

Fitness for kids

S/C Physical Therapy donates \$1,000 for healthy snacks at schools

By SARAH ARNEY
Staff Reporter

Joe Bolewicz wants kids to be healthy and strong. So he launched Coach Joe's Fitness Academy and is offering free classes for kids to strengthen their bodies, and he donated \$1,000 to the school district for a new healthy snacks program.

Coach Joe accepts donations of \$5 for the class and that is set aside for the snack program. His first donation was presented to the Stanwood Camano School Board of Directors last Tuesday.

Starting in the fall, fruits and vegetables will be served at schools for free,

for a mid-day snack.

"We are hoping to see this develop into a community thing," Bolewicz said, adding that the director of food service, Don Vinnett, wants to enhance the healthy snack program with education.

"He plans to offer information to the kids about where the food comes from," Bolewicz said.

Bolewicz wants to work with PE teachers and coaches to help them understand how strength training can prevent injuries.

"We have planned a series of activities that help develop kids' motor skills," Bolewicz said.

The activities are based on the things that kids naturally do, like crawling and climbing, running, jumping and skipping and throwing.

The hour-long physical training sessions are offered at Stanwood Camano Physical Therapy, 9612 270th St. NW, in Stanwood, Tuesdays and Thursdays. The first session, from 3 - 4 p.m., is for middle school and high school students and 4 - 5 p.m. is for elementary ages.

For information see the website at www.stancamp.com or call 629-8043.

Staff Reporter Sarah Arney: 629-8066 ext 115 or sarney@scnews.com.



PHOTO BY SARAH ARNEY | STANWOOD/CAMANO NEWS

Supporters of Joe Bolewicz gather in the Stanwood Camano School District boardroom to watch him present a \$1,000 donation to Don Vinnett, the district's food service manager, to start a healthy snack program.

Files

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Camano was on the Board of Adjustment. Valedictorian Dianne Whitney and Salutatorian Julie Johnson led the first class to graduate from the new high school. Larson's Carpets opened a second store at Terry's Corner on Camano.

30 YEARS AGO (1982)

Stanwood VFW was to observe its 50th anniversary June 4, and dedicate the new

VFW Park just off Marine Drive by the overpass. Leif Stangeland, representing Stanwood FFA, came home with three blues from the Enumclaw Dairy Show.

20 YEARS AGO (1992)

Laurie and Marvin Flickner were new owners of Elger Bay Grocery. SHS's Joelle Brayton repeated as NWL champ in both the 1,600 and 3,200 meter runs, taking the league title. Senior Jim Ramey won the NWL triple jump title. The old middle school cafeteria was demolished, making

way for a new gym. Mike Chandler was named Coach of the Year. Three new PTA units formed at the elementary schools. Residents at JSH went on hot air balloon rides during Older Americans Month.

10 YEARS AGO (2002)

The city contracted to have \$322,900 of sidewalk improvements from the Church Creek school down to 72nd Ave and south to SR 532. The new county road maintenance facility was under construction at Camano Annex. An expelled student

returned to Lakewood High School to threaten students in a classroom but the resource officer drew his gun and forced the former student to lay down his knives. Historical society members and Lincoln Hill High School students were at five area cemeteries on Memorial Day, to guide visitors and provide historical information about pioneers. Joe Wiederhold, youth director at the Methodist Church in Stanwood, observed "ride your bike to work day" with a three-hour, 45-mile trek from Bellingham.

Four

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the 28500 block of 74th Drive NW.

Two firearms were turned into the police department for destruction May 15.

On May 16, a victim of a burglary in the 7100

block of Church Creek Circle NW arrived home to find a door wide open and the home in complete disarray.

A domestic disturbance occurred in the 9800 block of 271st Street NW May 16. No crime occurred.

A 16-year-old Arlington boy in the 7600 block of 272nd Street NW was referred May 17 for third degree malicious mischief. He jumped into a school window, causing it to break.

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History Day

Stanwood High School History Day team Maggie Phillips, Sean Dolan, Marlee Raible, Emily Najar and Madalyn Schei display their history exhibits on the history of the F.B.I and the Federal Food & Drug Administration at the board meeting Tuesday. The students executed a Stanwood shutout in the exhibit category at the state history contest in Bellevue last weekend qualifying to head to national competition in Washington D.C. this June. Schei and Najar have won awards every year since sixth grade, and they are now graduating. Raible has attended nationals three out of her four years in high school. Their advisor is Sabrina Shaw.

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Joshua Griggs, MD

Joshua Griggs, MD is moving his practice to Skagit Regional Clinics' Camano Community Health Clinic. His specialty is in Family Medicine, providing full spectrum care for patients of all ages. Dr. Griggs will begin seeing patients on Camano Island in May.

Dr. Griggs provides care for the whole person, taking the time to listen and understand each patient's needs. Preventive medicine, women's health, pediatrics and dermatology are his areas of interest.

Skagit Regional Clinics is committed to providing our communities with compassionate, multispecialty health care. Please join us in welcoming Dr. Griggs to our Camano Island location!

FAMILY MEDICINE

Dr. Griggs' Education:

- MD - Loma Linda Medical School - Loma Linda, CA (2003)
- RESIDENCY - Family Medicine - Kaiser Permanente Santa Ana, CA (2006)

CAMANO ISLAND

Skagit Regional Clinics
A department of Skagit Valley Hospital

360-387-5398 | www.srclinics.org
127 N. East Camano Drive, Camano Island, WA 98282

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Dining Guide

A special monthly theme page for restaurants and fine dining opportunities on the last Tuesday of each month.

Stanwood/Camano NEWS
360-629-2155