

THE CRAB CRACKER
COMMUNITY MAGAZINE

ISSUE 395
January 10 - 23, 2025



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

DEPRESSION

the
Way
Out

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

THERE IS HOPE!

The Nedley Depression and Anxiety Recovery Program offers solutions! Not only will you learn how to identify depression and anxiety and their causes, but you will learn strategies to deal with them. You will also enhance your energy levels, sleep quality, mood, relationships, and emotional intelligence. This comprehensive 8-part series provides positive thinking techniques, nutritional education, and much more to increase brain function, manage stress, live above loss, and achieve peak mental performance.

COME TO THE FREE INTRODUCTORY PRESENTATION

on Tuesday, January 21 at 6:30 pm at Cedarhome Seventh-day Adventist Church, 28505 68th Ave. NW Stanwood, WA. Class is appropriate for 12 to 112 year olds. For more information, call 425.870.1006. Full course begins January 27, 2025. Join and get your life back!

NEDLEY
DEPRESSION & ANXIETY

RECOVERY PROGRAM™

www.nedleydepressionanxiety.com/recovery/program

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facebook

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

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

Cover photo: Camano snowman by June Dilley.



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P.O. Box 2535, Stanwood, WA 98292 • www.thecrabcracker.com

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Submission DEADLINE: JANUARY 16 for Next Edition (Jan. 24 - Feb. 6)

Calendar of Events



look for us
online at

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

or on
Facebook.

Download
current or past
editions.

FRIDAY, JANUARY 10

STEWART WOODS – FRIDAYS IN THE SPEAKEASY

Bring your dinner in and enjoy Stewart's music and a cocktail! 6:30 – 8 pm – No Cover. Conway Muse, 18444 Spruce Street, Conway.

FRIDAY, JANUARY 10

DROP-IN CONSTRUCTION ZONE!

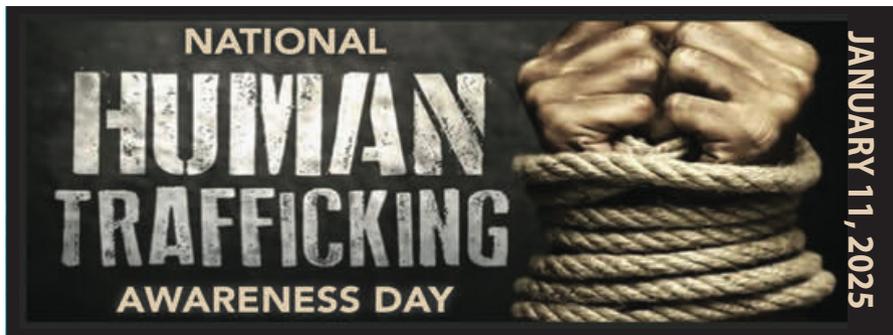
3:30 PM – 4:30 PM at the Camano Island Library. Come build and explore with a variety of materials, which may include LEGO®, Magna-Tiles®, gears, blocks, and more! Light snacks provided. Event is free; no registration required.

FRIDAY, JANUARY 10

TRAVEL TALK - PAKISTAN



10:00-12:00 at Camano Center, 606 Arrowhead Road. Do you enjoy sharing your travel experiences or hearing from others of their travel adventures? Each month on the second Friday Travel Talk will have a slideshow presentation of someone's travels. Absolutely no sales pitches nor promotions, just travel fun! January's talk is "A Very Personal Glimpse into Pakistan" with Tim Jones. Listen as Tim shares a very personal story about his experience being immersed into a totally alien culture with a fascinating history, a land of very different beliefs from his own, and countless surprisingly kind, warm, and giving people. Camano Center members free, non-members \$5.



Calendar of Events



FRIDAY, JANUARY 10

LOST AT LAST + SHADY GROOVE

8 pm – Conway Muse. Tickets \$12 Advanced \$15 At Venue.

SATURDAY, JANUARY 11

SUICIDE AWARENESS, PREVENTION & SHARING

3-6pm at Community Resource Center, 9612 271st St NW, Stanwood. LGBTQ+ people are 4x more likely to have suicide ideation and suicide attempts than hetero people. It happens even in our small town, to our friends and family. PFLAG Stanwood-Camano will give you the tools to recognize when someone is in crisis, and how to help them. This is also a safe space to share your knowledge and stories. We will start with an informational presentation by Wendy Burchill from Snohomish County from 3 - 4:30pm. This will be followed by a memorial slideshow of loved ones lost, music, and refreshments from 4:30 - 6pm. If you have lost a loved one to suicide and would like them included in our memorial slideshow, please send photos to Angie at flamingheartssocialclub@gmail.com

SATURDAY, JANUARY 11

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.

Research Study

Healing and Transformation with Sound

Are you a veteran, front-line worker, or family member affected by PTSD or trauma? Join our Sound Healing Research Study to further exploration of the benefits of sound therapy.



★ What We Offer:

- Weekly sound healing sessions on Camano Island, WA.
- A safe and supportive environment for healing.
- A chance to contribute to vital trauma recovery research.

Limited Spots available: Visit our website for details and to join the study!

Contact Us: info@projectpc.org Learn More: www.projectpc.org/sound-healing-research



COATS FOR KIDS

Brand new coats now available for children ages 0-18 of Stanwood & Camano Island.

Appointments are required and can be scheduled at the Food Bank during scheduling hours:

Wednesday
9am – 1pm

Thursday
11am – 1pm

Saturday
9am – 1pm

stanwoodcamanofoodbank.org/coats

Now Open In Stanwood!



Cedar Court is the latest faith-based neighborhood to be opened in the Warm Beach Senior Community. Our professional and dedicated staff understand that memory care is more than a service - it's a residential journey of dignity, respect, and personal growth. Our new memory care facility is designed with this philosophy at heart, ensuring that every resident feels valued and secure in a loving Christ-centered environment.

WARM BEACH



**Contact us today to learn more:
(360) 652-4591 • www.warmbeach.org**

20420 Marine Drive • Stanwood, WA 98292

Calendar of Events



DID YOU KNOW?

Pigeons can tell the difference between Picasso and Monet. A 1995 study shows that the birds can differentiate between the two artists.

SATURDAY, JANUARY 11

MOON PIE RAMBLERS

7:30pm - 10:00pm at Pub 282 at Camano Plaza. A powerhouse of Classic Rock, Blues, and Country, hailing from the heart of western Washington! With four seasoned musicians who each bring their own unique style and vocal chops, they bring an unforgettable mix of harmonies, gritty guitar licks, and foot-stomping rhythms.

SATURDAY, JANUARY 11

PAPERHEART & HUMAN CLAY

8 pm - Conway Muse. A tribute to Grunge & Creed. Tickets \$12 Advanced \$15 At Venue.

SUNDAY, JANUARY 12

JANUARY PUZZLE EXCHANGE

2pm at the Stanwood Library. Join us for our monthly Puzzle Exchange. This is a family friendly event. Bring your puzzles, and a bag to carry your chosen puzzles. We ask that if your puzzles are not chosen you take them home with you and bring them back to our next exchange

SUNDAY, JANUARY 12

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.

TEXTILE DRIVE

Clothes: Men's, Women's and Children's clothes, coats, shoes, scarves, handbags, wallets, fashion accessories, ties, belts, backpacks, etc.

Household Textiles: Bedding, comforters, blankets, sheets, towels, linen, tablecloths, curtains, etc.

HAGGEN LOT

1/8 - 5:30-6:30

1/11 - 12-2

SHS Booster Club Grad Night 2025



NATIONAL
PHARMACIST
DAY
JANUARY 12

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Maximizing Your Home's Value in Today's Market

In today's housing market, research shows that there are **3 top questions** that homeowners have when getting ready to sell their home.

- #1. How to get top dollar.
- #2. What's strategic marketing look like?
- #3. What are practical ways to improve my home to sell for a higher price?

I consider these questions daily on my facebook page with tips from easy electrical upgrades, staging advice and how to select the right paint pallette. I am here to guide you every step of the way. My goal is simple: make your home quickly stand out, attract more attention and increase its appeal in this competitive market. Stay up to date and informed by following my Facebook page or YouTube channel @tourwithmelanie.

You'll get daily tips and insights. Let's work together to get your home sold for top dollar!

Melanie Galloway 360-391-4628

Interior Designer + Real Estate Broker

License #23018393 Realty One Orca



Melanie Galloway
← REAL ESTATE BROKER →

Calendar of Events



DID YOU KNOW?

M&Ms are named after the businessmen who created them. But what do the M's stand for? Forrest Mars and Bruce Murrie, who apparently didn't have the best relationship as Mars leveraged Murrie out of his 20% share of the business before it became the biggest-selling sweet in the U.S.

SUNDAY, JANUARY 12

KICK OFF 2025 WITH SMOKESTACK OUT 'N' BACK FUN RUN 5K



Event by LeeD Ventures. 9:30am. Come celebrate the New Year with a 5k fun run at Stanwood's newest park and trail. Join us at Hamilton Landing to run along the Port Susan Trail. Register now to secure your spot: <https://runsignup.com/Race/WA/Stanwood/Smokestack>

SUNDAY, JANUARY 12

LIGHT LANGUAGE DRUMMING CIRCLE

with Lola Singer. 10am-noon. Raise vibrations through sound on farmland amidst therapy horses. For people of all ages. Bring your enthusiasm and instruments! Drums, rattles and anything that makes a joyful noise! Additional instruments will be provided. Light Language Drumming Circles are designed to build community, deepen your spiritual gifts, and express your soul through sound. PAY-WHAT-YOU-LIKE DONATIONS APPRECIATED (BUT NOT REQUIRED) TO HELP SUPPORT SONIA'S NON-PROFIT, HOOVES & HEROES (an organization that helps veterans & first responders). <https://spirit2spirit.org/>

MONDAY, JANUARY 13

BLOOD DRIVE

St. Aidan's Episcopal Church is hosting a blood drive in Deital Hall, 10:00am to 4:00pm. Appointments are encouraged at bloodwork-snw.org or 800-398-7888.

MONDAY, JANUARY 13

55 & OVER KARAOKE

with Melissa & Chris. 5-7pm. Beer and Wine \$5.00/Pub Mix \$2.00 Boat. Lincoln Hill Retirement Community & Senior Center "Dining Hall", 7430 276th St. NW, Stanwood.

MONDAY, JANUARY 13

NAUGHTY BINGO

8pm at Beauty Bar Salon + Lounge. Always free to play. Come have

PNW
COLLECTIVE



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Calendar of Events



DID YOU KNOW?

The letter "Q" does not appear in any U.S. state's name.

MONDAY, JANUARY 13

TRIVIA NIGHT

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

TUESDAY, JANUARY 14

FREE COOKING DEMO

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

TUESDAY, JANUARY 14

CRAFTING WITH FOUND MATERIALS



3:00 PM – 5:00 PM at the Stanwood Library. Teens and tweens (ages 9-18) are invited to craft one-of-a-kind necklaces using repurposed and found materials! Relax, charge your devices, and enjoy some snacks while exploring the world of jewelry making. You'll learn how to create unique necklaces from everyday items like buttons, beads, and charms, using simple techniques and tricks. Whether you're repurposing old jewelry or discovering new materials, you'll design something special to take home. Feel free to bring your own found objects to incorporate into your creations. It's a fun, laid-back way to tap into your creativity and leave with a cool, handmade piece of jewelry! You can drop in at any point during the event, but if you want to take part in the tutorial, be sure to arrive no later than 3:15. Registration isn't required, but is strongly encouraged.



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thank you for
donating your 
blood! You are a hero!"

An actual message of thanks for blood donations received by local patients.
THANK YOU FOR YOUR GIFT.

10^{years}
CAMANO ISLAND
LIBRARY

☞ ATTENTION!

Lovers
of
Libraries,
Books & Book Clubs!

If you love to read, you are cordially invited
to attend a free afternoon tea
on Tuesday, February 18, 2025
from 2:00 pm to 4:00 pm at the Camano Center.

Please come and help us celebrate the
10th Anniversary of the Camano Island Library.

You will have a chance to meet other book enthusiasts and
enjoy delicious teas & cakes in a fun-filled afternoon.

Last day to sign-up is **January 31.**

Contact

Ann Neupert. acerpalmatum@duck.com
Kelli Bragg, the Camano Island Library

Sponsored by the Camano Island Library Friends
In partnership with the Camano Center

Great books make great friends!



Calendar of Events



DID YOU KNOW?

It takes 90 days for one drop of water to travel the entire Mississippi River.

TUESDAY, JANUARY 14

STANWOOD HIGH SCHOOL SPORTS

Boys Basketball vs Marysville Pilchuck. JV: 5:40pm. Varsity: 7:15pm.

WEDNESDAY, JANUARY 15

NURTURE WILDLIFE WITH NATIVE PLANTS



CAMANO WILDLIFE PROGRAM. Explore the vital role of native plants in promoting wildlife and ecological well-being on Camano Island. Paisley Blume, Habitat Restoration Project Assistant with Snohomish Conservation District, will discuss the needs and benefits of native plants as well as how they support pollinators and create essential habitats for local wildlife. She will also provide practical steps to incorporate native plants into landscapes. 7 pm via Zoom. A Zoom link will be emailed to you with registration via the Camano Wildlife Habitat website, www.camanowildlifehabitat.org

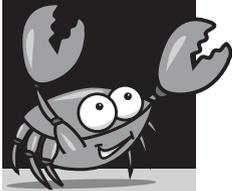
WEDNESDAY, JANUARY 15

STANWOOD HIGH SCHOOL SPORTS

Girls Basketball vs Glacier Peak. C Team & JV: 5:30pm. Varsity: 7:15pm.



Calendar of Events



WEDNESDAY, JANUARY 15

STANWOOD COMMERCE ALLIANCE - LUNCH & LEARN: STATE OF OUR CITY

Kick off the new year from 11:30 AM to 1:00 PM at Sons of Norway (9910 270th St NW Stanwood). Join us for lunch and an insightful discussion on the state of our city with Mayor Sid Roberts and County Councilmember Nate Nehring. They'll share updates on recent developments, current challenges, and future plans for Stanwood and the surrounding area. Don't miss this opportunity to engage with local leaders, ask questions, and learn about the direction our community is headed. Reserve your spot today! www.eventbrite.com/e/lunch-learn-state-of-our-city-tickets-1102683569239?aff=oddtcreator

THURSDAY, JANUARY 16

STANWOOD HIGH SCHOOL SPORTS

Boys Wrestling vs Everett. JV: 5:45pm. Varsity: 7pm.

FRIDAY, JANUARY 17

STEWART WOODS – FRIDAYS IN THE SPEAKEASY

Bring your dinner in and enjoy Stewart's music and a cocktail! 6:30 – 8 pm – No Cover. Conway Muse, 18444 Spruce Street, Conway.

FRIDAY, JANUARY 17

JAMMIN' AFTER NOON

8 pm. The Conway Muse presents Jammin' After Noon playing all your favorite classic rock. Tickets \$12 Advanced \$15 At Venue.

Sound Waters University

Presented by Sound Water Stewards

The Power of Place – Voices for the Salish Sea

8:00am – 4:00pm | Cost \$70 | Registration required

Saturday, February 1, 2025

Coupeville High School on Whidbey Island



A One-Day University for All

Correlating field trips available on Sunday, February 2, 2025



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



Calendar of Events



DID YOU KNOW?

The first oranges were not the color orange.

They were, in fact, green in Southeast Asia.

FRIDAY, JANUARY 17

STANWOOD HIGH SCHOOL SPORTS

Boys Basketball vs Monroe. JV: 3:30pm. C Team: 5pm. Varsity: 6:30pm.
Girls Basketball vs Monroe. C Team: 3:30pm. JV: 5pm. Varsity: 8pm.

SATURDAY, JANUARY 18

JIMMY WRIGHT BAND

7:30pm - 10:00pm at Pub 282 at Camano Plaza. Get ready to rock the night with the Jimmy Wright Band! A high-energy concert experience, packed with a dynamic mix of music to keep you on your feet all night long. Don't miss the show that's got something for everyone!

SATURDAY, JANUARY 18

PETUNIA & THE VIPERS

8 pm. The Conway Muse is proud to welcome back favorite award winning Canadian band – Petunia & the Vipers. Tickets \$18 Advanced \$20 at Venue.

SATURDAY, JANUARY 18

SEMBLANCE

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

SATURDAY, JANUARY 18

EXPLORE WITH GIRL SCOUTS

Join Girl Scouts Stanwood/Camano for a fun story about hibernating animals with a craft to follow! 2pm at Camano Island Library.

SATURDAY, JANUARY 18

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.



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Camano Counselling
Consulting and Wellness
Camano Island Chiropractic
Beard Financial
Gratitude Salon

ramahan kareem

Ramandan

January 6
to February 4



Calendar of Events



DID YOU KNOW?

There's a fruit that tastes like chocolate pudding. Can we get in on this? Apparently, there's a fruit native to Central and South America called black sapote that tastes like chocolate and sweet custard.

SATURDAY, JANUARY 18
GAME NIGHT!



4pm-8pm at Camano Island Library. Event by Camano Island Boardgame Society. Our first game night! bring something to play or come play one of the game we will bring. We have lots!

SATURDAY, JANUARY 18
CAMANO ISLAND LITTER CLEAN-UP EVENT!



Join us at Terry's Corner at 11am for a day of making our beautiful island even more pristine. Let's come together to pick up litter and keep our community clean! Grab your gloves and and get ready to make a difference. Whether you're a local resident or just visiting, everyone is welcome to participate in this important event. We'll provide the bags, so don't miss this opportunity to register, Limited Spots Available! Let's work together to protect our environment and keep Camano Island looking its best. See you there!

SATURDAY, JANUARY 18
HELP PREVENT SUICIDE

by attending safeTALK training from 9:00 AM to 12:30 PM at Freeborn Lutheran Church, Stanwood. Learn four basic steps to help recognize persons with thoughts of suicide and connect them with suicide helping resources. This 3 ½ hour skills training is interactive and can help you make ours a suicide safer community. To pre-register for this training, email asist.lifeguard@yahoo.com. \$10 donation requested on day of training to cover the cost for training materials.

Calendar of Events



DID YOU KNOW?

In Japan, there is one vending machine for every 40 people.

SATURDAY, JANUARY 18

CABAM! CAMANO BLUEGRASS JAM + DINNER (\$) + OPEN MIC



Camano Area Bluegrass Jam + Dinner (Donation) + Open Mic at the South Camano Grange, 2227 S Camano Drive, Camano Island. Come and join the Jam & enjoy some smokin' bluegrass at the South Camano Grange. Banjos, mandos, guitars, fiddles, dobros and a bass or two. It's all here. All we need is YOU! Old timers and newbies alike. Git on down here! (Free admission except for the optional dinner). 3:00 - 5:30 pm - Bluegrass Jam. Free admission. 5:30 - 6:00 pm - Dinner (Donation- provided by Camano Farm Ashram - donations go to Camano Farm Ashram. 6:00-ish to 8:00 or 8:30 pm - Open Mic (sign up before dinner!). Free admission. More info: CABAM282@gmail.com.

SUNDAY, JANUARY 19

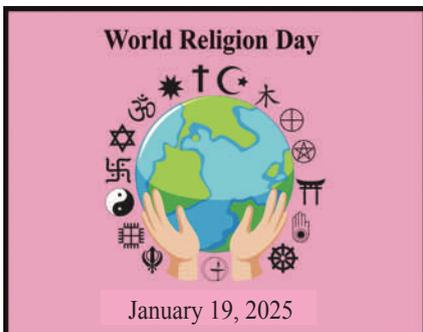
DUFFY BISHOP BAND

3pm. The Conway Muse proudly welcomes back the Duffy Bishop Band for a special Sunday afternoon matinee show. Tickets \$25 Advanced \$28 Day of Show.

MONDAY, JANUARY 20

55 & OVER KARAOKE

with Melissa & Chris. 5-7pm. Beer and Wine \$5.00/Pub Mix \$2.00 Boat. Lincoln Hill Retirement Community & Senior Center "Dining Hall", 7430 276th St. NW, Stanwood.



Calendar of Events



DID YOU KNOW?

Queen Elizabeth II was a trained mechanic. When she was 16, the Queen joined the British employment agency at the Labour Exchange and learned the basics of truck repair. Apparently, she can repair tires and repair engines.

MONDAY, JANUARY 20

NAUGHTY BINGO

8pm at Beauty Bar Salon + Lounge. Always free to play. Come have

MONDAY, JANUARY 20

TRIVIA NIGHT

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

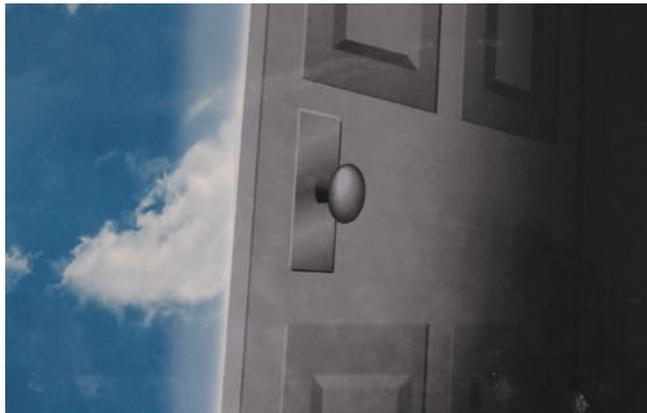
TUESDAY, JANUARY 21

TEEN/TWEEN CHILL & RECHARGE: POP CULTURE SHOWDOWN

3:00 PM – 4:00 PM at the Stanwood Library. Hang out for a fun and fast-paced hour of trivia, goal setting, and snacks! We'll kick off with a thrilling Jeopardy-style competition or paper quiz (depending on turnout) covering the biggest pop culture moments of 2024. Prizes will go to the trivia champ! After testing your knowledge, get creative with fun goal-setting activities like goal generators and mad libs to help you plan for 2025. If you just want to relax, feel free to chill, enjoy some snacks, and watch the action unfold. It's the perfect mix of reflection, fun, and setting your sights on the year ahead!

TUESDAY, JANUARY 21

DEPRESSION - THE WAY OUT



Are you or your loved ones suffering from depression or anxiety? There is hope! The Nedley Depression and Anxiety Recovery Program offers solutions! Not only will you learn how to identify depression and anxiety and their causes, but you will learn strategies to deal with them. You will also enhance your energy levels, sleep quality, mood, relationships, and emotional intelligence. This comprehensive 8-part series provides positive thinking techniques, nutritional education, and much more to increase brain function, manage stress, live above loss, and achieve peak mental performance. Come to the FREE introductory presentation tonight at 6:30 pm at Cedarhome Seventh-day Adventist Church, 28505 68th Ave. NW Stanwood. Class is appropriate for 12 to 112 year olds. For more information, call 425.870.1006. Full course begins January 27, 2025. Join and get your life back!

Calendar of Events



DID YOU KNOW?

There are more than 200 Kit Kat flavors in Japan.

TUESDAY, JANUARY 21

PNW WEATHER HAZARDS AND A LOOK AHEAD TO SPRING



5- 6:30 PM at the Stanwood Library. Join us for an informative session with veteran National Weather Service meteorologist Ted Buehner. This presentation will explore the weather hazards of our region and provide an outlook for the upcoming spring. Is there flooding in our future? Will we plant our gardens later than usual? There will be a drawing for an all-hazards NOAA Weather Radio at this program.

TUESDAY, JANUARY 21

STANWOOD HIGH SCHOOL SPORTS

Boys Wrestling vs Snohomish. JV: 5:45pm. Varsity: 7pm.

THURSDAY, JANUARY 23

STANWOOD HIGH SCHOOL SPORTS

Varsity Girls Wrestling vs Arlington. 6pm.

THURSDAY, JANUARY 23

INFORMAL TOWN HALL

Do you want to be part of building a stronger Stanwood-Camano Community? Join at 6:30 PM at the Stanwood-Camano Area Foundation building (26911 98th Dr NW Suite A Stanwood) for an informal Town Hall to discuss the unmet needs in our community. EVERYONE is INVITED - share with your friends and neighbors! You can also submit your thoughts online here: <https://docs.google.com/.../1FAIpQLSc2z8ptun.../viewform>

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Moonshine Wisdom & Wit



Story by Jack
Archibald.

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



AVOIDING DEMENTIA

They say to avoid the onset of dementia you should exercise your mind, maybe learn a new language or do crossword puzzles, take up a stimulating hobby, try something new like chess or poetry. Anything to keep the old brain from calcifying. Take it for a walk once a day. Without the leash. Keep it moving.

I read a few days ago that hearing or vision loss can lead to dementia. Since I didn't finish the article I haven't got a clue why that would be so. Probably because I don't have hearing loss and my vision is okay. Next thing I know they'll, whoever they is, discover that lack of interest probably contributes to premature senility. Like not finishing articles you start.... Maybe boredom is the root cause of dementia, same old same old every day. Or the attitude who really cares about this stuff anymore.

If this is true, heaven must be like an Alzheimer ward, wheelchairs lined up, daytime talk shows with Jesus and the disciples as hosts, God running Wheel of Fortune every night at 6, the residents sitting with heads off on one shoulder or the other, glaze-eyed and slack-jawed, not even trying to keep track of the contestants or the game shows or the idiot subjects Matthew, Mark, Luke and Johnny have on today's line-up, all seems the same.

I should be looking for a new hobby, I guess. Ethiopian cooking or yodeling, something challenging, maybe even impossible so I wouldn't have to look for another one later on. But so far I haven't really latched onto anything that interests me. I know, probably another danger sign of dementedness.

Kid's Korner



DID YOU KNOW?

Vatican City is the smallest country in the world.

It is so small that it is 120 times smaller than Manhattan.

HOW TO MAKE FAKE SNOW

By Nora Nalle / www.thesprucecrafts.com



What You'll Need: Large mixing bowl; 1 pound baking soda; 10 ounces shaving cream; White or silver glitter (optional)

Instructions: Measure the Baking Soda. Place all of the baking soda in a large mixing bowl. Add the Shaving Cream. There's no set amount of shaving cream required to make fake snow. Add a little, mix it in, then add more if needed. Usually, one-third to one-half of a can is needed. You'll know you've added enough shaving cream when the mixture holds its shape. Sprinkle the Glitter. Glitter isn't a must for making fake snow, so if you want to avoid sparkly hands and clothes, feel free to leave it out. If you are using glitter, pour a few tablespoons into the mixing bowl. There is a reason why a mixing spoon was not included in the list of tools--the best part about this project is that you can get your hands dirty! For this part, roll up your sleeves and prepare to get messy! Squeeze the mixture together between your fingers or fold it together like you would a cake batter. There is no wrong way to do this step. Once all of the ingredients are fully incorporated, you can add more glitter for extra sparkle or additional shaving cream for a more moldable snow. If needed, you can always add more shaving cream or glitter during playtime. Transfer the fake snow from the mixing bowl onto a play surface or into a sensory bin. Allow your kids to get creative with how they play with it.



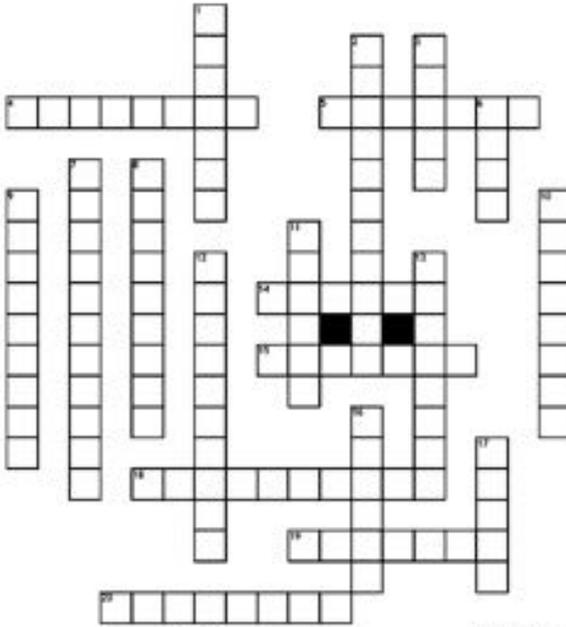
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JANUARY CROSSWORD PUZZLE



Across

- 4. What is the space around the fire?
- 5. What is a long cry wolves do?
- 14. What is very cold?
- 15. What is a soft warm blanket?
- 18. What is a sparkle snow or ice does?
- 19. What is a long ,thin piece of ice?
- 20. What is it when the sky is covered in dark clouds?

Down

- 1. what happens when the snow is soft and light?
- 2. What is an injury due to low temperatures?
- 3. What is an area that is cold?
- 6. What happens when it is so cold you can not feel your hands?
- 7. What is made of crystal?
- 8. What happens when you are cold and shaking?

- 9. What is a nap animals take throughout winter?
- 10. What is a very strong snow storm?
- 11. What is considered unpleasantly cold?
- 12. What is it to blow in loud violent gusts of wind?
- 13. What is a below 0 temperature
- 16. What is uncomfortable temperature
- 17. What is hard and thin?

Word Bank
 polar hibernation frostbitten frigid fireside
 blustering howling chilly overcast icicles
 flannel shivering powdery crystalline bitter
 crisp numb blizzard glistening



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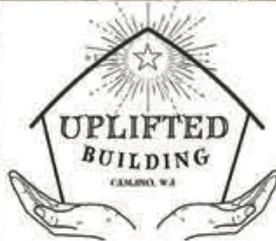
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 Kayak Cove rambler on 4.37 serene, level acres with rentable studio is beautifully appointed and offers great outdoor living spaces. #2313297



NEW HOME **\$1,250,000**
 Gorgeous luxury home on Camano from upscale Hezel Homes builder, beautiful sunset views over Saratoga Pass and incredible design. #2297687



MABANA **\$825,000**
 Amazing western views of Saratoga Pass and the Olympics from Custom Camano home and includes private beach access close by. #2285366



PRE-SALE **\$918,000**
 New 7-lot plat on Camano Island with upscale, spacious Titan Homes NW residences with 3-car garages, solar panels and move-in ready. #2313389



NEW HOME **\$889,000**
 Tranquil Nookachamp hills home with upscale finishes from local Titan Homes builder, complete with natural gas and solar panels. #2288503



WATERFRONT **\$450,000**
 Investor's dream this west-facing Camano home sits on 28' of lakefront with fresh upgrades, generator and space for workshop/studio. #2291242

STANWOOD
 7359 267th St. NW, #D
 360.629.8233



CAMANO ISLAND
 818 N. Sunrise Blvd.
 360.387.4663

Visit WindermereStanwoodCamano.com for more information

Windermere Real Estate/CIR

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!

DOUG LANDRETH



"This summer was jam-packed for me. However, I was able to squeeze in some time to shoot and one project in particular was at the top of my project list. A neighbor, who lives down the road from me, had several eagles who were frequent visitors to her home and she had regularly fed them, training them to come when she called them! I had been eager to try some bird photography and had purchased a small blind to shoot from. I asked her if it would be OK if I came down when she called them to her yard so that I could get some images from the camouflage of my blind. She agreed and I was able to capture the eagles in flight as they swooped in to retrieve the chicken legs she'd left them. I came away with some great images which I have used in these composite images. It seems that everyone on Camano can relate to these eagles that grace the tops of the trees all around the island. The image of the eagle and moon is titled "Full Circle".

To learn more about Doug's work check out his CAA Member Gallery: camanoarts.org/gallery/doug-landreth/



Host Your 2025 Event at Arrowhead Ranch!

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- Graduation
- Team Building
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- Family Reunion
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Business Spotlight



Are you interested in promoting your business or organization?

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

PUGET SOUND TREE CARE



Puget Sound Tree Care is owned and managed by Jim Fay. Jim comes from a family that has been involved in the tree business for over 100 years. He has developed an appreciation and knowledge of the value of healthy trees and the possible consequences of unhealthy trees. Jim and his crew are experienced, hardworking, and approachable.

"Great thanks to Jim Fay and team at Puget Sound Tree Care for carefully taking down a huge dead maple tree. This tree has struggled the last few years after it lost a large branch and experienced the last few very dry summers, and threatened our ~ 40 year old septic leach field if it fell in the wrong direction. Our second great experience with PSTC." - Jim LePage.

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Community Information



DID YOU KNOW?

The actual name of the hashtag is octothorpe.

SATURDAY POP-UP MARKETS

Indoor pop-up events at Camano Commons Marketplace. 10am-4pm. January 18: Stoute Farmhouse - crochet cozies and more! January 25: C'N Sunshine Designs - metal jewelry and more. February 1: Witchy Cat Candles and Crafts. February 8: Jean Murphy Pottery. February 22: Kimber Starnes Art.

COUNTRY LIVING EXPO & MODERN HOMESTEADING CONFERENCE



January 25, 7:30am-5pm at Stanwood High School. A day of learning and connection-because learning is priceless. We have an exciting line up of 170+ classes with many returning instructors along with some new instructors and new classes. We have a dynamic Keynote speaker and have added a Q&A discussion panel of local homesteaders who will be sharing their journey to homesteading. And back by popular demand-FIBERPALOOZA (bring your fleece for fiber judging). Join us for a day of learning, networking, and shopping with our wonderful vendors. Find class descriptions and registration at <https://extension.wsu.edu/skagit/countrylivingexpo/>



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Community Information



SCAF IS NOW ACCEPTING APPLICATIONS FOR THE RE/MAX COMMUNITY GRANT CHEST

Grants will be considered for both projects and operating funds. Projects must meet the following criteria to be considered: -They must directly benefit the Stanwood-Camano community (defined by the boundaries of the Stanwood-Camano School District). -They must be realistic and attainable. -They must have experienced staff and/or volunteers in place who can successfully implement the project, and a track record of strong operational management. -They must be centered around charitable activities that are consistent with SCAF's vision and mission. Funds may not be used for lobbying, influencing elections, re-granting to individuals, or for any purpose other than charitable. Operating fund grants are only available to nonprofit organizations physically located within the boundaries of the Stanwood-Camano School District. Operating fund grants are most likely to be awarded to start-up ventures rather than established nonprofit organizations. The RE/MAX Community Grant Chest will consider grant proposals up to \$2,500. The fund has \$10,000 to award during this cycle. There is also an additional \$2,500 from the Thomas Family specifically for grant projects providing transportation to people with disabilities. All applications will be reviewed by a selection committee, which will, at its sole discretion, select projects to fund. Deadline for application is 11:59 PM on January 31, 2025. If you have questions, call or email Natalie Hagglund, 360-629-6878 or director@s-caf.org. Apply at www.s-caf.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 for more information!!



DID YOU KNOW?

The longest walking distance in the world adds up to 14,000 miles.

You won't need a vehicle when you walk from Magdan, Russia to Cape Town, South Africa.

AMATEUR RADIO FIELD DAY



Field Day is now a twice a year event. Amateur Radio in the field! Field Day is an emergency operations exercise. However, it also raises awareness of Amateur Radio by the public and its value to the community in the event of disaster. The Summer event is one of the largest ham radio events of the year. The Winter exercise is a relatively new event. Come out, join in the fun, support the club and learn new skills. Winter Field Day: January 25-26, 2025 – from 11 AM local time Saturday to 11 AM local time on Sunday. Location for our 2025 Winter Field Day club station will be off of N. Can Ku Road on Camano Island. The Winter Field Day Association sponsors this emergency communications exercise. <http://www.winterfieldday.com>. Purpose: To foster Ham camaraderie, field operation, emergency operating preparedness, and just plain on the air, outdoor fun in the midst of winter for American, Canadian, and DX Hams. Don't let those winter doldrums keep you locked up in the house... get out and play some radio! When: Winter Field Day runs for 24 hours during the last full weekend in January each year from 1900 UTC (11am PST) Saturday to 1900 UTC (11am PST) Sunday. Station set-up may commence no earlier than 1900 UTC (11am PST) on the Friday before. Station setup may consume no more than 12 hours total. How & when you schedule/spend those 12 hours is up to you. Bands: All Amateur bands, HF, VHF, & UHF except 12, 17, 30 and 60 meters. Modes: Any mode that can faithfully transmit the exchange intact without a conversion table... CW, SSB, AM, FM, DStar, C4FM, DMR, Packet, PSK, SSTV, RTTY, Olivia, Satellite, etc... (note FT8 & FT4 cannot). Entry Categories: Outdoors, Indoors, or Home. More detail and the rules may be found at <https://www.winterfieldday.com/> The SCARC is planning to have a club station on the air from Camano Island. If you'd like to join in the fun, www.winterfieldday.com. If you would like to participate, please send an email to w7pig@yahoo.com.

COLD WEATHER SHELTERS AVAILABLE

As temperatures drop, there is an Extreme Cold Weather Shelter to provide warmth and safety for those in need. Learn more at <https://snohomish-county-public-safety-hub-snocogis.hub.arcgis.com>



WSU Snohomish County Master Gardener Foundation
presents the **22nd Annual Sustainable Gardening**

2025
Winter Speaker Series

All are invited to attend!

\$85 for the series or
\$20 per single session
Fridays, 9:30 a.m.-11:30 a.m.

★ **New Venue!!**

Everett Station
Weyerhaeuser Rm, 4th floor
3201 Smith Avenue
Everett, WA 98201
(free parking at train station)

For more information,
registration and payment options,
www.gardenlectures.com
Questions? Call Snohomish County
WSU Extension Office
Monday-Friday, 11:00 a.m.-3:00 p.m.
at 425-357-6010

All proceeds go to the Master Gardener Foundation of Snohomish County, a 501(c)(3) organization, which provides major funding support to the Snohomish County Master Gardener Program.

January 17 | Richie Steffen
“Gardening with Early Ephemerals”

January 31 | Laura Watson
“Layering for a Dynamic and Beautiful Garden, and Vines”

February 7 | Far Reaches
“Growing and Conserving New and Rare Ornamentals”

February 14 | Loré Sampson
“Rediscovering Peonies”

March 7 | Candy Brown
“Gardens for Birds”

March 14 | Mark Turner
“Wildflower Photography”

March 28 | Dee Montpetit
“Garden Journeys: Before and After Transformations”

April 4 | Linda Chalker-Scott
“Myths and Gardening Folklore”



WSU EXTENSION
Snohomish County



WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office.
Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Mary Watts at 6705 Puget Park Dr, Snohomish WA 98296; 425-357-6001, mary.watts@wsu.edu at least two weeks prior to the event.



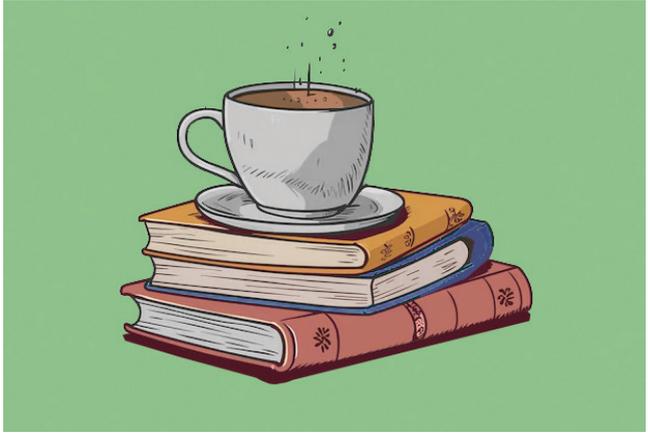
Community Information



DID YOU KNOW?

McDonald's once had bubblegum-flavored broccoli on the menu.

FREE AFTERNOON TEA



If you love to read, you are cordially invited to attend a free afternoon tea on February 18th, from 2-4pm at the Camano Center, 606 Arrowhead Rd. Come and help us celebrate the 10th anniversary of the Camano Island Library. Meet other book enthusiasts and enjoy delicious teas and cakes in a fun-filled afternoon. Last day to sign up is January 31. Contact Ann at acerpalmatum@duck.com.

VOLUNTEER FAIR

SCAF is hosting our second annual Volunteer Fair for Stanwood-Camano. This event is Saturday, February 15, 10am-noon, in the Utsalady Elementary School Gym: 608 Arrowhead Rd, Camano Island. Booths are available to all nonprofits/service organizations/government agencies that provide services to the Stanwood-Camano area and utilize volunteers. To register visit www.s-caf.org.

COLD-WEATHER TIPS / SNOW ROUTES

Visit bit.ly/stanwinterweather for important winter weather tips like preventing frozen pipes and heating safety. You can also find our snow plow priority route map which shows what roads crews will clear first in the event of snow or ice. Priority routes are determined by needs like emergency services, transit and school bus routes. Stay safe and stay warm!



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Community Information



DO YOU HAVE A PRESS RELEASE

or an announcement you want the community to know about? Let us know and we will publish it here in Community Information **FOR FREE!** Call us for info.

COMMUNITY MEAL – CAMANO

Every Monday, Wednesday and Friday except for Holidays. 11:45 am - 12:30 pm at Camano Center, 606 Arrowhead Rd. Camano Island. By Donation. All donations welcome! Full cost of a meal is \$12.20. Coffee or tea is \$1.00.

HOLIDAY LIGHTS AND ELECTRICAL CORDS RECYCLING

Free at Camano Transfer Station. Recycle your old or damaged holiday lights, computer cables, and electric cords including phone charger cables. Troop 46 Scouts and WSU Waste Wise volunteers are here to help make this possible. Collections now until January 31. Location: 75 E Camano Hill Rd. Daily: 9:30am-5pm. 360-639-6060.

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.

THE SPOT

Hosted by Youth by Dynamics Stilly Valley. Tuesdays & Saturdays. TUES 2:30-5pm. SAT 7:30-10pm. Fun, food, hang out. Middle school & high school. 9831 271ST ST NW, Stanwood. 425-879-7633.

LIVE ONLINE TUTORING HELP AVAILABLE!!!

Get expert help with live online tutoring, learn study skills and collaborate with other learners through the Brainfuse resource. Tutors are available everyday online from 1pm - 11pm PDT. Stop by the library any time during open hours (Mon-Sat 10am - 6pm) to get a personalized tutorial of this online resource.

BASKETBALL FREE PLAY FOR THE COMMUNITY

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

The IRS is accepting tax returns January 29th.



Edmunds Accounting & Tax, LLC
Steve 425-478-1317
Email: sjedmunds@me.com

Be Early! Primary filing deadlines in 2025.

- S Corps, March 17.
- Partnerships, March 17.
- Individuals, April 15.

Preparation & filing of Federal tax returns for individuals, sole proprietors, S-Corps, and partnerships.

Community Information



ADULT FUTSAL

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

BREWCAD WEEKLY 3 STRIKE TOURNAMENT

6pm-10pm on Mondays at The Brewcade, 7009 265th St NW #102, Stanwood. \$5 buy-in 3 strike Pinball tournament. Sign ups start at 6:00pm and flippers up at 6:30pm. Pot splash happens if there's over 15 players!

COMMUNITY OPEN SEW

Mondays with Camano Island Quilters. 10am - 2pm at Stanwood United Methodist Church, 27128 102nd Dr NW. Open to public, enter thru back entrance of church. Want to sew with others, need help on a project? We are here to help you with your sewing needs. Bring your sewing machine, a project, and basic tools for an afternoon of fun! Bring a sack lunch. (No microwave).

ISLAND COUNTY 2025 FUNDING CYCLE ANNOUNCEMENT - CONSERVATION FUTURES FUND PROGRAM

The Island County Conservation Futures Fund Program (CFP) 2025 funding cycle begins January 15, 2025, for both acquisition and maintenance & operations funds. Go to the CFP webpage (<https://www.islandcountywa.gov/353/Conservation-Futures-Program>)

Put a **FREEZE** on Winter Fires

Did you know?



1 in every 7 home fires and **1 in every 5** home fire deaths involves heating equipment.

As you stay cozy and warm this winter, stay fire smart!



Have a qualified professional clean and inspect your chimney and vents **every year.**



Store cooled ashes in a tightly covered metal container and keep it **outside at least 10 feet** from your home and any nearby buildings.



U.S. Fire Administration



Fire Extinguisher




MARTIN
LUTHER
KING JR
DAY

**THIRD MONDAY
IN JANUARY**



BUILDING A STRONG STANWOOD-CAMANO COMMUNITY

The Community Coalition of Stanwood-Camano (CCSC) is a group of local organizations and individuals working together to cultivate a stronger Stanwood-Camano community.

Let us know:
What are the unmet needs in this community?

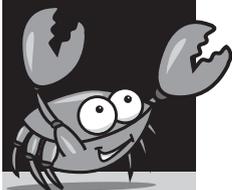


Join us for an informal town hall meeting on **January 23, 2025** to build a stronger community! Scan the QR code to submit your thoughts.



**January 23, 2025 6:30 PM | Stanwood-Camano Area
Foundation (SCAF) Office
26911 98th Dr NW Suite A Stanwood
COALITIONSTANWOOD-CAMANO.ORG**

Photos and Art



DID YOU KNOW?

If martial artists smile before a martial arts tournament, it increases the likelihood of losing. It conveys weakness or submissiveness.



Bald eagle photo by Greg Sanders.



Mount Baker / fog. Photo by Ian Gleadle.



Classes and Workshops



DID YOU KNOW?

The Japanese word 'Kuchi zamishi' is the act of eating when you're not hungry because your mouth is lonely.

Chris Tuohy Music Teacher! Sax, flute, clarinet, piano & voice lessons. I have the ability to come to you! Contact Chris Tuohy, 360-572-9262 or jazzman2e@mac.com

Full of Words: A 6-Week Women's Writing Circle (Free at the Camano Island Library, Jan 24 - Feb 28). Details here: <https://tinyurl.com/full-of-words/>

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

Financial Peace University. Change financial emergencies to an inconvenience, become debt free, and retire with dignity. Plus much more! Starts Tuesday, January 7th at 6 PM. 9 week course includes a manual, \$100 per couple. Register in advance at camanochapel.com.

Reiki and Restore February 21, 6:30-8:00pm. 90 minutes of deep relaxation as you enjoy restorative yoga poses with an optional reiki session as part of a long soothing savasana. Reserve your spot at movementarts.com/events or call 360-629-9100. Next Sessions: Jan 10, Feb 21. \$35

Yoga for Beginners January 7- February 4, Tuesdays 6-7:15pm. Whether you are brand new to yoga or returning after a long absence, this five-week course will prepare you with the first steps toward a regular practice. \$95 Register in advance at movementarts.com/events or call 360-629-9100.

Yoga for Better Posture 6-Week Course: Feb 18-Mar 25, Tuesdays 6-7:15pm. Posture matters. Do you notice fatigue in your neck and shoulders? Does your low back ache? How is your breathing? It might seem like these are three different questions, but all of them can be improved with better posture and by developing your proprioception, an awareness of how you are standing, sitting and generally carrying your body. Incl. Workshop Manual \$119. Register in advance movementarts.com/events or call 360-629-9100

Guitar Lessons with Ford Geisbrecht. All ages, levels & styles. Learn at your own pace. Ukelele & Bass also available. 360-631-0661.

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Classes and Workshops



DID YOU KNOW?

The heart of a shrimp is located in its head. They also have an open circulatory system, which means they have no arteries and their organs float directly in blood.

Yin and Pin February 21, 2-4pm Where Ayurveda, Yin Yoga and Chinese Medicine meet! Soak up the slow, meditative practice of yin yoga. This class will ground, soothe & restore you. Sign up to reserve your spot at movementarts.com/events or call 3760-629-9100. \$35.

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 premium websites and records. Contact us at camano@familyhistorymail.org, or find us on Facebook.

Yoga Classes In-studio & Online at Movement Arts. IN-STUDIO – View our schedule to monitor our status. LIVE STREAM – book classes in advance to attend our live studio class from your own home. ON-LINE 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.

Homeownership workshop on the fourth Thursday of each month at Elite interiors next to UPS store from 6 to 8 PM. We will not be holding them In June, November or December.

Line Dance Lessons at the Camano Center with Kari — every Wednesday 3:00pm-3:45pm. Fun and exercise! More info at www.socialdanc.esimplified.com.

Private Music Lessons: piano, guitar, bass, and voice for all ages and skill levels. Our experienced teachers provide personalized instruction to help you reach your musical goals. Call 425-780-2289 with questions or book a complimentary 30-minute lesson: HartMusicSchool.com/free-trial. Now accepting applications for new teachers.

YogaTone: Sundays Jan. 12, 26 and Feb 2. 10-11am. Stay and Play this New Year! Sign up for YogaTone! You can join us for a fantastic, fun, positive sweat/dance/movement/yoga class that's designed for just about anyone. Find rhythm and melody in the body, even if you think you can't dance! Drop ins welcome if space is available. \$92 for 4 classes or \$30 drop in register at movementarts.com/events.

Medicare Basics Information Class January 10th (10am) Free event open to the public. We will be explaining how your Medicare benefits work, as well as the options for supplementation through private insurance. Location: Camano Island Library Meeting Room. RSVP with John- 360-967-9601.

Zumba: Mondays at 11am and 5:30pm. \$12/class or \$100/10 classes. REGISTRATION IS REQUIRED! Spots are limited. Maximum of 8 students per class and a minimum of four. All fitness levels and experience welcome. You just need to be willing to move your body, get a good workout, and have a great time. Location: Pathways To Wellness. More info or to register, visit www.soulfusionmassage.com.

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

Clubs and Meetings



Rainy Day Room Playgroup Free weekly play group on Mondays at 10am and Thursdays at 3:30pm 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, 2:30-5:30pm at the Community Resource Center, please visit www.crc-sc.org/teenprograms for more details and schedule of activities.

Kaleidoscope Play & Learn Tuesdays and Wednesdays, 10-11:30am and 3:30-4:30pm - a FREE play group for 0-5 years and their grown ups. Facilitators guide children and their caregivers through a variety of developmental activities that promote early learning, and is inclusive of all young children, languages, and cultures. RSVP at www.crc-sc.org/events.

Are you troubled by someone else's drinking? When you don't know where to turn...Al-Anon/Alateen Family Groups can help! SUNDAY, "Courage to Change" Camano Lutheran Church, 850 Heichel Rd, Camano Is, 6:00pm; WEDNESDAY, "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 call 360-618-0464.

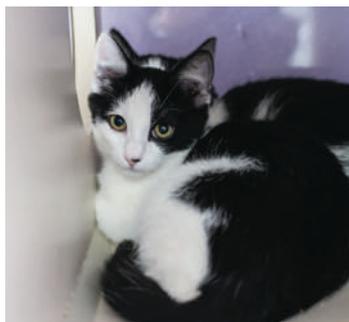
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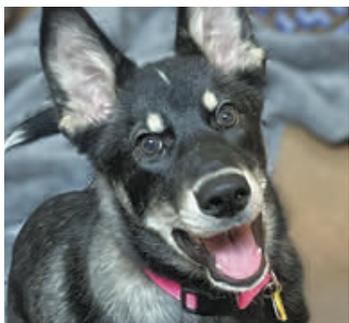
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CASA'S PET OF THE WEEK:

SRIRACHA - Meet the Hot Sauce Litter! As their names suggest, they are a little spicy and will need experienced, patient owners who are committed to their socialization. Kittens do well in pairs or having a close to same age friend to play with and continue socializing. They are great with people of all ages and have met a few dogs and have not minded them around. Come by the shelter and fill out an application today!

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



NOAH'S PET OF THE WEEK:

ASTRO - Looking for a playful, active pup to add some life and love to your family? Look no further! At 2 months old, 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:

Meet **ROSIE!** Working with her genetics and drive will be the top priority for Rosie's forever home. Found as a stray and dumped at a local shelter, she was shy and shut down in the beginning. As she became more settled, her herding instincts kicked in hard. Rosie is a SUPER smart, super border collie girl. **FIRST STEPS:** Visit www.save-a-mutt.org/adoption-application/ to fill out an application. We are a foster home based rescue.

Save-A-Mutt (Silvana, WA):
(425) 280-0502. www.save-a-mutt.org



***NEW* 5-Session Pen & Ink Drawing Class (teen & adult)**

WED Sessions start
2/05/25, 6:30 PM - 8:00 PM

SAT Sessions start
2/08/25 10:30AM - 12:00 PM

To sign up visit: scaacwa.org/classes



Classified Listings



DID YOU KNOW?

Amy Poehler was only seven years older than Rachel McAdams when she took on the role of "cool mom" in Mean Girls. Rachel was 25 as Regina George - Amy was 32 as her mum.

FOR SALE OR FREE:

Firewood logs 4 ft to 8 ft. Fir, alder, Maple, Cedar. Will help load. \$120. P.U. load. 360-387-9229.

MISCELLANEOUS:

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

PROFESSIONAL SERVICES:

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Compass Point Composites Fiberglass Repairs and Fabrication. Boats, autos, sports, custom plugs, molds, and parts. 35 Years experience with a great crew. Google for photos and more information. Cheers, Erik 425-308-7423.

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Are you looking for someone who has a caring heart to be a companion/Caregiver for the one you love? I have lots of experience and references. I have had the pleasure in working with the elderly and disabled off and on for 42 years . Give me a call (650)455-3666. Steff.

Learn to square dance, have fun, meet new friends, lessons start September 10th, first lesson free, for info call Jerry at 425-327-4742.

"I fix stuff and know things. How can I help?" 206-245-5482.

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Camano Decks & Sheds LLC Local, Affordable & Efficient. Free estimates 10% discount for seniors & ADL ramps. Jim 360-913-2941 E-mail: jmitchell8974@gmail.com. Serving Outlying Areas.

Psychonauts: Certified guide and comprehensive education in meditation, lucid dreaming, psychoactive substance use and ritual. Free initial consultation. 206-245-5482.

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.



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STEAK CROSTINI TOPPED WITH CREAMY HORSE RADISH SAUCE

The perfect savory, tangy, creamy bite that's hard to resist! An appetizer that's sure to impress your family and guests!



CREAMY HORSE RADISH SAUCE: 1/2 c. sour cream; 2 T. fresh horseradish; 1 T. chopped parsley; 1/2 tsp. garlic powder; 1/2 tsp. kosher salt; 1/2 tsp. freshly cracked black pepper

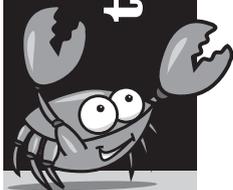
STEAK: 1 lb. sirloin steak(s) (1-inch thick); Garlic powder; Kosher salt; Freshly cracked black pepper; 2 T. softened butter; 1 T. olive oil; Worcestershire sauce for drizzling

CROSTINI: 1 French baguette sliced into 1-inch rounds; 6 T. softened butter; Garlic powder; Kosher salt; Freshly cracked black pepper

GARNISH: Finely chopped chives for garnish

1. **CREAMY HORSE RADISH SAUCE:** In a small bowl, whisk together the sour cream, horseradish, parsley, garlic powder, salt, and pepper until well combined. Cover and refrigerate until ready to use.
2. **STEAK:** Remove the steak(s) from the package to a plate and pat dry with paper towels. Generously season the steak(s) on both sides with kosher salt, freshly cracked pepper and garlic powder. Let the steak(s) rest at room temperature for 20-30 minutes.
3. Add 2 tablespoons of softened butter and 1 tablespoon of olive oil to a heavy skillet over medium-high heat. Allow the butter to melt and the oil gets very hot but not smoking. Add the steak(s) to the skillet. Cook for 4-5 minutes on each side or until desired doneness. Remove the steak(s) to a plate and loosely cover with foil. Let the steaks rest for 10 minutes before slicing. Drizzle slices with Worcestershire sauce.
4. **CROSTINI:** Meanwhile, preheat the oven to 375 degrees. Cut the French baguette into 1-inch slices and place on a rimmed baking sheet. Spread each slice with softened butter. Season each slice with garlic powder, kosher salt, and freshly cracked pepper.
5. Bake for about 5 minutes or until toasted, watch carefully.
6. **TO ASSEMBLE:** Add 2 slices of steak to each crostini, top with a generous dollop of creamy horseradish sauce. Garnish with freshly chopped chives and fresh cracked black pepper. Serve immediately while warm. Enjoy!

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.

CHEESE THERAPY

Not to brag, but I consider myself an expert in the field of mental health. Thanks to my kids, I've gained a wealth of insights into what can trigger negative emotions in young people – and their parents. From anger to anxiety to depression to rage to fear to – did I mention anger and depression? I've determined that everyone at one time or another struggles with depression, anxiety, or other mental wellness challenge.

If that describes you, take a step back from the ledge. I'm here to help. People battling chronic depression or anxiety typically try a variety of coping strategies. Some turn to psychotherapy. But let's face it. That can be a long, expensive journey, often taking months or even years to show meaningful results. Others turn to prescription medications. But these often come with serious side effects and worse, the risk of addiction. Still others try to work through their dark feelings by embarking on an arduous, vigorous exercise program like running or swimming. Sadly, this approach comes with one obvious downside, by which I mean having to endure an arduous, vigorous exercise program like running or swimming.

As a mental health expert (if you don't ask my wife), trust me when I tell you that therapy, drugs, and exercise are a waste of time if you wish to overcome your emotional demons. I've discovered a much simpler way to find happiness – one that doesn't require months of visit to a therapist, hours of sit-ups or treadmill workouts. My solution? Two words: EAT CHEESE.

That's right. It turns out that cheese is good for your mental health. Scientists have discovered that the human brain reacts to cheese by releasing a feeling of euphoria. A chemical compound found in dairy called casein, when consumed, triggers the feeling that you've been rewarded, boosting your happiness hormone levels.

Further research has found that the country whose citizens consume the greatest quantity of cheese per year is France. C'est vrai, mon ami! The typical French citizen consumes on average 55 pounds of fromage a year – more than any other country – even more than is consumed by the residents of Gorgonzola, Italy or Cheddar, Great Britain combined. (Yes, both are actual places.)

Despite all their cheese consumption – or maybe because of it – the current life expectancy of a French person is 82 years – roughly a decade longer than the global average. So, if you want to live a long, healthy life, my recommendation is to start now, with a healthy serving of French Onion soup – with an extra helping of Gruyère cheese.

Cheese even has the added bonus that it helps you get a better night's sleep. And we all know how grouchy you get when you haven't had a good night's sleep. Now, just stuff a few slices of Muenster in your pie hole before bedtime and you'll sleep like a bear – a very happy bear.

While generally it's recommended that you eat unprocessed cheese for maximum mental health improvement, in a pinch, if you've run

View from the Bleachers



out of cheese in your fridge, go ahead and scarf down that family size bag of Cheetos. It pairs nicely with a liter of Mountain Dew Code Red.

If you find yourself packing on a few unwanted pounds, don't cut back on your cheese consumption. Eat more. That's because cheese, like turkey, is a great source of tryptophan. After a few slices of cheddar, you'll be out like a light. And you won't be fretting over your embarrassing weight gain – until you wake up tomorrow morning and look in the mirror.

Of course, as with any rigorous mental health regimen, there are a few minor potential risks from a diet consisting primarily of mac and cheese and chili cheese dogs – although at the moment none of those risks comes to mind. Oh right, ingesting too much cheese can lead to dangerously high cholesterol levels and high blood pressure, increasing one's risk of cardiovascular disease and possible heart attack. Like I said, minor risks.

Reading about the health risks associated with eating too much cheese has made me terribly depressed and more than a little anxious. I'm noticing that my heart is starting to race from getting all stressed out. But wait. It occurs to me that the quickest way to overcome my sudden anxious, depressed mood and feel happier is to make myself a grilled cheese sandwich (using whole-wheat bread, the healthy choice). Easy Cheesy! That was yummy. I feel much happier now!

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TIDE TABLES / SARATOGA PASSAGE / JANUARY 10-23, 2025

Date	High /Low	Tide Time	Height Feet	Moon Visible	Date	High /Low	Tide Time	Height Feet	Moon Visible
F 10	High	3:17 AM	10.9	☾	F 17	Low	12:35 AM	-0.6	☾
10	Low	7:20 AM	8.6		17	High	7:52 AM	12.5	
10	High	12:32 PM	11.8		17	Low	1:42 PM	5.9	
10	Low	8:13 PM	-1.9		17	High	6:38 PM	9.2	
Sa 11	High	4:13 AM	11.8	☾	Sa 18	Low	1:11 AM	0.6	☾
11	Low	8:35 AM	8.9		18	High	8:18 AM	12.2	
11	High	1:27 PM	11.7		18	Low	2:29 PM	5.2	
11	Low	9:03 PM	-2.5		18	High	7:32 PM	8.5	
Su 12	High	5:01 AM	12.5	☾	Su 19	Low	1:48 AM	2.1	☾
12	Low	9:40 AM	8.7		19	High	8:44 AM	11.9	
12	High	2:21 PM	11.5		19	Low	3:16 PM	4.5	
12	Low	9:51 PM	-2.8		19	High	8:36 PM	8.0	
M 13	High	5:43 AM	12.9	☾	M 20	Low	2:27 AM	3.6	☾
13	Low	10:38 AM	8.3		20	High	9:11 AM	11.5	
13	High	3:13 PM	11.3		20	Low	4:02 PM	3.7	
13	Low	10:36 PM	-2.7		20	High	9:52 PM	7.7	
Tu 14	High	6:20 AM	13.0	☾	Tu 21	Low	3:11 AM	5.1	☾
14	Low	11:28 AM	7.8		21	High	9:39 AM	11.2	
14	High	4:05 PM	10.9		21	Low	4:49 PM	3.0	
14	Low	11:18 PM	-2.3		21	High	11:30 PM	7.8	
W 15	High	6:53 AM	13.0	☾	W 22	Low	4:01 AM	6.5	☾
15	Low	12:14 PM	7.2		22	High	10:10 AM	10.9	
15	High	4:57 PM	10.4		22	Low	5:38 PM	2.2	
15	Low	11:57 PM	-1.6		22	High	11:30 PM	7.8	
Th 16	High	7:24 AM	12.8	☾	Th 23	High	1:47 AM	8.5	☾
16	Low	12:58 PM	6.5		23	Low	5:01 AM	7.6	
16	High	5:48 PM	9.8		23	High	10:45 AM	10.7	
					23	Low	6:30 PM	1.4	



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