

ISSUE 291
January 15-28, 2021

THE CRAB CRACKER

“Crack it open to get to the good stuff.”



FREE
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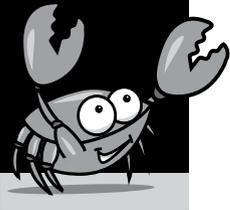
10am - 6pm | Monday - Friday

11am - 4pm | Saturday

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

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

Cover image: "winter horse" photo by Pezibear.

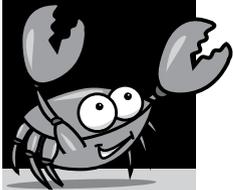


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Submission DEADLINE: JAN. 21 for Next Edition (Jan. 29-Feb. 11, 2021)

Calendar of Events



NEED TO FIND FRESH CRAB?

An outdoor magazine rack filled with "fresh" Crab Crackers is located at the Terry's Corner Visitor's building (the small red building with the big stained glass window and artist Danny Koffman's posters).

NOTICE: Due to the Covid-19 pandemic, many events have been cancelled or postponed or rescheduled. Some of the following events are online and virtual. For all others, contact them directly to ensure they are happening.

THURSDAY, JANUARY 14

THE CAMANO PREPAREDNESS GROUP

presents a program with a special guest speaker. His presentation will include some fun thinking outside of the box on home projects for creating heat and light. This meeting will be held on Zoom. To log in use ID# 969 4562 8910 and password CPG. The public is welcome to attend all our meetings. For more info contact Rhonda Paulson – 360-387-9923, rspaulson.rp@gmail.com or Sue Ryan – 760-390-2436, kk6sue@gmail.com. Also see our website: camanopreparednessgroup.org for find us on FaceBook.



FRIDAY, JANUARY 15

ONLINE FAMILY TRIVIA - INTO THE WILDERNESS: PACIFIC NORTHWEST!

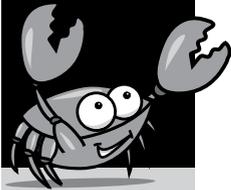
5:00 PM – 6:00 PM. How much do you know about the wilderness that surrounds you in the PNW? Join us for online family trivia night! Go it solo or grab a family member (or a few!) to test your trivia skills, right from the comfort of your own home. Family trivia is designed with young people in mind – we suggest a youth participant on each team. A link to join trivia via Zoom will be sent to registered participants the morning of the event. If you are playing with team members who are sharing your screen/device, only one team member need register. If team members are located in different households, at least one member of each household should register for trivia.

FRIDAY, JANUARY 15

INTRO TO KNITTING

Silver Kite Online Workshop. 10:30 AM – 11:30 AM. Knitting is a wonderful way to express your creativity. It enhances spatial, mathematical, and fine-motor skills and – once the basics have been mastered – is calming and relaxing. Beginners are invited to this intergenerational class where you will learn how to cast on, do the knit stitch, and cast off, and we may be able to cover more. Register on the Silver Kite website at least one hour before class starts. Use [sil2020](https://www.silverkite.us) as the password. Silver Kite will send you the link for your class one hour before it begins. If you have any questions about your registration, contact Silver Kite by email: info@silverkite.us or (508) 812-0431

Calendar of Events



INAUGURATION FACT:

While the scene of crowds amid the nation's monuments may be a familiar one, it's only been a tradition since President Ronald Reagan in 1981. Before that, presidents took their oaths on the other side of the Capitol, inside the chambers of Congress, at the White House, or elsewhere in the country (George Washington took his oath in New York City).

SATURDAY, JANUARY 16

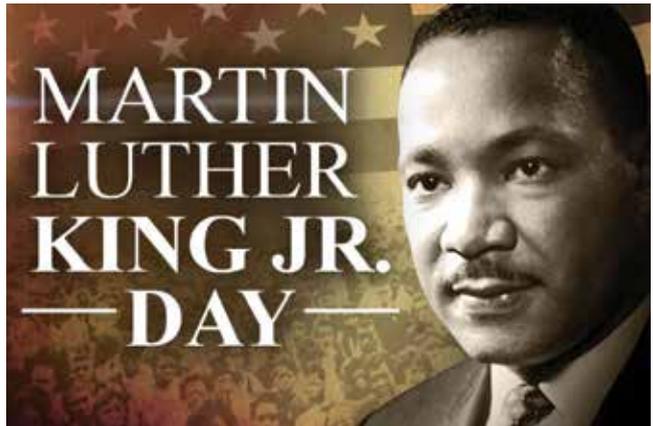
PAPER SCULPTURES

Silver Kite Online Workshop. 1:30 PM – 2:30 PM. Learn how to turn flat pieces of paper into 3-dimensional shapes. We'll cut, bend, fold and attach paper to create art from your recycling bin! Supplies: Assortment of paper (computer paper, card stock, magazines, paper bags, construction paper etc.); Scissors; Glue (your preference: white liquid glue, Aileen's Tacky glue OR glue stick); Scotch tape or masking tape; Stapler (optional). During the COVID-19 pandemic, Silver Kite Community Arts is offering FREE online intergenerational workshops, talks, social hours, and performances for the community. Register on the Silver Kite website at least one hour before class starts. Use sil2020 as the password. Silver Kite will send you the link for your class one hour before it begins. If you have any questions about your registration, please contact Silver Kite by email: info@silverkite.us or by phone: (508) 812-0431

SUNDAY, JANUARY 17

ONLINE CRAFT & CHAT – UPCYCLED CRAFTS: NATIONAL TIN CAN DAY

11:00 AM – 12:00 PM. National Tin Can Day is January 19th! Join us in sharing the projects you've made to celebrate it and any other ideas for upcycled crafts you've been working on!! Seeking inspiration for materials? Our group has been using a variety of materials like toilet and paper towel tubes, scrap paper, and plastic bottle caps dressed up with acrylic paint. This is also the perfect opportunity to use up remnant fabric, craft materials, and yarn from past projects! A link to join the event via Zoom will be sent to registered participants the day of the event. Contact us with questions: <https://www.sno-isle.org/contact-us/>



MONDAY, JANUARY 18

MLK DAY OF SERVICE

The Martin Luther King Jr. holiday on Jan. 18, 2021, is the 26th anniversary of the day of service that celebrates the Civil Rights leader's life and legacy. Observed each year on the third Monday in January as "a day on, not a day off," MLK Day is the only federal holiday designated as a national day of service to encourage all Americans to volunteer to improve their communities.

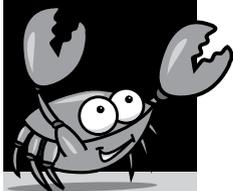


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[SkagitRegionalHealth.org](https://www.SkagitRegionalHealth.org)

Calendar of Events



FUN FACT:

Even though smoking has been banned on airplanes, ash trays are mandatory on every plane. This is for safe disposal in case someone breaks the law.

MONDAY, JANUARY 18

DANCING NEW BEGINNINGS

(Dementia Friendly) - Silver Kite Online Workshop. 1:30 PM – 2:30 PM. A gentle workout, these expressive dances invite you to celebrate a new year and a fresh start. Susan mixes traditional dances from around the world with her own grooves, mostly in the stability of a chair, with an optional get-on-your-feet section. Enjoy great music while connecting over the airwaves with others. During the COVID-19 pandemic, Silver Kite Community Arts is offering FREE online intergenerational workshops, talks, social hours, and performances for the community. Register on the Silver Kite website at least one hour before class starts. Use sil2020 as the password. Silver Kite will send you the link for your class one hour before it begins. If you have any questions about your registration, please contact Silver Kite by email: info@silverkite.us or by phone: (508) 812-0431



TUESDAY, JANUARY 19

VIRTUAL PLAY & LEARN

with Wonderland Child & Family Services. 10:00 AM – 10:30 AM. Join Wonderland Play & Learn facilitator, Shelby, for a 30-minute virtual circle time on Zoom. We will have fun activities designed to foster your child's development, including a story time, singing, and simple crafts. Register online to receive your Zoom link and a list of materials you may need for the Play & Learn activities. For information about Wonderland Child and Family Services, please visit their website: <https://wonderlandkids.org/> A link to join the event via Zoom will be sent to registered participants one day before the event.



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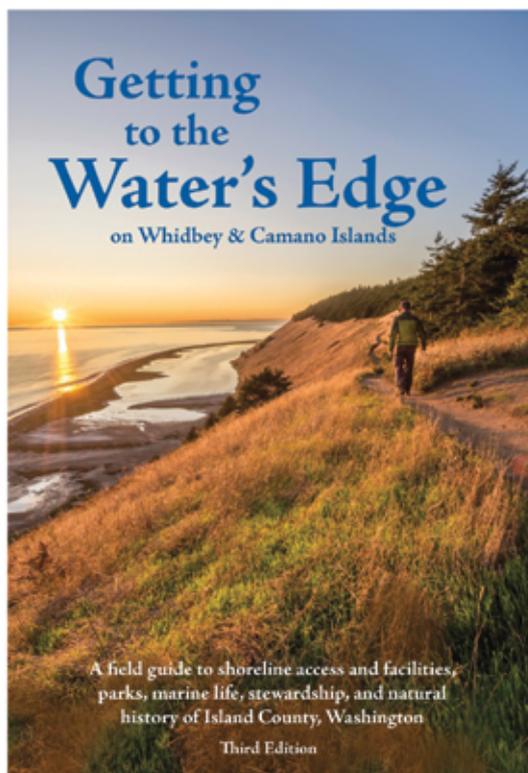
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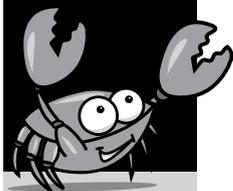
69 Beaches - 2 Islands - 1 Book

Published by Sound Water Stewards of Island County, this book describes boat and kayak launches, birding, hiking, dog parks, natural history, legal rights and trail/beach accessibility. Includes intertidal identification, stewardship best practices, geology, history and maps.

**Learn more or purchase online
at SoundWaterStewards.org**



Calendar of Events



INAUGURATION FACT:

George Washington is the only president to have been inaugurated in two separate cities: On April 30, 1789, Washington took the presidential oath at New York City's Federal Hall. His second inauguration took place on March 4, 1793, at Congress Hall in Philadelphia, which was then the nation's capital.

TUESDAY, JANUARY 19

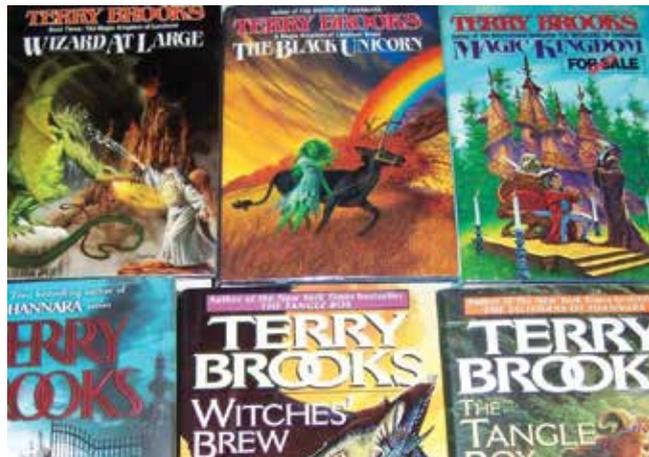
ONLINE CRAFT & CHAT – OPEN PAINTING

10:30 AM – 11:30 AM. Craft and Chat is an online social event that offers you the opportunity to skill share, learn about library resources and make connections with fellow crafters. Join fellow creative painters to work on independent projects and share ideas and tricks of the trade! All types of painting welcome, from acrylic and watercolor, to oils and encaustic. Grab a beverage of your choice and your art supplies and your current project and let's paint! For adults. A link to join the event via Zoom will be sent to registered participants the day of the event. Contact us with questions: <https://www.sno-isle.org/contact-us>

TUESDAY, JANUARY 19

STAY-AT-HOME STORYTIME SNIPPETS

3:00 PM – 3:15 PM. Online event. Enjoy stories, sing along songs, rhymes and fun activities that prepare young minds for the adventures of reading. Presented by Sno-Isle Libraries staff from their homes for you and your little ones to join in from your home. To view, please visit the Sno-Isle Libraries Facebook or YouTube pages. Recordings will be available for later viewing.

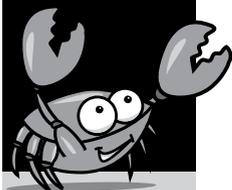


TUESDAY, JANUARY 19

OPEN BOOK: TERRY BROOKS

6:30 PM – 8:00 PM. Online event. Meet Terry Brooks, author of the fantasy series Shannara, Landover, Word/Void, Street Freaks and Star Wars: The Phantom Menace, in conversation with Shawn Speakman. Young adventurers undertaking epic journeys, evil to be vanquished, and subtle world-building are the hallmarks of his works. Now that the concluding title in the Shannara world has launched, Terry and Shawn will chew on the question: "What does someone do as a follow-up to the end of a 40-book series that consumed 50 years of an author's life?" Register to ensure you receive a reminder the day before the event, and to help us get a head count. On the day of the event, return here for the Zoom link to access the program. We recommend signing in a few minutes early to give yourself time to settle in and make sure everything is working. Contact us with questions: <https://www.sno-isle.org/contact-us/>

Calendar of Events



FUN FACT:

Humans cannot walk in a straight line without a visual point – When blindfolded, we will gradually walk in a circle.



WEDNESDAY, JANUARY 20

INAUGURATION 2021

Joe Biden is US president-elect. But the Democrat won't officially make his move to the White House until inauguration day today - a political parade of sorts, when Mr Biden takes the oath of office. What is the inauguration? Go to page 30 for more info about the inauguration this year.

WEDNESDAY, JANUARY 20

NATIVE PLANTS FOR PROBLEM SPOTS

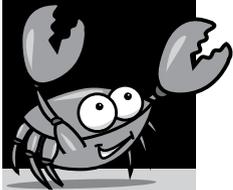
7pm webinar. Do you find it challenging to find the right plant for challenging spots on your property, like really wet spots or dry shade? Or on a slope? Learn more about native plants, their benefits to wildlife, and how they can help us solve landscaping challenges in beautiful ways. Sara Rocero, birder, wildlife habitat creator, and native plant guru with the Snohomish Conservation District, will share tips on how to use native plants to your advantage and to beautify and create wildlife habitat on your property. More info: www.camanowildlifehabitat.org, call 360-387-2236, or email camanowildlifehabitat@gmail.com.

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Camano Island WA

Calendar of Events



FUN FACT:

Baby horses can walk and run after just a few hours of being born.

WEDNESDAY, JANUARY 20

ONLINE CRAFT & CHAT – EARLY BIRD COFFEE & CRAFTS

9:00 AM – 10:30 AM. Good morning early risers! This Craft and Chat is for those who know the best way to start the day is with conversation, coffee, and creativity. All crafts and all skill levels are welcome. This is a social event and not a tutorial. Registration is required, although being on camera is not. A link to join the event via Zoom will be sent to registered participants the day of the event. Contact us with questions: <https://www.sno-isle.org/contact-us/>

WEDNESDAY, JANUARY 20

SENIOR SOCIAL HOUR

Silver Kite Online Workshop. 10:30 AM – 11:30 AM. Seniors, join us for an hour of conversation, play, and connection! Register on the Silver Kite website at least one hour before class starts. Use sil2020 as the password. Silver Kite will send you the link for your class one hour before it begins. If you have any questions about your registration, contact Silver Kite by email: info@silverkite.us or (508) 812-0431.

WEDNESDAY, JANUARY 20

ONLINE CRAFT & CHAT – KNIT & CROCHET

3:00 PM – 5:00 PM. Calling all yarn crafters! Whether you make garments, gifts, home décor, or amigurumi, you can use yarn to create a wide variety of beautiful and interesting objects. Bring your current knit or crochet project and connect with your fellow crafters. A link to join the event via Zoom will be sent to registered participants the day of the event. Contact us with questions: <https://www.sno-isle.org/contact-us/>

WEDNESDAY, JANUARY 20

ONLINE PUB TRIVIA - BRAINS & 'HOME' BREWS!

7:00 PM – 8:30 PM. Grab your favorite beverage, call your friends, and settle in for a night of general pub trivia – right in the comfort of your own home. Team members are not required and teams of one are absolutely fine. If you are playing with team members who are sharing your screen/device, only one team member need register. If team members are located in different households, at least one member of each household should register for trivia. A link to join the event via Zoom will be sent to registered participants the day of the event. Contact us with questions: <https://www.sno-isle.org/contact-us/>



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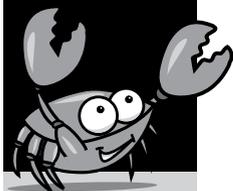
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CAMANO ISLAND 

Calendar of Events



INAUGURATION FACT:

Today, we know January 20th as Inauguration Day, but that wasn't always the case. Following Washington's first inauguration, the Continental Congress declared March 4th as Inauguration Day. That date remained in place until the ratification of the 20th Amendment in 1933; Franklin D. Roosevelt was the first president inaugurated on the new date.

FRIDAY, JANUARY 22

INTRO TO ACTING (NOT IMPROV)

Silver Kite Online Workshop. 10:30 AM – 11:30 AM. During this interactive session, you'll learn some basic principles of acting using the actor's tools of body, voice, and space. And we'll try a few acting exercises. No experience required! During the COVID-19 pandemic, Silver Kite Community Arts is offering FREE online intergenerational workshops, talks, social hours, and performances for the community. We hope that by offering these opportunities, we are providing stimulating creative engagement opportunities and social connection during this challenging time. Register on the Silver Kite website at least one hour before class starts. Use sil2020 as the password. Silver Kite will send you the link for your class one hour before it begins. If you have any questions about your registration, please contact Silver Kite by email: info@silverkite.us or by phone: (508) 812-0431



FRIDAY, JANUARY 22

ONLINE FAMILY TRIVIA - STUDIO GHIBLI

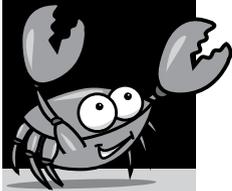
5:00 PM – 6:00 PM. Go it solo or grab a family member (or a few!) to test your trivia skills, right from the comfort of your own home. Join us for a celebration of the Studio Ghibli films, and test your knowledge of these films! Family trivia is designed with young people in mind – we suggest a youth participant on each team. A link to join trivia via Zoom will be sent to registered participants the morning of the event. If you are playing with team members who are sharing your screen/device, only one team member need register. If team members are located in different households, at least one member of each household should register for trivia. Contact us with questions: <https://www.sno-isle.org/contact-us/>

FRIDAY, JANUARY 22

ONLINE CRAFT & CHAT – CRAFTING FOR NIGHT OWLS

9:00 PM – 10:30 PM. This Craft and Chat is for those of you whose creative juices get flowing after the sun goes down. All types of crafts welcome. A link to join the event via Zoom will be sent to registered participants the day of the event. Contact us with questions: <https://www.sno-isle.org/contact-us/>

Calendar of Events



SATURDAY, JANUARY 23

PAINT AND SIP (WATERCOLOR)

Silver Kite Online Workshop. 1:30 PM – 2:30 PM. Join us for a step-by-step watercolor painting workshop with one of Silver Kite's professional teaching artists. Grab a beverage of your choice and spend an hour with us talking and making art together! During the COVID-19 pandemic, Silver Kite Community Arts is offering FREE online inter-generational workshops, talks, social hours, and performances for the community. Register on the Silver Kite website at least one hour before class starts. Use sil2020 as the password. Silver Kite will send you the link for your class one hour before it begins. If you have any questions about your registration, please contact Silver Kite by email: info@silverkite.us or by phone: (508) 812-0431

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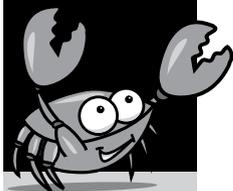


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Calendar of Events



INAUGURATION FACT:

Though George Washington owned a lot of land—more than 50,000 acres of it, in addition to Mount Vernon—he was considered “land poor,” meaning he didn’t always have a lot of cash at his disposal. His bank account was so dry that he actually had to borrow money to travel to New York City for his first inauguration.

MONDAY, JANUARY 25

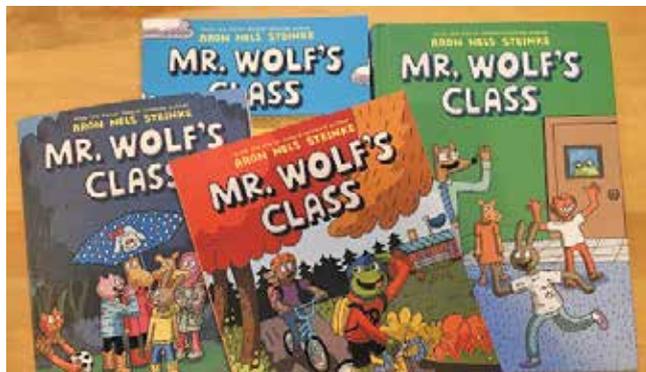
INTERMEDIATE POETRY

Silver Kite Online Workshop. 1:30 PM – 2:30 PM. During this webinar, we’ll engage in writing exercises focused on helping you craft poems reflective of your life experiences and moments. This is a workshop designed for writers who are experienced in writing poetry. Join us! During the COVID-19 pandemic, Silver Kite Community Arts is offering FREE online intergenerational workshops, talks, social hours, and performances for the community. We hope that by offering these opportunities, we are providing stimulating creative engagement opportunities and social connection during this challenging time. Register on the Silver Kite website at least one hour before class starts. Use sil2020 as the password. Silver Kite will send you the link for your class one hour before it begins. If you have any questions about your registration, please contact Silver Kite by email: info@silverkite.us or by phone: (508) 812-0431

MONDAY, JANUARY 25

ONLINE CRAFT & CHAT – OPEN DRAWING

8:00 PM – 9:00 PM. Whether you like to draw from photos, create zentangles, or doodle on notepads, artists of all skill levels are welcome to come and draw while chatting with fellow artists. Having a project to work on during the program is highly encouraged. This event is not a class or tutorial and is geared towards adult artists of all skill levels. This meeting takes place on Zoom! To get a Zoom invitation, please register. Email address is required. A link to join the event via Zoom will be sent to registered participants the day of the event. Contact us with questions: <https://www.sno-isle.org/contact-us/>

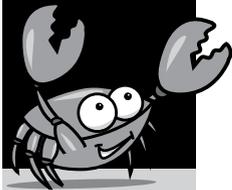


TUESDAY, JANUARY 26

OPEN BOOK: ARON NELS STEINKE

6:30 PM – 7:30 PM. Online event. Please join Eisner Award-winning cartoonist and author of the Washington State Otter Award-winning Mr. Wolf’s Class graphic novel series, Aron Nels Steinke as he discusses his creative process and invites us to draw together. Register to ensure you receive a reminder the day before the event, and to help us get a head count. On the day of the event, return here for the Zoom link to access the program. We recommend signing in a few minutes early to give yourself time to settle in and make sure everything is working. Contact us with questions: <https://www.sno-isle.org/contact-us/>

Calendar of Events



FUN FACT:

Baltimore is the largest independent city in the U.S. with a population of over 621,000. Meaning, it is not part of any county.

TUESDAY, JANUARY 26

VIRTUAL PLAY & LEARN

with Wonderland Child & Family Services. 10:00 AM – 10:30 AM. Join Wonderland Play & Learn facilitator, Shelby, for a 30-minute virtual circle time on Zoom. We will have fun activities designed to foster your child's development, including a story time, singing, and simple crafts. Register online to receive your Zoom link and a list of materials you may need for the Play & Learn activities. For information about Wonderland Child and Family Services, please visit their website: <https://wonderlandkids.org/> A link to join the event via Zoom will be sent to registered participants one day before the event.

WEDNESDAY & THURSDAY, JANUARY 27

FINDING GRANTS WITH FOUNDATION DIRECTORY ONLINE - ESSENTIAL

Wed: 4-5pm. Thu: 10-11am. Online event. Looking for grants for your nonprofit? This virtual class will provide an overview of how to look for grants using Foundation Directory Online - Essential. FDO is the most comprehensive prospect research tool for fundraisers, with nearly 200,000 grantmaker profiles. NOTE: This class is for nonprofit organizations looking for funding. It is not geared to individuals seeking grants. A link to join the event via Zoom will be sent to registered participants the day of the event. Contact us with questions: <https://www.sno-isle.org/contact-us/>

WEDNESDAY, JANUARY 27

ONLINE CRAFT & CHAT – OPEN SEW

10:30 AM – 11:30 AM. All sewing enthusiasts are invited to gather and chat! Bring your quilting, machine-sewing, hand-stitching or any sewing-related project, and a mug of your favorite morning beverage. I'm looking forward to lots of show and share! A link to join the event via Zoom will be sent to registered participants the day of the event. Contact us with questions: <https://www.sno-isle.org/contact-us/>

HOPE FOR A
CHANGING WORLD



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Coffee

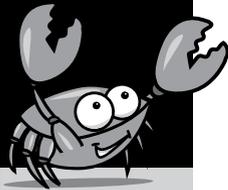
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Counting Calories?

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Low Fat Drink Options!

Calendar of Events



INAUGURATION FACT:

For many years, John Adams and Thomas Jefferson had been close friends. But as their political careers diverged, the two became rivals. When Jefferson was inaugurated on March 4, 1801, Adams was nowhere to be found. This made Adams the first president who chose to skip his successor's swearing-in ceremony.



WEDNESDAY, JANUARY 27

ONLINE PUB TRIVIA - AT THE OSCARS

7:00 PM – 9:00 PM. Join Michael and a cast of trivia directors as they challenge your brain with Oscars trivia covering nearly 100 years of movie magic. You're invited to stretch out on the red carpet, grab your favorite bubbly, and listen to hear "And the winner is..." A link to join trivia via Zoom will be sent to registered participants the morning of the event. Team members are not required and teams of one are absolutely fine. If you are playing with team members who are sharing your screen/device, only one team member needs to register. If team members are located in different households, at least one member of each household should register for trivia. Contact us with questions: <https://www.sno-isle.org/contact-us/>

WEDNESDAY-THURSDAY, JANUARY 27-28

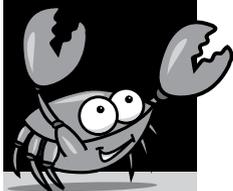
VIRTUAL COFFEE WITH THE BOARD

Grab a cup of coffee and log in for a chance to interact with and meet your School Board Directors. In this edition, we will take a virtual tour of our new construction. COFFEE WITH THE BOARD: MORNING EDITION: January 26, 2021; 9:00am - 10:00am. Directors Ken Christoferson and Al Schreiber. COFFEE WITH THE BOARD: MID-DAY EDITION: January 26, 2021; 12:00pm - 1:00pm. Directors Natalie Hagglund and Charlotte Murry. COFFEE WITH THE BOARD: EVENING EDITION: January 27, 2021; 6:30pm - 7:30pm. Directors Ken Christoferson and Miranda Evans

THURSDAY, JANUARY 28

READING WITH ROVER

online event. 4-4:15pm, 4:15-4:30pm, 4:45-5pm. Children build reading skills and confidence by reading aloud to a certified therapy dog in a live video chat. For elementary students ages 6-12, with an adult. One registration required per student. Reading with Rover is a community-based literacy program working with schools and libraries. Prior to the event you will receive an email invitation for the Zoom event. Contact us with questions: <https://www.sno-isle.org/contact-us/>



INAUGURATION FACT:

In an effort to demonstrate what he deemed "Republican simplicity," Jefferson opted to walk to and from his inauguration, which was in stark contrast to the pomp and circumstance displayed by his predecessors. Jefferson walked from New Jersey Avenue and C Street to the Capitol.



DIY SNOWY MASON JAR LUMINARIES

These DIY Tea Light Holders are incredibly easy to make using unexpected items: epsom salt and glitter. They really are magical when lit up at night!

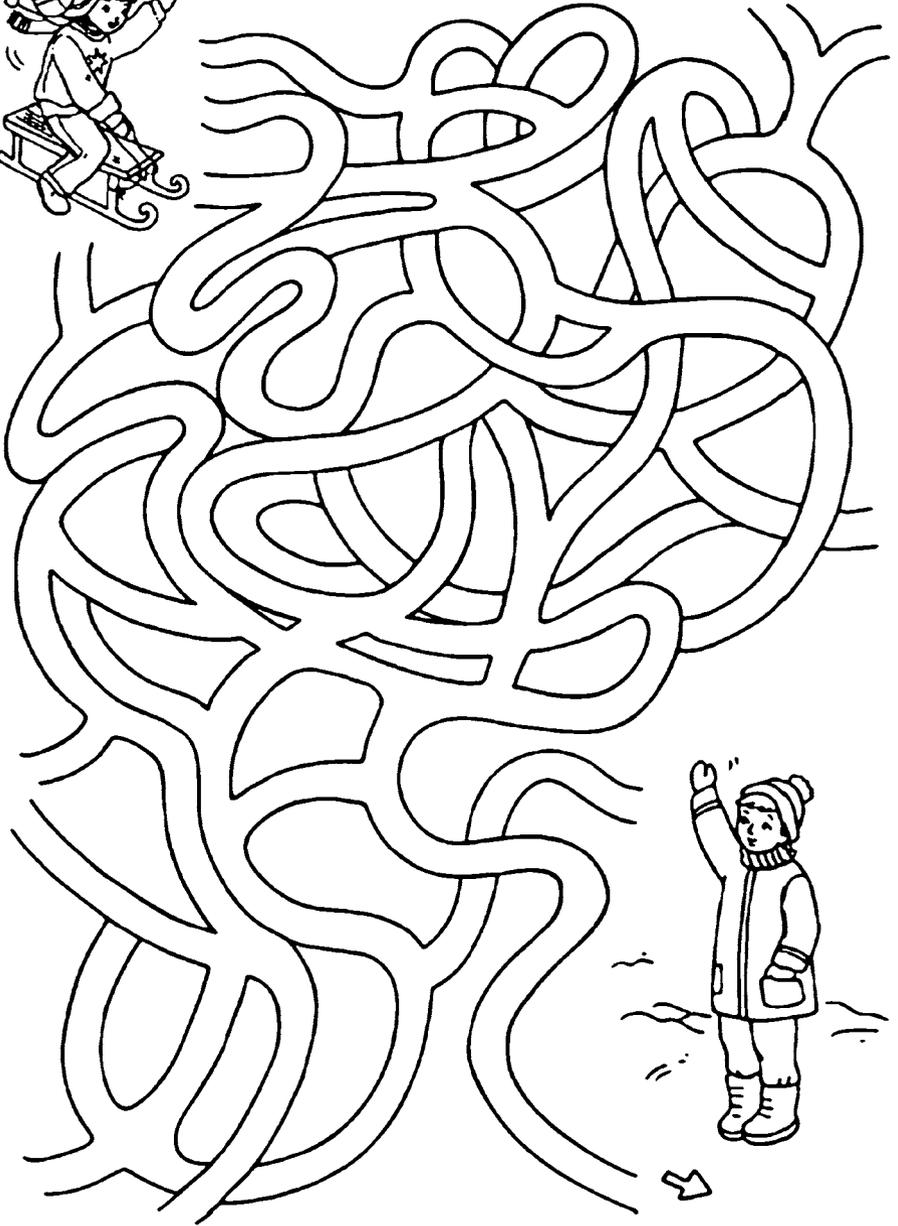
SUPPLIES NEEDED: mason jar (or any glass jar); 1 cup of epsom salt; 1 tbsp glitter (preferably white or translucent); mod podge (or tacky glue); sponge brush for applying the glue; twine or ribbon; small piece of greenery; hot glue gun; flameless tea lights (optional) ***EDIT*** How to seal the epsom salt once it's applied so that it doesn't slowly fall off. I've sprayed my jars with a light coat of clear adhesive spray which is meant for sealing glitter. It does have a strong smell so I'd recommend doing it outside if you plan on using it.

INSTRUCTIONS: 1. Start off by mixing the epsom salt and glitter together in a bowl so that it's ready to be poured over your jar once the glue has been applied (this can also get kind of messy so have newspaper or something ready to catch the extra "snow"). 2. Use a sponge brush to apply a thin, even layer of Mod Podge onto the outside of the jar. You don't want too much or you'll end up with lines and possibly drips. 3. Once the glue has been applied, immediately pour or spoon over the epsom salt mixture until all of the glue has been fully covered; set aside to dry for about an hour. 4. Hot glue a small piece of greenery onto the top of the jar, and then wrap and tie twine around until you have your desired look.

That's it! These look magical at night with a flameless tea light or even those small fairy LED string lights. I'm afraid to try using a real tea light with these jars only because I'm not sure if it would effect the glue (probably not), but I'm also worried about the twine catching a flame. To decorate the jars I cut off small pieces of fake garland, but you could also use real greenery from your yard.

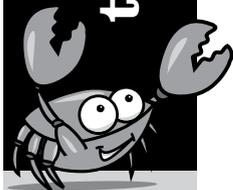
Source: <https://www.instrupix.com/easy-diy-snowy-mason-jar-christmas-craft/>

WINTER MAZE



www.ActivityVillage.co.uk - Keeping Kids Busy

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.

DOES ANYBODY NEED MUSTARD?

Quick question: Do you need any mustard? We've got tons to spare. That's because while it is my job to do the grocery shopping, it's my wife's responsibility to make up the grocery list. And that's where the problem starts. Because she always forgets to check our current inventory to see if we really need something before she adds it to the shopping list.

That explains why we currently have seven jars of mustard. In full disclosure, that's just a ballpark guesstimate. There could be more jars hidden away in in the bathroom medicine cabinet or in my wife's art supply closet. That's because she's also responsible for putting away the groceries. I have never figured out her system. Nor has she.

My wife is wonderful, but her organizational skills are roughly on par with those of a schnauzer. My spouse is equally gifted at not putting away her clothes and not loading the dishwasher (not to mention not emptying the dishwasher). Once again, I appear to have lost the thread of this commentary. Oh, right. Mustard. We could fill a small swimming pool with all the spare Mustard jars we have – if we had a swimming pool.

So if you happen to need any mustard, just text me. Happy to pass it along. And while we're on the topic, let me know if you might require any cinnamon or balsamic vinegar or baked beans. We appear to have enough of each to get us through the pandemic (if it continues until the year 2029). So, if you know of a soup recipe that requires cinnamon, balsamic vinegar, and baked beans, and you're cooking for a guest list of 130 people, I'm pretty sure I got you covered.

I was doing housecleaning earlier today. It turns out we also have enough of the following supplies to last well past my own expiration date: Windex, bath & tile cleaner, and cold medicine. I'm half-tempted to deliberately catch a cold just so we can clear out some inventory. We also have a small mountain of post-it notes. I'm confident I could cover all four walls of our bedroom in post-it notes floor to ceiling and still have some left over. Which reminds, me, I think I'll use a post-it note right now to write myself a note to tell her to stop ordering so many post-it notes online.

My darling wife has also hoarded an impressive supply of band aids, gauze, and stain remover of every kind. I have no idea why she needs so much of this stuff. My current theory is she's planning on taking me out in my sleep for constantly nagging her about all the extra condiments and cleaning products we have accumulated. Then, in a moment of regret, she will back down and attempt to save



YOUR SMALL TOWN SPECIALIST

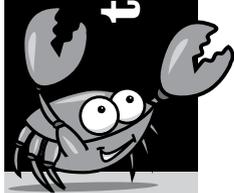
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View from the Bleachers



me after all, hence the need for all the gauze and bandages. Then she will ask me to clean up the blood stains with one of the five bottles of Shout from our laundry cabinet. But it's just a theory. There may be a different, more nefarious explanation.

Thanks to my life partner over these past 33 years, we also are the proud owners of enough Ziploc sandwich bags for three years of kids' school lunches. Too bad our younger child graduated from middle school in 2009. But if I display the temerity to point out that perhaps we don't actually need another roll of aluminum foil to add to our collection of five rolls, my wife will quickly change the subject by saying something random like, "Well, then. Care to explain why you feel we need five bags of grass seed and four bags of weed killer, which I found yesterday in the outdoor storage bin?"

I have no idea what her point is. Besides, I think we're drifting away from the premise of this commentary. I'm thinking that perhaps I should take over writing up with the shopping list and let my wife make the trips to the store instead. There's an ACE Hardware right next to the IGA. So, when she goes to the IGA, she can swing next door to ACE and pick up a bad of grass seed and weed killer. I think we may be running low.

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

Anniversary Sale

One of our biggest sales of the year!

Friday Feb 5th: 25% off + Door busters

Saturday Feb 6th: 25% off + Door busters

Sunday Feb 7th: 30% off

(Some items excluded, \$20 minimum purchase)



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What's Up?



*Astronomy and the night sky
by William Maxwell.*

His astro images can be found at www.astrobin.com/users/WilliamM/

EXTRATERRESTRIALS? NO THANKS

The question I get above all others, perhaps because it fascinates astronomers and non astronomers alike, is "have we been visited by extraterrestrials?". My short answers: Have we? Probably not. Are we?: Extremely unlikely. Will we? I really really hope not. At first glance such a visitation might offer thrilling prospects, but thought through pretty much every scenario would be a potential disaster.

Scenario 1: They are like us. This won't end well.

Scenario 2: They are like us, but less violent, less self centered, more logical, and less territorial. Habitable planets are hard to find, though, so unless they plan on leaving I'm not sure where millions, perhaps billions, of new immigrants are likely to be welcomed.

Scenario 3: They are not at all like us. This is far more likely. It could be a life form we barely recognize, simply do not understand, and share no common ground. Assuming they are used to that, we are not. Humans fear the unknown and fear will lead to violence, even if its just sparked by one yahoo who has watched too many Rambo movies. Life defends itself and we are likely to be on the loosing end.

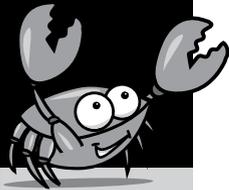
Scenario 4: They are an incompatible life form. Perhaps to us they are a poisonous spore or carbon eating microbe collective. Perhaps they flourish off our nitrogen rich atmosphere and, like life on Earth, propagate as resources allow. Our atmosphere changes, the planet is covered in invasive species, and as the planet is over run, native life on Earth would either starve or suffocate.

Scenario 5: They are the perfect tourist. They are like us, but better. They have come for a visit and have no plans on staying or using resources. They share their wisdom and knowledge, fortunately none of it involves weapons. Unfortunately the first time they open the air/water lock they unleash the equivalent of every plague, human or otherwise, that has ever impacted the Earth.

Scenario 6: Pretty much the worst nightmare. They are violent pirates, colonizers, seekers of resources and profit. They strip the atmosphere and oceans like deep space Conquistadors and have already sent message back to corporate headquarters for reinforcements. These are no cuddly "ETs", nor is it the soap opera squabbles of humanoid like a "Star Wars" or "Star Trek". There is no "Independence Day" movie scenario of humans fighting back with airplanes or rockets much less foot soldiers. Aliens could simply park out of reach or set up camp on the Moon and target us freely for centuries. Perhaps they would just sterilize the entire planet, like a contractor clearing every bit of organic matter before "reconstruction", a combination of "chain saws, fire and the ultimate flea bomb". Perhaps they just drop a type of robotic virus and come back in a few centuries once it's done. Goodness knows we humans wouldn't get on the same page fighting that. Perhaps, less catastrophically, we become a new food source and Earth a new livestock farm.

The universe is mercifully arranged to keep life in different locations apart. Perhaps the best we can do is keep our heads down, keep quiet, and hope we never get discovered.... and of course try not to destroy our own fragile spaceship-the Earth.

Classes and Workshops



INAUGURATION FACT:

One day after his inauguration on March 4, 1809, James Madison was the guest of honor at history's first Inaugural Ball. It all went down at Long's Hotel, and tickets cost \$4 apiece.

Classes at Zs: ZOGA, a class incorporating yoga, The Melt Method, laughter PLUS health support for each participant. Excellent for All levels. Mondays, 10am. Zoom online. SEATED Yoga, excellent for those with limited mobility but know you need to move and stretch. 40 minute class, once per week. FLOW YOGA with Melissa, Thursdays at 6pm. Be challenged, enlivened and inspired! Call 360-629-5040 or register online @ Zsremedies.com.

YOGA CLASSES IN-STUDIO AND ONLINE at Movement Arts, Camano Island. Keep moving, keep breathing, keep practicing! 3 WAYS TO PRACTICE: IN-STUDIO – View our schedule at movementarts.com/schedule week to week to monitor our Phase 2 status for in-person classes or please join us online! Follow us on Facebook or visit movementarts.com for updates. LIVE STREAM – book classes in advance at movementarts.com/schedule and receive an email 30 minutes prior to class to attend our live studio class from the comfort of your own home (no mask required). See your friends before class for live chat (or stay in your PJ's with your video off. 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; regular membership rates apply. View sample videos FREE on our media page at www.movementarts.com/media. Book your class thru movementarts.com or call 360-629-9100.

Yoga for Beginners Six Week Session Jan 5-Feb 9. Whether you are brand new to yoga or returning after a long absence, this course will prepare you with the first steps toward a regular practice. Upon completion you should feel comfortable transitioning to any basic yoga class. Sign up through movementarts.com or call 360-629-9100. Space is limited, sign up early. \$85

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Virtual Guitar Lessons during this difficult time – with Ford Geisbrecht. All ages, levels & styles. Learn at your own pace. Instruction & performance. Ukelele & Bass lessons also available. 360-631-0661. www.guitarbyford.com.

Have fun while achieving your art goals. Painting lessons with a national award winning artist. 425-681-5104 or Michele@MicheleRushworth.com to save your spot.

Karate & Taekwondo at Northwest School of Martial Arts! Open enrollment, fun for all ages! Our programs emphasize respect, self-defense, confidence, self-discipline, exercise, leadership & focus. Call 629-4341 or visit nwschoolofmartialarts.com for schedule & prices.

My Body Mind Fitness "Time to give back." Help us grow and educate our community. Fitness & nutrition classes for all ages. Teacher benefits. www.mybodymindfitness.com.

FAMILY HISTORY CENTER: Closed until further notice.



Windermere

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NORTH END \$429,000
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VACANT LAND \$235,000
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VACANT LAND \$105,000
 Nice level building lot on the sunny west side of Camano ready for your dream home. #1672363



VACANT LAND \$125,000
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Windermere

REAL ESTATE



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 Own your own slice of paradise, 10-acres on the west side of Camano. #1639340



VACANT LAND **\$799,000**
 Great development opportunity in downtown Stanwood zoned General Industrial and great visibility. #1626695



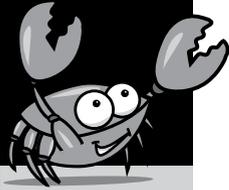
TULALIP **\$449,000**
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Visit WindermereStanwoodCamano.com for more information

Windermere Real Estate/CIR



Classified Listings



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PROFESSIONAL SERVICES:

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WANTED

HELP WANTED - Fiberglass repair & fabrication business. Experience is a plus. Vast assortment of jobs from race cars, to large Yachts & more. Jobs in the shop, at the Camano Airfield business park. Also off sight jobs from Anacortes to Bellingham and Everett. Lots of effort required. Call or text Erik, for an interview. 425-308-7423, Compass Point Composites LLC.

Looking for stay at home person for online selling on etsy, ebay, etc... Work as you want selling antiques for a percentage. crickethandheld@aol.com.

WANTED: Vintage driveway farm/estate gate. Will pick up. 425.830.3313.

Considering a career in Real Estate? Windermere is looking for sales associates in our Stanwood and Camano Island offices. Contact Marla at marla@windermere.com for more information. windermerestanwoodcamano.com

Wanted horse to ride. Gentle for beginner. Share cost or lease road safe. 360-279-1565.

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CASA'S PET OF THE WEEK:

TIFFANY is a sweetheart with lots of love to give. She would love a quiet home with an owner she can snuggle with. She does well with other cats, although it is unknown how she is with kids and dogs. If Tiffany sounds like the gal for you, please send us an application via email.

Camano Animal Shelter Association (CASA):

198 Can Ku Road, Camano Island.
360-387-1902. camanoanimalshelter.org



NOAH'S PET OF THE WEEK:

CLOVER is a sweet and social kitty who loves attention. She is easily stressed by the shelter environment. We are looking for a low stress home and an owner willing to take on care as Clover is more prone to stress related illnesses. I AM AVAILABLE BY APPOINTMENT. Please call and leave a message that you are interested in me.

The N.O.A.H. Animal Adoption Center:

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(360) 629-7055. thenoahcenter.org.

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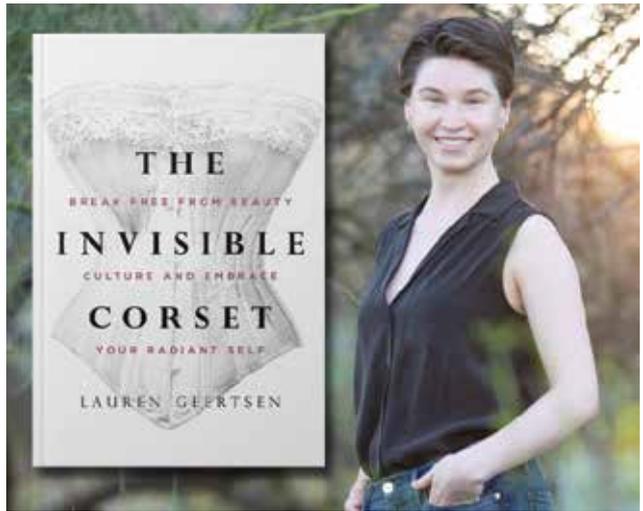
72 N East Camano Dr • across from Sheriff

Artist of the Week



Are you interested in promoting your art, craft, or live performance?

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



LAUREN GEERTSEN

Hi, I'm a local author, and I have a book coming out called *The Invisible Corset: Break Free From Beauty Culture and Embrace Your Radiant Self*. Sounds True is publishing it, and it comes out on January 19th. I was raised and homeschooled on Camano Island, and I now live in Bellingham. I began a wellness website, *EmpoweredSustenance.com*, after healing my autoimmune disease with nutrition and it's now supported over 40 million readers. Now I'm a Body Connection Coach and I help heal their relationship with food and body image. The invisible corset is a set of culturally-inherited beliefs that make women as uncomfortable and restricted in our bodies as whalebone corsets once did. Wearing the invisible corset, women see our bodies as machines to control, rather than wise beings to trust. When we get free, we not only find self-love and self-acceptance, we also reconnect to the intuitive wisdom of our bodies. This book is a must-read for any woman who wants to finally feel confident and comfortable in her body, as well as parents, teachers, and therapists who want to end the generational cycle of female body hate. The *Invisible Corset* has been endorsed by doctors, body image therapists, eating disorder specialists, and lots of moms. It can pre-ordered at <https://invisiblecorset.com>.

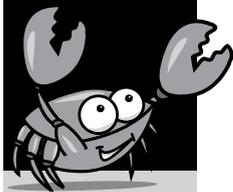
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Business Spotlight



BIG MOON BEESWAX STUDIO

is a family-owned, private candle studio, located on Camano Island, WA. Visit our online studio to shop our elegant collections. 100% pure beeswax candles, hand dipped and hand poured, with a natural honey scent. View our exclusive, elegantly designed beeswax candles and accessories. As a family, we love creating uniquely designed, high quality beeswax candles and accessories, and feel honored when you light our candles in your home.

"My mother and niece are artists and their beautiful artwork is inspiration for the candles we create. Once a new design has been created, our candle makers go to work bringing that artwork to life in beeswax candles." – Bryce Lien, founder.

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INAUGURATION FACT:

JOHN QUINCY ADAMS WAS THE FIRST PRESIDENT-ELECT TO WEAR LONG PANTS TO HIS INAUGURATION.

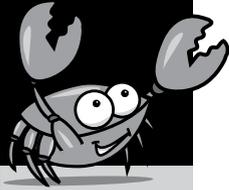
Public Domain, Wikimedia Commons
On March 4, 1825, John Quincy Adams changed the sartorial style by wearing long pants. In previous years, knee breeches were the standard uniform.



THE PRESIDENTIAL INAUGURATION 2021

is the event where the US president-elect and vice-president elect are sworn in. Mr Biden will take his place as the 46th president. By law, inauguration day is 20 January. Joe Biden and Kamala Harris will be sworn in at noon that day in Washington DC. Opening remarks are historically scheduled for around 11:30 EST. Once Mr Biden takes the oath, he has officially assumed office and the power of the presidency is his. He'll move into the White House later in the day - his home for the next four years. The Biden team has "strongly encouraged" people to refrain from travelling to Washington to attend, amid fears of virus spread. In normal circumstances, DC would see hundreds of thousands - make that an estimated two million the year President Obama was sworn in - of inauguration revellers flock to the city, swarming the National Mall and selling out hotels. Why is the inauguration in January? The Constitution initially set 4 March as the day for new leaders to take their oaths of office. Selecting a date four months from the November general election made sense at the time given how long it took for votes from across the country to trickle in to the capital. But this also meant the lame duck period - the time when an outgoing president is still in office - was quite long. After the swearing in ceremony, there's usually a parade down Pennsylvania Avenue to the White House. This year, the celebration's size will be "extremely limited", the Biden team has said. There will still be a "pass in review" ceremony - a traditional part of the peaceful transfer of power, where the new commander in chief inspects the troops. In lieu of the typical parade, the Bidens will then be escorted to the White House by these military members, including a band and drum corps. A "virtual parade" will also take place across the US, with "diverse" performances, planners say. Who is performing? Mr Biden has not yet announced who he'll have on stage with him to lend some star power. Expect some big names. In recent years, incoming presidents have added some of the country's most beloved performers to the day's programme. George W Bush's first inaugural address in 2001 featured music from military bands, but the Republican was later joined by Ricky Martin and Destiny's Child - featuring a 19-year-old Beyoncé Knowles - for the celebrations. And in 2005, President Bush's second inaugural celebration was bolstered by performances from singers Hilary Duff and Gloria Estefan. In 2009, the "Queen of Soul" Aretha Franklin turned out for Barack Obama's inauguration, performing My Country 'Tis of Thee. Beyoncé was also on hand, singing At Last to the first couple at Mr Obama's inaugural ball. At his second inauguration in 2013, President Obama called on Kelly Clarkson and Jennifer Hudson to do the honours. Beyoncé was

Community Information



DID YOU KNOW?

Brussels Airport is the world's biggest chocolate seller, selling over 800 tons of chocolate a year.

back again, this time to sing the national anthem. At the most recent inauguration, Donald Trump reportedly had more trouble booking performers. Elton John declined Mr Trump's offer to perform, and reports circulated that Celine Dion, Kiss and Garth Brooks did the same. In the end, the Rockettes, Lee Greenwood, and band 3 Doors Down turned out for Mr Trump's day. Will Trump be there? It's become customary for the outgoing president to watch the next in line be sworn in. This can make things awkward. As a former first lady, Hillary Clinton joined her husband, former President Bill Clinton, at Mr Trump's inauguration - just two months after her election defeat and a bitter campaign against Mr Trump. There have been exceptions, but none in the last century. President John Adams, his son, President John Quincy Adams, and President Andrew Johnson all sat out their successor's inauguration. This year, there's some speculation that Mr Trump may add himself to this list and boycott Mr Biden's swearing in. The president has still not conceded the race, despite Mr Biden's win in the electoral college - the system the US uses to choose its president - and a more than five million vote lead in the popular vote. So far, Mr Trump has refused to say if he will show. Some of his supporters have taken it a step further, planning a virtual "second inauguration" for Mr Trump on the same day that Mr Biden takes office. More than 60,000 people have said on Facebook they will attend the event and show their support for Mr Trump. For his part, Mr Biden has said he hopes his predecessor attends in order to set a positive example of a peaceful transition of power. But Mr Trump's presence is "not on the top 10 list" of the president-elect's priorities, incoming press secretary Jen Psaki said this month. Source: BBC News - Jan. 4, 2021 (<https://news.yahoo.com/inauguration-2021-happens-day-biden-233418109.html>).

LOST & FOUND:

Bracelet lost on 12/31/20, 1-2pm; Hoop-bracelet is 2-tone gold with internal clasp; While at either Cama Beach State Park or Terry's Corner & celebrating a birthday, the bracelet from my mother (deceased) was lost. If found, please call 360 548-8949

VIRTUAL HOMEWORK HELP!

Homework got you down? Have no fear Davis Teen Programs is offering free homework help every Tuesday and Thursday from 8:30-10:30 am on Zoom. Our volunteers are ready to help! RSVP is required! Open to students in grades 6-12. RSVP is required contact our teen coordinator at teens@crc-sc.org or 360.629.5257 x1004 to save your place or to answer any questions.



A beautiful and healthy gift for all during this holiday season! 100% beeswax candles, poured by hand. Made locally in Everett, WA.

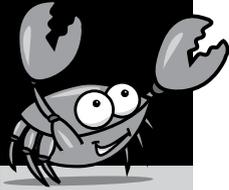
GoldenLightBeeswaxCandles.com



Golden Light Beeswax Candles, formerly known as "Quiet Light Candles" can be found at The Spare Room on Camano Island.

You may also go to: **GoldenLightBeeswaxCandles.com**, order them direct and have them shipped right to your door! Questions? Call Katherine at **206-403-0723**.

Community Information



FUN FACT:

Of the 70% of water covering the Earth only 3% of it is fresh, the other 97% of it is salted.



REGISTRATION NOW OPEN FOR SOUND WATERS UNIVERSITY 2021

Have you heard about the invasive Asian murder hornets? Do you love the iconic whales of the Salish Sea, including Orcas? Do you wonder about the tides? If you are curious to learn more, attend Sound Waters University on Saturday, February 6, 2021. Sound Waters University, a "One Day University for All" is brought to you virtually by Sound Water Stewards. Sound Waters University presents a keynote address followed by informative classes about the natural world and the fragile environment of the Salish Sea including forest health, birds, river otters, earthquakes, groundwater science, ocean acidification, and more. Keynote speaker Dr. Peter S. Ross is an international authority on ocean pollution. At 8:45 am, he will present "A Sea of Trouble - Taking Action on Plastics Pollution" describing how to make a difference on this critical environmental concern. Twelve virtual classes in four sessions follow the keynote with the day ending at 3:15 pm. Registrants get full access to all class recordings post-event except for "Understanding Treaty Rights From a Tulalip Perspective" which will be live only. There will be breaks and opportunities to view the virtual exhibits. Find the full class schedule online at www.soundwatersuniversity.org. Don't miss out on early-bird special rate of \$45 until January 15, 2021 after which standard rate is \$50. Discounts are available for students, teachers, military, and AmeriCorps. We look forward to seeing you on Saturday, February 6, 2021 at 8:30 am. Sound Water Stewards of Island County are trained volunteers working in and around Island County for a healthy, sustainable Puget Sound environment through education, citizen science and stewardship.

Yoga and Pilates

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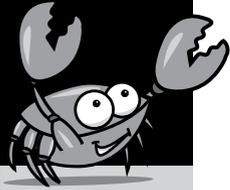
Hair
BY KIM

Call/text for an appointment

(360) 502-0270

8705 271st ST NW, Ste 8, Stanwood, WA

Community Information



INAUGURATION FACT:

In 1849, Zachary Taylor refused to be sworn in on a Sunday, because he was very strict about “keeping holy the Sabbath.” So the President Pro Tempore of the Senate, David Rice Atchison, was brought in. There’s some debate as to whether this actually makes him the 12th president and Zachary Taylor the 13th, but it’s generally accepted that he doesn’t count.

ART SHOW

January 1 - 31th at Beach 1 Gallery. “Wood, Wine & Quilts” is the theme, featuring 3 woodturner artists, wine barrel accessories and handcrafted quilts. George Way-Master wood turner. Paul Anderson-Master wood turner. Ron Cooper- Woodturner for 3 years. Duane Hoekstra-Wine barrel accessories. Valerie Spagnolo- Quilter. Gallery is open 7 days a week. 1243 Beach Drive, Camano Island 360-387-1655. Masks and social distancing are required in the Club House.



HOLIDAY LIGHTS, COMPUTER AND ELECTRICAL CORDS RECYCLING DRIVE

What do you do with holiday light strings and old electric and computer cords that no longer work? Instead of throwing them in the trash, bring them to the Camano Transfer Station for recycling! A drop box will be available now through the end of January. WSU Extension Island County Waste Wise volunteers and local Boy Scout Troop 46 will make sure the strings and cords are recycled responsibly. The Transfer Station is located at 75 E Camano Hill Road and is open daily from 9:30-5:00. Questions? Email sarah.bergquist@wsu.edu or call (360) 639-6062.

FREE EXTERIOR PAINT JOB

His Biz Painting sincerely appreciates our community and customers for keeping us in business...especially during this trying time! In an effort to give back we, at HIS BIZ, are giving away a FREE exterior paint job to a local family. Please nominate yourself or someone that would benefit from this opportunity. Please give a short explanation as to how and why this individual would be a good candidate. The awardee will be chosen and contacted on Valentine’s Day 2021. If you have any questions please feel free to call us at (360) 387-3344. To make a nomination please complete this form: <https://forms.gle/uAFWQBUw4Z2A4jm59>.

MONDAY HELP GROUP

If you’ve been feeling overwhelmed with distance learning and would like some help, please attend the Monday time management group “Do More and Stress Less: How to Manage Your Time and Improve Your Grades.” Join this Google Meet from 2:30-3PM on Mondays with the code “Monday Help.” We’ll go over strategies for understanding your grade, making a weekly schedule, and getting caught up in your classes. Parents and students are invited to attend.



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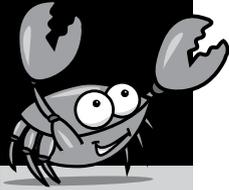
www.bentearthdesigns.com

Black Ice

Because black ice can form so quickly and is so camouflaged on the road, Occupational Safety and Health Administration officials call it the deadliest of all winter driving hazards. Here's what to look out for:

- ▶ Pavement that looks dry but appears darker in color.
- ▶ Low-lying areas that may have water runoff from nearby trees or land.
- ▶ Bridges, which typically freeze first.
- ▶ Underpasses and other road areas that are shaded from the sun.
- ▶ Air temperatures that fall below 40°F (expect icy conditions).

Community Information



DID YOU KNOW?

Although Saturn is the second largest planet in our solar system, it is also the lightest planet!

PHILANTHROPIST OF THE YEAR NOMINATIONS

Due Jan 31, 2021. Please help us find worthy award recipients! The Stanwood-Camano Area Foundation (SCAF) will present three philanthropy awards to outstanding individuals and businesses at the Philanthropist of the Year Awards Breakfast on March 26, 2021. Please take a few minutes to think about who you can nominate! We are accepting nominations for the following three awards until January 31, 2021. **Floyd & Delores Jones Spirit of Philanthropy Award:** This award honors an individual, couple, or family who exhibit a deep commitment and heartfelt dedication to philanthropy. Nominees should have a proven record of exceptional generosity through direct financial support and/or direct involvement. This should be someone who demonstrates outstanding civic and charitable responsibility and whose generosity and involvement encourages others to take philanthropic leadership roles in our community. **Pay-It-Forward Award:** This award honors an individual who must be a resident of the Stanwood-Camano community and who has a proven history of giving generously of his or her time directly to people in need, to activities that benefit our community, or to local nonprofit organizations. In short, this award honors an outstanding volunteer. The volunteer work must have occurred in the Stanwood-Camano area. **Heritage Bank Business Making a Difference Award:** This award honors a for-profit business in the Stanwood-Camano area that has a proven track record of making a positive difference in our community. The business that receives this award must be based in Island or Snohomish County with branches in the Stanwood-Camano area. Thank you for helping us find the most deserving award recipients. Nomination forms can be found at <https://s-caf.org/nom>. All completed nomination forms and supporting materials should be emailed or mailed to Bev Pronishan, bev@s-caf.org or P.O. Box 1209, Stanwood, WA 98292. If you have any questions, please call SCAF at (360) 474-7086. Previous award winners are not eligible; for a list of previous winners, please check the SCAF website.

CAMANO ISLAND DEMOCRATS MEETING

January 21st at 7pm on Zoom. We will celebrate the Biden /Harris Inauguration, elect officers and plan for 2021. Join us! We look forward to getting together with all who want to see a Democratic majority in our Camano community. For Zoom link email camanoislanddemocrats@gmail.com or contact us through our website camanoislanddemocrats.com.

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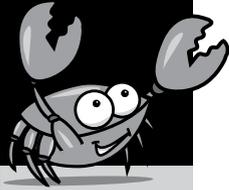
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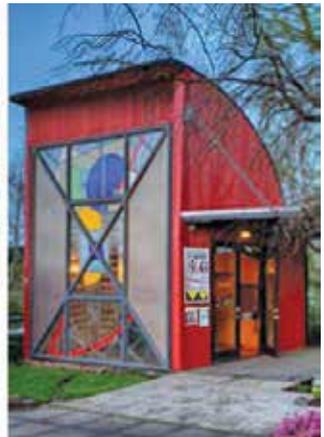
INAUGURATION FACT:

When he was inaugurated on March 4, 1853, Franklin Pierce became the only president to “affirm” the office of the president rather than “swear” it, and did not use a Holy Bible. He did so as he was in the midst of a crisis of faith; he was still reeling from the death of his only son, Benjamin, who had died in a train crash two months earlier.



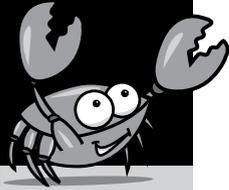
IS YOUR DOG LEGAL? GET ROVER LICENSED

Island County requires all dog owners to license their dogs every year. One time is not enough; you must renew each year. There are no exceptions. The tag will also help identify your dog in case he or she is lost. Please make sure you have proof of current rabies vaccination and spay/neuter (if altered) for each do when you arrive to purchase your license. The 2021 dog licenses are now on sale at the Camano Animal Shelter (by appointment only) or at the Camano Island Annex on NE Camano Drive. The cost is \$10 for spayed/neutered dogs and \$33 for intact dogs. Email casa@camanoanimalshelter.org or call 360-387-1902 for appointment.



VISITOR INFO OUTPOST

Over the years many, many visitors to Camano Island have stopped at (the former Visitor Center) wanting basic info and Maps. In support of our Island Visitors (who will return in 2021) and on a 24/7 basis . . . There now is a VISITOR INFO OUTPOST (with the Current Crab Cracker) & CHAMBER MAPS @ the CAMANO GATEWAY! The Poster also directs people “up the road” to the Chamber Office if more info is desired. Fresh editions of the Crab Cracker will be provided and map inventory will be kept on hand. We are pleased to provide these simple, basic amenities to assist our Visitors and to supplement the efforts of the Chamber of Commerce. – Cheers, Danny Koffman and Mike Nestor.



INAUGURATION FACT:

Barack Obama's first inauguration, on January 20, 2009, broke a few records: In addition to boasting the largest attendance of any presidential inauguration in history, it was also the largest event to ever take place in Washington, D.C. Those who couldn't make it to the nation's capital were tuning in, too; it's the internet's most-watched swearing-in ceremony.

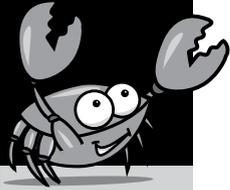
ARE YOU DEPRESSED DURING OUR FALL AND WINTER?

You have likely heard of Seasonal Affective Disorder, or SAD, especially if you in Stanwood/Camano, with decreased daylight hours during the fall and winter months. Even if you have heard about it, it can be confusing to know what's true. I did not understand how hard this was till I moved back here from CA in 2004. It was tough going till I found some good solutions and now I want to help others with my findings. SAD is a form of clinical depression. People often feel low and achy and sometimes irritable. It typically occurs during the fall and winter months. Treatment for this may include meditation, light therapy and talk therapy. Some common myths: SAD IS an Only woman disorder? Women comprise anywhere from 60-75% of the condition, it can develop at any age, but those over the age of 30 are more susceptible as a result of hormonal changes. Men experience this condition less frequently, but they are also susceptible. SAD ISN'T A REAL OR SERIOUS CONDITION. SAD is classified by the DSM as a recurrent, seasonal pattern of depressive episodes. It is a serious condition and can severely hinder one's quality of life and ability to perform normal activities. SAD ISN'T TREATABLE....IT IS!! Seasonal Affective Disorder is a difficult condition but one that can be treated. If you feel "off" in the fall and winter months, come sit in Z's Body & Soul SUN room for 20 minutes a week and feel the difference! There are 2 powerful light units (from recent Shark Tank episode) as well as music and quiet meditation. People's comments range from "Wow, I feel so good, to I was at the beach in sun, I needed this, thank you Z" The good news is that there are ways to treat these conditions. Stop by Mon through Thurs 11 to 2, 9504 271st St, Stanwood, across from the middle school to schedule, www.zs-remedies.com.

BOOGIE BIN

"My dream is to one day operate my own non-profit organization to help homeless animals in Washington. As a starting point and an homage to the dog that started my passion for rescue animals, I've decided to begin collecting donations for local animal shelters and rescue organizations in his honor. A couple of businesses have been kind enough to offer their space for a donation bin. There will be a bin at both Stilly River Yarns and Ladders Clothing Co in Stanwood called The Boogie Bin. This can be used for donation drop offs beginning January 11, 2021 during the stores' business hours. Waggies' Market has also been generous enough to offer 10% off of Zignature and Fussie Cat pet food purchases for these bins, and they have gift cards, too! Please remember that shopping local is important, especially now. And, the best advertisement available is word of mouth! Please take a moment to share and spread the word! (A shareable version is available on my personal page and The Boogie Bin FB page.). I will be gathering the donations and selecting a local rescue that needs them each month. The shelters we support will change depending on the types of donations we receive and the needs of the rescues/shelters. We are open to deliver to most of Washington! Thank you for reading, and for being a part of such an amazing community. I know things are hard for so many right now, but if we can spread a little kindness each day, we can start making the world a better place for all of us." Much love,, Jill and Banks "Boogie" Sullivan. More info: chubbjil000@yahoo.com.

Community Information



INAUGURATION FACT:

There must have been something in the air during Reagan's inaugurations: His first, on January 20, 1981, was the warmest Inauguration Day on record (it was 55°F at noon). Four years later, on January 21, 1985, he hit another weather record—this time for the coldest Inauguration Day on record (it was 7°F out).

TECHNOLOGY TO GO

Sno-Isle Libraries is now offering library cardholders Laptops to Go, plus Wi-Fi Hotspots to Go! Just place a hold to borrow one of 124 laptops or one of 50 Wi-Fi hotspots to get online, connect, learn and research. Learn more at <http://ow.ly/ulba50D0xbV>

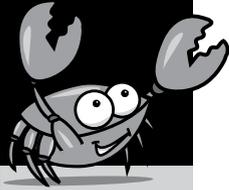
BLANKETS NEEDED

We are almost out of blankets to give to our homeless members. If you have a blanket you are willing to donate, donation hours are Monday - Friday from 9am - 2pm.

ISSUES THAT MATTER

New Issues That Matter series addresses growing pandemic pressures. After months of coronavirus-related shutdowns, restrictions on travel and gatherings, mask mandates, rising infections and a growing sense of loss, everyone feels the stress and strain. No matter whether you're grieving the death of a relative or friend to coronavirus, or if you're a working parent with kids struggling to learn online, an essential worker who faces the public, a caregiver to someone with vulnerabilities, working in an improvised home office or you simply miss being with people during isolation, the pandemic has been hard on mental health. Starting Jan. 14, Sno-Isle Libraries will try to ease the public's distress with a new Issues That Matter series, Pandemic Pressures: Supporting Community and Family Mental Health. The series will focus on the profound effects the coronavirus pandemic has had on everyone's emotional well-being with events aimed to help individuals and families of all ages. All Issues That Matter events will be online as Zoom webinars. Sno-Isle Libraries staff are working with public health officials in Snohomish and Island counties to identify issues, develop event topics, recruit panelists and provide current mental-health resources. Organizers plan to schedule several Pandemic Pressure events in early 2021. The health officials emphasize that it's normal now to feel "not OK" amid the pandemic, so it's more important than ever to destigmatize and normalize asking for help to deal with emotional and mental-health needs. People don't have to bottle up feelings of fear, grief, sadness, anger and frustration that the pandemic has stirred up. Everyone has those feelings now and it's a struggle to process them. "It's easier to talk about the pain now because everybody is going through it. What can we do to make things better? We want to help people learn to define when to get help for themselves or others and identify the different forms of help that are available." The first Issues That Matter event, Wellness in Uncertainty, is scheduled for 6:30 p.m. Thursday, Jan. 14. Panelists will help individuals and families learn if their feelings are normal or if they're a sign to seek help, how to identify warning signs in yourself and loved ones, and share information about available resources. Online registration for this event is open now. Organizers are considering several family-focused event topics, including how to keep scheduling norms for stability, parenting skills, technology issues, community and school resources, substance abuse, self-care, coping with grief and others.

Did You Know?



The Stanwood Area Historical Society asks, "Did You Know?"

Excerpts taken from the "Stanwood Story", written for the Stanwood News by Alice Essex.

1936 brought about major happenings in the shopping area, recorded in these thumbnail briefs, are typical of the get-up-and-go spirit that was adrift about town. Beginning in January, they are given in sequence as they marched through the year.

The Imperial Cheese Co. boosted employment when it began operations in mid-January in the former creamery and Dairyland Cheese Co. located on the east side hill. Under the ownership of Castrillo Bros. of Everson, 20 days after the opening, eight tons of American cheese was being distributed locally and in Seattle, under the Imperial Brand name. Butter and other varieties of cheese were soon on the production line, and later in the year casing was added to their product line.

By September, the company had opened plants in Chehalis and Morton in conjunction with the local and the home-based plan in Everett. Four thousand pounds of milk made 400 pounds of cheese, so area dairymen had a ready market.

A January announcement by the Camano Blue Point Oyster Co. that 20 men were at work planting oysters was another encouraging development. As many as 60,000 mature oysters would be ready for harvest in 1936, said the Blue Point manager, who added that some would be steamed and canned.

With this promising beginning, the new year brought extension of RFD No. 1 to 75 families in the Mabana District, where mail had previously come via the Steamer Atlantic to Langley, thence by launch to Camano. The Stanwood Water Co. joined the expansive mood in January by extending service to the Adolph Joergensen farm near Florence, and improving service about town.

The only disturbing note in the month came with discontinuation of the Utsalady-Oak Harbor ferry because of the opening of the Deception Pass Bridge. This stirred up agitation and resulted in a tri-county meeting to discuss consolidation of Skagit, Island and Snohomish Counties. "No consolidation wanted" was the brief and to-the-point headline in the NEWS after the session.

A bakery made its debut in the Oscar Rygg Building in East Stanwood in February. Tom Ness of Sumner was the operator. Next came a three-way real estate deal in which Frank Anderson sold the Central Confectionery to Harry Carlson, and bought the Stanwood Hotel property. Clyde Phillips, which had operated the hotel and refreshment parlor for several years, then bought the former Red Cross Store Building, next to the Regis Café, and opened a new bar.

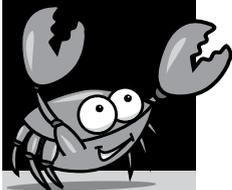
Bryant Hardware Store stirred the town in March with a third anniversary celebration which marked the opening of its new addition adjoining the original store to the south. Two free shows at the Ideal Theater, coffee and doughnuts after the show, courtesy of the Ness Bakery and Bargreen Co., were the afternoon feature. A free dance in the new hardware area topped off the event to the tune of a five-piece orchestra.

Twenty carloads of McCormick-Deering implements arrived for the opening and, about the same time, a shipment of John Deere power equipment was unloaded at the Barnett Implement Co., which had opened in the Charlotte Thorsen Building on Main Street.

Come May, the Pioneer S.A. Thompson & Co. got into the action parade, when Cliff and George Myron, Allan Anderson and Bob Boreson, severed connection with the company and Ewald Greene of east side Shoprite Grocery assumed management.

More 1936 To Come

Local Photos and Art



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Camano State Park. Photo by Roy Spires, Camano Island.



"The brown horses in winter." Photo by Rian.



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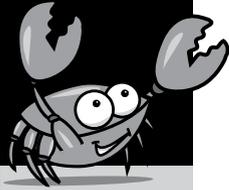
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What's Up Doc?



What's Up Doc is a chance for readers to ask questions of a local medical professional. If you have a general healthcare-related question you would like to ask the Doc, email it to us as info@camanoisland-health.com.

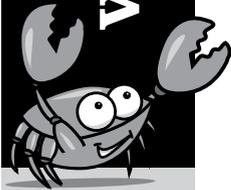


Q: Can massage help cancer patients?

A: With appropriate precautions and a skilled therapist, massage therapy can be part of supportive care for cancer patients who would like to try it. Massage therapy, with or without aromatherapy (the use of essential oils) has been used to attempt to relieve pain, anxiety, and other symptoms in people with cancer. Clinical practice guidelines (best practice standards) for the care of breast cancer patients include massage as one of several approaches that may be helpful for stress reduction, anxiety, depression, fatigue, and quality of life. Clinical practice guidelines for the care of lung cancer patients suggest that massage therapy could be added as part of supportive care in patients whose anxiety or pain is not adequately controlled by usual care. A 2016 evaluation of 19 different studies of massage for cancer patients in general found some evidence that massage might help with pain and anxiety. Massage therapists may need to modify their usual techniques when working with cancer patients; for example, they may have to use less pressure than usual in areas that are sensitive because of cancer or cancer treatments. It is best to find a Licensed Massage Therapist who is familiar working with medical providers and specializes in clinical massage. Ask about the training, experience, and credentials of the massage therapist you are considering.

Q: What is an Adolescent Specialist and why should teens see a doctor if they aren't sick anyway?

A: Wellness Visits are important for adolescents to learn about taking health into their own hands and getting a chance to talk about personal concerns with a doctor. There are specialty trained physicians who are there to support and accept teens as they are, no matter what. Today's adolescents face tremendous social and academic pressures, as well as potentially life-threatening illnesses, habits, and behaviors. Although a pediatricians and family practice providers can care for most adolescent problems, adolescents can receive greater benefit from seeing someone more focused on their needs and challenges. Adolescent health specialists are medical doctors who have completed at least 4 years of medical school and 3 years of general pediatric, family practice, or internal medicine residency training who then continue specialized training and/or fellowships in adolescent medicine. These specialists have the training and expertise to help pre-teens, teens and young adults with their complex physical, behavioral, and emotional health care needs—from physical exams and immunizations to reproductive and mental health care.



Story by Jack Archibald.

For further moonshine wisdom and wet powder wit, check out the SKEETER DADDLE DIARIES at www.skeeterdaddle.net

ALIEN SCULPTURE

Down a rutted dirt road in the backcountry of Utah, up a pocket canyon where no one goes, stands a twelve foot stainless steel 3 sided something or other, obelisk or monolith or tri-lith, in desolate isolation, waiting for some lost hiker to stumble upon its presence. Discovered by a helicopter flying overhead, the mysterious object has tickled the curiosity of a public weary of politics and pandemic. Is it art? Is it an alien visitation? Is it both? Well, what it is is something enigmatic, something new, something all of us can find fascinating, whether a Qanon conspiracy theorist or a modern art museum curator, it tickles our curiosity.

There are very few artists down here in the remote outback of the South End who haven't created work that is never seen by other human eyes. Dig around in their cluttered closets and basements and garages, you'll find artworks no friends or neighbors have seen, you'll hear music no ears have heard, you'll find manuscripts no one has read, you'll discover the secret works of countless unheralded artists squirreled away from society and civilization. Granted, we would like them to be seen, to be purchased, to be celebrated as great works ... but let's be honest here, we're not Picassos whose every scribble and scratch goes for thousands of pesos. Even the repetitious and uninspired crap the Master cranked out after the muse had long ago retired from active service.

I don't have a pocket canyon back in our nettle hollow where I can hide my latest creation and hope that in the year 2525 some poor yahoo stumbles back through the jungle of thorns and thistle to catch a glimpse of iridescent color sparkling through the brambles, whereupon he clears an opening only to marvel at, yes, some half rotted structure and its stained glass window still intact all those years. Was it the remains of an extraterrestrial spaceship, he might wonder, or some centuries past trick by the old glass breaker himself, one last laugh no one will hear, a craftily placed artwork in what appears to be, on closer inspection, the artist's outhouse.

Critics and the public can debate all they want. Ownership may be in doubt. Intent certainly. Was the artist making a statement about his own work, amused enough to put it in a primitive one seater pit toilet? Was he thumbing his nose at society itself? Was he of this earth or some lost interplanetary sojourner? What was his destination? What was his Plan? Who can say? Who really cares?

The obelisk in the Utah outback disappeared last night. Speculation is that the unknown artists may have retrieved their hidden work once it was discovered. Tomorrow the conspiracy theorists will offer up their own paranoid assessment. I certainly haven't got anything to add. But I will be checking my outhouse today to see if that glass portal placed there 3 decades ago is still intact. Either way, I know this: the truth is out there. The damn artists just keep hiding it.

Local Stories and Poetry



PLANET EARTH VOTES

Nature's voice is now left scorning

Sending us its dire warning

Relieve the seas, revive the skies

Rid this world of toxic lies

Protect the beasts, the land and trees

Give this globe its needed ease

This planet Earth, it cries most loud

Nature sends a covid cloud

Now we're humbled, not so proud

-by Steve Newell

HORSE HEALTH: WINTER WATER CONSUMPTION



What are the risks of decreased water intake?

Because horses drink less water in the winter, they are at risk for impaction colic. This type of colic occurs when hard or dry fecal matter accumulates in the colon.

How can I encourage my horse to drink more?



Always provide access to fresh water. The average horse drinks 10 gallons a day.



Heat water (up to 66 degrees Fahrenheit).



Limit access to cold water and provide heated sources.



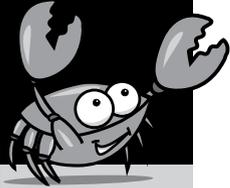
Remember, horses drink the most right after eating grain or hay.

Heated or cold water: Which is better?

Studies show horses drink more during cold weather if water is heated, but only if the heated water is their sole water source.

Source: <http://www.aaep.org/info/horse-health?publication=2316>

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BRUSCHETTA CHICKEN

This low-carb recipe is bursting with flavor! Tender, juicy, marinated chicken topped with mozzarella cheese, fresh tomatoes, red onion, and basil ribbons, Enjoy!

CHICKEN: 4 (6 oz.) chicken breast; 2 T. olive oil; 2 T. Balsamic vinegar; 2 cloves garlic, minced; 1 tsp. Italian seasoning; 1/2 tsp. salt; 3/4 c. shredded low-moisture mozzarella cheese

BRUSCHETTA: 1 1/2 c. cherry tomatoes, halved; 2 cloves garlic, minced; 1/2 sm. red onion, chopped; 1 tsp. balsamic vinegar; 1 tsp. olive oil; 1/2 c. basil ribbons; 1/2 tsp. salt

DIRECTIONS: 1. Place chicken breast into a 9x13-inch baking dish. 2. In a small bowl, whisk together olive oil, balsamic vinegar, garlic, Italian seasoning, and salt until combined. Pour over chicken and turn to coat. Let chicken marinate for 10 minutes. 3. Preheat oven to 425 degrees. 4. Place the marinated chicken in the oven. 5. Meanwhile, prepare bruschetta. Add cherry tomatoes, garlic, red onion, balsamic vinegar, olive oil, basil ribbons and salt to a medium bowl; gently toss to combine. 6. When the chicken is cooked though, carefully remove from the oven and top with mozzarella cheese. Spoon the bruschetta mixture over the chicken and return to the oven for 5 minutes to melt the cheese and warm the tomatoes. Serves 4.



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TIDE TABLES - SARATOGA PASSAGE / GREENBANK: JANUARY 15-28, 2021

Date	High /Low	Tide Time	Height Feet	Moon Visible
F 15	High	7:12 AM	12.6	☐
15	Low	12:50 PM	6.7	
15	High	5:34 PM	10.1	
Sa 16	Low	12:21 AM	-1.3	☐
16	High	7:45 AM	12.5	
16	Low	1:38 PM	6.1	
16	High	6:28 PM	9.5	
Su 17	Low	1:02 AM	-0.2	☐
17	High	8:18 AM	12.3	
17	Low	2:26 PM	5.5	
17	High	7:24 PM	8.8	
M 18	Low	1:43 AM	1.2	☐
18	High	8:50 AM	12.1	
18	Low	3:17 PM	4.9	
18	High	8:28 PM	8.2	
Tu 19	Low	2:24 AM	2.7	☐
19	High	9:23 AM	11.8	
19	Low	4:08 PM	4.1	
19	High	9:43 PM	7.7	
W 20	Low	3:09 AM	4.3	☐
20	High	9:58 AM	11.4	
20	Low	5:01 PM	3.3	
20	High	11:19 PM	7.7	
Th 21	Low	4:02 AM	5.8	☐
21	High	10:35 AM	11.1	
21	Low	5:51 PM	2.5	

Date	High /Low	Tide Time	Height Feet	Moon Visible
F 22	High	1:20 AM	8.3	☐
22	Low	5:16 AM	7.2	
22	High	11:16 AM	10.7	
22	Low	6:39 PM	1.6	
Sa 23	High	2:52 AM	9.3	☐
23	Low	6:54 AM	8.1	
23	High	11:59 AM	10.4	
23	Low	7:23 PM	0.8	
Su 24	High	3:47 AM	10.2	☐
24	Low	8:22 AM	8.4	
24	High	12:45 PM	10.2	
24	Low	8:04 PM	0.1	
M 25	High	4:26 AM	11.0	☐
25	Low	9:21 AM	8.4	
25	High	1:31 PM	10.1	
25	Low	8:44 PM	-0.6	
Tu 26	High	4:57 AM	11.4	☐
26	Low	10:02 AM	8.2	
26	High	2:16 PM	10.2	
26	Low	9:24 PM	-1.2	
W 27	High	5:25 AM	11.8	☐
27	Low	10:34 AM	8.0	
27	High	2:59 PM	10.4	
27	Low	10:03 PM	-1.7	
Th 28	High	5:50 AM	12.0	☐
28	Low	11:05 AM	7.6	
28	High	3:43 PM	10.5	
28	Low	10:43 PM	-1.9	

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