

THE **RAB CRACKER**

ISSUE 423
Feb. 6-19,
2026

VALENTINES EDITION



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

The Losses We Carry *and* *the* Courage to Keep Growing

— A Conversation About Aging —

Monday, February 23

1:30 pm -2:30 pm

at the Camano Center

606 Arrowhead Rd., Camano Island

Aging brings change—and with it, losses that are often unspoken. In this compassionate presentation, Dr. Katie Eastman, licensed psychotherapist, Master Grief & Transition Coach, and author of *Uplifting: Inspiring Stories of Loss, Change, and Growth*, invites participants into a thoughtful conversation about the emotional and relational shifts that come with aging.



Dr. Katie Eastman

With more than 40 years of experience, Dr. Katie reframes loss as an opportunity for resilience, meaning, and continued growth. The session includes guided reflection and discussion, offering space for connection, shared wisdom, and the reminder that while we grow older, we can also grow wiser!

This presentation is offered at no charge. Optional food donations for the Stanwood Camano Food Bank are appreciated.

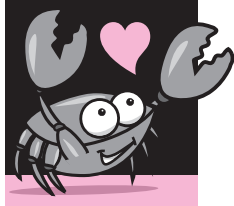


CamanoCenter
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RSVP to 360-387-0222

www.camanocenter.org

Table of Contents



Find us on:
facebook.

Artist of the Week.....	30
Band-Aid Bulletin.....	50
Business Spotlight.....	31
CALENDAR OF EVENTS	4-23
Classes and Workshops, Etc	54-55
Classifieds Listings	57
Clubs & Meetings.....	58-59
Community Information & Announcements / News.....	35-49
Cooking Mamas	53
Dining Guide.....	27
Fun and Crafts.....	28-29
Intuitive Tarot with Tiffany.....	51
Longevity Lens	27
Moonshine Wisdom & Wit.....	25
Pet Pages (animals available for adoption)	52
Photos & Art	56
Tide Tables	62
View from the Bleachers	60-61

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: GO HAWKS! The Seattle Seahawks play against the New England Patriots in Super Bowl 60 on February 8th.

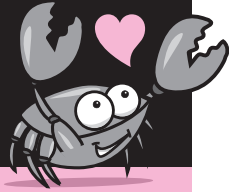


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Submission DEADLINE: FEBRUARY 12 for Next Edition (Feb. 20-Mar. 5)

Calendar of Events



FRIDAY, FEBRUARY 6

BEACH 1 GALLERY ARTIST RECEPTION FOR MAUREEN WILSON



5-7pm. Camano Island is not only my home but provides inspiration for my creative side. Alcohol inks are my primary medium and I use them to create floral art. The inks can be challenging because they tend to have a mind of their own. But I love the challenge! Her art will be displayed and for sale the entire month of February. The Gallery is open 7 days a week. We will be serving pop, wine, bottled water and individual bags of chips for the reception. Beach 1 Gallery in Camano Country Club. 1243 Beach Drive, Camano Island.



Malynda Shipley - Realtor / Broker

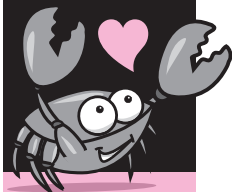
425-299-7893

www.AtTheBeachRealEstate.net

MShipley@AtTheBeachRealEstate.net



Calendar of Events



DID YOU KNOW?

A Michigan-based lawyer runs a Valentine's Day promotion offering free divorces. In 2013, 600 people applied, and two winners were chosen.

FRIDAY, FEBRUARY 6

FIRST FRIDAYS DROP-IN TECH HELP

12:00pm-1:00pm at the Camano Island Library. Learn how to access library resources such as ebooks, eaudiobooks, streaming media, and online learning databases. Bring your device for help getting started or assistance with basic troubleshooting. Library staff are available to assist you during this one hour monthly drop-in session - no reservation necessary!

FRIDAY, FEBRUARY 6

FRIDAY NIGHT KARAOKE

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

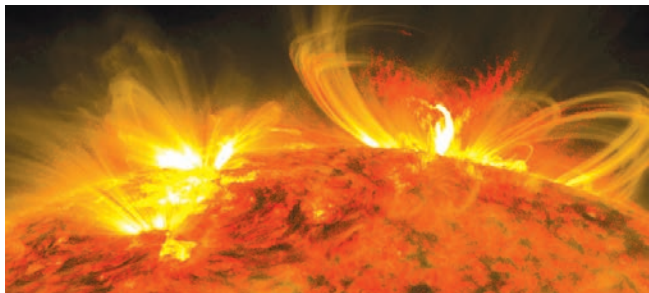
SATURDAY, FEBRUARY 7

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, FEBRUARY 7

SUNSPOTS AND CORONAL MASS EJECTIONS



11:00am-12:00pm at the Camano Island Library. Sunspots, solar flares and CME's. What are they? Why should we care? What is an EMP? We will learn what the differences between EMP from the sun and EMP from terrorism are and how they both affect the earth. Learn about these phenomena, how they fit into solar cycles, and what advantages/risks/danger they may pose for us.

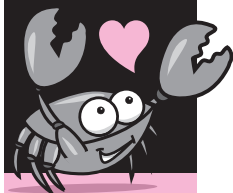
Pay a Compliment Day



February 6th



Calendar of Events



DID YOU KNOW?

Robert Indiana created the iconic LOVE image. It was put on a Valentine's Day stamp in 1973, making the U.S. Post Office \$25 million; Indiana never copyrighted the design.

SATURDAY, FEBRUARY 7

BILLY STAPLETON WITH ANNIE EASTWOOD

7:00 PM – 11:00 PM at Pub 282, 370 NE Camano Dr #6, Camano. Get ready for a night of soulful blues, sizzling guitar, and powerhouse vocals! Billy Stapleton and Annie Eastwood are bringing their signature sound to Pub 282, delivering smooth, heartfelt melodies and electrifying performances that

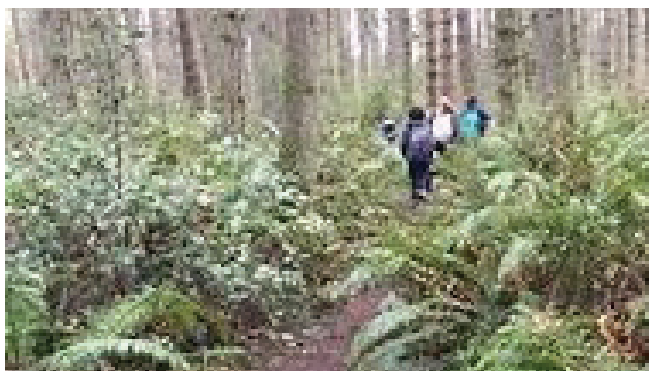
SATURDAY, FEBRUARY 7

FAMILY BINGO

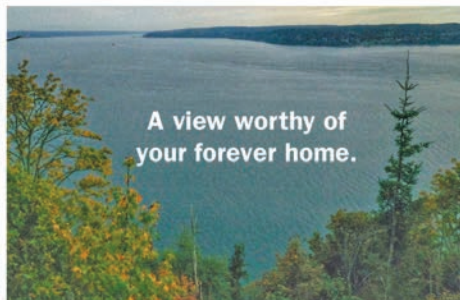
at the American Legion Hall ON CAMANO ISLAND, 609 W. Camano Drive. "Camano Island American Legion Bingo is pushing it up...Now with \$150 and \$250 blackout jackpots!" Doors open at 4:30 P.M. and Bingo starts at 6pm. Snacks and beverages available.

SATURDAY, FEBRUARY 7

FEBRUARY WINTER WALK



CAMANO RIDGE FOREST PRESERVE. Meet at 9:45 at the Camano Ridge West entrance parking lot located on Camano Ridge Road. Look for the FOCIP Walk signs. A small sign marks the driveway to the parking lot. The nearly 3.3-mile walk will include the Ridgeline, Salmon, Forest Loop, and Wetland Trail. The trails are generally level with a few short ups and downs. The walks take place rain or shine. Walks are cancelled if there is snow, extremely high winds, or lightning. Participants are asked to wear appropriate clothes for the weather and sturdy shoes or boots. No dogs please for the safety of the walkers.



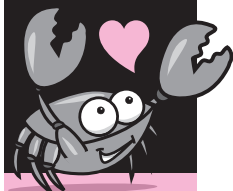
Imagine waking up to the most expansive views on the Puget Sound from the tranquil southern tip of Camano. This 2.6-acre high bluff lot at Camano Head offers a level of privacy that's becoming impossible to find. We've prepped the land for a three bedroom home, carefully retaining mature timber to ensure your sanctuary stays hidden from the world. With all utilities and approved septic permit ready, the only thing missing is your architect. Your retreat from the north end hustle is waiting. MLS# 2446817

Listing presented by:

Beth Miller / Exp Realty

206-409-7207 / Beth.Miller.Wa@exprealty.com

Calendar of Events



DID YOU KNOW?

On Valentine's Day 2013, a Thai couple set the world record for the longest continuous kiss, which lasted for 58 hours, 35 minutes, and 58 seconds.

SATURDAY, FEBRUARY 7

SOUTH END STRING BAND BENEFIT CONCERT



South End String Band - Back Despite Popular Demand. Mandolin/Bass/Fiddle/Banjo Music at the Floyd Norgaard Cultural Center. Bring Your Dancing Shoes! 7 pm. Meet and Greet at 6 pm. 27130 102nd Ave NW, Stanwood. Benefit for the Stanwood Area Historical Society. More info: 360-629-6110.

SATURDAY, FEBRUARY 7

GROUP STUDY: SOCIAL CHANGE ORGANIZING

9am-10:45am at the Stanwood Library meeting room. Join the Mutual Aid Assembly of Stanwood-Camano for their group study series on social change organizing! All are welcome, no experience necessary, and no strings attached. We will be watching "Zapatismo and Pluriversal Ontologies", which explains four key ideas of the Zapatistas. The Zapatistas are an important living example of local grassroots governance. Stay updated and find more info at our website: mutualaidassembly.wordpress.com.

SATURDAY, FEBRUARY 7

JOHN SADZEWICZ

performing live at 6:30pm at Conway's Pub and Eatery, 18611 Main St., Conway.

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possibility

at your
library



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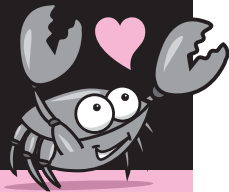
Nate Greenland
Financial Advisor

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Stanwood, WA, 98292
360-629-5487

*Annual Percentage Yield (APY) effective 01/27/26. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

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Calendar of Events



look for us
online at

**www.TheCrab
Cracker.com**

or on
Facebook.

Download
current or past
editions.

SATURDAY, FEBRUARY 7

SPRING FARM TOURS

On the first Saturday of the spring months, we will be offering 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. You may request accommodation if walking is not accessible (we can offer a ride on a golf cart), and do not bring pets. 732 Haven Pl. Camano Island.

SATURDAY, FEBRUARY 7

COMMUNITY NATURE WALK



with Imagine That Community School. 10am at Church Creek Park, Stanwood. Story time, muffins, and warm tea provided. All ages welcome. Free community event.

SATURDAY, FEBRUARY 7

GAME NIGHT

With KEVIN. 5pm-9pm at Camano Island Library. 848 N Sunrise Blv., Suite D. Beginners welcome. Bring Favorite games. May bring food.



**Ice
Cream for
Breakfast
Day**

**First Saturday
In February**

Yoga and Pilates
movementarts.com

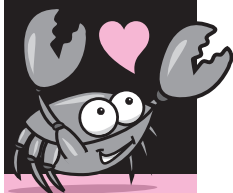


MOVEMENT ARTS

360-629-9100

Camano Commons

Calendar of Events

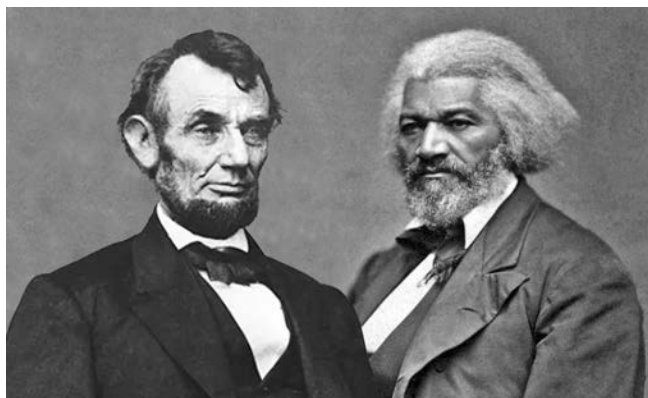


DID YOU KNOW?

Many people know that Valentine's Day is named after St. Valentine. But did you know there are actually two St. Valentines? Nobody knows for sure if the holiday originally celebrated St. Valentine of Rome or St. Valentine of Terni, both of whom were martyred.

SATURDAY, FEBRUARY 7

LINCOLN AND THE POLITICS OF RACE



The Camano Schoolhouse will offer its tenth annual Lincoln Talk presented by Richard Hanks, PhD at 1pm. Lincoln's approach to the issue of race during his lifetime was complex; both circumstantial and personal. Hanks will discuss Lincoln's evolution on the issue through the accounts of those Blacks with whom the President had a relationship. The event is FREE, but donations are greatly appreciated to preserve & restore our historical 1906 one-room schoolhouse and 1948 Fire Station #1. 993 Orchid Rd, Camano Island. www.camano-schoolhouse.org

SUNDAY, FEBRUARY 8

SUPER BOWL 60



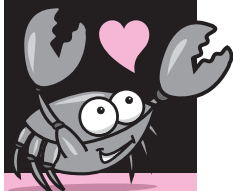
Watch it at home with family and friends, or go to any of the many local restaurants, bars, clubs, or meeting places that may be hosting watch parties. GO HAWKS!

SUNDAY, FEBRUARY 8

BINGO AT THE VIKING HALL - SILVANA

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

Calendar of Events



DID YOU KNOW?

Valentine's Day has pagan roots alongside its connection to St. Valentine. It may have originated in Lupercalia, a festival of fertility celebrated on February 15 in ancient Rome.

SUNDAY, FEBRUARY 8

BOARD GAME DAY

Noon-6pm at Scattered Deck Games, 8919 271st St NW, Stanwood. All Board Games! All Day! Stop on in and play. Use some of our 300+ store copies or bring your own. Free event Every Sunday. Outside food welcome. Come play with us.

MONDAY, FEBRUARY 9

ALL AGES MONDAY NIGHT TRIVIA

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

MONDAY, FEBRUARY 9

NAUGHTY BINGO

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

MONDAY, FEBRUARY 9

TRIVIA NIGHT

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

MONDAY, FEBRUARY 9

GAME NIGHT AT THE CLUBHOUSE

At Camano County Club. 6-8pm. Card games, dice games, board games. Country Club residents and members are free. Everyone else is \$5 per person. Bring games if you want to share. More info: sharkeyjanelle@live.com or text 425-478-8611.

TUESDAY, FEBRUARY 10

HOMAGE DEPRESSION ISOLATION TALK AND VALENTINE CRAFT

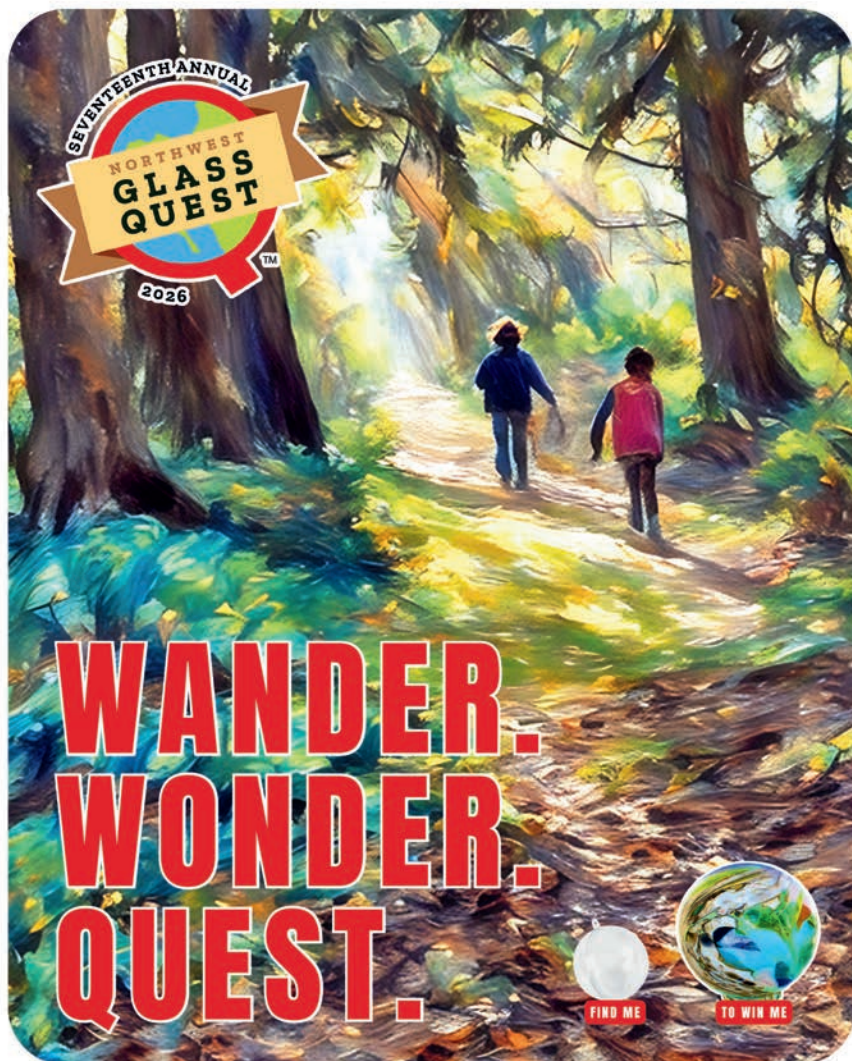
12:30pm Lincoln Hill Retirement Community Center

TUESDAY, FEBRUARY 10

TEEN ART DROP-IN

3-4:30pm at the Stanwood Library. Free Teen Art Classes.





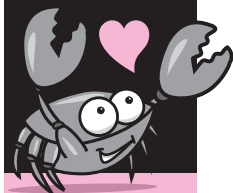
Start Your Quest February 13th-22nd

NorthwestGlassQuest.com



Made possible in part by assistance from
the Island County and Snohomish County hotel-motel tax fund.

Calendar of Events



DID YOU KNOW?

In the 1300s, it officially became a holiday associated with love. It is thought to have been made a holiday in the fifth century when Pope Gelasius outlawed the celebration of Lupercalia (a festival of fertility). It wasn't until much later that it became associated with romance.

TUESDAY, FEBRUARY 10 MATH NIGHT



Math Night will be held from 2:30 to 3:30 pm in the SHS Commons. Maintain the momentum from the 2nd Quarter! Join us for math help on assignments from peer tutors and teachers!

WEDNESDAY, FEBRUARY 11

WEDNESDAY NIGHT TRIVIA!

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

WEDNESDAY, FEBRUARY 11

EXPLORE YOUR CREATIVITY WITH STANWOOD CAMANO ARTS ADVOCACY COMMISSION

4:00pm–5:30pm at the Stanwood Library. Join us for an art class with Stanwood Camano Arts Advocacy Commission (SCAAC)! We will provide everything you need. For kids ages 6-11.

WEDNESDAY, FEBRUARY 11

TRIVIA

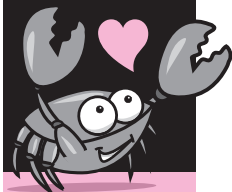
Hosted by Rishelle. 6:30pm at Conway's Pub and Eatery, 18611 Main St., Conway.

THURSDAY, FEBRUARY 12

CREATE, CRAFT, & CONQUER: A TEEN/TWEEN WRITING WORKSHOP

3:00pm–5:00pm at the Stanwood Library. Unleash your creativity at this exciting writing workshop for teens and tweens! This inspiring session features two amazing authors: the fabulous B.E. Padgett, known for her captivating children's novels, and Brittany Tucker, a brilliant voice in YA fiction. This hands-on workshop is designed for teens and tweens eager to jump into the world of writing. We'll explore brainstorming fresh ideas, building unforgettable characters, developing story structure, and networking with other young writers. Whether you dream of fantasy worlds or real-life dramas, you'll leave with the tools to begin your writing journey.

Calendar of Events



DID YOU KNOW?

the oldest Valentine we have record of is from 1415. Charles, Duke of Orleans, wrote it to his wife while he was a political prisoner in the Tower of London.

THURSDAY, FEBRUARY 12
"STOP THE BLEED"



The Camano Preparedness Group will feature "Stop The Bleed" with CIFR Paramedics. Come learn the basics of stopping bleeding from minor to very serious bleeding. You could save a life in the few minutes it takes the EMT's to arrive! This meeting will be held at the Vista Fire Station, 273 N. West Camano Dr., Camano Island, 7:00pm. For more information, contact Sue at kk6sue@gmail.com.

THURSDAY, FEBRUARY 12

BINGO AT PUB 282

7-11pm at 370 NE Camano Dr #6, Camano. Our bingo nights are loud, fun, and full of energy! Grab a drink, grab a card, and get ready to shout BINGO! for prizes, laughs, and a guaranteed good time.

FRIDAY, FEBRUARY 13

FRIDAY NIGHT KARAOKE

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

FRIDAY, FEBRUARY 13

HENNA FOR BODY & SOUL WITH SARAHENNA

1:00pm-2:30pm at the Camano Island Library. Discover the beauty and tradition of henna in this hands-on workshop! Learn about the cultural history of henna, explore basic design techniques, and create your own temporary body art using safe, natural henna. All materials provided. No experience necessary. For participants 12 and over. Space is limited. Registration required.



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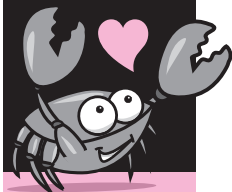
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HAPPY
VALENTINES
DAY!

FEBRUARY 13

Calendar of Events

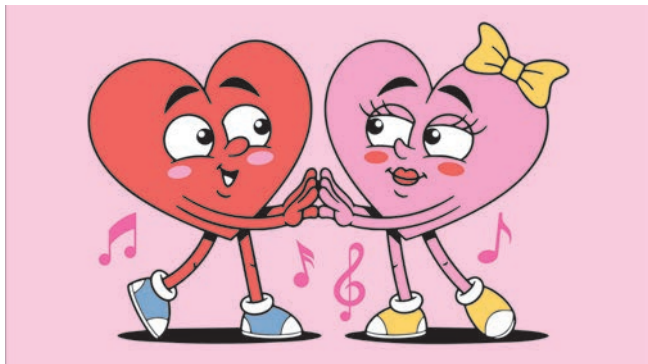


DID YOU KNOW?

Nearly 250 million roses are grown in preparation for Valentine's Day each year.

SATURDAY, FEBRUARY 14

VALENTINES DAY BIG BAND COMMUNITY SWING DANCE WITH LESSONS



at Stanwood's Floyd-Norgaard Cultural Center. Dance to the music of a 16 piece big band with some of the best musicians in the Northwest. Free dance lesson at 6:30pm. Dance starts at 7PM with dance lessons continuing during intermissions. \$12 for adults. \$10 for students, cash, check or Venmo (No credit card)

SATURDAY, FEBRUARY 14

VALENTINES' DAY PHOTO SHOOT - FUNDRAISER



10:00am-2:00pm at Lincoln Hill Retirement Community Center. Book now! 360-629-7403. 1 Pose \$30. 2 Poses \$50. 3 Poses \$75. Proceeds Benefit Lincoln Hill Retirement Community Services and Programs.

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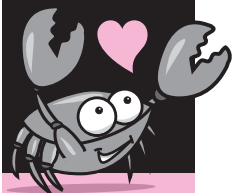
Financing Available OAC

EMAIL:

darrowscarpets@frontier.com

27028 - 99th Ave. NW • Stanwood • Next to Ledum's Floral

Calendar of Events



DID YOU KNOW?

Roses actually don't grow in February weather in the U.S. because it's too cold. Instead, millions of flowers are grown around the world and shipped to the U.S. specifically for February 14th. Most of the roses we gift for Valentine's Day come from Ecuador, Kenya and Columbia.

SATURDAY, FEBRUARY 14

CLOTHING REPAIR WORKSHOP

11am-12:30pm at Event by Community Resource Center. 9612 271st St NW, Stanwood. Join volunteers from the WSU Snohomish County Extension Sustainable Community Stewards to learn some simple mending techniques for your clothes. No need to donate or trash your favorite pants or socks when you know how to fix them back up! This workshop will include several different stations that each teach a new skill: stitches, darning, sewing a button, and more. Our clothing repair specialists will guide you through each technique, and participants will be given a simple sewing kit to use during the workshop and take home with them. Sample fabric scraps or clothes are provided to practice on. This workshop is best suited for ages 13 and older.

SATURDAY, FEBRUARY 14

GRAND OPENING OF LUCIANNA'S GARDEN



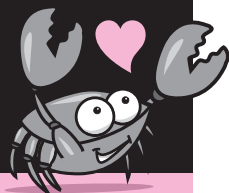
10am-6pm at 8700 271st. NW, Stanwood. We decided that love day is a perfect day to show off everything we love. Check out the store, take home a favorite plant or piece, or sign up for a class to learn more about it all, or simply come to breathe the ambiance and fresh air. We are also offering classes no one else does, anywhere around here! Please come to just breathe in the magic! Stanwood is in for a rare treat! It's a beautiful city and we're so thankful to be a part of it. Join us in celebrating our opening, just being and breathing with us.

SATURDAY, FEBRUARY 14

KIDS BINGO FOR BOOKS

12pm-1:30pm At the Camano Island Library. Learn to play Bingo (or improve current Bingo skills) and select a gently used book as a prize. Come with your whole family and bring a friend! For children ages 5 and up and their caregivers. Event is free; no registration required. Supported by Camano Island Library Friends.

Calendar of Events



SATURDAY, FEBRUARY 14

OPEN HOUSE

Camano Lutheran Childcare is hosting an open house 10:00am-12:00am. Check out our facility, meet staff, have fun! Games, crafts, snacks, music, bubbles. 850 Heichel Road, Camano Island.

SATURDAY, FEBRUARY 14

3RD ANNUAL STANWOOD CAMANO VOLUNTEER FAIR



10am-1pm at Stanwood Cinemas Pavilion, 6996 265th St NW, Stanwood. Interact with local nonprofits and service organizations. Find out what they do, and how you can be part of it! This year, there will be a FREE movie "Up" shown at 10:30am. The concession stand will also be open for purchase. The Stanwood-Camano Volunteer Fair is provided by the Stanwood-Camano Area Foundation



UPCOMING EVENTS



Lincoln Hill Retirement Community

Your Local Senior Center

7430 276th St NW

Stanwood, WA 98292

- Valentine's Photo Fundraiser - Saturday - February 14, 2026, 10:00-2:00pm
- Homage Depression Isolation Presentation February 10, 2026, 12:30pm
- Caregivers Support Group February 3, 2026, meets on the 1st Tuesday each month
- Low Vision/Blind Support Group- Tuesday, February 17, 2026, 10:00am
- AARP Foundation Tax Aide Appointment is available starting February 3rd, 2026
Come to Front Desk to sign up for an appointment and receive your tax packet.

WHERE
WE LIVE

WHERE
WE WIN



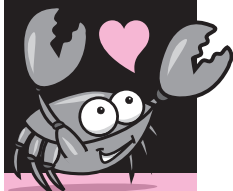
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Calendar of Events



DID YOU KNOW?

In the Middle Ages, it was believed that February 14 was the start of birds' mating season.

SATURDAY, FEBRUARY 14

MINIATURE WARGAMING MEET-UP HOSTED BY CIMW

2:00pm–6:00pm at the Camano Island Library. Bring your curiosity—and maybe a friend—and discover the strategic camaraderie of miniature wargaming with Camano Island Miniature Wargamers. Whether you're a seasoned veteran or brand-new to the hobby, all are welcome to explore historical, fantasy, and sci-fi battles around the tabletops—no experience needed. This hobby brings together a wide range of ages from interested young people to the avid retired enthusiast. Minimum age: 8+, under 12 requires parent/guardian.

SATURDAY, FEBRUARY 14

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, FEBRUARY 14

PRIME RIB DINNER

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

SUNDAY, FEBRUARY 15

BOARD GAME DAY

Noon–6pm at Scattered Deck Games, 8919 271st St NW, Stanwood. All Board Games! All Day! Stop on in and play. Use some of our 300+ store copies or bring your own. Free event Every Sunday. Outside food welcome. Come play with us.

SUNDAY, FEBRUARY 15

PUZZLE EXCHANGE

2–2:30pm at Stanwood Library. Join us for our monthly jigsaw puzzle exchange at the Stanwood Library. Please bring some puzzles to share, if your puzzles are not selected we ask that you please take them home with you and bring them to the next exchange. We start swapping at 2:00 so please show up a little early.



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VOTE YES

With funds from the expired capital levy now running out, the district will soon dip further into the General Fund to cover essential repairs and improvements. That means fewer dollars available for classrooms, students, and other educational needs. This levy would fund crucial repairs and safety improvements.

- ▶ Updating network firewalls and safety cameras
- ▶ Replacing several aging roofs
- ▶ Upgrading outdated fire alarm and intercom systems
- ▶ Improving HVAC controls for energy efficiency
- ▶ Repairing playgrounds, sidewalks, and parking lots
- ▶ Repainting and replacing flooring and windows



YES FOR STANWOOD-CAMANO SCHOOLS

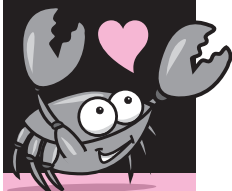
[Facebook.com/YESforStanwoodCamanoSchools](https://www.facebook.com/YESforStanwoodCamanoSchools)

YES for Stanwood-Camano Schools PO Box 2698, Stanwood, WA

Top 5 Contributors: Ken Christoferson; Public School Employees of Stanwood-Camano/Washington; Stanwood Camano Education Association; Ryan Ovenell; Richard Short

**Ballots due
Feb. 10!**

Calendar of Events



DID YOU KNOW?

Americans spent nearly \$26 billion on Valentine's Day gifts in 2023. People are also expected to spend an average of approximately \$193 for Valentine's Day.

MONDAY, FEBRUARY 16

ALL AGES MONDAY NIGHT TRIVIA

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

MONDAY, FEBRUARY 16

NAUGHTY BINGO

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

MONDAY, FEBRUARY 16

TRIVIA NIGHT

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

TUESDAY, FEBRUARY 17

TEEN MOVIE AND PIZZA PARTY




3:00pm-5:00pm at the Stanwood Library. Chill out with a movie and pizza party! Come solo or bring some friends to relax, unwind, and watch a movie. Movie title will be announced closer to the date of this program.

HAPPY PRESIDENTS DAY!



THIRD MONDAY of FEBRUARY



Guitar by Ford

Ford Giesbrecht

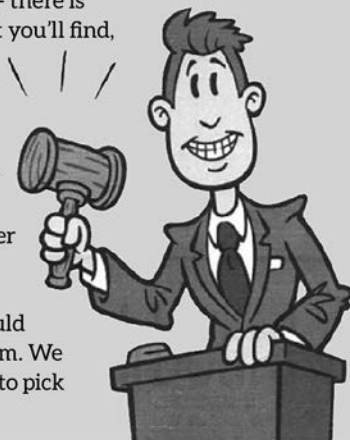
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SILVANA FAIR AUCTION

returns to Viking Hall in Silvana on March 14th!

Free admission, and all ages are welcome. Doors open at 4 PM, and the kitchen begins serving food for purchase at 4:30 PM. The Silent Auction opens at 4 PM, the Live Auction begins at 6 PM, and both continue throughout the evening. We will have over 100 items from local businesses - there is something for everyone. You never know what you'll find, and we know you'll have a good time! Come and support our community's youth. The Auction is the only fund-raiser for the Silvana Fair, and the money raised is used for exhibitor premiums, scholarships, ribbons, fair facilities and supplies. The fair is run by all volunteers so we can keep the fair FREE to enter and FREE to attend. Learn how you can participate at silvanafair.com. If you have a product, service, or gift certificate that you would like to donate, contact us at info@silvanafair.com. We will be happy to send a fair board member out to pick up your generous gift.



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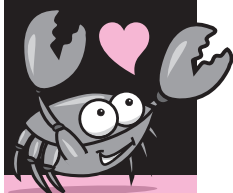
425.275.3234

EMAIL

issac28@live.com



Calendar of Events



FEBRUARY 17 MARDI GRAS

also known as Shrove Tuesday) is the final day of Carnival (also known as Shrovetide or Fastelavn); it thus falls on the day before the beginning of Lent on Ash Wednesday. Mardi Gras is French for "Fat Tuesday", referring to it being the last day of consuming rich, fatty foods, most notably red meat, in preparation for the Christian fasting season of Lent, during which such foods are avoided.

TUESDAY, FEBRUARY 17

BINGO NIGHT AT THE CLUBHOUSE



It's a fantastic evening full of fun, prizes, and great company. 4:30-6:30pm at Camano County Club Clubhouse. Cost: \$5. BYOB and snacks. RSVP if interested in playing and let us know how many are coming by emailing camanocountryclub@frontier.com

WEDNESDAY, FEBRUARY 18

CHILDREN'S ART WITH STANWOOD CAMANO ARTS ADVOCACY

4:00pm-5:30pm at the Camano Island Library. What will we make today? Join us for a children's art class with Stanwood Camano Arts Advocacy Commission (SCAAC). Event is free and all materials provided. No registration required.

WEDNESDAY, FEBRUARY 18

WEDNESDAY NIGHT TRIVIA!

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

WEDNESDAY, FEBRUARY 18

PLANTS FOR POLLINATORS

via Zoom. Brenda Cunningham, Salal Display Garden Manager for the Washington Native Plant Society, will introduce you to the most popular native plants for attracting and supporting pollinators in your home landscape. This online event is 7 pm. A Zoom link will be emailed to you with registration via www.camanowildlifehabitat.org

THURSDAY, FEBRUARY 19

BINGO AT PUB 282

7-11pm at 370 NE Camano Dr #6, Camano. Our bingo nights are loud, fun, and full of energy! Grab a drink, grab a card, and get ready to shout BINGO! for prizes, laughs, and a guaranteed good time.

THURSDAY, FEBRUARY 19

CHRIS EGER

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

THURSDAY, FEBRUARY 19

BUNCO GAME NIGHT

Just plain fun, here at the Sons of Norway Hall, 9910 270th St NW, Stanwood.

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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

January:

- 1/07/2026 – Wednesday at 10:00am.
- 1/28/2026 – Wednesday at 2:00pm.

February:

- 02/05/2026 – Thursday at 3:15pm.
- 02/26/2026 – Thursday at 3:15pm.

March:

- 03/05/2026 – Thursday at 3:15pm.
- 03/26/2026 – Thursday at 3:15pm.

RSVP's NOT REQUIRED, BUT ENCOURAGED

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



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info@vidorassociates.com

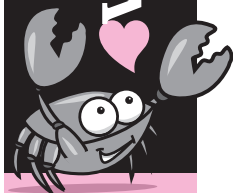


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Moonshine Wisdom & Wit



Story by Jack
Archibald.

For further
moonshine
wisdom and wet
powder wit,
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skeeterdaddle.net](http://www.skeeterdaddle.net)

LIFE WITHOUT INTERNET

Two days ago we emerged from an accidental banishment from civilization as you know it. Two weeks with no internet, no streaming services from Prime or Netflix, no emails, virtually cut off from the Outside World, an electronic Black Hole where no messages came in and none went out, truly a dystopian glimpse into a dark future, post-apocalyptic. Sure, it was a nightmare, a stark reminder of life without constant bombardment of newsfeeds, sports scores, crummy movies, Epstein files, kitty videos, advertisements for new pharmaceuticals and unwanted spam. Okay, a nightmare the first day or so, but ... once the withdrawal symptoms settled down and the methadone of walks on the beach or time spent with a banjo in my hands supplanted the previous addiction, ya know, time slowed down, books got read, the doomscrolling stopped and life seemed a tad more, for want of a better, if cliched, word, Real.

Try to imagine life before TV. Life before radio. Life before electricity even, which we also lost for four days after the windstorm blew out phones and internet and power. No podcasts, no Instagram, no Facebook, no Netflix bingeing, none of the usual stimuli that we amuse ourselves to avoid boredom. Just the bare minimum of entertainments. Hobbies, dinners with friends, walks in the woods, playing music. I know, why go on living?

If you want to fall into dangerous nostalgia, lose the internet for a few days. It wasn't so long ago, really, before home computers, cell-phones, I-pads and a plethora of electronic digital devices crowded out our old routines and replaced them with constant clickbait. Time-saving, we all thought when these toys arrived, little imagining they would gobble our hours and days. Who has time anymore to read a book? Our concentration wouldn't allow for much more than a paragraph or two now. The thought for most of us of having a long conversation with our spouse, well, isn't that why they invented TV?

Most of us wouldn't want to return to those idyllic days when we had to fill the boredom in our lives with something of our own making. Too damn hard and getting harder by the nano-second. But if the time ever arrives when you too lose your umbilical to the digital world, you might just find that it isn't the hell you imagine. Look back at your life pre-computer. It wasn't that hell either....

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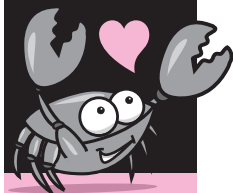
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Longevity Lens



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*

WHY THE SCALE MISSES THE MOST IMPORTANT HEALTH SIGNALS



Two people can weigh the same and have very different health profiles. One may be strong, metabolically healthy, and resilient, while the other struggles with fatigue, insulin resistance, inflammation, or declining strength. The scale can't tell the difference. It doesn't distinguish between fat and muscle, reflect hormonal shifts, or show how well the body's systems are functioning together.

This matters because in midlife, what's happening beneath the surface becomes more important than the number itself.

One of the most overlooked drivers of long-term health is muscle mass. Muscle supports strength, balance, bone density, metabolic health, and independence. Beginning as early as our 30s, we lose muscle unless we actively work to maintain it. This loss often accelerates during menopause and with age-related declines in testosterone in some men, even when weight appears stable.

That's where the scale can mislead. It's possible to lose muscle and gain fat while the number barely changes. Internally, these shifts can affect energy, mobility, blood sugar regulation, and resilience.

Hormones further complicate the picture. Changes in estrogen, testosterone, insulin, cortisol, and thyroid hormones during midlife can alter body composition without showing up on the scale.

Weight still has value, but it's incomplete. A fuller picture considers strength, body composition, and metabolic health over time.

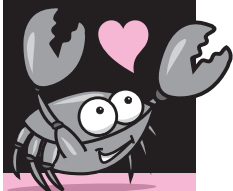
Questions to ask your doctor:

How can we assess muscle and fat changes beyond weight?
What markers best reflect my metabolic and hormonal health as I age?

Aging well isn't about chasing a number—it's about understanding your body and supporting it as it changes.

For more discussion on this topic, visit kirrahealth.com/blog

Fun and Crafts



DID YOU KNOW?

Teachers receive the most Valentine's Day cards annually, followed by children, mothers and wives.

CHINESE NEW YEAR DIY PAPER LANTERN CRAFT

Bring a little sparkle and creativity to your home with this simple paper lantern project — perfect for little hands!



You'll Need:

- 1 sheet of cardstock or construction paper
- Glue stick or stapler
- Washi tape or colored masking tape (optional)
- Streamers (optional)
- Paper lantern template

How to Make It:

Print the lantern template on your paper. Fold, cut, and overlap the ends to create a circle — staple or glue top and bottom. Add a 1" strip on top for the handle, plus optional strips on the top and bottom to make it fancy. Optional: Add streamers to the bottom for extra flair! Hang them up, use them for festive decoration, or just enjoy the creative fun of making something together! Source: Posted on Facebook: Early Bloomer's Child Care - Stanwood.

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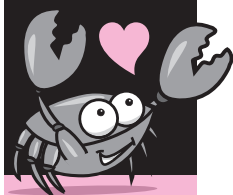
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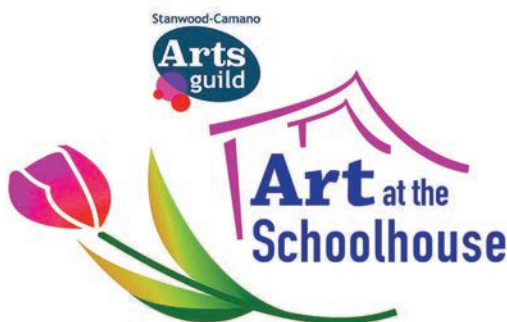
Fun and Crafts



PLAYING CARDS VALENTINE GARLAND



I started by collecting all of the heart cards in my deck and giving them a light wash of Antique Mod Podge to take away a bit of the shockingly bright whiteness. After the cards were dry, I hole punched them and strung them on a 7' length of red and white baker's twine. I cut around fifty 3/4"x12" strips of fabric and tied them to the baker's twine between each card. I had originally intended to tie three pieces of fabric between each card, but it made my garland too long, so I used three at each end and two between each card. This knot is the trick to getting both of the fabric tails to lay flat and in a downward position. Source: <https://www.happinessishomemade.net>



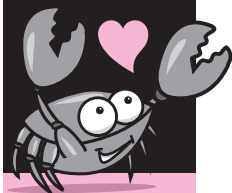
You are invited
Art at the Schoolhouse Show

March 28 - April 26, 2026 * 10am -5pm daily

Plan on visiting the Art at the Schoolhouse Show. This fun art show is held in the 1888 one-room schoolhouse at Christenson's Nursery in Mount Vernon during the Tulip Festival.

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christensonsnursery.com

Artist of the Week



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ART BY KALISHA



Hi! I'm a local (Camano Island) watercolor artist and wanted to share my Etsy shop, Art by Kalisha. I sell prints of my original watercolor paintings, and I also take custom watercolor commissions. I'll be adding more artwork and a variety of new products over time. If you'd like to take a look or keep an eye out for what's coming next, here's my Etsy shop: <https://www.etsy.com/shop/ArtbyKalishaStore>.

Feel free to message me if you have any questions. Thanks so much for supporting my small business! Painting has always been a passion of mine. It's a way to slow down, escape the noise, and get completely lost in the magic of making something by hand. It's my quiet moment in the day, something I pour my heart into and love sharing. Every piece I create is inspired by the little moments that bring calm, color, and joy into life. I hope that when my art finds a home with you, it carries a bit of that same warmth and wonder.

Thank you from the bottom of my heart for supporting my small shop and allowing me to share my creations with you.



w/artist
Quynh
Nguyen

PAPER TULIP WORKSHOP 3/14

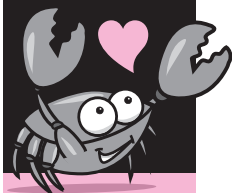


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SHERRY CARROLL PET CARE



For more than 20 years, Sherry Carroll has been a familiar face in our community as a local business owner and devoted resident. When she believed retirement was finally on the horizon, life had a different plan. What began as a chance involvement with a dog rescue in Puerta Vallarta, Mexico, became a life-changing calling. Through this work, Sherry has helped save countless dogs and guide them to loving new homes in Canada and Seattle. Each rescue deepened her lifelong passion for animals and reaffirmed her purpose of caring for those who cannot speak for themselves. Through hands-on rescue work, Sherry learned to care for animals who had been neglected, injured, abused, or simply forgotten. She developed the skills - and the heart - needed to work with behavioral challenges, administer medications, provide wound care, and even offer gentle hospice support during an animal's final days. These experiences led to the creation of Sherry Carroll Professional Pet Care, where she now provides dog walking, feeding, drop-in visits, and overnight care with compassion and trust at the center of every service. Sherry looks forward to continuing her rescue efforts, growing her knowledge, and serving the pets and people of her community with empathy, dedication, and love - one animal at a time. For more information or to inquire about services, Sherry can be reached at 425-359-9226 or by email at scherry2@gmail.com. www.sherrycarrollpetcare.com.



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Applications due by March 1st!

Become an active member of your local island community as a trained Steward! Support critical research in partnership with university, government, and tribal scientists, provide environmental education for all ages, and embody marine stewardship across the Salish Sea.

QUESTIONS?

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Training@soundwaterstewards.org

www.soundwaterstewards.org

Sound Water Stewards is a 501(c)(3) nonprofit organization



Windermere

REAL ESTATE



WATERFRONT **\$1,349,000**
Sweeping views and glowing sunrises from this "like-new" home in the Camano Country Club community and includes beach rights. #2449177



WATERFRONT **\$949,000**
Classic Camano home with west views and stairs to the beach is a perfect place to enjoy island life, plus no restrictions for possible vacation rental. #2451375



CAMANO ISLAND **\$1,070,000**
Beautiful and inviting home on a generous, tranquil acre offers an ample workshop, an outdoor fireplace under a covered patio, move-in ready! #2437700



BRYANT **\$1,075,000**
Pristine ramblar on 1.13 private and magnificently groomed acres, gorgeous interior, gated community and easy I-5 access for commuters. #2386726



LAKEFRONT **\$1,050,000**
New home on Lake Ketchum is beautifully finished, covered deck to enjoy the lake views, complete with a private dock and huge yard. #2434068



EVERGREEN ACRES **\$1,075,000**
Camano Island, north end, barndominium on ¾ acre has cozy radiant flooring, custom finishes, a large, fenced backyard, plus bay views. #2447660

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360.629.8233



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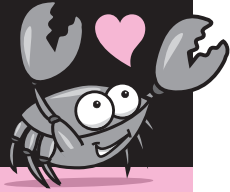
Questions?

Email savvy.septic@snoco.org or call 425-388-3636

Funding: This project has been funded wholly or in part by the United States Environmental Protection Agency under assistance agreement PC-01J89801 to the Washington State Department of Health. 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.



Community Information



DID YOU KNOW?

Lovebirds is the common name for Agapornis birds. This bird is a type of parrot that is native to the continent of Africa.

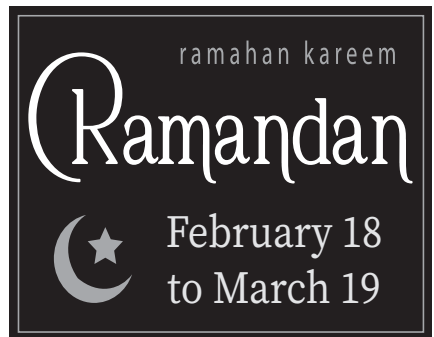
STANWOOD-CAMANO KIWANIS HONORS KELLY LE



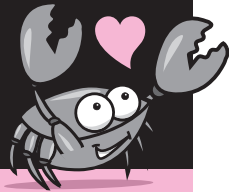
as Student of the Month. The Stanwood-Camano Kiwanis Club has selected Kelly Le, a freshman at Stanwood High School, as its Student of the Month for January, 2026. The Student of the Month award recognizes local high school students who exemplify academic achievement, leadership, service, and character. Kelly is recognized for being a leader in his community. Teachers and staff commend her for this positive attitude and willingness to assist in multiple venues. "The Stanwood-Camano Kiwanis Club is proud to recognize outstanding students who are making a difference in our community and in their schools," said Kiwanis Member Clarene Ricarte, President. "We look forward to seeing what the future holds for him". The Stanwood-Camano Kiwanis Club has been serving the community since 1967. The group is dedicated to improving the lives of children and families through service projects, scholarships, and recognition programs like the Student of the Month. For more information about the Stanwood-Camano Kiwanis Club, visit facebook.com/Stamwood-CamanoKiwaniis.

YOUTH SPORTS EQUIPMENT DRIVE

The YMCA invites you to donate new or gently used equipment. We are collecting now through February 18. On February 21, you're invited to return and shop. More info: grochon@ymca-snoco.org.



Community Information



DID YOU KNOW?

Known as the "Mother of the American Valentine," Esther A. Howland sold cards with lace and ribbons that commercialized Valentines in America in the 1840s.

LINCOLN HILL RETIREMENT COMMUNITY SENIOR CENTER NEEDS VOLUNTEERS

Reception Desk Volunteers: Lincoln Hill Retirement Community is seeking volunteers to greet visitors, answer phones, and schedule appointments. Training provided. Lunchroom Help Needed: We need volunteers to check people in for lunch and accept payments for meals purchased. Servers are also needed to serve meals to customers. Food Handler's permit is required for servers. Training will be provided. Thrift Store Volunteers: (Hours TBD by Volunteer and Thrift Store Manager. Volunteers with retail experience including cashiering, cleaning, stocking merchandise organizing departments and other duties as assigned are encouraged to apply. Training will be provided to all volunteers with/without experience. Coffee Baristas: Volunteer coffee bar Barista needed for our in-house coffee bar. (No experience necessary – will train). Volunteer drivers – Fridays afternoons - With clean driving record to take patients to and from the food bank. For information on any of our volunteer positions please contact our Volunteer Coordinator, Darlene Campbell at 360-629-7403, ext. 104 or via email at dcampbell@lincolnhill-rc.org.

SNOHOMISH COUNTY ROAD MAINTENANCE

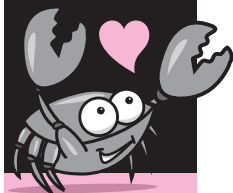


crews are responsible for clearing catch basins and culverts across our road network. Their work helps limit pooling water on our roadways that may be damaging to pavement and other subgrade surfaces. A quick clearing of branches and other debris from storm drains is appreciated during this rainy time of year. Reports of clogged drains or culverts can be shared with our team at contact.pwrm@snoco.org or by phone at 425-388-7500.

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.

Community Information



ELECTION DAY



Election Day is Tuesday, Feb. 10, but ballots are already in your mailbox! There are ballot drop boxes on Camano at the Island County Admin building, in Stanwood near the library, and in Silvana near near Peace Lutheran Church. Please visit vote.wa.gov to track your ballot's progress. Learn how to register to vote, find drop box locations, and more on our voting site here: <https://www.stanwood.wednet.edu/get.../register-to-vote>.

We don't just close files, we welcome neighbors home.



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STANWOOD CAMANO SNOW GOOSE & BIRDING FESTIVAL

Saturday February 28, 2026

Floyd Norgaard Cultural Center

9 am - 4 pm



NATURE < CULTURE < ART



Schedule and tour information available at www.sahs-fncc.org

NEW LISTING



\$889,000 / MLS# 2471679

250 Saylor Road, Camano Island, WA 98282

Secluded, one level living, custom-built home on your own private, wooded 4.77 acres in a desirable mid-island location, offering exceptional privacy and a peaceful natural setting. This 3-bedroom, 3 full bathroom residence features a spacious and flexible floor plan ideal for both everyday living and entertaining. The open-concept main living area is designed for large gatherings and comfortable hosting, enhanced by a cozy wood stove that adds warmth and character. The unique kitchen layout feels like having two kitchens, featuring custom cabinetry, generous storage, and ample workspace. The huge primary bedroom feels like your own private suite, offering space to relax and unwind, complete with its own patio and private entrance. An additional bedroom features its own private bathroom and patio access with a separate entrance, making it ideal for guests, a home office, or multi-generational living. Huge garage. Outdoor living is a highlight with a covered deck, multiple patios, and a large, usable yard surrounded by mature trees for year-round privacy. Additional features include an upgraded well, a convenient dog washing station, and the home is wired for a generator for added peace of mind. A rare opportunity to enjoy serene island living with space, comfort, and thoughtful custom design.



Home Facts

Single Family 3 Baths
 3 Bedrooms Built in 1997

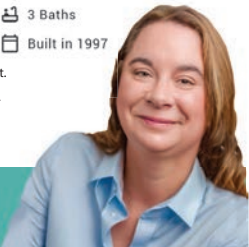
Living Area: 2,796 Sq. Ft.

Lot Size: 207,781 Sq. Ft.

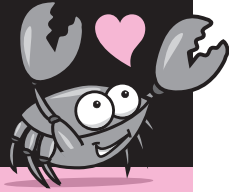
rea REAL Broker LLC

Malynda Shipley Broker / Realtor

425-299-7892 mshipley@atthebeachrealestate.net



Community Information



DID YOU KNOW?

International Quirkyalone Day is a holiday for single people on the same date as Valentines Day.

SHS COMMUNITY SERVICE



Stanwood High School students Jordan Rancourt and Jovee Holmes are leading an inspiring community service effort that created 500 custom coloring books for patients at Seattle Children's Hospital. What makes this project especially meaningful is how many students came together to make it happen. Jordan and Jovee invited fellow students and art classes to help create the custom drawings featured throughout the coloring books, turning it into a true school-wide effort. Students also gathered to hand-write notes of encouragement inside each book — adding a personal, heartfelt touch meant to bring comfort and positivity to children during their hospital stay. Jordan and Jovee completed this work as part of FBLA (Future Business Leaders of America) and delivered the coloring books on Wednesday, Jan. 28. This project reflects the best of student leadership, creativity, and service. We're proud of our students for using their talents to make a difference beyond the classroom.

WHIDBEY CAMANO PHOTO CONTEST

It's go time! Our annual Calendar Photo Contest is officially underway. Grab your camera, snap those photos and share your favorite island scenes for a chance to be featured in our 2027 Wall Calendar. Submit your photos to wcltphotocontest@gmail.com by May 4, 2026. Let the contest begin! Learn more here: www.wclt.org/get-involved/photo-contest.



"where passion and paws collide"



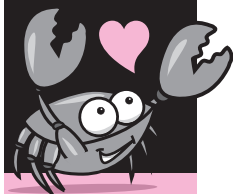
BlazingDogs

BlazingDogs.com
360-610-9688

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- Behavior Consultation
- Private 1 on 1 Training
- Reactive / Aggressive Dog Focus
- Canine Urban Agility
- Working / Service Dogs
- Companion dogs
- AKC Canine Good Citizen

Community Information



THE LUNAR NEW YEAR



The Lunar New Year in 2026 welcomes the Year of the Horse, according to the Chinese lunar calendar. Celebrated by millions around the world, this is a time for cultural traditions, family reunions, and hopes for good fortune in the coming year. As we leave behind the introspective and intuitive Year of the Snake, the Year of the Horse gallops in with vibrant and fiery energy, symbolizing adventure, vitality, and momentum.

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!

HEAR BETTER THIS YEAR!

STANWOOD HEARING

**Annual hearing screenings are a great
start to a healthier you.**

Call Stanwood Hearing
to schedule your hearing
evaluation today and test out the
latest hearing aid technology.

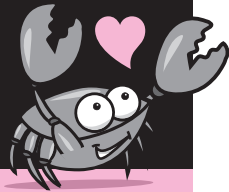


*Scan to
Schedule*

9300 271st St NW, Suite B-5, Stanwood, WA 98292
Near QFC, between Papa Murphy's and H&R Block

p: **425-272-9435** | f: **360.572.4765** | **StanwoodHearing.com**

Community Information



MASKED RIDES



The Mutual Aid Assembly of Stanwood-Camano has launched a free, masked rides program for anyone in the area who needs a ride and wants to avoid getting sick as they do their errands. Our drivers will wear high quality masks, we'll have extras to share if you don't have one, and we'll have hand sanitizer in our vehicles. If you're interested, fill out our online interest form found at tinyurl.com/mpm5pfnp and we'll get in touch within 48 hours. We're all volunteers, so we can't guarantee every ride, but we'll try our best and it will help if you give us as much notice beforehand as you can. If you want to learn more about our group, visit mutualaidassembly.wordpress.com.



A STRONG CORE STARTS DEEPER THAN YOU THINK

Discover EMSELLA®, a non-invasive pelvic floor therapy for women and men designed for:

- ✓ Urinary incontinence
- ✓ Neuromuscular rehabilitation
- ✓ Enhanced sexual function



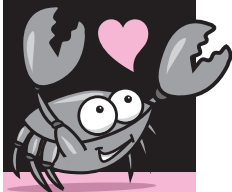
SCAN TO BOOK A
COMPLIMENTARY CONSULT
OR CALL (360) 300 4740



FOLLOW US
@kirra.health

EMSELLA is FDA-cleared for incontinence, neuromuscular rehabilitation, with clinical studies and Health Canada clearance for improving sexual wellness.

Community Information



DID YOU KNOW?

Around Valentine's Day, thousands of letters are sent to Verona, Italy addressed to the Romeo and Juliet character, Juliet Capulet.

KAYAK POINT PARK DAY-USE IMPROVEMENT PROJECT PHASE 2 TO BEGIN IN FEBRUARY!

The day-use area at Kayak Point Regional Park will be partially closed for construction starting in February 2026 for the Kayak Point Park Day-Use Improvement Project, including the access road. Our planning and construction teams are meeting in the next few weeks to finalize a February start date for construction. We will post exact closure dates on the project page once they are confirmed. Construction is scheduled to take place through at least May 2026. Phase 2 construction will provide a new playground, picnic shelters, parking, and habitat improvements. Vehicular access and the boat launch will be unavailable during construction. Walk-in access will be available from a steep, rustic hiking trail for campers and visitors that park in the upper overflow lot. Learn more about the project here: <https://snocoparks.info/kp>

SILVANA FAIR AUCTION

returns to Viking Hall in Silvana on March 14th! Free admission, and all ages are welcome. The Auction is the only fund-raiser for the Silvana Fair, and the money raised is used for exhibitor premiums, scholarships, ribbons, fair facilities and supplies. The fair is run by all volunteers so we can keep the fair FREE to enter and FREE to attend. If you have a product, service, or gift certificate that you would like to donate, contact us at info@silvanafair.com. We will be happy to send a fair board member out to pick up your generous gift.

DONATE BLOOD

Anyone and everyone is urgently needed to donate blood. Bloodworks Northwest has declared a "Code Red" emergency after blood donations fell sharply across Western Washington and Oregon. Local hospitals now have less than a one- to two-day supply of some critical blood types and platelets, with Type O and platelet donations especially needed. Bloodworks will host mobile blood drives in the area in early February: 10 a.m. to 4 p.m., Monday, Feb. 9, Saint Aidan's Episcopal Church on Camano Island. 10 a.m. to 5 p.m., Tuesday, Feb. 10, St. Cecilia in Stanwood. 9 a.m. to 4 p.m., Wednesday, Feb. 11, St. Cecilia in Stanwood. To learn more about donating or other ways to help, visit bloodworksnw.org or call 800-398-7888. Thank you to everyone who is stepping up to help ensure hospitals have the blood they need to care for our community.

WHIDBEY
GARDENING
WORKSHOP



MARCH 21, 2026

Celebrate
the PROMISES of
Spring

Join us at Oak Harbor High School

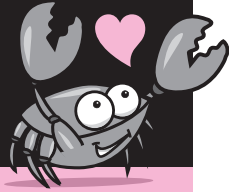
Gardening Classes
Make-n-Takes
Demos & Marketplace

WhidbeyGardening.org

REGISTRATION OPEN NOW

Presented by Island County Master Gardener Foundation in affiliation with WSU Extension

Community Information



DID YOU KNOW?

Four states have
a city named
Valentine.
Arizona,
Nebraska, Texas
and Virginia

NW GLASS QUEST



2026 marks the 17th Annual Northwest Glass Quest – a unique 10-day treasure hunt for hand blown glass balls on Camano Island and Stanwood Washington. Join the Hunt Feb. 13-22, 2025. The event is organized by The Camano Island Chamber of Commerce. www.northwestglassquest.com/

OVER \$250,000 IN LOCAL SCHOLARSHIP FUNDS AVAILABLE!

Deadline: March 9. The Stanwood-Camano Area Foundation is pleased to announce the opening of the 2026 High School Scholarship cycle. More than 250 scholarships are available to be awarded to graduating high school seniors who reside within the boundaries of the Stanwood-Camano School District or attend school in the district; including home-schooled students and those who attend private schools outside of the area. Application information can be found on the Stanwood-Camano Area Foundation website at www.s-caf.org. The deadline for submission of completed applications is Monday, March 9, at 11:59pm. For more information, please contact the Stanwood-Camano Area Foundation at (360) 629-6878; info@s-caf.org.



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not authorized in all states. Each insurer solely financially responsible.

STANWOOD-CAMANO VOLUNTEER FAIR



Saturday | February 14 | 10 AM-1 PM
Stanwood Cinemas Pavilion
6996 265th St. NW, Stanwood, WA 98292

**Interact with over 20 local organizations and
discover volunteer and membership
opportunities.**

**NEW in 2026: Volunteering could help you
meet SNAP work requirements.**

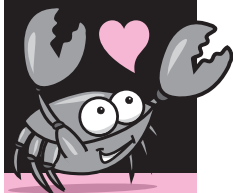
**Bring the family for a FREE showing of the
movie “Up” at 10:30 AM. Concession stand
open for purchases.**



Presented in part by our
2026 Platinum Sponsors



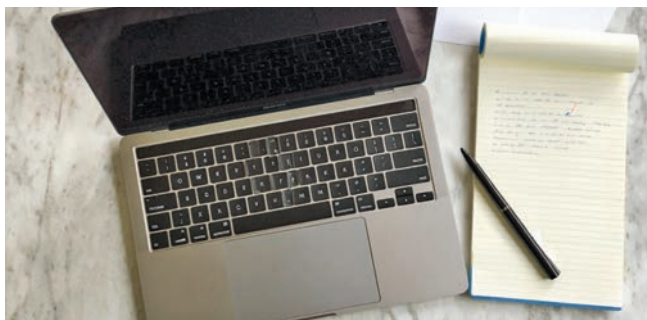
Community Information



DID YOU KNOW?

In 2011, Iran banned Valentine tokens as part of an Islamic republic backlash against the spread of Western culture.

SHUT UP AND WRITE®



Local writers, you're invited to the "Shut Up and Write®" sessions in the Camano Island library's meeting room. This event is designed to provide a focused, supportive environment for creative writing. Each session consists of one hour dedicated exclusively to writing—participants are expected to refrain from talking or offering critiques. The emphasis is on creating a quiet, distraction-free space where everyone can channel their creativity and enjoy positive, writerly energy. Following the writing hour, there will be an opportunity for socializing with fellow writers. Attendees are welcome to join in conversation and, if interested, continue discussions at a nearby coffee shop. Writers (of all levels) are encouraged to bring their preferred writing tools, such as a laptop or simply a paper pad and a pen. Sessions are on the following Wednesdays, from 9:30 AM to 11:00 AM: February 18th, March 4th, and March 18th. Continuing sessions to follow. See you there! More info: 425-249-7029.

STANWOOD SPARTAN WOMEN'S FOOTBALL IS LOOKING FOR PLAYERS FOR 2026 SEASON

Are you an 18+ woman? Looking for friendship? Looking to improve your physical and mental strength? Looking to unleash all your potential? Interested in playing football? The best workout/conditioning and lots of fun for a great cause! Proceeds go to scholarships for youth sports in our area! No prior experience necessary! We learn together! Consider joining us! Come check out practices, meet some returning team members and talk to us! We are looking forward to seeing you! Sundays 1-3:30pm at SHS stadium, Wednesdays 5-7pm SHS. Locations subject to change depending on availability.



Come Play at The L.A.N.E.

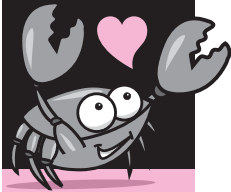
Little Arrowhead Nature Explore was designed to stimulate the creativity of young minds (ages 5 and under)

- Climbing & Building Area
- Music & Movement Stage
- Nature Nook
- Water Area
- Pump Track
- Digging Area

Open 10:00 AM - 3:00 PM Daily - FREE!

615 Arrowhead Rd, Camano, WA 98282

Community Information



EVENTS AND ACTIVITIES AT LINCOLN HILL RETIREMENT COMMUNITY CENTER:

Come, play Mahjong each Monday at 3:30pm. Lincoln Hill Retirement Community/Stanwood's local Senior Center. Tuesday, February 3, 2026, Caregivers Support Group meets at 10:00am Lincoln Hill Retirement Community/Stanwood's local Senior Center (The Caregivers Support Group meets first Tuesday of each month. Fridays starting February 6, 2026, Dinner with Dean Martin at 5:00pm (Each Friday). Monday, February 9, 2026, Parkinson's Support Group 10:45am Lincoln Hill Retirement Community/Stanwood's local Senior Center (The Parkinson's Support Group meets the second Monday of each month). Tuesday, February 10, 2026, Homage Depression Isolation Talk/Valentine Craft 12:30pm Lincoln Hill Retirement Community/Stanwood's local Senior Center. Each Tuesday and Thursday at 3:30pm Afternoon Games at Lincoln Hill Retirement Community/Stanwood's local Senior Center. Each Saturday, at 2:00pm Afternoon Games at Lincoln Hill Retirement Community/Stanwood's local Senior Center. Saturday, February 14, 2026, Valentines' Day Photo Shoot 10:00am-2:00pm -Fundraiser. Tuesday, February 17, 2026, Low-Vision Support Group at 10:00am at Lincoln Hill Retirement Community/Stanwood's local Senior Center. Monday, February 23, 2026, Priority Footwear visit at Lincoln Hill Retirement Community/Stanwood's local Senior Center. Each Tuesday, Chair yoga/yoga at Lincoln Hill Retirement Community/Stanwood's local Senior Center. Thursday, February 26, 2026, Out to Lunch (Meals on you) Bourbon Street Bar & Grill – Arlington with Lincoln Hill Retirement Community/Stanwood's local Senior Center

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

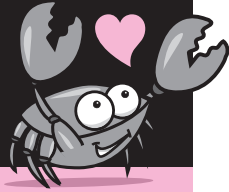


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Community Information



DID YOU KNOW?

Nearly 10 new candy “conversation heart” sayings are introduced each year. Recent additions have included “Yeah Right,” and “Call Home.”

STANWOOD HIGH SCHOOL MUSICIANS EARN ALL-STATE HONORS



Stanwood-Camano School District is proud to recognize three Stanwood High student musicians who have earned selection to this year's Washington Music Educators Association All-State ensembles - a distinction awarded to some of the most accomplished young musicians in the state. Selection to All-State is highly competitive. Students submit recorded audition excerpts that are evaluated by experienced musicians and music educators from across Washington. Those selected will gather May 28-30 in Tacoma to rehearse with peers from other districts before performing together in a culminating gala concert. Please join us in congratulating: Jovee Holmes — All-State Philharmonic Strings, violin; Ramona Reed — All-State Philharmonic Winds, tenor sax; Nataleigh Torres — All-State Concert Band, oboe. This achievement reflects years of dedication, practice, and a commitment to excellence. It also highlights the powerful role music education plays in supporting student growth — aligning with our Strategic Plan focus on empowering students to develop their talents, pursue their passions, and challenge themselves at high levels. “This is an amazing experience for our student musicians,” SHS Band Director AJ Brodin said. “We are so proud of them and their accomplishments.”



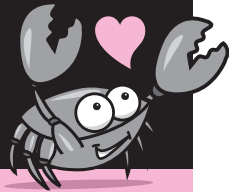
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- Generators
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- Whole Home Rewiring

Community Information



DID YOU KNOW?

Lace is often used on Valentine decorations. The word "lace" comes from the Latin laques, meaning "to snare or net," as in to catch a person's heart

AMATEUR RADIO EXAMINATIONS

The Stanwood/Camano area VE testing sessions are held at 7PM on the 3rd Monday of alternating months beginning each year in January. Location: Cedarhome Baptist Church, 29000 68th Ave NW, Stanwood. Our sessions are held in the ground floor classroom of a detached building on the North side of the campus. An FCC Registration Number, picture ID and \$15.00 (cash) are needed to take exams. Contact: w7pig@arrl.net

STANWOOD AREA HISTORICAL SOCIETY MUSEUM EXHIBITS

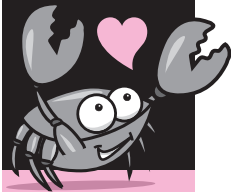
Open for guided visits and history research 1 - 4 pm Wednesday and Saturdays. Tour the D. O. Pearson House Museum, the Eldridge Center Gallery and Library, the Floyd Norgaard Cultural Center 3rd Floor Exhibits and the Veterans Memorial (Outside). Volunteers welcome! More info: www.sahs-fncc.org.

NO DISCOVER PASS REQUIRED ON THESE 2026 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: March 9 – Billy Frank Jr.'s Birthday; March 19 – State Parks 113th Birthday; April 22 – Earth Day; 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. Each date commemorates a special day of the year. Try before you buy a full year of adventure. Discover Pass free days make it easier to check out state parks and state-managed lands. 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. And Discover Pass funds go a long way for your public lands. They provide critical funding for State Parks, DNR and WDFW. The Discover Pass supports recreation and conservation opportunities, keeps bathrooms cleaned and trails maintained, cares for the health of forests and helps protect our seashores for generations to come. Learn more about the Discover Pass and purchase yours here: <https://discoverpass.wa.gov>.



Community Information



FREE TAX RETURN PREPARATION

Appointments now available. AARP TaxAide is providing FREE tax return preparation on Mondays and Wednesdays at Camano Center and Tuesdays at Lincoln Hill Retirement Community in Stanwood thru April 15th by appointment only. Appointments must be made in person while picking up a Taxpayer packet at the location closest to you. While our goal is to assist Seniors and low income individuals, we will do returns for any taxpayers that fall within our scope.

PICK-UP VOLLEYBALL AT THE Y!


From 1:00-3:00pm we will have nets set up for Volleyball. Grab your friends and register today! This will be a weekly event from January 11 - February 22. We hope to see you there! Register at <https://buff.ly/B7uuE7Q>

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."

CO-ED ULTIMATE FRISBEE

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

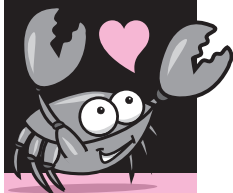


ZUMBA

- CLASSES -

Zumba Classes with Jennifer Anderson
at CAMANO COUNTRY CLUB
now on TUESDAYS and THURSDAYS
at 5:30PM < except every 3rd Tuesday >
All fitness and dance levels welcome, ages 10+.
FREE for Clubhouse members or \$10 drop-in.
Group rate for families of 3+.
Do I need zumba experience? No!
What if I can't keep up? That's okay!
What do I wear to Zumba?
Clothes to move and sweat in and clean sneakers.
*Want to move your body, listen to fun music, and have
a great time with great folks?*
Then come join our crew!
To follow my class schedule, find my instructor page on
www.zumba.com

Band-Aid Bulletin



*A monthly
message from
the Stanwood
Camano School
District Health
Services
Department*



The Band-Aid Bulletin

RESPIRATORY INFECTIONS

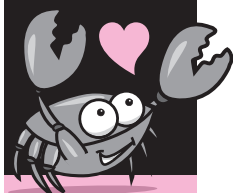
Winter in the Northwest brings cozy sweaters, chilly afternoons, and a familiar wave of sniffles, coughs, and sore throats. As families spend more time indoors together, respiratory viruses tend to circulate more easily, especially in schools and classrooms. Respiratory viruses may affect both the upper respiratory tract (the vocal cords and above) and the lower respiratory tract (below the vocal cords). Common viral illnesses include influenza, COVID-19, RSV, adenovirus, rhinovirus/ enterovirus (the common cold), Fifth disease, and more. Some viruses that affect the nose and throat can progress to cause serious lung infections, such as pneumonia.

Symptoms: Runny or stuffy nose; New loss of taste or smell; Sore throat; Cough; Headache; Muscle or body aches; Fever; Chills; Fatigue; Weakness; Decrease in appetite; Vomiting or diarrhea.

Tips: Stay up-to-date on your immunizations; Staying home if you are ill; Choosing to wear a mask over your nose and mouth in indoor public spaces when flu or other respiratory viruses are circulating at high rates; Covering coughs and sneezes; Wash your hands thoroughly with soap and water, and use hand sanitizer when soap and water isn't available. **Treatment:** Treatment with antiviral medication can reduce severe illness, hospitalization, and death. Flu and COVID-19 treatments are widely available and are recommended for those at higher risk for severe illness.

Treatments for flu and COVID-19 work best when taken as soon as possible. Please call your health care provider if you or your child has any of these symptoms: A fever that doesn't go away or goes away and comes back; Painful swallowing; Coughing that lasts more than 2 or 3 weeks; Congestion and pain around the eyes and face that stick around for a week; Stiff neck. The BIG question: When should I keep my sick student home? Symptoms that indicate staying home from school: Cough (new, changed, or worsening); any cough that would be distracting to yourself or others; Temperature 100 degrees or greater within the past 24 hours; Vomiting or diarrhea within the past 24 hours; Runny nose with drainage that is cloudy, yellow, or green; Mucous or cloudy drainage from the eye or pink eye; New crusty rash on face or around nose; New body rash, especially with a fever or itching; Sore throat, especially with fever or swollen glands in the neck; Shortness of breath or difficulty breathing; New loss of taste or smell. Neither staff nor students should attend school until symptoms are significantly resolving even with a mask.

Intuitive Tarot



*Tarot from the
classic Rider
Waite Smith deck.*

*Encounter more
at: [linktr.ee/
tiffanyfitzpatrick](http://linktr.ee/tiffanyfitzpatrick)*

INTUITIVE TAROT WITH TIFFANY



February 6th – February 12th : The Chariot. Healthy breast tissue is quietly on many minds, and the sphinx encourages returning to routine monthly self-examinations, consulting with your physicians regarding mammogram timetables. While it's statistically common for one breast to be larger, address your concerns with your doctor because you deserve to know you're not alone and to ensure optimal health. This weekend the Seahawks play the Superbowl and Washington is abuzz with a hunger for respite from ongoing chaos. Game day menus are prepped. Sides chosen are resolute. Curiosity abounds for this year's ads. Yet there is a subtle reminder that although this is no mere scrimmage, the uniforms are no different than skins vs shirts playing a game, but can you see the game is afoot? Enjoy the pastime, and also see the coordinated choreography. A battle to some is just a game to others. Be discerning. Choose your footing. Trust your heart.

February 13th – February 19th : The Hierophant. This week, as the Lunar New Year graces us with the arrival of the Fire Horse after the last shedding of the Wood Snake, and an annular solar eclipse demonstrating a ring of fire unseen by most on February 17th, you are brought awareness that you have developed a stronger grasp on something(s) that confounded you not long ago. This is a purposeful strength not to be brushed aside in humility. Doors open through your embodied action as you claim ownership of your deepened connection to self, to soul, to the divine within. The fiery energy of this week burns through you to set aside people-pleasing, waiting for someone else's greenlight signal, and the consequential self-abandonment. Your alignment finds true north through you, guiding the gallop forward. This isn't arrogance or selfishness; this is empowerment at the highest harmony.



CASA'S PET OF THE WEEK:

Our staff favorite, **CHOPPER**, is a shikoku ken/husky mix. Chopper is a friendly fella who can't get enough of toys-especially the squeaky ones! He is full of energy and yearns for a partner who will go on long adventures with him. Chopper LOVES affection and is one of the most loyal dogs we and his foster have met. If Chopper sounds like your new best friend, fill out an application so we can set up a date with his foster!

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

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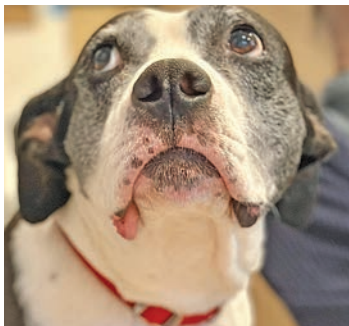


NOAH'S PET OF THE WEEK:

FAITH - Looking for a playful, active young dog to add some life and love to your family? Look no further! This adorable pup is looking for a FURever home committed to training, while giving out plenty of love and patience. If you are ready to add this beautiful, cutie-pie pupper to your family, come and talk to an Adoptions Matchmaker today!

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

.....



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

CHELLE is an amazing lady who can put a smile on anyone's face. She is friendly and joyful and she is dreaming of a home where she will be a cherished family member. Chelle will be happiest in a home where her people include her in all their adventures. Whether it's a walk on the trail or a cozy blanket on the couch...Chelle is your girl. 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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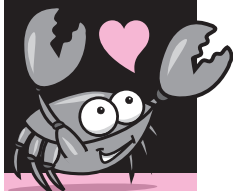
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Cooking Mamas



Recipes by
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Dusty Hutchins-
McNutt.

"Great recipes
begin in Mama's
Kitchen!"

Visit me at: www.CookingMamas.com

MY FAVORITE SUGAR COOKIES

This is the only sugar cookie recipe you'll ever need!



Ingredients: 3 c. all-purpose flour; 1 tsp. baking powder; 1/8 tsp. salt; 1 c. unsalted butter room temperature; 1 c. granulated sugar; 1 lg. egg; 2 tsp. vanilla extract or almond extract

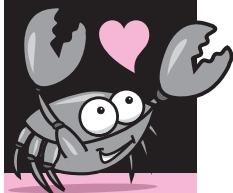
Directions: Preheat the oven to 350 degrees. Line baking sheets with parchment paper; set aside. In a medium bowl, whisk together the flour, baking powder, and salt; set aside. In the bowl of an electric mixer using the paddle attachment, cream together the butter and sugar until light and fluffy, about 2-3 minutes. Add the egg and vanilla or almond extract; beat for another minute. With the mixer on low, gradually add the flour mixture; beat until all of the flour is incorporated. The mixture will look crumbly at first; keep blending until the dough begins to pull away from the sides of the bowl. Remove half of the dough from the bowl and form it into a smooth ball. Roll the dough ball out onto a lightly floured work surface to 1/4-inch thick (do not make them thinner, you want the cookies to be on the thick side) and cut into desired shapes with cookie cutters. Repeat with the remaining dough. Bake the cookies for 8-10 minutes (depending on the size and thickness of your cookies) or until the edges are slightly golden and the centers are just barely set. Cool the cookies on the baking sheet for a minute or two, and then carefully remove them to a wire rack to cool completely before decorating. Yields: 3-4 dozen cookies depending on the size of your cookie cutters. How cute are these Christmas Sugar Cookies that the kids decorated with Royal Icing and sprinkles!?!

CAMANO ISLAND IS TOTALLY CLAWSOME!

- A 2025 Camano Island Top Agent in Sales Volume
- A 2025 Camano Island Top Agent in Properties Sold
- 2022-2025 Camano Island's Agent with the Most 5 Star Reviews on Rate My Agent

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

Classes and Workshops



DID YOU KNOW?

The first heart-shaped box of chocolates was introduced in 1861. It was created by Richard Cadbury, son of Cadbury founder John Cadbury, who started packaging chocolates in fancy boxes to increase sales. He introduced the first heart-shaped box of chocolates for V-Day in 1861,

Zumba Classes with Jennifer Anderson at Camano Country Club now on Tuesdays and Thursdays @ 5:30PM (except every 3rd Tuesday). All fitness and dance levels welcome, ages 10+. FREE for Club-house members or \$10 drop-in. Want to move your body, listen to fun music, and have a great time with great folks? Then come join our crew! To follow my class schedule, find me on www.zumba.com/

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

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

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.

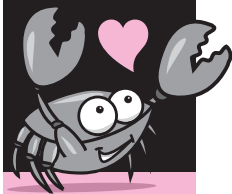
Making Sense of Medicare: What You Need to Know Before You Choose. Join us for a FREE Medicare Workshop at the Camano Island Library Meeting Room. This session is designed to help you understand Medicare whether you're turning 65, preparing for retirement, or reviewing your current coverage during the Open Enrollment Period (January 1 - March 31). The seminar will be held on February 11th, 10-11am. Reserve your seat today by calling John at 360-967-9601.

UR INE Luck! If you giggled and said "I need some help around my leaky bladder!" This is for you! All ages welcome. Feb 10th, 5:30 to 7:30 at Z's Body & Soul. \$39. 360-629-5040 or text.

Yoga for Beginners February 10-March 10, 2026 Tuesdays 6-7:15pm With Carol Mason. This five-week course will prepare you with the first steps toward a regular practice. This session is offered in-studio only. \$95 Register at movementarts.com/events or call 360-629-9100

YogaTone Sundays March 1-22. 11:00am-12:00pm with Kara Keating. Drop-Ins Welcome! Jump into spring and join us for a fantastic, fun, positive sweat/dance/movement/yoga class that's designed for just about anyone. 4 classes for \$100 or \$35 drop in register at movementarts.com/events or call 360-629-9100.

Classes and Workshops



Upper Body ROLLief with Myofascial Release April 11, 2-4pm. In this workshop we will focus on rolling out the soft fascia tissues of our upper body. This workshop will introduce the Coregeous ball into the practice; a soft inflated ball. It will also use 2 sets of therapy balls that we used in the previous lower body workshop. Please choose the pricing option 1) Workshop only: \$35 2) Workshop + All Props: \$80 or 3) Workshop + Coregeous Ball: \$50 Space is limited, reserve now at movmentarts.com/events or call 360-629-9100.

Yoga: Beginner, gentle (plus 2, 40 minute chair yoga classes to choose from) and intermediate classes @ Z's Body & Soul, 9504 271st, Stanwood. 360-629-5040 . www.zsremedies.com. Small classes, individualized care with loving, experienced instructors in a warm and beautiful setting. Offering 10 classes weekly for everyBODY. That means you may not be a "regular" exercise person. Someone who understands they need more mobility and perhaps better balance and less stress. ALL are welcome.

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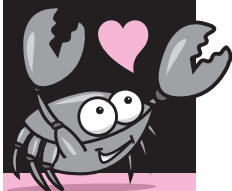
***LOCAL expertise and Outstanding Customer Service w/Proven Results**

***Serving Camano Island (my home!) + Snohomish and Skagit Counties**

***Certified Luxury Home Marketing Specialist**

*** Certified Listing Expert * Expertise + References in Listing/Selling Estates & Trusts**

Photos and Art



DID YOU KNOW?

More than 8 billion conversation hearts are manufactured each year. And Necco has to make them all year. Each box has approximately 45 sayings — including “True Love,” “Hug Me” and “You Rock” — but you can personalize your own, too. But don’t worry if you still have last year’s box — they have a shelf life of five years.

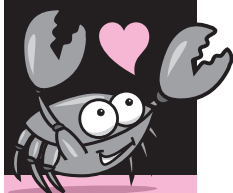


Valentine flowers photo by M. Jannati.



Bald Eagle photo by James M. Shipley.

Classified Listings



DID YOU KNOW?

Valentine's Day horror movies are a thing. That's right, some people prefer to get their heart rates up by watching a scary movie about the holiday. The popular 1981 film, *My Bloody Valentine*, is just one of many.

FOR SALE:

Fore Sale: CarryLite Flambeau 39 Plastic Vintage Male and Female Mallards Hunting Decoy Ducks with Hunter's Backpack Included. \$1,200. Call or text Felix at (360) 420-9139.

Gardeners! Moving, must sell Potted Plants. Over 60 Indoors and outdoors mature potted plants. January 31, 10am to 3pm at 1505 Thompson Drive, Camano Island (Country Club Area)

MISCELLANEOUS:

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

For rent: Downtown historic Stanwood. 1200sq/ft spacious, first level, apt in Four-plex. Large windows. W/D. N/S. Text for pix. 564.516.9765. One adult. Avail now. \$1300/mo + Util.

Long-term rentals. Camano Island resident of 15 years & small business owner seeks long term rental. One bdrm, 1 bath single family house w/ laundry, yard & shed or garage. Diane 360 202-2610.

PROFESSIONAL SERVICES:

Part Time Nursery / Gardening Work - \$20/hr. Stanwood. Leave message: 360-629-9377

Celestial Isle - Private Fantasy Weddings Camano - Gorgeous Forest Sanctuary, Coordinator, Farm to Table Catering, Photographer, DJ, Classical Musicians, and Ordained Minister on-site! Unbeatable rates on all packages! Check us out at @celestial_isle_ on instagram or go to Thenatureofmusic.com

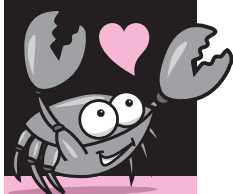
I'm looking for remote work in copywriting and business newsletters. My background also includes strategic communications, customer success, project management, and strategy consultations. Tiffany FitzPatrick, 812.251.4604, tiffanyfitzpatrickco@gmail.com.

Camano Decks & Sheds LLC Local, Affordable & Efficient. Free estimates 10% discount for seniors & ADL ramps. Jim 360-913-2941 E-mail: jmittchell8974@gmail.com. Serving Outlying Areas.

WANTED:

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

Clubs and Meetings



DID YOU KNOW?

Galentine's Day has risen in popularity. The holiday, which is celebrated on February 13, was introduced by Amy Poehler's Parks and Recreation character Leslie Knope in 2010. According to Knope, Galentine's Day is all about "Ladies celebrating ladies. It's like Lillith Fair, minus the angst. Plus, frittatas."

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.

Mabana Flames: Join us at 10:00am at Vista/Madrona Fire Station, 273 N W Camano Dr, Camano Island. 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.

Think Snow!!! Ski/Snowboard Stevens Pass. The Merry Mountain Ski Club, a non-profit club, provides a luxury coach on Tuesdays with stops in Bellingham, Burlington, Stanwood and Everett. We have a Seattle, Kirkland and Monroe bus too! Additional weeks if interest and good conditions. 206-550-4908. tuesdayskibus@gmail.com.

Are you or your loved ones suffering from depression or anxiety?

There is hope! The Nedley Depression & Anxiety Recovery Program is an evidence-based community education course designed to provide the tools, support, and practical interventions needed to overcome depression and anxiety and achieve optimal mental health. Thousands have successfully improved overall mental performance, memory, concentration, sleep, and stress management through this program. Questions? Call/Text 425-870-1006.

Neurodivergent Preschooler Support Group for Parents. Mondays at 9:30am at Stanwood Cooperative Preschool, 27027 102nd DR NW, Stanwood. You're Not Alone. Parenting a neurodivergent preschooler or early elementary child can feel overwhelming, isolating, and exhausting — especially when you're navigating systems that weren't built with your child in mind. We're creating an adult-only support group for parents and caregivers of neurodivergent young children who want connection, understanding, and practical tools from others walking a similar path. Join a community that supports you while you support your child.

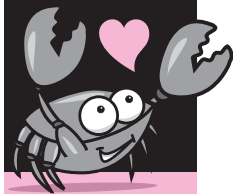
Rainy Day Room Playgroup Free weekly play group at Community Resource Center for ages 0-5 and their grown-ups! Friendship and community....getting out of the house. More info: www.crc-sc.org/events.

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.

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

Clubs and Meetings



Are you troubled by someone else's drinking? When you don't know where to turn...Al-Anon/Alateen Family Groups can help! Here is a list of our meeting in the Stanwood/Camano Island area: SUNDAY, "Courage to Change" Camano Lutheran Church, 850 Heichel Rd, Camano Is, 6:00pm; "One Day at a Time," Stanwood Senior Center, 7430 276th ST NW, Stanwood, 7:00pm (For Zoom hybrid meeting call 360-618-0464 if you would like the meeting ID for Zoom), THURSDAY, "Stanwood AFG", United Methodist Church, 27128 102nd Dr., Stanwood, 7:00pm, SATURDAY, "Paths to Recovery," Camano Lutheran Church, 850 Heichel Rd, Camano Is, 10:30am. For more info and additional Al-Anon meetings in Northern Snohomish County call 360-618-0464 or go to <https://district28alanon.com>.

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

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



SAVE CAMA BEACH CABINS

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

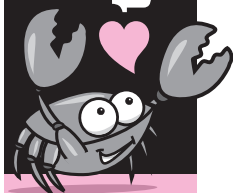
Save Cama Beach Cabins group is asking the Washington State Legislature for funding to repair the septic and water systems so the cabins can be used again. A website with more information will be available soon. They need your help to contact the Governor and your State Legislators to urge their support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

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

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

SaveCamaBeachCabins.org / info@savecamabeachcabins.org

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.

LAUNDRY WARS

If you're married, sooner or later you'll face one of the most contentious challenges a couple must confront: deciding on the proper way to do laundry. Men's and women's approaches are as different as fine chardonnay and gas station nachos. To help you navigate these tumultuous waters, here is a step-by-step guide for how women and men approach doing the laundry. Check your gender to be sure you know which approach you should follow.

Step 1: Sorting the Laundry

Women's Approach:

1. Once a week, gather all the dirty clothes from around the house.
2. Separate whites from colors, ensuring that no rogue red socks infiltrate the pristine whites and turn them an angry pink.
3. Further separate delicates, towels, jeans, and workout clothes into their own separate piles because apparently, different fabrics have different temperature and washing requirements.
4. Check all pockets for money, gum, rogue tissues, and – if you have young kids – LEGOs.

Men's Approach:

1. Once every four months, grab everything from the hamper and the floor (same thing, really) and stuff it all into the washing machine until it is so full you can barely close the door.
2. Consider checking pockets but then get distracted by a hilarious Bud Lite commercial on TV and forget.

Step 2: Selecting the Wash Settings

Women's Approach:

1. Carefully consult the care labels on each garment.
2. Select the appropriate water temperature and cycle: cold for delicates, warm for colors, hot for whites, and, for unknown fabrics, Google it just to be safe.
3. Add just the right amount of detergent, fabric softener, and a color-safe bleach booster.
4. Adjust the settings accordingly so nothing shrinks, bleeds, or turns into something a miniature poodle could comfortably squeeze into.

Men's Approach:

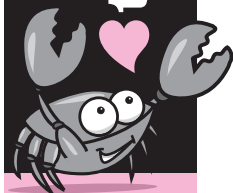
1. Turn the dial to whatever setting the machine is already on. It was fine last time, right?
2. Dump in a generous amount of detergent – more soap means cleaner clothes, obviously. If the water starts foaming like your two-year-old's bubble bath, you probably have the right amount.
3. Hit the start button.
4. Check back two days later when you suddenly remember you never took the clothes out of the washing machine.

Step 3: Transferring Clothes to the Dryer

Women's Approach:

1. Carefully pull out each item, one by one, and inspect for stains. If a stain remains, rewash immediately by hand to prevent the stain from becoming permanent.

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.

2. Separate delicate items that should never see the inside of a dryer and lay them out flat or hang them to dry.
3. Set the dryer to the appropriate heat level: low for delicates, medium for everyday wear, and high for towels and sheets.
4. Add a dryer sheet to give your clothes that spring morning scent.

Men's Approach:

1. Shovel the entire load into the dryer like you're shoveling coal into the firebox of an 1830s steam engine train bound for the Dakota Territories.
2. Turn the heat to "High" because heat equals dry, and dry equals done.
3. Close the door and return to watching the game.
4. If you discover that your wife's sweat pants have drastically shrunk to something a toddler could wear, secretly throw it in the trash and ask, "Are you sure you didn't misplace it, honey?"

Step 4: Folding and Putting Away

Women's Approach:

1. Remove clothes immediately to prevent wrinkles.
2. Fold each item neatly, ensuring shirts are stacked, socks are paired, and towels are folded to fit the closet in their proper spot.
3. Hang up dress shirts, blouses, and anything that even hints at needing a hanger.
4. Put everything away in its designated spot, where it belongs. Your work is done.

Men's Approach:

1. Remember the clothes you put in the dryer last week and put the game on pause.
2. Grab the entire pile and dump it onto the nearest available flat surface, the kitchen floor.
3. Shove the entire mass into the floor of the closet. There! Job finished!

Final Step: Review Your Work








Women's Approach:








1. Take note of what went wrong and adjust for next time.
2. Reflect on how grateful your husband will be when he sees all his clothes so neatly folded and stored in their proper repositories. Yes, he's lucky to have you as his wife.
3. Try not to get triggered by the fact that in reality your husband is oblivious to all your hard work and asks you to get him another beer.

Men's Approach:

1. Act slightly indignant when your wife screams that her favorite cashmere sweater has shrunk four sizes.
2. Calmly de-escalate the situation by saying, "Is it possible you've put on a little weight recently?"
3. Say nothing as your wife gives you a daggers glare that could frighten a terrorist.
4. Hide your smile as your wife angrily announces you're permanently banned from doing laundry ever again. Congratulations. Mission accomplished.

TIDE TABLES / SARATOGA PASSAGE / FEBRUARY 6-19, 2026

Date	High /Low	Tide Time	Height Feet	Moon Visible
F 6	Low	1:17 AM	2.3	
6	High	7:52 AM	12.1	
6	Low	2:22 PM	3.0	
6	High	8:15 PM	9.0	
Sa 7	Low	1:56 AM	3.9	
7	High	8:19 AM	11.7	
7	Low	3:08 PM	2.6	
7	High	9:24 PM	8.5	
Su 8	Low	2:38 AM	5.4	
8	High	8:48 AM	11.2	
8	Low	3:57 PM	2.2	
8	High	10:50 PM	8.4	
M 9	Low	3:26 AM	6.7	
9	High	9:20 AM	10.8	
9	Low	4:48 PM	1.9	
Tu 10	High	1:02 AM	8.7	
10	Low	4:24 AM	7.8	
10	High	9:57 AM	10.4	
10	Low	5:43 PM	1.6	
W 11	High	2:23 AM	9.4	
11	Low	5:34 AM	8.5	
11	High	10:43 AM	10.1	
11	Low	6:42 PM	1.1	
Th 12	High	3:13 AM	10.1	
12	Low	7:02 AM	8.7	
12	High	11:44 AM	9.9	
12	Low	7:38 PM	0.6	

Date	High /Low	Tide Time	Height Feet	Moon Visible
F 13	High	3:52 AM	10.7	
13	Low	8:18 AM	8.4	
13	High	12:52 PM	9.9	
13	Low	8:26 PM	0.0	
Sa 14	High	4:24 AM	11.1	
14	Low	9:11 AM	7.9	
14	High	1:51 PM	10.0	
14	Low	9:08 PM	-0.5	
Su 15	High	4:50 AM	11.5	
15	Low	9:54 AM	7.2	
15	High	2:44 PM	10.1	
15	Low	9:48 PM	-0.8	
M 16	High	5:13 AM	11.8	
16	Low	10:33 AM	6.4	
16	High	3:34 PM	10.3	
16	Low	10:26 PM	-0.8	
Tu 17	High	5:34 AM	12.1	
17	Low	11:11 AM	5.5	
17	High	4:24 PM	10.4	
17	Low	11:04 PM	-0.5	
W 18	High	5:57 AM	12.3	
18	Low	11:47 AM	4.5	
18	High	5:15 PM	10.4	
18	Low	11:41 PM	0.3	
Th 19	High	6:20 AM	12.3	
19	Low	12:25 PM	3.5	
19	High	6:07 PM	10.4	



Custom Cabinets

Mount Vernon Carpet One

360-336-6533
400 W. Fir St.
mvcarpetone.com



Cecil Jevons
Cabinet Specialist



Joy. Lived out.



Independent Living

It may sound strange, but one of the best parts of independent living at Warm Beach is the community that surrounds you. Imagine the joy received from being part of a community of like-minded people sharing, growing and flourishing in a Christ-centered environment.

With four beautiful and distinct neighborhoods, you're sure to find the perfect home to fit your lifestyle. Single family homes with garages and carports, single level multi-unit apartments and multi-level townhomes are all available on our stunning 100 acre park-like campus.

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