

ISSUE 429
May 1-14,
2026

THE CRAB CRACKER

MOTHER'S DAY EDITION!

FREE
TAKE
ONE



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

SAVE THE DATE!
Saturday, May 16, 2026
10am – 4pm



The Camano Center

606 Arrowhead Road, Camano Island
 (360) 387-0222 ♥ www.camano-center.org



Gather. Shop. Relax. Be Inspired.

Join us for a fabulous day made just for
YOU!

Explore local businesses, enjoy relaxing experiences, treat yourself, and connect with an amazing community of women.



Coffee Truck



Photo Booth



Lunch



Services



Raffle Prizes



Chair Massage



Mini Facials



Shopping



21+ Beverages



...and so much more!

40 Vendors

Free Admission!

\$5 Raffle Tickets

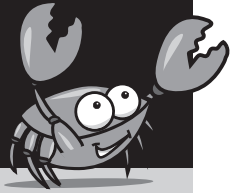
\$10 Lunch

\$5 Drinks

Support Local



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facebook.

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

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

*Cover image: Mother's Day or Cinco De Mayo wreath craft.
See the craft tutorial on page 29.*

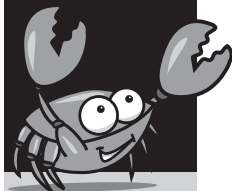


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Submission DEADLINE: MAY 7 for Next Edition (May 15-28, 2026)

Calendar of Events



FRIDAY, MAY 1

BEACH 1 GALLERY ARTIST RECEPTION FOR ROSEMARY GRAY

5-7pm. As an artist, I bring a whimsical and abstract perspective to every creative medium I explore. My work is deeply inspired by the stunning natural beauty of the Pacific Northwest. I believe that the world around us has the power to awaken our inner creativity and inspire us to dig deeper into our psyche. Her art will be displayed and for sale the entire month of May. The Gallery is open 7 days a week. We will be serving pop, wine, bottled water and bags of chips for the reception. 1243 Beach Drive, Camano Island

FRIDAY, MAY 1

FIRST FRIDAYS DROP-IN EBOOK & EMEDIA HELP

Noon-1pm at the Camano Island Library. Learn how to access library resources. Bring your device for help getting started or assistance with basic troubleshooting. Library staff are available to assist you during this drop-in session - no reservation necessary!

FRIDAY, MAY 1

STANWOOD HIGH SCHOOL SPORTS

C Team Girls Tennis vs Granite Falls. 4pm.

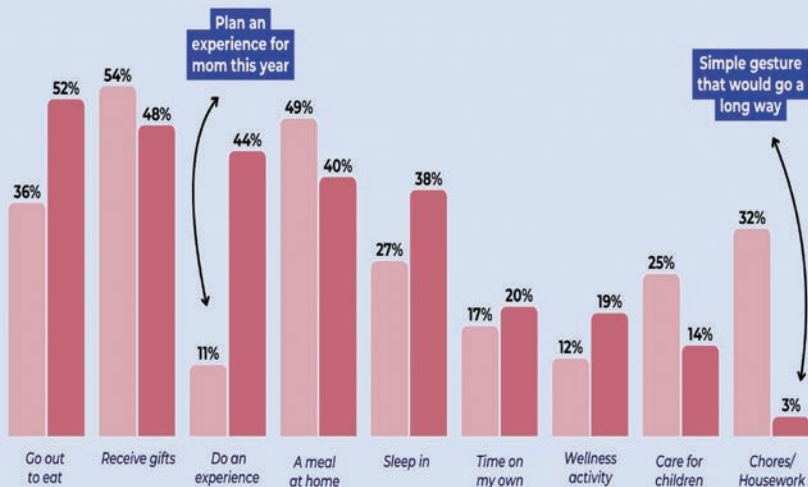
JV Girls Softball vs Ballard. 4pm.

JV Boys Baseball vs Monroe. 4pm.

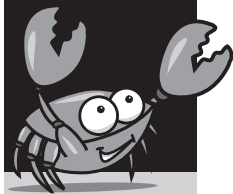
Boys Soccer vs Marysville Getchell. JV: 5pm. Varsity: 7pm.

How Moms Want to Celebrate Mother's Day (vs. How They Celebrated Last Year)

What moms did last year What moms want to do



Calendar of Events



SATURDAY, MAY 2

FOCIP SPRING WALK

IVERSON SPIT PRESERVE; KRISTOFERSON CREEK HABITAT, ENGLISH BOOM HISTORICAL PARK: Participants should arrive at Iverson Spit at 9:45 AM. Drivers will caravan to Kristoferson Creek Habitat a short distance away, for a brief visit. The caravan of cars will then move to English Boom Historical Park. The walk at English Boom is about 1 mile in length on a marsh trail along Skagit Bay. Mt. Baker view and interpretive boards are some of the special features of this historical park. Join FOCIP members and Backyard habitat stewards on these walks. The pace is moderate and adjusted for youngsters and adults. No dogs please for the safety of the walkers.

SATURDAY, MAY 2

2ND ANNUAL STUDENT ART SHOW

(Show runs through May 30). JOIN US FOR THE ARTIST'S RECEPTION TODAY. Presented by CAA's Materials for Art Program: Featuring stained, fused and mosaic glass, ceramics, photography, painting and drawing from Stanwood High School Art Students. 4pm-6pm at Gateway Gallery 578 E North Camano Dr (little red building at Freedom Park) Join your neighbors, friends, parents and caregivers of Stanwood High School's art students.

SATURDAY, MAY 2

BINGO NIGHT!

5-7 at Stanwood Middle School. \$5 for 4 cards. Multiple winners per game. Concessions available.

PNW
COLLECTIVE



**WORK
HARD,**
Be Kind

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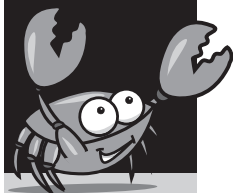
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rea

REAL Broker LLC



Calendar of Events



DID YOU KNOW?

An average mother changes about 7,300 diapers by the time her baby turns two.

SATURDAY, MAY 2

SPRING FARM TOURS

These tours are guided by the brothers and sisters of the Ashram, who steward and farm the land. 25 acres of gardens, forest, meadows, orchards, integrated with animals (chickens, goats, alpacas, dogs, cats, pigs, and wildlife). RSVP by sending an email to contact@camanofarmashram.com, with a personal introduction, and areas of interest in the farm ashram, if inspired.

SATURDAY, MAY 2

CHILL DEVILLE

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

SATURDAY, MAY 2

GAME NIGHT WITH KEVIN

5pm-9pm at Camano Island Library, 848 N Sunrise Blvd. Beginners welcome. Bring Favorite games. May bring food.

SATURDAY, MAY 2

TOURNAMENT FESTIVAL OF USTA HANMADANG



Let's all go and have a great time together at our biggest event of the year and show our STRENGTH at Stanwood High School. More info: ustamafamily.com

MAY 2nd



National Brothers
and Sisters Day

International
Harry Potter
Day

MAY 2

Calendar of Events



DID YOU KNOW?

The longest recorded human pregnancy was 375 days.

SATURDAY, MAY 2

SHREDDING EVENT

10am-1pm at St. Aidan's Episcopal Church of Camano Island, (1318 SR 532). This event is open to the local community to dispose of any recyclable unwanted papers. We are asking for a donation of at least \$10 for a maximum of 2 bankers' boxes of recyclable documents. Donations will be forwarded to Churches Community Outreach."

SATURDAY, MAY 2

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, MAY 2

GARDENING CLINIC - STANWOOD



Snohomish County Masters will be at The Stanwood Country Store, from 10-2 to assist you with your gardening concerns. (It is very helpful if you bring either a picture or sample of your gardening issues so that we can give you an accurate diagnosis.)

SATURDAY, MAY 2

BRANDON TIGNOR

performing live at 7pm at Conway's Pub and Eatery, 18611 Main Street, Conway, WA. More info: 360-445-4733.

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CAMANO ARTS ASSOCIATION'S
GATEWAY GALLERY
& MATERIALS FOR ART PROGRAM
PRESENTS

THE 2ND ANNUAL STUDENT ART SHOW



CERAMIC ART BY SAMANTHA KELLEY



STAINED GLASS ART BY AVERY ZELINSKY

APRIL 25 - MAY 31, 2026

FEATURING STAINED GLASS,
CERAMICS, PHOTOGRAPHY,
PAINTING AND DRAWING FROM
STANWOOD HIGH SCHOOL'S
ART STUDENTS GRADES 9-12

ARTISTS' RECEPTION
SATURDAY MAY 2ND 4-6PM
HORS D'HOEUVRES
& SPARKLING BEVERAGES

GALLERY HOURS: FRIDAY 12-4 SATURDAYS 10-4 SUNDAYS 12-4

CAMANO ISLAND STUDIO TOURS HOURS ON MAY 8, 9, 10, 16, 17 10-5PM
578 E NORTH CAMANO DRIVE (THE LITTLE RED BUILDING AT FREEDOM PARK)

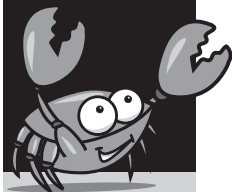
CAMANOARTS.ORG



MADE POSSIBLE IN PART
BY ISLAND COUNTY LTAC



Calendar of Events



look for us
online at

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

or on
Facebook.

Download
current or past
editions.

SATURDAY, MAY 2

COFFEE AND CONVERSATIONS

1-4pm at JOY Camano Farmhouse, 659 WA-532, Camano. You're invited to: COOKIES AND COFFEE AT THE FARMHOUSE. Come make cookies and enjoy community with us. Families are welcome! Watch for Open House signs. Reservation: 360-303-7869.

SATURDAY, MAY 2

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, MAY 2

2ND ANNUAL BENEFIT FUNDRAISER

for Stanwood-Camano PFLAG. 6-9pm at Camano Multipurpose Center, 141 E Camano Dr, Camano Island. We are a caring and welcoming community that refuses to be divided by malice and hate. The Stanwood-Camano chapter of PFLAG provides a safety net for those in jeopardy, while providing education and other resources to the community at large. Tonight we will gather to raise funds to enable our friends at PFLAG to continue their work! Local musicians and special guests will volunteer their time and talent to provide an unforgettable evening of music, humor, and fun. Local Performers include: Camano Folksinger/humorist/songwriter Gary Kanter and his musician and vocal partner, Greg Deer. Camano singer/songwriter Mark Ippolito. Camano's iconic bluegrass group Band of Friends! Plus surprise guests and speakers! The cost is free but donations are eagerly accepted! www.pflagstanwoodcamano.org

SATURDAY, MAY 2

PSEC PRACTICE IN STANWOOD

10am-1pm at Sanders Residence, 33101 44th Ave NW, Stanwood. Bring your short-legged terriers and Dachshunds to practice Earthdog before our May 16-17 tests. Recommend bringing high value treats, ideally light in color. We will practice at all levels, from beginners to Master. Beginners should be sure to be there at 10 am for orientation. More info: 360-708-4665.



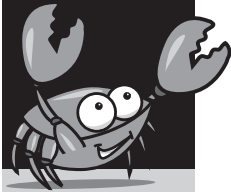
Lincoln Hill Retirement Community
Your Local Senior Center
7430 276th St NW
Stanwood, WA 98292
360-629-7403

UPCOMING EVENTS

- **Center Hall Thrift Store** – Open Monday through Friday 10:00 AM – 4:00 PM
- **Easter Photo Shoot Fundraiser** – Saturday April 4, 2026 10:00 AM – 2:00 PM
Please call 360-629-7403 x 114 to make your appointment
- **Chronic Disease Self-Management Classes** – Starting April 23rd – May 28, 2026
Thursdays at 1:00 – 3:30 PM – In our Conference Room
- **Shredding Event** – May 14, 2026 from 10:00 AM – 12:30 PM
- **Opioid Medication Education with Homage** June 9, 2026 12:30 – 1:30 PM
- **DSHS** – June 11, 2026 from 10:00 AM – 2:00 PM
- **Life Enhancement EXPO – ALL AGES WELCOME!** June 25, 2026 9:00 AM – 2:00 PM



Calendar of Events



DID YOU KNOW?

The oldest mother on record was 74 years old when she gave birth to twins.

SATURDAY, MAY 2

MABANA FLAMES ANNUAL PLANT SALE



benefitting Camano Fire & Rescue. 9am-noon at Cabana Fire Station, 3651 S. Camano Drive. Calling all green thumbs: You can stock up on hanging baskets, tomato plants & herbs, perennials, and crafts for your garden. Proceeds benefit Camano Fire.

SATURDAY, MAY 2

MEOWBERT'S RETIREMENT PARTY!



It's official...Northwest Tack Consignment's shop cat Meowbert is retiring. After years of supervising the store (and napping on the job), our favorite shop cat is hanging up his hat. So we're throwing him a retirement party and you're invited! Join us from 11am-2pm at the shop at 1401 Pioneer Highway, Silvana, WA. In honor of Meowbert's well-deserved retirement, we're collecting donations for Purrfect Pals Cat Sanctuary. Come celebrate Meowbert with us! He wouldn't miss it (probably... unless he's napping).



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Calendar of Events



DID YOU KNOW?

Cinco De Mayo is not the Mexican Independence Day. It is more of a celebration of Mexican culture, the food, traditions, and parties. Or should I say fiestas?!

SATURDAY, MAY 2

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 (or ice tea or orange juice) for participants (and mini donuts at Coastal Vie). 7-11am. All cars welcome. Come out and have fun!

MONDAY, MAY 4

SENIOR TECH HELP

10am-noon at Stanwood YMCA. FREE.

TUESDAY, MAY 5

WOMEN'S SPRING FUNDRAISER



Presented by Safe Harbor Free Clinic. 6pm at The Floyd, 27130 102nd Ave NW, Stanwood. Join us for a fun evening designed especially for women. Enjoy dinner, a fashion show featuring styles for all ages, and fun door prizes along with personal stories of the impact Safe Harbor Free Clinic has had in the lives of women in our community. Tickets: \$25. RSVP at <https://www.safeharborfreeclinic.org/>

TUESDAY, MAY 5

STANWOOD HIGH SCHOOL SPORTS

Varsity Girls Tennis vs Everett. 11am-3pm.



Calendar of Events



TUESDAY, MAY 5

STOCK UP FOR SUMMER

Free event (by appointment) at the Stanwood Camano Food Bank. 4-7pm. Spots are limited, and this is a great chance to stock your pantry with kid-friendly foods for the months ahead. Register here: <https://stanwoodcamanofoodbank.org/stockupforsummer/>

TUESDAY, MAY 5

TEEN RECHARGE: BLING IT ON!

3-5pm at the Stanwood Library. Try your hand at making your very own shrink plastic keychain, make a bracelet, design a custom bag or customize your own clothing with our bedazzler, or try your hand at diamond art! This informal program is designed for teens and tweens ages 9 to 18. All materials will be provided. Drop in any time, recharge, and create something new. It's a win-win!

TUESDAY, MAY 5

WBCA RUN/WALK WEEKLY SOCIAL

Warm Beach Community Run/Walk Club! Meet at 5:45pm at the WBCA Park. All levels of running and walking are welcome. We have multiple different routes ranging from 1-3 miles. Come exercise and socialize! Hope to see you there!

WEDNESDAY, MAY 6

STANWOOD HIGH SCHOOL SPORTS

Varsity Girls Tennis vs Everett. 11am-3pm.

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rejuvenation



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Calendar of Events



DID YOU KNOW?

Research suggests mothers produce different breast milk for daughters and sons.

WEDNESDAY, MAY 6

READ WITH A THERAPY DOG

4pm at the Stanwood Library. Practice your reading, de-stress, and learn about therapy dogs at the library with Linda and her registered therapy dog Preacher.

WEDNESDAY, MAY 6

WALKER RODEO 4 WHEELED WALKER REPAIR

1:30-2:30pm at Lincoln Hill Retirement Community & Senior Center, 7430 276th St NW, Stanwood. If you are worried about the brakes, wheels or any other loose or repairable part, Eden Health will be here to help with repairs.

THURSDAY, MAY 7

CAREGIVER CAFE

Calling all caregivers of kiddos aged 0-5! Start your day with breakfast at the AM Breakfast Caregiver Cafe at 10am at the Community Resource Center, across from Stanwood library. Adults only. Childcare provided as space allows. 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. Space is limited, so be sure to RSVP on our website today! <https://www.crc-sc.org/events>.

THURSDAY, MAY 7

INDOOR DRIVE-IN MOVIE

4:30-6:30pm at the Camano Island Library. Children and their grown-ups will decorate simple cardboard cars, then park together for a short, kid-friendly "drive-in" show! This program is designed especially for babies, toddlers, and preschoolers, with a relaxed atmosphere and short viewing time perfect for little attention spans. Supplies and light snacks provided. Recommended for ages birth-4, but anyone is welcome to come! (Warning: Boxes may be too small for adults to sit in comfortably)

May is Mental Health Month

WANT TO IMPROVE YOUR MENTAL HEALTH
BUT DON'T KNOW WHERE TO START?

GET INFORMATION AND RESOURCES AT
MhANATIONAL.ORG/MAY

The graphic features a white background with various mental health icons like a brain, a heart, a sun, a rainbow, and a person with a thought bubble.

NATIONAL
DAY OF
PRAYER

1st Thursday of May

The graphic features a stylized American flag with red, white, and blue wavy stripes.

Calendar of Events



DID YOU KNOW?

One type of earwig mom gives her all, Her hatched offspring completely consume their mother—a chilling process called matrophagy.

THURSDAY, MAY 7

A COMMUNITY CONVERSATION ON INCLUSIVE EDUCATION

Families, staff, and community members to an evening focused on understanding the Individualized Education Program (IEP) process and how it supports our shared vision for student learning and belonging. This is a chance to better understand the IEP process in Stanwood-Camano, ask questions, and contribute to tools that strengthen how we serve students. 5:30-6:30 p.m. at Twin City Elementary in Stanwood. All are welcome!

THURSDAY, MAY 7

LIT LAB

Each month local writers and poets gather to share their works, interact and inspire each other. 6-8pm at Camano Lutheran Church. The theme for May will be "Lust!" Please plan to read a piece about 5 minutes long, 800 to 1000 words.

THURSDAY-SATURDAY, MAY 7-9

SPRING IS BLOOMING AT STANWOOD HIGH!



The annual plant sale returns May 7-9, featuring hanging baskets, annuals, perennials, veggies, and herbs — all grown by students in the horticulture program. Students have managed every step, from planting to sales, gaining real-world experience along the way. Proceeds support the program. 2-5:30 p.m. Thursday and Friday. 10 a.m.-3 p.m. Saturday. The sale takes place in the Stanwood High School greenhouse parking lot on the north side of the building.

Camano Island T-Shirts have arrived!



uff Da Shoppe • 8820 Viking Village • 360-629-3006

Tues-Sat: 11-4 • Sunday: 11-3

CAMANO ISLAND

TheCrab@TheCrabCracker.com

Calendar of Events



DID YOU KNOW?

“Maternal aggression” is a scientific term for the intense defensiveness mothers (like rodents and mammals) exhibit to protect their young.

FRIDAY, MAY 8

NORTHWEST BIG BAND CONCERT



7:30-9:30pm at Warm Beach Camp, Stanwood. Free admission! Join us for an evening of Big Band and Swing Jazz Music! Enjoy the energetic sound of two 17-piece Big Bands. Featuring Guest Artist Brent Jensen on Alto Sax. This FREE concert is open to all ages! Complimentary light refreshments will be served. Northwest Big Band, dedicated to preserving the musical style of the “Big Band Era,” offers an immersive one-week Jazz Camp for adults, which culminates in this free concert for the public.

FRIDAY, MAY 8

ROCK RADIO

7pm at Pub 282, 370 NE Camano Dr #6, Camano. Crank up the volume and get ready for a hard-hitting night of rock ‘n’ roll with ROCKRADIO! Expect massive guitar riffs, driving beats, and an electrifying stage show that will keep you on your feet all night long.

FRIDAY, MAY 8

CAN'T GET ENOUGH

A Tribute To Bad Company at 8 PM - Arcadian Public House, 18444 Spruce Street, Conway, WA. Can't Get Enough is known for being the most accurate Bad Company tribute band in the US. It'll be a fun night! Tickets: \$15 ADV / \$20 DOS

MAY 8
TODAY IS
NATIONAL
HAVE A COKE
DAY

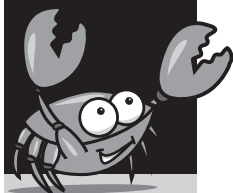


SAVVY TRADERS
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CLOTHING & HOME GOODS

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9005 271ST ST NW, STANWOOD

Calendar of Events



DID YOU KNOW?

Human moms have likely been bottle-feeding since prehistory. Analyzing ancient clay vessels from child graves in Germany, scientists recently found the residue of milk from hooved animals and identified the vessels as primitive baby bottles, the earliest dating back more than 7,000 years.

FRIDAY, MAY 8

TRAVEL TALK

10am at the Camano Center, 606 Arrowhead Rd. We will globetrot to the beautiful, warm Caribbean islands of Anguilla and St. Martin for the next presentation. Two islands and three distinct cultures: British, French and Dutch. And miles of white sandy beaches. Members are free; non-members \$5.

FRIDAY-SATURDAY, MAY 8-9

ART TOUR LUNCH



Fully loaded, made-to-order turkey sandwich lunches will be served at Utsalady Ladies Aid, 78 Utsalady Road, Camano from 11 a.m. until 2 p.m. A huge, made-to-order turkey sandwich, chips, beverage and large special-recipe cookie will be \$22. Half sandwich, vegetarian sandwich, and soup also available.

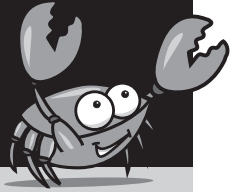
FRIDAY-SUNDAY, MAY 8-10

27TH ANNUAL CAMANO ISLAND STUDIO TOUR



The Camano Island Studio Tour is the premier event produced by CAA. Each year over Mother's Day Weekend and the following 'Encore' weekend, dozens of venues in Stanwood and on Camano Island are open to the public where they can meet artists in their actual working environments and in gallery settings. More info: <https://camanoarts.org/studio-tour/>

Calendar of Events



FRIDAY-SUNDAY, MAY 8-10 MOTHER'S DAY ARTS FESTIVAL



10am-5pm at Camano Commons, 848 N Sunrise Blvd. Event by Stanwood Camano Arts Festivals - SCAFS. Come to support local Artists, listen to music, eat ice cream, find something great for Mom.

FRIDAY-SUNDAY, MAY 8-10

ART SHOW AT FORTE MUSIC DANCE ART

Chris Tuohy's Drawing's, Paintings, Mixed Media and Photography will be on display! Coffee, Tea, Cookies, And Live Music 10am to 5pm. 1095 Essex St A-1 Camano Island. 360-572-9262.



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Calendar of Events



DID YOU KNOW?

Roughly 50 to 80 percent of moms report what's sometimes called "mommy brain," the brain fog and mental bloopers associated with pregnancy and new motherhood.

SATURDAY, MAY 9

WOODS CREEK BAND

7pm at Pub 282, 370 NE Camano Dr #6, Camano. High-energy tunes, killer vocals, and an unforgettable night of live music.

SATURDAY, MAY 9

MEET THE ARTISTS



10am-5pm. "Color Shapes and Mystery" art Show. Pastel Demos by Barbara Noonan. Studio Tour - Featured Artist: Barbara Noonan, Deb McCunn, Erika Bass, Gene Jaress, Gina Holt, Janie Olsen, Judith Heim, plus see 85 sculptures in the 10 acre Park. Matzke Fine Art Gallery and Sculpture Park, 2345 Blanche Way, Camano Island. Call 360- 387-2759 or email: matzke@camano.net

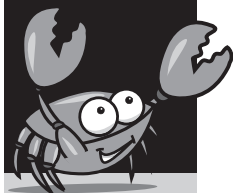
SATURDAY, MAY 9

6TH ANNUAL PICKERS MARKET AT 271



9am-4pm at 8620 271st, Stanwood (eastside). A full day of community, shopping, food, and music in the heart of Stanwood! Explore a variety of local vendors, artists, and makers.

Calendar of Events



DID YOU KNOW?

The average millennial mom has 3.4 social media accounts.

SATURDAY, MAY 9

MAMA'S DAY OUT POP-UP

Mama's Day Out is BACK and this time we're popping up during the Stanwood Pickers Market. Make a whole day out of it — stroll the market, shop vintage finds, then come treat yourself at Mama's Lash Lounge. Grab your besties, your mama, or come solo for a little you time - this is the kind of day you don't want to miss. 10am–2pm at 8702 271st St. NE, Stanwood. Come for the market... stay for the glow up.

SATURDAY, MAY 9

MINIATURE WARGAMING MEET-UP

hosted by CIMW. 2-6pm at the Camano Island Library. Discover the strategic camaraderie of miniature wargaming with Camano Island Miniature Wargamers. All are welcome to explore historical, fantasy, and sci-fi battles around the tabletops—no experience needed.

SATURDAY, MAY 9

NICK VIGARINO

performing live at 7pm at Conway's Pub and Eatery, 18611 Main Street, Conway, WA. More info: 360-445-4733.

SATURDAY, MAY 9

POP UP MARKET AT KRISTOFERSON FARM

10am. Shop for hand crafted items from local vendors and experience the joy of supporting our community of makers. Check out vendor booths and the many treats in the farm stand. Family friendly and free to attend.

SATURDAY, MAY 9

PRIME RIB DINNER

As a long-running community event, these dinners are open to the public and provide needed funds to support Post operations, area veterans and their families. 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.



WHERE
WE LIVE

WHERE
WE WIN



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Calendar of Events



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

Send your info
and/or images
to: [@thecrabcracker.com](mailto:thecrab)

SATURDAY, MAY 9

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, MAY 9

COFFEE AND CONVERSATIONS

1-4pm at JOY Camano Farmhouse, 659 WA-532, Camano. You're Invited to: COOKIES AND COFFEE AT THE FARMHOUSE. Come make cookies and enjoy community with us. Families are welcome! Watch for Open House signs. Reservation: 360-303-7869.

SATURDAY, MAY 9

COMMUNITY PLANT SALE

9am-2pm at the S. Camano Grange. Camano Farm Ashram, Island Harvest, and others will be offering veggie, herb, flower, and berry starts, and fruit and nut trees.

SATURDAY, MAY 9

GARDENING CLINIC

Spring is here and we are all busy in our yards working on gardening projects. The Snohomish County Master Gardeners will be staffing a clinic at The Country Store in Stanwood from 10am-2pm. Please bring your plant & garden concerns to us. (It is very helpful if you bring either a picture or sample of your gardening issues so that we can give you an accurate diagnosis.)

SATURDAY, MAY 9

MOTHER'S DAY EVE SINGER SONGWRITER NIGHT

Featuring Clay Christofferson + Chad Henry + Shannon Patiño + Tom Savage + Stewart Woods at 6 PM - Arcadian Public House, 18444 Spruce Street, Conway, WA. What a great group to celebrate Mother's Day with! Doors: 5:30 PM Show: 6 PM Tickets: \$15.

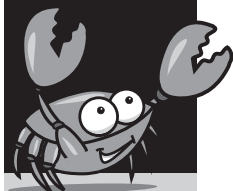
"I canceled my video streaming subscription."

Check out **possibility**

Check out books and **(a lot)** more
sno-isle.org

SNO-ISLE LIBRARIES

Calendar of Events



Pre-baby you were likely a rockstar at getting everything done. With this new season as a mom, that likely won't be the case. This means that a lot of things that used to get done, now won't. Allowing things to fall by the wayside, is okay. When you make peace with the messiness of being a new mom and all that comes with it, you can drop the need to "get it all done" and fall into the beauty (and mess) that is the new phase of motherhood.

SATURDAY, MAY 9

CASA SPRING MARKET - BAKE & PLANT SALE



Join CASA this spring at our annual spring market! We will be selling baked goods, pet themed merchandise, CASA gear, and other goodies. All proceeds support the homeless animals in our care!

SATURDAY, MAY 9

SCARC 33RD ANNUAL ELECTRONICS FLEA MARKET & HAMFEST



9am-1pm at Stanwood Middle School, 9405 271st St NW, Stanwood. \$6 admission. There will be Ham Radio electronics and equipment, prize drawings, snack bar. Come find that piece of equipment you've been looking for at a great price! More info: w7pig@arrl.net.

SATURDAY, MAY 9

CAMANO ISLAND LIBRARY FRIENDS BOOK SALE

Looking for your next great read? Join the Friends for a special Fiction and Children's Book Sale from 10am-4pm at the Camano Island Library. Discover gently used books at great prices.

Calendar of Events



DID YOU KNOW?

ground squirrels
ferociously
defend their
youngsters by
kicking gravel at
rattlesnakes.

SATURDAY, MAY 9

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 (or ice tea or orange juice) for participants (and mini donuts at Coastal Vie). 7-11am. All cars welcome. Come out and have fun!

SUNDAY, MAY 10

MOTHER'S DAY ESTATE WINERY

Treat Mom to something she'll actually remember - Bayernmoor Estate Winery, 125 316th St NE, Stanwood. Pack a picnic and whisk her away to our crush pad overlooking the Pinot Noir vineyard. Bring your favorite bites — we'll pour the wine. 12-5pm. No reservation needed — just show up.

SUNDAY, MAY 10

BINGO AT THE VIKING HALL - SILVANA, WA

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.

MONDAY, MAY 11

STANWOOD REGIONAL JOB FAIR

3-5:30pm at SHS. Looking for a job or new opportunity? Join us at the Stanwood Regional Job Fair and connect with local employers who are actively hiring! 3:00 PM – 5:30 PM at Stanwood High School Commons. This is a FREE event for job seekers. Employers from a variety of industries will be there—including trades, healthcare, government, hospitality, and more!

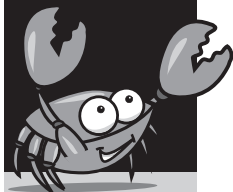
TUESDAY, MAY 12

TEEN ART STUDIO

with Stanwood Camano Arts Advocacy Commission. 3-5pm at the Stanwood Library. Join us for a monthly art class. Snacks and beverages will also be available for those who just want to sit and relax. We will provide all the supplies you need. For teens and tweens.



Calendar of Events



DID YOU KNOW?

The most common spending range is \$50 to \$149, selected by nearly half of Mother's Day gift givers (44%).

TUESDAY, MAY 12

BIKE ADVENTURE NIGHT!

Bring your bike & helmet! 6-7pm at Stillaguamish Grange (in the Fairgrounds). Bring your bike or scooter and helmet and learn all about bike safety, maintenance, and riding skills with Cub Scouts Pack 86 during our fun adventure day! More info: info@stanwoodpack86.org or call 425-231-2924.

TUESDAY, MAY 12

HAPPY BATS PRESENTATION

Noon at Stanwood YMCA. FREE.

TUESDAY, MAY 12

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, MAY 12

SHS MATH NIGHT

2:30-3:30pm in the SHS Commons. Join us for math help on assignments from peer tutors and teachers!

TUESDAY, MAY 12

WBCA RUN/WALK WEEKLY SOCIAL

Warm Beach Community Run/Walk Club! Meet at 5:45pm at the WBCA Park. All levels of running and walking are welcome. We have multiple different routes ranging from 1-3 miles. Come exercise and socialize! Hope to see you there!

WEDNESDAY, MAY 13

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. 1-3pm at the Camano Island Library Community room. Hosted by 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. Further info email: Bahaisofcamanoisland.org



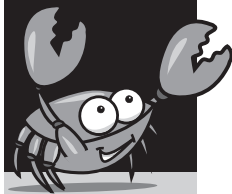
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Learn at Your Own Pace.

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Calendar of Events



WEDNESDAY, MAY 13

EXPLORE YOUR CREATIVITY

with Stanwood Camano Arts Advocacy Commission. 4-5:30pm at the Stanwood Library. We will provide everything you need. For kids ages 6-11.

THURSDAY, MAY 14

CAMANO PREPAREDNESS GROUP DEMONSTRATION

will feature a CIFR full CPR drill demonstration and demonstration of their new LUCAS device – a device that can provide ongoing CPR for the entire trip from here to the hospital. This device could save your life! 7pm at the Vista Madrona Fire Station, 273 N. West Camano Dr., Camano Island. More information contact Sue at kk6sue@gmail.com

THURSDAY, MAY 14

CAREER & COLLEGE READY SIGNING NIGHT

6:00 PM - 7:00 PM at Stanwood High School

THURSDAY, MAY 14

SHREDDING EVENT FUNDRAISER

10am-12:30pm at Lincoln Hill Retirement Community. Have your unwanted paperwork shredded by professionals. We provide safe and secure disposal.



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a good MARKET!

Saturday May 23rd

10am-3pm

Stanwood's own local food collective
& pop up co-op!

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- Browse the Box of Good shelves
- Snack on some yummy treats
- Listen to live music

8504 Cedarhome Dr.

More info at: boxofgood.com

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Moonshine Wisdom & Wit



Story by Jack
Archibald.

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moonshine
wisdom and wet
powder wit,
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**SKEETER DADDLE
DIARIES** at
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skeeterdaddle.net](http://www.skeeterdaddle.net)

FOOL ME ONCE, FOOL ME TWICE, FOOL ME ALL THE DARN TIME

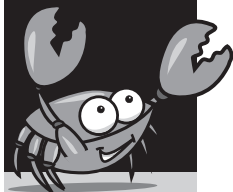
I got a call from our commissioner today. No, not to ask me for advice on how to better run the county government which you might expect, but to let me know my April Fool column in the Crab Cracker sent multiple citizens to their phones to ascertain if Google was actually planning to build a Data Center up on the north end. She was getting hair-on-fire demands to call them back ASAP. If this was true, they needed to get hold of a realtor and sell as soon as possible before the Googleites sucked dry their water and sent electric bills through their roofs. Time was of the essence and panic was starting to spread.

Our commissioner called various agencies inquiring about any permits for future gigantic projects but no one had heard a peep. Calls kept coming in, calls were going out. Finally, when one of the panicked citizens called for the second or third time, she asked where had he gotten this information and was told the Crab Cracker, which, when she consulted with someone in her office, was told it was the April Fool's edition. Mystery solved, egg wiped off irate faces.

She called to tell me I had really wound up the gullible but she was laughing when she told me. I said you've made my day. Every year it gets harder to slip a 'gotcha' into the April Fool edition that can actually fool anyone. I mean, it says right on the cover in capital letters APRIL FOOL'S DAY EDITION and half the bogus articles and photos are obviously meant as a lark. In the past other commissioners have received irate calls over my 'news coverage', everything from naming the new bridge onto the island the Colton Harris Moore Bridge after our infamous Barefoot Bandit to the proposed Growler Navy Base landing field to be sited at our little airport. Or the 100 acre new land-fill down here near the Head. And the coming WalMart soon to arrive at the Tyee Store location. Not to mention, but I will, the Snohomish Planning Department's decision to solve congestion in Stanwoodopolis by digging a 4 lane tunnel underneath the city.

You might think the recipient of readers' anger would be me, and occasionally it is, like the woman who was tremendously upset to learn WalMart was not coming to her neck of the woods after all, but for the most part their ire is directed toward the Commissioners. Which, of course, explains why I have decided to forego running for that office. Although ... there was the time Skeeter did throw his hat in the ring. The commissioner who lost that election that year by a few crummy votes blamed it on me for siphoning off his votes to my write-in. Some people just have too few funny bones, I guess.

Fun and Crafts

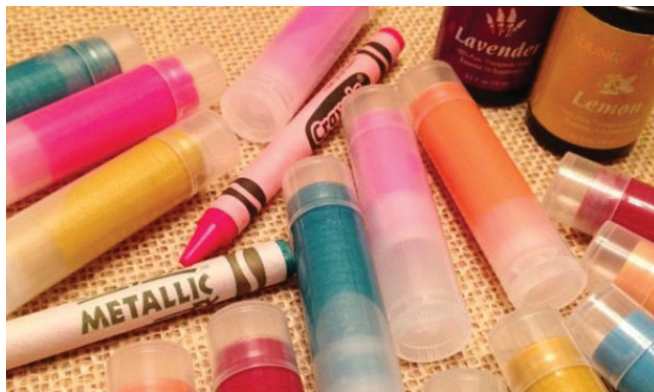


DID YOU KNOW?

53% agreed that women who have pets can be considered mothers on Mother's Day.

DIY CRAYON LIP BALM - KID MADE GIFTS

This DIY Crayon Lip Balm recipe is the perfect thing for little girls to make and give to their BFFs (and mamas...).



Ingredients: (These ingredients are per lip balm color you want to make.) 2 teaspoons coconut oil; 1 high quality crayon – I recommend Crayola; 1-2 drops essential oil (we use peppermint, lemon, and/or lavender); empty lip balm containers (you can buy tubes, pots, or use contact lens cases, old chapstick tubes, or other small containers); double boiler – we actually used several small heat-proof containers set inside a pan of boiling water.

Instructions: Unwrap your crayons – you'll need one per color you plan to make. Break each crayon into small pieces, and place one in each of your small heat proof container or into your double boiler. Place two teaspoons of coconut oil per crayon in the heat proof containers or double boiler. Melt and stir until the mixture is smooth. Stir in your essential oils. Pour your crayon lip balm into your waiting containers. It's easy to get the hot wax and oil all over, so pour carefully. If you have a funnel, you may want to use it. It's best to wipe each of the heat proof containers or double boiler clean while they're still hot. This will get the majority of the film off the inside, making them much easier to clean later. You can leave your crayon lip balm out on the table to harden, or place it in the refrigerator for 15 minutes. Then apply! The best part about this project is that it's easy for kids to do (with a little help when the wax is hot). They can make a fun assortment of colors to gift their friends with – an adorable and inexpensive gift for little girls! Source: <https://raisinglifelonglearners.com>

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Camano Island Expert

Managing Broker, Windermere Real Estate/CIR

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Fun and Crafts



DID YOU KNOW?

Nearly 1 in 5 moms agree that they do more work on Mother's Day than on a typical Sunday (19%).

FIESTA FLOWER WREATH FOR MOTHER'S DAY OR CINCO DE MAYO



SUPPLIES: 20" foam shape ring; Corn husk flowers (I used 5" two-tone flowers, campanita flowers and pansy flowers) or other craft flowers; 1 7/16" floral poly ribbon; Multicolor festooning; Wire cutters; Hot glue gun

DIRECTIONS: Step 1: Wrap a foam wreath ring with floral poly ribbon, overlapping slightly as you go and securing the beginning and end with hot glue. I chose a pretty hot pink for my ribbon. Step 2: Clip corn husk flowers from stems. Start with your largest flowers and use wire cutters to trim them from their stem, leaving about 1" of a stem remaining. Insert your flowers into the wreath by poking them through the ribbon. I used six 5" large flowers and spread them out across the wreath. You can add a little hot glue at the base of the flower if you want to make them extra secure. Next, I used three bunches of campanita flowers in pink, blue and orange. Similar to the larger flowers, I trimmed them with wire cutters, leaving a 1" stem remaining. Step 3: Poke large flowers into the wreath. I then poked them into the wreath to fill in gaps between the large flowers. Step 4: Fill in gaps with smaller flowers. I used two punches of pansy corn-husk flowers to fill in the remaining gaps. You can make your wreath even fuller by adding more flowers, but I liked having some of the hot pink ribbon peeking through! Step 5: To complete your wreath, cut 3" long strips of poly floral ribbon to hang from your wreath. I also incorporated some multi-colored tissue paper festooning for a fun touch! Add the ribbons to the back base of the wreath with hot glue. Hang your wreath and get ready to Fiesta!

Mabana Flames Auxiliary

ANNUAL PLANT SALE

Saturday, May 2, 9am to noon

Perennials, tomato plants, annuals, sun/shade hanging baskets, and Master Gardeners' Table.

Location: Mabana Fire Station, 3651 S. Camano Drive, Camano Island

MORE info: kk6sue@gmail.com



Artist of the Week



JAMES PIOTROWSKI



I work with wood, leather and whatever else is needed to make objects that can bring beauty to daily life. Much of my work is functional (furniture, bamboo fly rods, tools), but all of it is intended to express the character of the natural materials I work with. The best projects begin when a piece of wood suggests its own future. The grain and figure of a wood slab, a rootball or even a mill end can be its own art. I enjoy working with locally sourced, responsibly sourced, and repurposed/upcycled materials whenever possible. I call my workshop/studio "The Camano Works" as the Island, my needs, and my whims send me in new directions.

<https://www.thecamanoworks.com/>

PRESS RELEASE

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gallery hours: thursday - saturday 10-5

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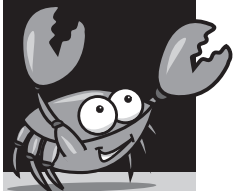
gallery.

vintage.

fun.

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Business Spotlight



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BRING IN MORE CUSTOMERS WITH A BABY GOAT MEET & GREET!



Looking for a fun way to increase foot traffic and sales at your store this spring? We offer a Baby Goat Meet & Greet experience that draws families in and keeps them shopping longer. Adorable baby goats that customers can hold and interact with. Great for creating buzz, social media content, and repeat visits. Perfect for boutiques, farm stands, markets, co-ops, and small businesses. What's included: 2.5-hour on-site experience; Friendly, handled baby goats; A unique attraction that brings people through your doors. Cost: \$250. Host provides: tarp + straw + small pen setup. We handle the goats and interaction. Based near Stanwood – serving surrounding areas. Spring is peak baby goat season and dates are limited. Message me to book a date or ask questions! Shelly Husby - Facebook.

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MOVEMENT ARTS

360-629-9100

Camano Commons





Saturday, May 16, 2026
10am-2pm at Camano Island Library

• CAMANO ISLAND • HOMESTEAD FAIR

Enjoy a closer look at our vibrant farms and community attractions, each offering hands-on, sustainable, and uniquely local experiences at the Camano Homestead Fair.

New This Year! Take a Snow Goose Transit shuttle from St. Aidan's parking lot (1318 WA-532). Starting at 9:50 am, the shuttle will run every 15 minutes until 2 pm. Snow Goose Transit is an amazing, free resource in our community.

10:00am: Our Legacy Fields: Lavender around the Homestead. Discover practical ways lavender can support and improve everyday homestead life.

11:00am: The Farmhouse Flower Farm: Sweet Pea School. Learn the timeless art of growing sweet peas, highlighting their charm, fragrance, and value in the garden.

12:00pm: Camano's Farm Ashram: Synergistic Gardening. Discover the natural farming method that lets soil life, plants, and ecosystems work together with minimal human interference.

1:00pm: Northwest Apiary Services: Bee Curious. Beginner-friendly program introduces the basics of beekeeping, the lifecycle of the honeybee, and simple ways you can support native pollinators in your own backyard.

10:00am-1:00pm Hidden Creek Draft Horses - these gentle giants will be in the field in Freedom Park. Learn about their historic and modern roles in agriculture, logging, and more.

Enjoy additional sessions hosted by WSU Extension:

10:30am: Transform kitchen scraps into rich, organic compost by building your own wormery.

11:30am: Raising chickens and poultry manure management and use.
12:30pm: Boost your garden's bounty through deeper knowledge of lively, nutrient-rich soil.

1:30pm: Revolutionize your cleaning routine with homemade cleaning products.

It promises to be a fun-filled, memorable learning experience for all ages.

360) 387-5150 / askus@sno-isle.libanswers.com





Windermere

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VIEW HOME **\$1,749,000**

Stunning Camano luxury estate with breathtaking panoramic views, beautiful park-like grounds, equal parts welcoming and grand all on 1 level and convenient north island locale. #2504713



MABANA **\$945,000**

Peace and island privacy on 5.58 acres with Sound and mountain views, tranquil outdoor spaces, primary on the main level, large kitchen, sunroom, fenced garden area, generator. #2506294



DRIFTWOOD SHORES **\$775,000**

Charming and updated 3-bedroom Camano home with no HOA and includes desirable beach rights, move-in ready, water views, expansive shop, greenhouse. #2508146



UTSALADY **\$949,000**

Beautiful island home on a generous lot with breathtaking views of the bay and mountains, deck overlooking the view, thoughtfully designed and tastefully updated. #2497033



SUNDAY LAKE **\$660,000**

Well-maintained Stanwood rambler with 60 feet of waterfront and beautiful water and mountain views and close to I-5, a perfect blend of tranquility and accessibility. #2503419



ROCKY POINT **\$599,000**

Charming mid-century modern view home nicely updated, has a generous deck overlooking the fully fenced yard and views on Camano's NW side with community beach access. #2504145

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Community Information



DID YOU KNOW?

Moms are about 4X more likely to say they want something homemade (31%) than gift givers are to say they plan to make something (8%)

TRIVIA, KARAOKE, BINGO, AND GAME NIGHTS



Many of our local businesses offers weekly "events". Following are some of the locations that offer these "events" (that are typically free to participate) on a weekly basis: KARAOKE: Stanwood Hotel and Saloon - Fridays at 8pm. Conway's Pub & Eatery - Fridays at 7:30pm. Beauty Bar Salon + Lounge - Tuesdays at 8pm. TRIVIA: SAAL Brewing Company - Mondays at 6pm. Rockaway Bar & Grill - Mondays at 6pm. Pub 282 - Wednesdays at 7pm. BINGO: American Legion Hall (Camano Island) - Saturday at 6pm. Beauty Bar Salon + Lounge - Mondays at 8pm. Pub 282 at 7pm. BOARD GAME DAY: Noon-6pm at Scattered Deck Games, 8919 271st St NW, Stanwood. Stop in and play. Use some of our 300+ store copies or bring your own. Free event every Sunday. MAHJONG: Fridays at 2pm and Mondays at 3:30pm at Lincoln Hill Retirement Community. 7430 276th St NW, Stanwood. More info: (360) 629-7403.

BASKETBALL FREE PLAY FOR THE COMMUNITY

Every Friday at 795 Ell Rd., Camano. It is indoors and it's not quite a full size court, but it's good enough to have fun. All are welcome."

HERITAGE PARK PICKLEBALL EVENT

Camano Stanwood Pickleball Association is gearing up for another fun season of pickleball. May 16 we will be hosting the Heritage Park Opening Pickleball Event. Register at playtime scheduler: <https://playtimescheduler.com/index.php?go=next>.



1ST FRIDAY IN MAY

National No Pants Day

www.TheCrabCracker.com

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Jim Fay, Owner, Arborist

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Community Information



DID YOU KNOW?

The most wanted gifts are a handwritten card (50%), gift cards (48%), flowers (40%), experience gifts (37%), and gifts tied to hobbies or interests (36%).

HONOR YOUR FAMILY'S VETERANS



The Stanwood Area Veterans' Memorial is expanding in order to hold more names of the cherished veterans who have served their country. The outer brick walls currently hold the names of over 300 veterans from across the country, honored by the families and friends they represent. Dedicated in 2018, additional brick walls for the Memorial are being built that can be etched with the names of veterans who have sacrificed for all of us. The etchings name service members from all around the country, living and deceased, who answered their country's call. The Memorial is a bridge between generations, teaching by its presence the continued price of freedom. It seems a simple thing to have a veteran's name and service remembered on a brick alongside other brothers and sisters in arms. But, those names have made the Memorial a place of sacred reflection for the loved and lost who gave so much of themselves. It is common to hear proclamations that we will never forget the sacrifice of so many who gave us the lives we lead today. Giving a veteran that recognition on the wall puts meaning to that promise. Stanwood proclaimed itself a Purple Heart City in 2022. It encourages its citizens to show their appreciation for recipients of that valued medal. There are dozens of such recipients on our Memorial's walls whose names speak out by their presence. We shall always remember is not just an idle phrase but an obligation we should hold dear. We hope that you will remember your veteran loved ones by adding their names to these bricks of remembrance or make a donation.

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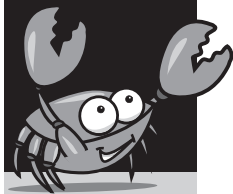


Michelle
Maiers



MichelleMaiers.com 206.819.3802

Community Information



EVERY DAY IS EARTH DAY!



Practice these Clean Car Care tips to help protect the health of your vehicle and our environment: Maintain your tires, Keep tires properly inflated, Go to a car wash, Fix leaks, Watch for drips, Recycle dirty oil. When it rains, pollution from cars wash into storm drains, and then straight into local streams, lakes, rivers, and Puget Sound. Pollutants like oil, car wash soaps and chemicals, and bits of tire dust are bad for water quality. Pollution harms people and wildlife, salmon and orcas. We all depend on clean water to survive.

If you can
dream it,
we can find it.

GLENDA FABRIZIO
Glenda@windermere.com
Windermere Real Estate Co
(206) 228-6312

**At the Stanwood Area Veterans Memorial
our main wall is full of honored veterans
and expansion will soon be required!**



**To continue honoring our veterans we are
building new walls so donate today or buy
a brick engraving for your favorite veteran.**



**Please send your donations to:
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P.O. Box 69, Stanwood, WA 98292
or donate online @ www.sahs-fncc.org
and designate the Veterans Memorial.**

Community Information



DID YOU KNOW?

During waking hours, mothers with children under 6 spent 7.5 hours on child care per day on average, while dads spent 5.3 hours.

THE CAMANO ISLAND LIBRARY'S FREE SEED LIBRARY IS HERE!



Created and managed by the Camano Forest School. How it works: 1. Take seeds. 2. Plant & grow. 3. Save seeds and return or donate extras. Donated seeds should be no more than three years old. When donating seeds please label them with the type of seed, date saved or purchased and any other applicable details. You're welcome to take envelopes home to package your seed donations. For donations, questions or comments please email camanoseedlibrary@gmail.com

CO-ED ULTIMATE FRISBEE

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

STANWOOD HIGH SCHOOL CLASS OF 1976 50TH REUNION

September 26, Seafarers' Memorial Park, Anacortes. See more information at stanwood1976.com.



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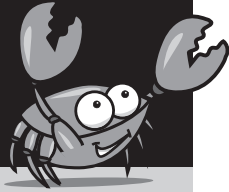
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Community Information



ENERGY ASSISTANCE AVAILABLE FOR CAMANO ISLAND RESIDENTS

costs have an opportunity to access support through a local assistance program. The Little Green House, a program of the Community Resource Center of Stanwood-Camano, is offering appointments for the Low Income Heating Energy Assistance Program (LIHEAP). This program helps eligible households with heating and utility expenses, including electricity, natural gas, propane, wood, and other heating sources. Appointments must be scheduled in advance, and current funding and appointment availability are open specifically for Camano Island residents. In addition to LIHEAP, support may also be available through Cascade Natural Gas CARES benefits, which can provide discounts on monthly bills and assistance with past-due balances. Apply for CARES here: <https://www.opppo.org/cares-app/> Families interested in applying or learning more can schedule an appointment by calling 360-639-8876.

COMMUNITY MEAL – CAMANO

Presented by Island Senior Resources. 11:45 am - 12:30 pm at the Camano Center. By Donation. Every Monday, Wednesday and Friday except for Holidays. 606 Arrowhead Rd. Camano Island. All donations welcome! You determine your ability to contribute to your own or someone else's meal. Our full cost of a meal is \$12.20. Coffee or tea is \$1.00. Dates and times of scheduled events are subject to change. It's always advisable to call to confirm. 360-321-1600.



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Wednesday ~ 8 am until 2 pm

Saturday ~ 10 am until 5 pm



Other days and times
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360-230-4061

Looking for Ms. Teddy to do your taxes?

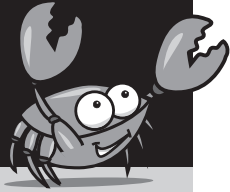
Find her at her office in Burlington.

120 E George Hopper Rd, Suite 104, Burlington, WA

Office phone # 360-230-4061 • Cell phone # 509-679-5485

See our webpage at TLCUnlimitedServices.com

Community Information



DID YOU KNOW?

The vast majority of mothers find parenting enjoyable and rewarding

REMODELING? CALL BEFORE YOU DIG!

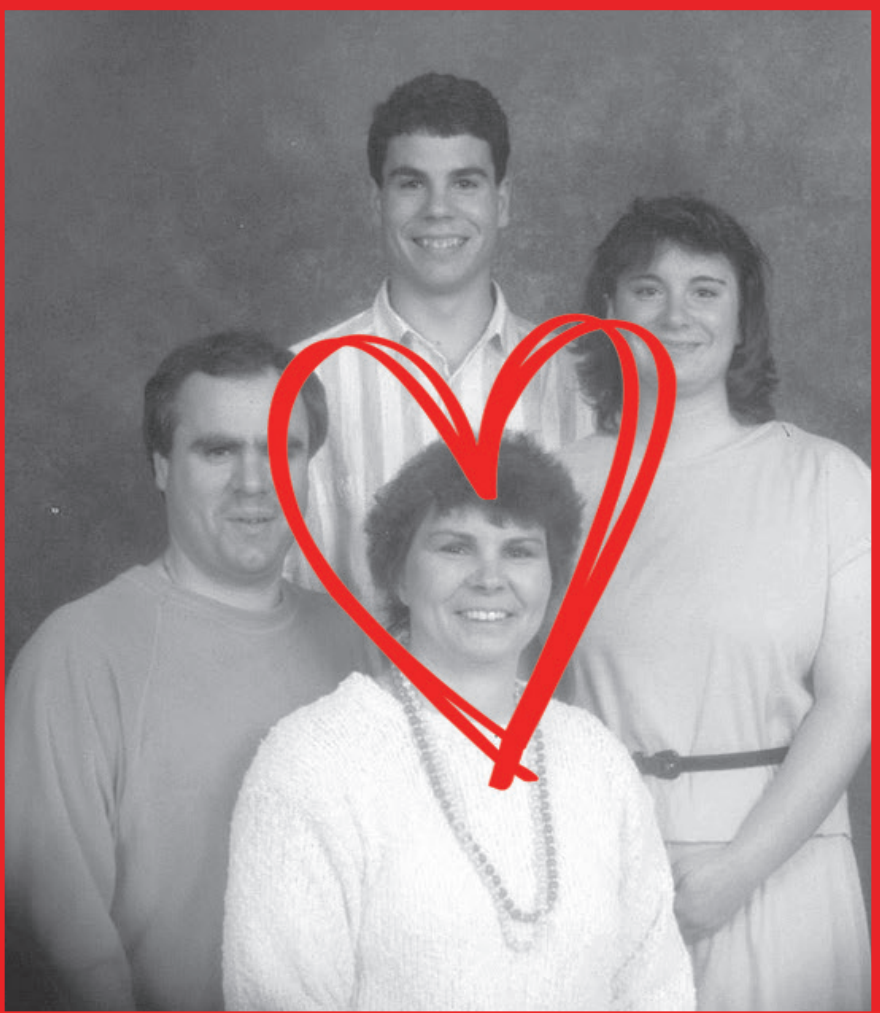


To prevent accidentally hitting an underground utility line when digging, call the Underground Location Center (Call Before You Dig*) at 811 at least two working days ahead of time before you start your digging project, such as landscaping, remodeling, fencing, etc., of more than 12 inches deep. The center will work to provide the locations of lines that serve power, gas, water, sewer and/or telephone utilities that are located along the right of way of your property. The PUD owns and maintains underground services on private property for residential single family homes and will mark lines up to your meter. Apartment buildings, schools and mobile home parks may need to retain a private locator, depending on meter locations. Private locators are available to provide this service for a fee. Call Before You Dig is a free service, which is required by law. Severed power cables can be deadly, and damage to cables or water lines not only inconvenience people, they are expensive to repair. If you dig in and interrupt power or water service, it is restored at your cost.

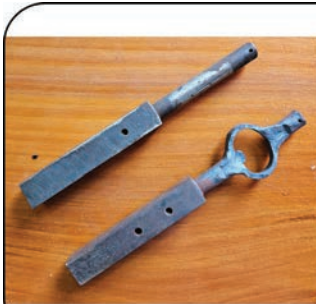
ADULT FUTSAL

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





Happy Mother's Day!



Forged Bottle Opener Workshop



Repurposed
Soap Box Derby
Car Axle



May 1st or May 29th | 10:00 AM - 1:00 PM

Community Information



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.

NO DISCOVER PASS REQUIRED ON THESE DAYS

Washington public land agencies have designated the days of 2026 when no Discover Pass is required to park at Washington state parks, or on land managed by the Washington State Department of Natural Resources and the Washington Department of Fish and Wildlife. The 2026 free days are: June 6-7 – Free Fishing Weekend; June 19 – Juneteenth; Aug. 9 – Smokey Bear's Birthday; Sept. 26 – National Public Lands Day; Oct. 10 – World Mental Health Day; Nov. 11 – Veterans Day. The annual Discover Pass is \$45 and provides unlimited day-use parking for everyone in the passholder's vehicle. The pass is valid for an entire year from the month it is purchased and can be transferred between two vehicles. Learn more and purchase yours here: <https://discoverpass.wa.gov>.

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are a great way to celebrate

Speech Language Hearing Month!



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Tonia MacPhail,
A.A.S., HIS
Owner



Dr. Shashi Churchill,
Doctor of Audiology,
Hearing Instrument Specialist

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



Cama Beach Quilters
Quilt Show & Sale
at Cama Center
CAMA BEACH STATE PARK



Saturday, May 16, 2026
8am-4pm

Quilts and Handmade Items on sale

Art quilts show of Cama Beach State Park Collection
New and gently used Cama Cabin quilts created by Cama Beach
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**“The Earth is one country,
and mankind its citizens.”**

~ Bahá'u'lláh, 1817-1892 ~
(from the Baha’i sacred writings)

Baha’is of Camano Island believe in the oneness of
humanity and strive to build unified, vibrant communi-
ties that promote spiritual and material well-being. For
further information or questions, go to:
www.bahaisofcamanoisland.org

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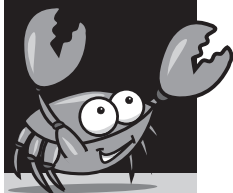
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Intuitive Tarot



Tarot from the classic Rider Waite Smith deck.

Discover more at linktr.ee/tiffanyfitzpatrick

Consider supporting this column : buymeacoffee.com/tiffanyfitzpatrick

INTUITIVE TAROT WITH TIFFANY



May 1st – May 7th : the Three of Wands. This week's card is giving green light signal at a crossroads where, instead of a fork in the road, the horizon is wide open with infinite paths so long as the past is left behind. Although the scenery ahead is significantly different than what you've experienced in recent months, the visibly smoother terrain holds challenges of its own: misjudgment of depth perception and the necessary resources to meet your destination, along with the shifting topography beneath your feet. Pacing yourself will be essential. You have more support at your back than you yet realize, and faith is called for on the journey ahead, but this leap and the strategy of each step arouses the joyous thrill of accomplishments met, like tumblers falling into place in a locking mechanism. You have all you need within you to act, step forward.

May 8th – May 14th : the Five of Wands. For the first time in easily retrievable memory, the bustle feels rousing, like the playful athleticism of a game among comrades. The making and acting on of passionate plans breathe refreshing life into you, uplifting the youthfulness inside you to the surface. There is laughter. There is exhilaration. There's also a sense of mirth toward any minor annoyances that may crop up, attempting to disrupt the day-to-day. This is nothing-is-going-to-stop-me energy as you machete through overgrowth to blaze your trail, practically dancing to a carefully curated playlist to keep your self-confidence at peak performance. Currents may not flow effortlessly at this time but you can happily assemble a team to help you reach your desired end zone. Just know competitiveness, pettiness, and jealousy will reveal who's playing, who's battling, and who's truly rooting for you. Remember to have fun. Life is a game after all.

Join us!



Be the change YOU
want to see in the
world because
there is no planet b.

Become Waste Wise with WSU

Easy steps for a simpler, affordable lifestyle that also benefits the planet.

Sustainability & Waste Wise Training



Reduce, Reuse, Recycle
Practice responsible consumption and recycling.



Carbon Footprint & Climate Change

Understand how waste contributes to climate change.



Composting Yard & Kitchen Waste
Learn basic and advanced composting.



Low Impact Living

Consider your carbon footprint.



Toxics Reduction
Properly dispose of hazardous materials.



Educate Others

Help others in your community be more Waste Wise.

\$50 to participate - Scholarships available. No experience needed.



Island County

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EXTENSION

More info: 360-639-4608
Heather.vitiaz@wsu.edu

Extension programs and policies are consistent with federal and state laws and regulations on nondiscrimination regarding race, sex, religion, age, color, creed, and national or ethnic origin; physical, mental, or sensory disability; marital status or sexual orientation; and status as a Vietnam-era or disabled veteran. Report noncompliance to WSU Extension.

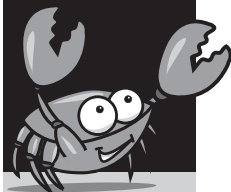


reduce • reuse • rot • recycle • rethink!



Waste Wise
WSU Extension, Island County

Longevity Lens



A column about longevity and aging well.

Dr. Maria Cayabyab ("Dr. Maz") is a board-certified OB-GYN, certified in menopause care, a functional medicine practitioner, and medical director at Kirra Health.

*Questions?
ask@kirrahealth.com*

YOUR SKIN IS HORMONAL—NOT JUST COSMETIC



When most people think about skin aging, they think about wrinkles. But medically, what's happening goes much deeper. What we often call "aging skin" is actually dermal atrophy—a gradual thinning and weakening of the skin's structure. And one of the biggest drivers of this process isn't skincare.

It's your hormones. Your skin is the body's largest neuroendocrine organ, meaning it both responds to and produces hormones locally. These signals regulate collagen, hydration, repair, and inflammation. As key hormones—especially estrogen—decline, the skin loses collagen density, hydration, and elasticity. It becomes thinner, more fragile, and less able to retain moisture.

But hormones aren't the only factor. Blood sugar also plays a role. Chronically elevated glucose leads to the formation of Advanced Glycation End-products (AGEs)—compounds that bind to collagen, making it stiff and difficult for the body to repair. Over time, this contributes to deeper, more rigid structural lines and a loss of skin resilience.

Emerging research also points to the gut–hormone–skin connection, where imbalances in gut bacteria can influence how estrogen is regulated in the body—often showing up in the skin.

Even sleep matters. The skin produces melatonin, a powerful antioxidant that supports overnight repair.

Ask yourself:

1. What might my skin be telling me about what's going on inside my body?
2. Am I only treating what I see on the surface, or looking at the bigger picture behind it?
3. What everyday habits could be helping—or working against—my skin health right now?

The takeaway?

Healthy skin isn't just about what you apply—it's about how your body functions. For more insights, visit kirrahealth.com/blog

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

April:

- 4/02/2026 – Thursday at 3:15pm.
- 4/16/2026 – Thursday at 3:15pm.

May:

- 05/06/2026 – Wednesday at 10:00am.
- 05/20/2026 – Wednesday at 3:00pm.

June:

- 06/03/2026 – Wednesday at 10:00am.
- 06/17/2026 – Wednesday at 3:00pm.

RSVP's NOT REQUIRED, BUT ENCOURAGED

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



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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.

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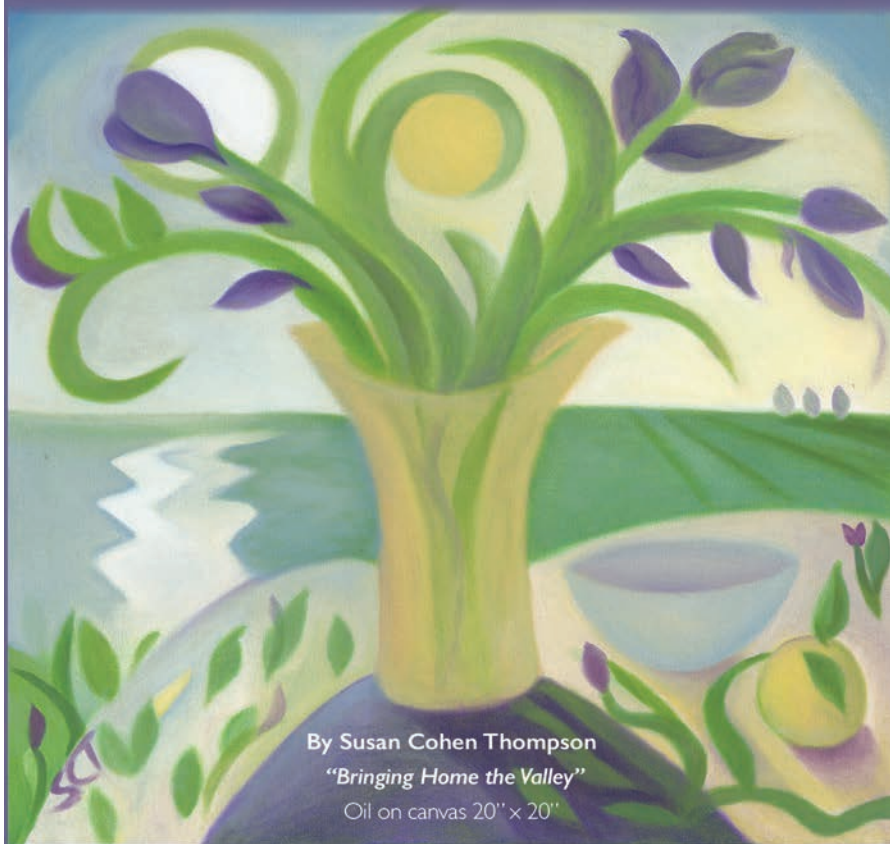
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CAMANO ISLAND STUDIO TOUR

Art lives on Camano Island and in Stanwood



By Susan Cohen Thompson

"Bringing Home the Valley"

Oil on canvas 20" x 20"

Mother's Day Weekend

MAY 8-9-10

10am - 5pm



Encore Weekend

MAY 16-17

10am - 5pm

camanostudiotour.com



CASA'S PET OF THE WEEK:

BUCK is a 6-year-old yellow Labrador mix who was brought in as a stray and is now looking for his forever home. Buck is an INCREDIBLY active, energetic guy who would love a super active family to take him on long adventures. He is a huge goofball and loves attention. If Buck sounds like the guy for you, please email to inquire more!

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



NOAH'S PET OF THE WEEK:

Good day! My name is **SNOW** and I am a new arrival here at The NOAH Center! It's very exciting to be here and get to meet all new people. I would love a chance to meet you too and maybe be chosen to be part of your family. If you are interested in meeting me, please come to The NOAH Center and talk to and Adoptions Match-maker today!

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



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

Meet **PENNY!** This sweet girl came to us when her owner was diagnosed with a terminal illness. Penny has had a lot of change and loss. This means we are looking for the MOST AMAZING forever home for her. Penny is about 4.5 years old. She's actually a labradoodle. Penny is a very smart girl, she's licensed and trained as a therapy dog. **FIRST STEPS:** Visit www.save-a-mutt.org/adoption-application/ to fill out an application.

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



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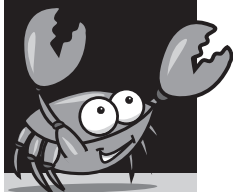
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STRAWBERRY CRÊPES

The choices are endless when it comes to filling crêpes. I suggest strawberries with whipped cream, but you can fill them with your favorite fruit, top them with syrup, or simply dust them with confectioners' sugar, they're all delicious. Happy Mother's Day!



INGREDIENTS: 1 c. all-purpose flour; 4 lg. eggs; 2 c. milk, divided; 2 T. melted butter; 1 pinch of salt; Fresh or frozen sweetened strawberries, thawed; Whipped cream for serving

DIRECTIONS: 1. In a large bowl, whisk together the flour and salt. Make a "well" in the center of the flour mixture. Add eggs, melted butter, and half of the milk. Using a hand mixer, beat the flour mixture into the liquid mixture. Gradually add the rest of the milk. Continue beating until smooth and creamy. 2. Preheat a crêpe pan over medium heat. Spray with nonstick cooking spray. Pour a 1/4 cup of the crêpe batter into the center of the pan, swirling it around to coat evenly. When the crêpe begins to set, use a spoon to gently loosen it around the edges and fold it in half. Cook on both sides until lightly browned and set in the middle. 3. Fill or top the crêpes with strawberries and whipped cream or drizzle with chocolate and sprinkle with confectioners' sugar. Makes 10-12 crêpes. 4. Cook's Note: I like to serve these delicious crêpes with a side of bacon or sausage and fresh fruit.

MOM'S ARE TOTALLY CLAWSOME!



Happy Mother's Day!



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WSU CLIMATE STEWARDS
CERTIFICATE PROGRAM

“...by the end of the course, I had a renewed sense of purpose as I plan what actions to take.”
Fall 2025 Student

Guided Field Learning



Deception Pass
Sea Level Rise



Monroe Hydropower



Mount Vernon Library
Green Building

Washington State University Climate Stewards April 2 - June 6, 2026

The **WSU Climate Steward** certificate course offers classroom, online, and field experiences, with 10 sessions addressing:

- Social-emotional resilience and environmental justice
- Trauma-aware communication and community building
- WA Climate systems, modeling, and ecosystems
- Climate solutions in Ag, Forestry, Energy, and Water
- Climate policy and mitigation programs

Open to Island, Skagit and Whatcom county residents, this course equips you with practical tools to take climate action today in your community.

- Expert guest speakers
- Guided place-based tours
- Curriculum curated by Washington-based scientists

Course Fee - \$225

Early Bird Discount (before March 15, 2026) - \$175.00

Scholarships Available



Classes meet virtually on Thursday evenings from 6:00 to 8:00 PM, and in person on Saturday, June 6, from 10:00 AM to 1:00 PM for stewardship project presentations.

Apply Today!

<https://climatestewards.extension.wsu.edu>

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



Classes and Workshops



DID YOU KNOW?

1 in 4 moms admit if there was zero social pressure or guilt, they would prefer to spend Mother's Day entirely alone (25%).

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

Tech Neck: Or How to Get your Head Screwed on Straight May 30. With our modern lifestyle of computers, laptops and phones, our heads are pitching forward for extended periods of time, adding weight to the delicate muscles of the neck and prolonging tension in our shoulders. This workshop will teach you simple exercises to relieve tension and restore freedom of movement. Space is limited. Register at movementarts.com/events or call 360-629-9100

YogaTone: Sundays May 17-June 14. Drop-Ins Welcome! Keep moving and join us for a fantastic, fun, positive sweat/dance/movement/yoga class that's designed for just about anyone. movementarts.com/events or call 360-629-9100.

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

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

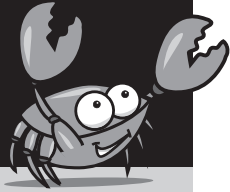
FamilySearch Center – FREE Open Genealogy Workshop at 795 Ell Rd., Camano Island. Tuesdays 10 am-2 pm; Wednesdays 6pm-8pm. Get help to find your ancestors with free access to subscription websites and records. Contact us at camano@familyhistorymail.org.

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.

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

WSU Waste Wise Community Training Starts April 13 and runs each Monday through May 18th. Join us to become more waste wise! \$50 Course fee - scholarships are available upon request. Open to all ages 15 and up. More info and application: <https://extension.wsu.edu/island/nrs/waste-wise/waste-wise-volunteer-training/>

Photos and Art



DID YOU KNOW?

In the U.S., 4.3
babies are born
each second



Sweet Spring Calf. Photo by X. Posid.



Red and Yellow Parrot Tulip.. Photo by W. Jacky.


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Classified Listings



DID YOU KNOW?

Moms take 2 minutes, 5 seconds to change a diaper (adds up to 3 40-hour work weeks each year!), vs. 1 minute, 36 seconds for dads

FOR SALE:

Building For Sale! Port Susan Professional Building, 1283 Elger Bay Rd. \$1,365,000. Contact Glenda Fabrizio: Glenda@windermere.com or call (206) 228-6312. Windermere RE Co.

MISCELLANEOUS:

Estate sale/garage sale 481 Green Island Way, May 8 & 9th 9am - 3 pm. Beautiful furniture, 2 cars, a 1955 Cadillac, 1998 Mustang convertible & MORE!

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

PROFESSIONAL SERVICES:

SHOP at Savvy Traders Collective in Stanwood - open daily!

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

WANTED:

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



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Clubs and Meetings



DID YOU KNOW?

Mrs. Vassilyev of Russia gave birth to 69 children between 1725 and 1765

WSU Waste Wise Community Meeting May 4th, 12 - 1 pm at the Camano Island Library. Join local folks interested in educating ourselves, and our community, ways to live a simpler and more affordable lifestyle that also benefits the planet. This group meets the 1st Monday of each month and is open to all - ages 15+.

WSU Eco Book & Discussion Group May 11th. 12:15 - 1:15 pm at the Camano Island Library. Featured Book for May is *Secondhand – Travels in the New Global Garage Sale*. Group is open to all - ages 15+.

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

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

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

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

Silvana Serinity Al-anon family group meets Wednesdays, 10 am, at Peace Lutheran church in Silvana. More info: 425-367-1776.

Friendship Tea - 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.

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Clubs and Meetings



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

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

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

Kaleidoscope Play & Learn 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.

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

The Hottest Art on Camano..

Visit 33 Artists at the Firehouse Gallery Show

Stanwood-Camano
Arts Guild



www.stanwoodcamano.art

Sound the alarm...

Plan to attend the 2026 Stanwood-Camano Arts Guild Firehouse Gallery Show.

This unique venue features 33 artists at the Old Camano Firehouse right next to the 1906 historic Camano City Schoolhouse, located at corner of 993 Orchid Road and East Camano Drive, on Camano Island.

Mother's Day weekend

May 8, 9, 10 and May 16, 17 10am-5pm

View from the Bleachers



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

BREAKING HEALTH ALERT: ICE CREAM DECLARED SUPERFOOD — KALE CLASSIFIED AS BIOHAZARD

ANCHOR, CHIP PRINGLES (The year is 2037.) Good evening, I'm Chip Pringles. Welcome to the 5pm edition of Channel 7 Eye Witness News. Our top story tonight: Everything you thought you knew about nutrition... turns out to be a lie. That's right – the very foods we've been told for the past 70 years would kill us before we turned 50 are now being hailed as the reason we might live to 150 – assuming we don't die in the latest measles pandemic. After decades of confusing and constantly shifting dietary guidelines, the National Center for Nutritional Reversal (NCNR) has issued a stunning report this morning. It revealed that foods like pizza, cheeseburgers, and double-fudge sundaes are not only not bad for you but may actually be what they are now calling “nutritional unicorns.” Meanwhile, many of the foods our parents forced us to eat before having dessert, like spinach, Brussels sprouts, and lentils – once lauded as the Holy Trinity of Healthy Eating – are now classified as “toxic plant matter.” Joining us live from the campus of the prestigious Sedona New Age Institute of Dietary Enlightenment, our health correspondent, Sheila Parsnip, sat down with Dr. Ted Carbman, lead researcher behind this paradigm-shattering study. Sheila?

FIELD REPORTER, SHEILA PARSNIP (Standing in front of what appears to be a Shake Shack, now converted into a certified medical facility)

Thanks, Chip. I'm here with Dr. Ted Carbman, a nutritional researcher and self-proclaimed Fat Realist, who has just published a 900-page report titled *Let Them Eat Cake: Why Saturated Fat is the Key to Longevity*. Dr. Carbman, thanks for joining us. So, explain to us how the food pyramid has flipped into what now appears to be a pizza slice?

DR. CARBMAN (Wearing a lab coat with the words Team Bacon embroidered on the sleeve) Yes, absolutely. For decades, we were told to eat fruits, cruciferous vegetables, and whole grains – or as I prefer to call it, the “rabbit diet.” Turns out, those foods are loaded with phyto-confusionogens, a substance that clouds human judgment and causes individuals to buy essential oils from shady herbal supplement shamans named Amber. Our studies show that people who consumed diets high in leafy greens suffered side effects such as smugness, excessive yoga, and spontaneous kombucha brewing. Plus, they are incredibly annoying to be around. Meanwhile, those on high-fat, high-sugar diets lived longer, had clearer skin, and reported having increased energy – that is, until the sugar crash kicked in.

SHEILA: Incredible. So... what does an ideal meal look like in 2037?

DR. CARBMAN: We now recommend a breakfast consisting of bacon-wrapped Pop-Tarts, accompanied by a 20-ounce milkshake – preferably strawberry, as the pink food coloring has trace amounts of Vitamin W, which also is a pleasantly mild hallucinogen. Lunch should include as many cheeseburgers as you can shove down your pie hole. Speaking of which, a slice of pie is a recommended part of every lunch – unless you prefer a glazed donut.

SHEILA: What about plant-based diets?

DR. CARBMAN: Oh, dear Lord, no. No, plant-based diets have been linked to irritability, depression, lower resistance to sarcasm, and chronic enrollment in spin classes. Tofu, in particular, was reclassified last year as an “edible foam of sadness.” Legumes? Don't get me started. Chickpeas are basically the Trojan horse of gastrointestinal

View from the Bleachers



unrest. The flatulence alone could scare away a herd of cows – which, by the way, should make up at least 30% of your daily caloric intake. The bottom line: Eat like your grandma used to before kale ruined everything. If your food contains more than one color and none of them are beige, you're doing something seriously wrong. We now understand that glucose and sucrose are our dietary "best friends." I came up with this helpful mnemonic: Don't be Morose. Have more Glucose! When in doubt, Avoid Brussels sprout.

CUT BACK TO ANCHOR, CHIP PRINGLES (Chomping on a bucket of KFC chicken) Thanks, Sheila. So, to recap: Fat is good, sugar is essential, and quinoa may actually be a naturally occurring pesticide. But the surprises don't end there. Coming up tonight at 11, our Channel 7 Healthy Lifestyles Series continues with a startling look at the dangers of moderate exercise. You've been told for years that daily workouts and an active lifestyle are pathways to longevity. But new science says: not so fast – literally. Slow down. Better yet, lie down. Our exclusive investigation reveals why even moderate walking could take years off your life – especially if your walks take you through high traffic areas. That's right. Scientists now believe that jogging, jazzercise, and even mild chair yoga may be doing more far harm than good. We'll have expert analysis and take you inside the nation's newest fitness trend: Sitting Still and Judging Others. More at 11. Until then, this is Chip Pringles reminding you to toss out the tossed salad. Put your cottage cheese and bananas in the recycle bin. They are ticking time bombs on a mission to attack your vascular system. Make the smart choice. Have another slice of cheesecake. While you're at it, it's never too late to take up smoking again.

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TIDE TABLES / SARATOGA PASSAGE / MAY 1-14, 2026

Date	High /Low	Tide Time	Height Feet	Moon Visible
F 1	High	4:42 AM	10.9	
1	Low	11:36 AM	-0.9	
1	High	6:46 PM	11.0	
1	Low	11:55 PM	6.0	
Sa 2	High	5:10 AM	10.6	
2	Low	12:09 PM	-1.2	
2	High	7:26 PM	11.3	
Su 3	Low	12:37 AM	6.5	
3	High	5:39 AM	10.2	
3	Low	12:43 PM	-1.3	
3	High	8:06 PM	11.3	
M 4	Low	1:19 AM	6.9	
4	High	6:08 AM	9.9	
4	Low	1:18 PM	-1.2	
4	High	8:48 PM	11.2	
Tu 5	Low	2:03 AM	7.3	
5	High	6:37 AM	9.5	
5	Low	1:56 PM	-0.9	
5	High	9:35 PM	11.0	
W 6	Low	2:53 AM	7.5	
6	High	7:05 AM	9.0	
6	Low	2:37 PM	-0.4	
6	High	10:25 PM	10.8	
Th 7	Low	3:53 AM	7.6	
7	High	7:33 AM	8.5	
7	Low	3:22 PM	0.1	
7	High	11:15 PM	10.7	

Date	High /Low	Tide Time	Height Feet	Moon Visible
F 8	Low	5:01 AM	7.4	
8	High	8:12 AM	7.9	
8	Low	4:12 PM	0.6	
Sa 9	High	12:01 AM	10.7	
9	Low	6:06 AM	6.8	
9	High	9:40 AM	7.2	
9	Low	5:05 PM	1.3	
Su 10	High	12:41 AM	10.7	
10	Low	7:05 AM	5.8	
10	High	11:25 AM	6.9	
10	Low	6:00 PM	2.0	
M 11	High	1:17 AM	10.9	
11	Low	7:52 AM	4.5	
11	High	1:01 PM	7.1	
11	Low	6:58 PM	2.8	
Tu 12	High	1:50 AM	11.0	
12	Low	8:31 AM	2.9	
12	High	2:28 PM	8.0	
12	Low	7:59 PM	3.7	
W 13	High	2:23 AM	11.2	
13	Low	9:09 AM	1.3	
13	High	3:36 PM	9.2	
13	Low	8:58 PM	4.5	
Th 14	High	2:55 AM	11.3	
14	Low	9:48 AM	-0.4	
14	High	4:37 PM	10.4	
14	Low	9:54 PM	5.3	



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