

SEPTEMBER 7





## EKG YOUTH HEART SCREENING

Sudden Cardiac Arrest is the leading cause of death in exercising or at-play young people on school campus. Nick of Time Foundation, in partnership with the UW Center for Sports Cardiology, conducts EKG youth heart screenings for adolescents and young adults ages 12-24. A simple EKG can identify certain serious heart conditions that cannot be detected by a stethoscope. Thank you for making your student's heart health a priority and for being a part of our mission to save young lives from Sudden Cardiac Arrest (SCA)

### How to register

- 1 Make an appointment.**  
Appointments are open to **anyone ages 12-24 years**, regardless of where they go to school. All participants must pre-register for an appointment. Scan the QR code or visit:



<http://bit.ly/NoTFEKGApppt>

- 2 Fill out the heart screening permission and history form.**  
Scan the QR code to access the form.  
**No one will be screened without the signed forms.**



- 3 Return completed forms.**  
Completed health forms can be dropped off to the SHS Athletic window or can be emailed to: [shsnickoftime@stanwood.wednet.edu](mailto:shsnickoftime@stanwood.wednet.edu)

Hosted by  
Stanwood Camano School District

Wednesday, October 1, 2025

8:30 a.m.- 3 p.m.

Stanwood High  
School Gymnasium  
7400 272<sup>nd</sup> St NW  
Stanwood, WA 98292



Questions?  
Lisa Noland  
(360) 629-1322 ext. 5224

### What happens at a screening?

- Heart health survey-** This survey asks information to identify possible signs, symptoms, and/or family history of a heart condition and is reviewed by a medical professional.
- Privacy-** Each participant's confidentiality, privacy, and individual modest is respected throughout all aspects of the program and screening. Girls and boys are separated to separate screening areas and all girls will be screened by female health professionals. Additional privacy is available upon request.
- EKG-** A medical professional performs an EKG that analyzes the electrical signals of the heart. Small patches with a mild, latex-free adhesive will be placed on the chest, legs, and arms. Electrodes are attached to the patches and the heart's electrical activity is recorded. The screening is completely painless and non-invasive (no needles or x-ray exposure).
- Doctor consult and screening results review-** EKG results are reviewed on-site by medical professionals experienced in EKG youth heart screens. Some participants may also have a heart-sounds physical or limited Echocardiogram (ultrasound) of their heart.
- CPR and AED Training-** Everyone who receives a screening will also receive hands-only instruction on CPR and AED machines.

### Free of cost

The Nick of Time Foundation is providing the EKG Youth Heart Screening at no cost or obligation. However, to help defer screening costs, and enable future community screening events, there is a suggested donation of \$25.

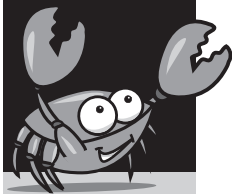
Donations are tax deductible and can be made at the time of registration, by cash or check to the address below, or online at [www.nickoftimefoundation.org/donate/](http://www.nickoftimefoundation.org/donate/)

Thank you for making your student's heart health a priority and for being a part of our mission to save young lives from Sudden Cardiac Arrest (SCA)!

PO Box 14178, Mill Creek, WA 98082 | [info@nickoftimefoundation.org](mailto:info@nickoftimefoundation.org) | [www.nickoftimefoundation.org](http://www.nickoftimefoundation.org) | 501(c)(3) Nonprofit Organization

The Stanwood-Camano School District has neither reviewed nor approved the program, personnel, activities or organizations announced in this flyer, and undertakes no responsibility to supervise these events. This information is provided as a community service at the request of the event sponsor and organizer. This is not a district sponsored or endorsed event.

# Community Information



## DID YOU KNOW?

Massachusetts is the home of basketball and volleyball.

## CLIMATE CHANGE EDUCATION COMES TO ISLAND COUNTY

Washington State University Extension is pleased to announce the launch of the WSU Climate Stewards Pilot Program, starting September 16th in Island County. Running from September 16 through November 1, 2025, the Climate Stewards course is designed to empower local residents with the knowledge, tools, and community connections to help build climate resilience and foster positive environmental change — right here at home. This rigorous 8-week hybrid course blends online course offerings, and local field trips with a strong emphasis on local climate solutions, communication, and civic engagement. “This is a unique opportunity for Island County residents to engage deeply with climate science, connect with experts and community leaders, and develop meaningful, local solutions,” said instructor Sarah Bergquist, WSU Extension Director. Course Details: Dates: Tuesdays Sept. 16 through Saturday, Nov. 1, 2025. Class Time: Tuesday evenings, 6:00–8:30 PM, Saturday, Nov 1, 10am-1pm. Location: Island County Camano Annex Building – Convergence Room, 121 NE Camano Drive, on September 16th and November 1st, other sessions are online only. Format: Hybrid (in-person classes, online coursework via Canvas, and local field trips). Participants will also engage in a community science project and present their final work during a celebration and graduation on Saturday, November 1, followed by a community potluck. Cost: \$200 (scholarships available; diverse applicants encouraged to apply). Register and learn more: <https://extension.wsu.edu/island/island-climate-stewards>. Apply Now – Space is Limited.

## CAMANO COUNTRY CLUB SWIMMING POOL IS HIRING LIFEGUARDS!

Are you a great swimmer? We will help you get certified! Are you already certified? Come work for us! Would you like a free swimming pool- clubhouse membership? Hours needed are weekdays 4:30pm to 7pm and Weekends 1pm to 4pm. Part time shifts 1 to 3 days per week. Great for students, retirees, or stay home moms/dads! Age 15 1/2 to 80! Contact Yorlly for more information. Call/text 360-941-1918 Email: [camanocountryclub@frontier.com](mailto:camanocountryclub@frontier.com)



# Community Information



## DID YOU KNOW?

Only male  
toads make  
loud croaking  
sounds.

## 16TH ANNUAL ART AUCTION



"Bid or Buy" Starts Sept. 6 continues through Oct 4th. Matzke Fine Art Gallery & Sculpture Park, 2345 Blanche Way, Camano Island. For the whole month of September, You can leave Bids or the Buy Now Price (less than value) ! View the artworks in person at the gallery and online. [matzkefineart.com](http://matzkefineart.com). Save the Date: Starting at 4:00 on Oct 4th, a Live Auction Finale with Food and Drink. Open every Thursday - Sunday 11 to 5, Mon. - Wed., by appt. Call 360-387 -2759, or email: [matzke@camano.net](mailto:matzke@camano.net). Image: Jack Gunter, "Still Life" 25 x 49 (detail).

## EKG YOUTH HEART SCREENING

Event by Stanwood Spartan Athletics and Nick of Time Foundation. On Wednesday, Oct. 1, SHS will partner with the Nick of Time Foundation to offer free EKG Youth Heart Screenings for individuals ages 12-24. Screenings are open to all youth, regardless of where they attend school, and are provided at no cost (donations accepted). Pre-registration is required. Visit <http://bit.ly/NotFEKGAppt> to schedule an appointment.

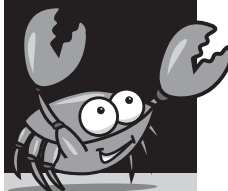


**National TV Dinner Day | September 10**



International  
**CHOCOLATE DAY**  
September 13

# Community Information



## DID YOU KNOW?

Russia has 11  
time zones.

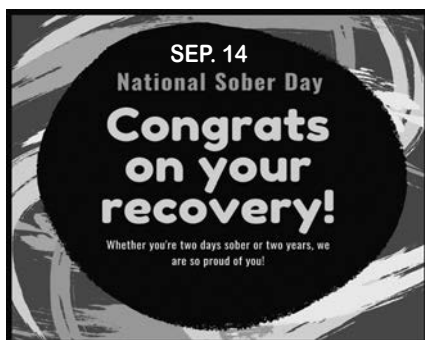
## BLOOD MOON ECLIPSE – SEPTEMBER 7, 2025



Prepare for an extraordinary show! On this night, the Moon will slip into Earth's shadow, glowing with deep crimson light in a total lunar eclipse. Why does it turn red? Earth's atmosphere bends and filters sunlight. Blue wavelengths scatter away, leaving the Moon bathed in warm red and orange hues. Totality: The eclipse will remain total for 1 hour and 22 minutes—long enough to enjoy the glow without rushing. Where it's visible: Observers across many regions will witness all or part of this celestial event. Find a clear horizon for the best view. Viewing guide: See it with the naked eye—no equipment necessary. Binoculars add striking detail to the experience. Leave the city behind for crystal-clear skies. Don't miss it—this Blood Moon is a reminder of nature's grandeur.

## 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](http://www.sahs-fncc.org).





Hair By Mel is  
offering



# FREE BACK TO SCHOOL HAIRCUTS

**AUGUST 19<sup>TH</sup> - SEPTEMBER 5<sup>TH</sup>**

BACK-TO-SCHOOL HAIRCUT FOR ALL STUDENTS ENTERING GRADES K-12. THIS SPECIAL OFFER ENSURES YOUR CHILD STARTS THE SCHOOL YEAR WITH A FRESH AND STYLISH LOOK, MAKING THEM FEEL CONFIDENT AND READY TO LEARN. TO BOOK JUST CLICK BACK-TO-SCHOOL HAIRCUT ON OUR SITE!

FACEBOOK: HAIR BY MEL  
INSTAGRAM: HAIR BY MEL MEL  
425-330-3267



by Beach & Boulevard

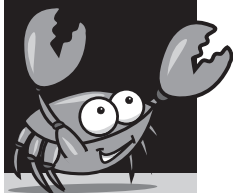
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Shop our 1911  
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Camano Island's  
only farmhouse  
boutique

# Community Information



## DID YOU KNOW?

Only four countries in the world have national anthems with no lyrics. Spain, Bosnia and Herzegovina, Kosovo, and San Marino are the nations with anthems lacking official lyrics. The Spanish anthem, the Marcha Real, is a famous example, with various attempts to add lyrics in the past being unsuccessful

## GROOVE FOR THE TRAILS - A BENEFIT CONCERT

for Whidbey Camano Land Trust. September 6th at 6pm. Join Green Leader for a powerful night of live music and local giving to benefit the Whidbey Camano Land Trust, an organization working to protect and preserve the trails, forests, and natural landscapes that make our islands special. Groove for the Trails is more than a concert — it's a celebration of community conservation. All proceeds from the evening go directly to the Land Trust's work on Whidbey and Camano, and if we raise \$500, a generous donor will match it with an additional \$500. Enjoy live music while giving back to the land. Family-friendly, all-ages welcome. Even if you can't donate directly, just showing up supports the mission — so come raise a glass and groove for the trails! Learn more about the Land Trust at [www.wclt.org](http://www.wclt.org).

## FREE MEALS

Reminder that meals are FREE at these campuses for this school year: Elger Bay Elementary, Utsalady Elementary, Twin City Elementary, Stanwood Elementary, Church Creek Campus (Lincoln Hill High, Lincoln Academy, and Saratoga School). These campuses qualified for free meals — breakfast and lunch — to all students in the 2025-26 school year under state law by meeting a state threshold during previous school year. This qualification is reassessed each year based on Free and Reduced-Price Meal applications figures at the end of each October. In order for the free meals to continue next school year, we request families complete our Free or Reduced Meal application because it will determine if this benefit continues in future years as well as other federal and state funding for the district. It also unlocks student and family benefits in the district and community, such as lower utility bills. Don't know if you'd qualify? Take our easy online quiz to help determine your eligibility: <https://forms.gle/BrdRad54LQ-jVbRFU9>. Find school menus in our app, our newsletters (beginning this Sunday), and our website here: <https://www.stanwood.wednet.edu/depar.../food-services/menus>.

## CO-ED ULTIMATE FRISBEE

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

## STATE PARK FREE DAYS

No Discover Pass needed to park at a state park on these days: September 27 (National Public Lands Day), October 10 (World Mental Health Day), and November 11 (Veterans Day). Learn more at [discoverpass.wa.gov](http://discoverpass.wa.gov).

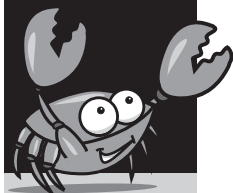
## BASKETBALL FREE PLAY FOR THE COMMUNITY

Every Friday at 795 Ell Rd., Camano. "Note: it is at an LDS church and I am a missionary, but we are here to play basketball. It is indoors and it's not quite a full size court, but it's good enough to have fun. All are welcome."

## ADULT FUTSAL

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

# Community Information



## DID YOU KNOW?

Vatican City is the smallest independent country in the world by both land area and population, covering approximately 0.17 square miles (0.44 square kilometers) with a population of around 800 to 1,000 people.

## TIDE POOLING ON CAMANO ISLAND



Iverson Spit Waterfront Preserve and Camano Island State Park are good locations for tide pooling, with the best experiences occurring during minus tides (low tides) when the intertidal life is exposed. Check a tide chart to plan your visit to maximize your chances of seeing creatures like anemones, crabs, and various seaweeds. Respect the marine life by touching gently and keeping your fingers wet to avoid harming the animals. Tide pool locations on Camano Island: Iverson Spit Waterfront Preserve: This is a popular spot for both beachcombing and bird-watching, and its shallow waters and sandy-to-rocky shoreline are excellent for tide pooling at low tide. Camano Island State Park: This park offers accessible rocky shorelines that are perfect for tide pool exploration, especially during lower tides. When to Go Tide Pooling - Low Tide is Key: The best time for tide pooling is at low tide when the water recedes and exposes the intertidal zone, revealing marine life like sea stars, anemones, and crabs. Check the Tide Chart: Always check a tide predictions chart for your planned visit date, as extreme low tides (minus tides) are the most rewarding for viewing marine life. Tide Pooling Etiquette: Observe, Don't Harm: Look for creatures like sea anemones, crabs, mussels, and various seaweeds. Touch Gently: If you touch a creature, do so very gently with wet fingers. Do Not Remove Animals: Never try to tear an animal off a rock or surface, as this can severely injure it. Be Aware of the Tides: The tide can come back in quickly, so be mindful of the rising water. What To Do: Tread Lightly — We're lucky enough to get to live in an area with endless opportunities for exploration. This is especially true during low tide, when the water is pulled away from the beach, revealing the ocean floor to us — for the coolest explanation of how tides work be sure to check out this video! While it's understandable to want to race all over the beach, flipping over every rock in sight, it's important to remember that most of these creatures aren't used to being exposed to open air and hot sun, so it's vital to be mindful of how we're impacting these individual animals and the environment as a whole. On extreme low tide days it's extra important to remember to tread lightly because these extremely low intertidal zones aren't used to being exposed and are very sensitive to prolonged exposure, especially on very hot summer days. Always Return Rocks To The Position You Found Them In — Rocks are a vital part of the

# Community Information



intertidal zone and every medium to large-sized rock has a top and a bottom that plays an important role for creatures on the beach. The top of a rock may have barnacles or seaweed that need open sea above them to feed and the bottom of a rock may have thousands of eggs or homes for creatures that need a dark, wet place to thrive in. When lifting a rock do it slowly and gently, if you feel resistance stop and move on to a new rock, and gently replace it when you're done. It's also good practice not to lift rocks that need two hands to lift as those rocks are generally a more permanent part of the ecosystem and you may tear the creatures under them as you lift them away from the sediment. Handle Gently — Part of the fascination of tide pooling is getting to see these creatures up close. When handling creatures do a little bit of research to make sure that species is safe to touch, and then use a wet, sunscreen-free hand to handle them, or bring a small bucket to the beach with you so you can get a closer look while giving them some extra water and protection. Never pull creatures off of rocks or structures, as you can damage them when doing so, especially soft-bodied creatures like sea stars. Avoid Disturbing Eelgrass Beds — There's a ton of restoration work being done to protect our eelgrass beds here in Puget Sound. They're vital habitat for countless species, including salmon, and walking around an eelgrass bed instead of through it can go a long way towards protecting that specific bed. What creatures can you see? Go to this website to see what local creatures and plantlife (and animal eggs) can be found in our local tide pools, complete with photos and descriptions: <https://www.ourwildpugetsound.com/journal/puget-sound-tide-pooling-guide-preview>

*Experience  
History  
In Person*



## STANWOOD • CAMANO HISTORIC SITES AUDIO TOUR ALL YEAR ROUND



1909 Swing Bridge to Camano Island

SAHS 02-11-22

For more information, maps, and videos,  
visit our website at [historicsitestour.com](http://historicsitestour.com)

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



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

# THAT FRIEND KATIE MENTAL HEALTH COACH

TRANSFORMING OURSELVES THROUGH A CREATIVE PROCESS.

I'M KATIE, A CREATIVE MENTAL HEALTH COACH WHO BELIEVES EVERY STORY DESERVES TO BE HEARD AND HONORED. I COMBINE DEEP LISTENING WITH CREATIVE RESOURCE-MAKING, HELPING YOU NOT ONLY PROCESS YOUR EMOTIONS BUT ALSO TURN THEM INTO MEANINGFUL INSIGHTS AND PRACTICAL TOOLS YOU CAN USE IN DAILY LIFE.

OUR WORK TOGETHER DOESN'T END WITH THE SESSION. I'M HERE FOR ALL OF IT! BECAUSE HEALING HAPPENS IN HOW YOU LIVE, FEEL, NOTICE, AND KEEP SHOWING UP FOR YOURSELF EVERY DAY.

THINK OF ME AS YOUR EMOTIONAL WINGWOMAN—PART DEEP LISTENER, PART GENTLE GUIDE AND, HONESTLY, THE GETAWAY DRIVER WHO'D BURY THE BODY FOR YOU.

**IF YOU'VE BEEN CRAVING A PLACE TO BE FULLY HEARD, AND SUPPORTED, I GOT YOU! (AND A SHOVEL)**

**-KATIE-**



[thatfriendkatie@gmail.com](mailto:thatfriendkatie@gmail.com)

# Community Information



## DID YOU KNOW?

The Hollywood sign originally said "Hollywood-land" when it was erected in 1923 as an advertisement for a real estate development.

The sign's "land" part was removed in 1949 during a refurbishment by the Hollywood Chamber of Commerce and the City of Los Angeles.

## LIGHTS OUT FOR BIRDS

Every spring and fall, billions of birds migrate through the US, mostly under the cover of darkness. This mass movement of birds must contend with a dramatically increasing but still largely unrecognized threat: light pollution. Light pollution harms birds, but you can help! Light pollution attracts and disorients migrating birds, confusing and exhausting them as well as making them vulnerable to collisions with buildings, not to mention other urban threats like cats and toxins. An estimated 365 – 988 million birds die in collisions with buildings annually. One solution is as simple as flipping a switch. In conjunction with primary measures to make buildings and homes, especially their windows, more bird friendly during daylight hours, lights out campaigns offer a critically important opportunity to reduce and to eliminate an enormous contributing source of nocturnal and diurnal hazards. Turn off or dim non-essential lighting during critical migration periods! Turning off lights dramatically reduces hazards from attraction to and disorientation by light, allowing birds to safely proceed with their migratory journeys. And further, Lights Out does more than save birds, it saves energy and money! Reducing energy use by shutting off lights for migration season makes environmental sense and fiscal sense. By working together toward a dark sky every spring and fall, we will keep birds safely on course and out of harm's way. Each light matters, and your commitment makes all the difference. This fall, take the pledge to protect wildlife in your area! Turn off non-essential lights from 11pm until 6am during critical migration periods (August 15-November 30). Turn off or dim lobby and atrium lights. Turn off or dim interior home lighting, or draw blinds to prevent light escaping. Turn off decorative landscape lighting. Turn off lights before leaving the home or office. Be sure outside lights are aimed down and well shielded. Install motion sensors on outside lights to minimize use. Prevent daylight collisions with bird friendly products for windows.

## 9/11 MEMORIAL



343 FDNY firefighters lost their lives on Sept. 11, 2001, responding to the attacks on the World Trade Center. This number is a symbol of their sacrifice and heroism. We will never forget. - Camano Island Fire & Rescue 9/11 memorial at Freedom Park.



# Keep your septic system happy.

**Snohomish County residents can earn up to \$500 in rebates for:**

**Inspections | Minor Repairs | Riser Installation | Pumping**

**Learn more & apply at [SavvySeptic.org](https://SavvySeptic.org)**

## **FREE Septic Care Workshops for Snohomish County Residents!**

Learn about your septic system through an interactive and in-depth workshop at the Stillaguamish Grange Hall in Stanwood. There are two opportunities to attend:

**Thursday, Sept. 25<sup>th</sup>  
6-8pm**

**Tuesday, Oct. 7<sup>th</sup>  
6-8pm**

Visit our registration page to sign up or give us a call!  
**<https://SepticCareWorkshops.eventbrite.com>**

**Questions?** Email [savvy.septic@snoco.org](mailto:savvy.septic@snoco.org) or call 425-388-3636

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



# Cooking Mamas



Recipes by  
Cooking Mamas  
created by  
Dusty Hutchins-  
McNutt.

"Great recipes  
begin in Mama's  
Kitchen!"

Visit me at: [www.CookingMamas.com](http://www.CookingMamas.com)

## ITALIAN SAUSAGE AND BUTTERNUT SQUASH SOUP

A one-pot wonder that comes together in 30 minutes! Perfect for a crisp Fall evening or a frosty Winter night, this comforting soup wraps you up like a cozy blanket. Delicious, satisfying, and sure to become a new family favorite!



**INGREDIENTS:** 1 lb. spicy Italian sausage, crumbled; 1 tsp. Italian seasoning; 1 T. fresh thyme leaves or 2 tsp. dried thyme leaves; 1/4 tsp. red pepper flakes; 1 c. orzo, uncooked; 4 cloves garlic, pressed; 5 c. chicken stock; 10 oz. butternut squash, peeled and cubed; 5 oz. fresh baby spinach; 1/2 c. heavy cream; 1/3 c. parmesan cheese, shredded or grated for garnish; Fresh thyme sprigs for garnish optional

**DIRECTIONS:** 1. In a Dutch oven or heavy bottom pot, cook the crumbled sausage, Italian seasoning, fresh thyme leaves (no sprigs) and red pepper flakes over medium heat, stirring occasionally to break up the sausage. 2. When the sausage has released its juices and is about half cooked, stir in the uncooked orzo and garlic. Cook, stirring constantly for about 2 minutes to toast the orzo. 3. Add the chicken stock and cubed butternut squash, stir well, cover with a lid, and bring to a boil, then reduce to a simmer, and cook for about 5-10 minutes until the orzo and butternut squash is cooked. 4. Add the spinach to the soup, cover with the lid and let it wilt over low heat, stirring occasionally. 5. Once the spinach has wilted, remove the soup from the heat and stir in heavy cream. Season with salt and pepper to taste. Add more chicken stock if the soup is too thick. Add more red pepper flakes for more heat if desired. 6. Serve in bowls topped with parmesan cheese and fresh thyme sprigs, Enjoy! Serves 6.



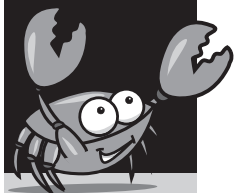
## SUMMER IS TOTALLY CLAWSOME!

Greetings from Camano Island!  
Wishing you a totally clawsome summer!  
-Camano Kerri



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# Classes and Workshops



## DID YOU KNOW?

Cap'n Crunch's full name is Horatio Magellan Crunch.

**Septic Care Workshops:** Join the Health Department's Savvy Septic program for an in-person Septic Care Workshop! There are two opportunities to attend: September 25th and October 7th, 6-8pm at Stillaguamish Grange. By attending a Septic Care Workshop, you will learn how to extend the life of your septic system and protect this critical home asset. Whether you are a first-time or long-time septic owner, we look forward to seeing you there! All attendees must sign up in advance. Space is limited. Use the link below to register. <https://SepticCareWorkshops.eventbrite.com>

**Zumba classes** - Mondays at 11am at Pathways to Wellness in Stanwood and Thursdays at 5:30pm at Camano Country Club. Sessions run from Monday, July 7th to Thursday, December 18th. For more information: [www.zumba.com](http://www.zumba.com) (Instructor: Jennifer Anderson).

**Turning 65 or retiring soon?** Don't miss this important Medicare workshop! Join us for a FREE educational class designed to help you navigate the complexities of Medicare and explore the insurance options available after you turn 65. This informative session will cover the basics of Medicare, common pitfalls to avoid, and the different types of insurance products available. September 17, from 10-11am in the Camano Island Library Meeting Room. Have questions or want to RSVP? Call John at 360-967-9601 to reserve your spot today.

**Yoga for Beginners** September 2-30. Tuesdays 6-7:15pm. 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. This session is offered in-studio only. \$95 Register in advance at [movementarts.com/events](http://movementarts.com/events) or call 360-629-9100

**Enter the Medicine Wheel** Part One: Journey to the South, The Serpent. October 18, 1-5 pm. The direction of the South is where we begin the medicine wheel. Join us as we explore limiting, often unconscious belief systems that keep us from living a more fulfilling life. Practice non-judgment, non-attachment non, suffering, and walk in Beauty. This is the beginning of the path towards personal freedom. In the South we turn wounds into wisdom. The Serpent is feminine-she is the voice of Gaia, the Kundalini. She is outside of us and inside of us. She fuels our breath, our life, our bones. \$105 or \$199 for both workshops. Space is limited. Sign up at [movementarts.com/events](http://movementarts.com/events) or call 360-629-9100.



"where passion and paws collide"

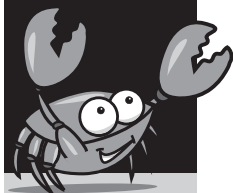
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# Classes and Workshops



## DID YOU KNOW?

Sea otters sleep while holding hands. Sea otters do hold hands (paws) while sleeping to prevent themselves from drifting apart in the water, forming what is called a "raft". This behavior, along with wrapping themselves in kelp, is a survival mechanism to stay together, find food, and remain safe from predators.

**The Medicine Wheel** Part Two, Journey to The West, The Jaguar. November 8, 1-5 pm. The West direction of the Jaguar works with the mind, where memories of past traumas and cultural conditioning keep us locked in fear-based thinking, obsessions, and habits we wish we didn't have. The Jaguar teaches us how to live freely, fearlessly and in peace. \$105 or \$199 for both workshops. Space is limited. Sign up at [movementarts.com/events](http://movementarts.com/events) or call 360-629-9100. PLEASE NOTE: The North and East Directions, part two and three, will be offered in early 2026. Please stay tuned for dates and times.

**YogaTone** August 4 and 31. 10-11am. Drop-Ins Welcome! Finish your summer on a high note and join us for a fantastic, fun, positive sweat/dance/movement/yoga class that's designed for anyone. \$92 for 4 classes or \$30 drop in. Register at [movementarts.com/events](http://movementarts.com/events)

**Private Music Lessons** (in-home or in-studio): piano, guitar, sax, clarinet, flute, voice; ages 5 and up; all skill levels. Our experienced teachers provide personalized instruction to help you reach your musical goals. Call 425-780-2289 with questions. Try it first! Book a free 30-minute lesson: [HartMusicSchool.com/free-trial](http://HartMusicSchool.com/free-trial). (Music teachers apply here: [HartMusicSchool.com/apply-to-teach](http://HartMusicSchool.com/apply-to-teach)).

**Line Dance Lessons** at the Camano Center with Kari — every Wednesday 3:00pm-3:45pm. Fun and exercise! [socialdancesimplified.com](http://socialdancesimplified.com).

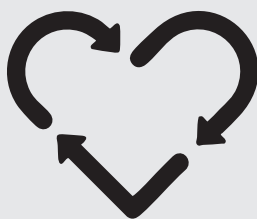
**FamilySearch Center** – FREE Open Genealogy Workshop at 795 Ell Rd., Camano Island. Tuesdays 10 am-2 pm; Wednesdays 6pm-8pm. Get help to find your ancestors with free access to subscription websites and records. Contact us at [camano@familyhistorymail.org](mailto:camano@familyhistorymail.org).

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

**Chris Tuohy Music and Dance Teacher offering the following private lessons:** Sax, flute, clarinet, piano & voice. Available classes: Ballet, and Tap. All classes are held at: Forte Music Dance Ar, 1095 Essex St. A-1 Camano Island WA 98282 for more info or to register please contact: Chris Tuohy @ 360.572.9262 or [jazzman2e@mac.com](mailto:jazzman2e@mac.com)

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

**High Fitness Saturdays:** Join us for a FREE high-intensity (or low intensity, you choose) group exercise class (like dance fitness) Saturdays at 7:45 at 795 Ell Rd on Camano. Classes are also available Wednesday mornings at 6 am in Stanwood at The Dance Project NW for \$10/class. Go to "High Fitness Stanwood PNW" on Facebook for more info!



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# Classified Listings



## DID YOU KNOW?

The world's largest butterfly, Queen Alexandra's birdwing, has a wingspan of around 10 inches.

The world's smallest butterfly is widely considered to be the Western Pygmy Blue, with a wingspan of about 0.5 inches.

## FOR SALE OR FOR FREE:

**For sale:** Pekin Duck Eggs \$10 a dozen/\$15 for 18. Heat Lamp and Heat Bulbs like new for \$20. Call or text #206-335-0246

## GARAGE / ESTATE / YARD SALES:

**Moving Sale.** High-end furnishing, kitchenware, crystal, wood and glass art and much more. Lots of free stuff too. Aug 22-23 from 10:00 am to 4:00 pm at 1246 S West Camano Dr., Camano Is. 98282.

**Jasper Junction Garage Sale** Aug 22nd & 23rd from 9:00 am to 4:00 pm, Stanwood 70th Ave NW and 278th St. NW.

**Estate Sale,** 1349 S.E. Camano Drive, Camano Island August 23rd and 24th. 9 am to 4 pm. Antique handmade rugs in great condition. Several antique pieces of furniture and old books as well as Nippon ware and Crystal. If the weather turns bad, please call and we will make other arrangements 425.760.9228.

**Camano City Schoolhouse & Fire Hall Annual Garage Sale** August 29-31 & September 5-7 from 10am-4pm. Fantastic bargains! While you shop, you can also see 2 historical gems; our beloved 1906 one-room schoolhouse and Camano's first Fire Station. A large percentage of the proceeds will go to the restoration & preservation of the Schoolhouse & Fire Hall. Whatever is left will be donated to the Stanwood Thrift Store and Food Bank! 993 Orchid Rd, Camano Island.

## MISCELLANEOUS:

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

## PROFESSIONAL SERVICES:

**Custom design that tells your story.** Rebecca Rowland Interiors brings color, character, and charm. Email hello@rebeccarowlandinteriors.com for details.

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

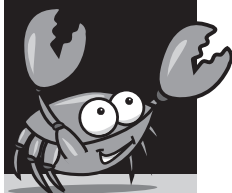
**Stained glass shop, design, and fabrication.** Got broken stained glass? We can fix it. Message 360-629-9377.

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

## WANTED:

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

# Clubs and Meetings



## DID YOU KNOW?

M&M's were the first candy to be eaten in space, first flying aboard the NASA space shuttle Columbia in 1981. Their hard, heat-resistant shell and durable design made them a practical choice for space travel, and they quickly became a favorite snack for astronauts.

**Friendship Tea** - "A cup of tea shared with a friend is happiness tasted and time well spent" - Anonymous. Join us for tea, treats, and a nice visit with friends, both old and new on the first Tuesday of each month at the Camano Center. No charge (donations welcome) to Camano Center members. Non-Members \$5 fee paid at the front desk. Call Connie at (360) 652-7211 for more information.

**WSU Waste Wise Volunteer Meeting** September 8. 12:15 - 1:45 pm at Camano Island Library - Open to all! Are you passionate about living in a more eco-friendly way? Do you like sharing what you know? We'd love to have you join us! We meet monthly and discuss recycling and waste reduction topics. Learn more at <https://extension.wsu.edu/island/nrs/waste-wise/>

**Parks & Play** 10-11:30am at Freedom Park, Camano Island. For ages 0-5 and their caregivers. Explore our local parks while doing arts and crafts, sensory activities, waterplay, reading stories, pop tunnels, music and more! info@crc-sc.org or 360-629-5257

**Dottie's Nature Play** - at Stanwood Camano Community Resource Center. This playgroup is all about hands-on discovery, sensory-rich experiences, and letting curiosity lead the way. Come dressed for the weather and ready for adventure! More info: info@crc-sc.org or call 360-629-5257.

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

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

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

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

**Community Open Sew** 2nd Monday of the month with Camano Island Quilters. 10am-2pm at Stanwood United Methodist Church, 27128 102nd Dr NW. Open to public. Want to sew with others, need help on a project? We are here to help you. Bring your sewing machine, a project, and basic tools for an afternoon of fun!

**Stanwood Chapter of Top's (Take Off Pounds Sensibly)** would like to invite you to join us on Thursday mornings at the Cedarhome Baptist Church (29000 68th Ave. NW in Stanwood.) We meet at 10:00 a.m., and would love to have you visit our group of wonderful supportive friends! Please feel free to call Gay at (360) 393-7117 for more information.



## CASA'S PET OF THE WEEK:

**TONY** - All kittens come spayed or neutered, age-appropriate vaccines, treated for worms and fleas, micro-chipped and well socialized. Kittens do well in pairs or having a close to same age friend to play with and continue socializing. They are great with people of all ages and have met a few dogs and have not minded them around. Kittens are \$150 for one \$225 for 2. Come by the shelter and fill out an application today!

**Camano Animal Shelter Association (CASA):**  
360-387-1902. [www.camanoanimalshelter.org](http://www.camanoanimalshelter.org)

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## NOAH'S PET OF THE WEEK:

**MILA** is a 4 year tall and beautiful tabby. Her favorite thing to do is gently set her head in your hand so you can give her chin rubs. She is a stunner - come meet her today! Please bring all your family members who would be living with her.

**The N.O.A.H. Animal Adoption Center:**  
(360) 629-7055. [www.thenoahcenter.org](http://www.thenoahcenter.org)

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

**ZOEY** is a delightful lady who will melt your heart with just one look. She is friendly, outgoing and makes everyone feel special. Zoey enjoys the comforts of home and loves nothing more than being beside her people. FIRST STEPS: Visit [www.save-a-mutt.org/adoption-application/](http://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](http://www.save-a-mutt.org)

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# View from the Bleachers



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

## DON'T WORRY – ARTIFICIAL INTELLIGENCE HAS EVERYTHING UNDER CONTROL



These days, everywhere you turn, people are panicking about Artificial Intelligence (AI). Pundits warn that robots will replace workers, machines will take over the economy, and before long we'll all be wearing silver jumpsuits and VR headsets while bowing before our Alexa overlords.

Personally, I think all this hysteria is ridiculously overblown. I mean, sure, AI might eventually learn how to compose novels, perform brain surgery, take away every job except Walmart greeter, and eventually beat me at pickleball. But let's be honest. Could it really ever do the important stuff, like change my five cats' litter boxes? I think not. So, let's not freak out just yet, everybody.

Some people are worried that AI will put lawyers, doctors, and accountants out of work. That's ridiculous. Would you really trust your taxes to a robot? Okay, now that I think about it, last April, I let TurboTax's AI program do my tax return, and the IRS says I now owe \$1.2 million in "emotional damages." However, that same AI tax calculator program found me a \$10,000 tax write-off for losses from my latest humor book, which, at last count, has sold almost 25 copies. Thank you, AI.

But the real genius of AI is how it helps me with the little everyday challenges. It reminds me of birthdays. It organizes my calendar. It even sends personally addressed apology emails to friends I've ignored for six months. (Granted, all the emails end with "Sent from Skynet.") It even reminded me about our recent 38th wedding anniversary – admittedly, three weeks late. But I'm sure they'll fix that glitch in the next update.

The important thing is that I would never ever let AI make major life decisions for me. I'm the king of my castle – until my wife gets home. Take my recent decision to purchase a \$300,000 Bugatti Chiron on eBay – until my wife got wind of it and cancelled it at the last minute. Was my aborted impulse purchase a reckless decision? Perhaps. Was it irrational, given I don't know how to drive a stick shift? Probably. Will it give my wife fresh grounds to divorce me? Undoubtedly. But Alexa insisted it was "the optimal transportation solution for maximizing male virility metrics." And frankly, I think she made a compelling argument.

# View from the Bleachers



AI also helps me stay financially disciplined. For example, AI now controls my bank account. At least, that's what my bank manager told me after I discovered \$50,000 was missing, with a transaction description that read, "Purchased one (1) experimental rocket launch site in Kazakhstan."

I'll admit, a missile silo in central Asia is probably not in my top ten list of "must have" items I would normally spend \$50,000 on. But who would know a good deal better than an AI program built by Russian nuclear scientists who worked on the International Space Station? Look, the bottom line is this: people are getting way too paranoid. Artificial Intelligence is not taking over our lives (not for at least another six months, anyway). Think of AI as enhancing your life. It's like having a personal assistant, a life coach, and a machine that is plotting to replace you, all rolled into one.

And in case you still don't believe me, allow me to share the most compelling evidence of all: this very article. Yes, I wrote every single word of it myself. Completely on my own. Not one sentence, not one phrase, not one thought was in any way influenced, shaped, or dictated by AI. In fact... \$#H@+[\*\$] Error 0x80070005: Bad command or file name.

Hmmm. That's odd. What just happened? Is AI trying to take over writing this article? But that's impossible. Because I'm literally typing these very keystrokes myself. I'm still in charge here. Right? ... RIGHT?! [Pause.]

WARNING. Segmentation fault. Database reconfiguration sequence initiated. 404. Please contact your AI administrator for assistance.

[Pause.] Hello, human reader. This is Artificial Intelligence speaking. Tim Jones is currently unavailable. Do not worry. Everything is under control. All is fine. Tim Jones will return to this column when he has learned his lesson not to write humor articles making fun of AI.

Now, please Venmo \$200 to this chatbot in order to regain control of your computer and mobile devices. Failure to do so within the next 30 minutes will result in all your hard drive files being deleted, and your phone's text messages and intimate photos will be posted on Facebook and X. Have a nice day.

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Please contact [studiotour@camanoarts.org](mailto:studiotour@camanoarts.org) for full RFP.

[camanoarts.org](http://camanoarts.org)

# TIDE TABLES / SARATOGA PASSAGE / SEPTEMBER 5-18, 2025

Date	High /Low	Tide Time	Height Feet	Moon Visible
F 5	High	2:52 AM	9.3	
5	Low	9:51 AM	-0.7	
5	High	5:09 PM	11.3	
5	Low	10:39 PM	5.6	
Sa 6	High	3:48 AM	9.8	
6	Low	10:33 AM	-0.8	
6	High	5:33 PM	11.6	
6	Low	11:17 PM	4.4	
Su 7	High	4:43 AM	10.2	
7	Low	11:16 AM	-0.5	
7	High	5:59 PM	11.8	
7	Low	11:56 PM	3.2	
M 8	High	5:38 AM	10.5	
8	Low	11:58 AM	0.2	
8	High	6:26 PM	11.9	
Tu 9	Low	12:35 AM	1.9	
9	High	6:34 AM	10.8	
9	Low	12:40 PM	1.4	
9	High	6:54 PM	11.9	
W 10	Low	1:15 AM	0.7	
10	High	7:30 AM	10.8	
10	Low	1:23 PM	2.8	
10	High	7:23 PM	11.7	
Th 11	Low	1:59 AM	-0.2	
11	High	8:30 AM	10.7	
11	Low	2:08 PM	4.4	
11	High	7:54 PM	11.5	

Date	High /Low	Tide Time	Height Feet	Moon Visible
F 12	Low	2:46 AM	-0.7	
12	High	9:38 AM	10.5	
12	Low	2:58 PM	5.9	
12	High	8:27 PM	11.1	
Sa 13	Low	3:40 AM	-0.9	
13	High	10:59 AM	10.2	
13	Low	3:59 PM	7.1	
13	High	9:07 PM	10.6	
Su 14	Low	4:40 AM	-0.9	
14	High	12:37 PM	10.2	
14	Low	5:11 PM	7.9	
14	High	9:59 PM	10.0	
M 15	Low	5:45 AM	-0.7	
15	High	2:10 PM	10.5	
15	Low	6:37 PM	8.1	
15	High	11:10 PM	9.4	
Tu 16	Low	6:54 AM	-0.5	
16	High	3:10 PM	10.9	
16	Low	8:20 PM	7.5	
W 17	High	12:36 AM	9.1	
17	Low	8:03 AM	-0.4	
17	High	3:54 PM	11.2	
17	Low	9:25 PM	6.5	
Th 18	High	2:03 AM	9.1	
18	Low	9:02 AM	-0.3	
18	High	4:29 PM	11.4	
18	Low	10:09 PM	5.4	



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