INAUGURATION DAY EDITION!

Whether you are still celebrating or still mourning the election, the Trump presidency begins!
MyEClinic is:
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It’s 3 a.m. and I feel just well enough to make it to the computer. With MyEClinic that’s as far as I have to go.

I can request a visit, answer a few questions and receive a call back within 30 minutes, at 3 a.m. (or any other time of the day or night). My call back will be from an experienced medical professional, who will provide me with diagnosis and treatment for my symptoms. When the call has concluded, my visit summary will be forwarded to my primary care provider. It’s efficient, it’s easy, and it’s where I am for just $40 a session.

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For more information please call 855-901-9139 or visit MyEClinic.org
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: January morning at Cama Beach. Photo by James M. Shipley.
FRIDAY, JANUARY 20
INAUGURATION DAY
Donald Trump will be sworn in at noon as America’s 45th president, with Mike Pence as vice president.

FRIDAY, JANUARY 20
THE WINTERLINGS
(Seattle Indie Folk Duo) – 7:30pm at the Conway Muse – $6. Featuring male and female lead vocals and harmonies, guitar, ukulele, violin, banjitar, percussion and more, The Winterlings build bonfires of sound to dance and dream beside.

FRIDAY, JANUARY 20
PETUNIA & THE VIPERS
(Latin rhythms to a country blues tune, and gypsy flavoring to a rockabilly) (Dance in the Bard Room) – 8pm at the Conway Muse – $12. $15 at the Door. With a piercing gaze, Petunia looks into the collective soul of the audience, then launches into some high and lonesome vocals that conjure up the ghost of Jimmie Rodgers. Petunia’s tapping boot propels the band into a snarling fire and brimstone rave-up as a wave of frantic jitterbugger’s compete for space on the hardwood dance floor. Petunia & The Vipers thrive on the challenge of adding Latin rhythms to a country blues tune, or gypsy flavoring to a rockabilly standard.

FRIDAY JANUARY 20
DJ DANCE PARTY
“COWGIRLS GONE WILD” NO Cover ~ Dance to the fabulous Music Video System all night long. Drink Specials for ladies wearing their own cowgirl hats! Doors open 6:30pm. Free pool, great sounding room & fabulous dance floor! Loco Billy’s is located at 27021 102nd Ave NW, Stanwood. www.locobillys.com or call (425) 737-5144.

FRIDAY, JANUARY 20
INDOOR PLAYGROUND
at the Lake Goodwin Community Club. Come play with your kids, ages 5 & under, from 10:30am-noon. A variety of toys, including toys to push & ride. Adult supervision required. $4 per child, under 9 months, free. Proceeds benefit the 7 Lakes community. Please bring exact change. 17323 42nd Ave. N.W. Stanwood. Call Kathy with any questions: (206) 650-7452.

www.12facts.com
FRIDAY, JANUARY 20
BABY & ME STORYTIME
11am at the Stanwood Library. Silly stories, happy songs, rhymes, and activities that inspire a love of reading. Playtime follows. For newborns through 18 months. Caregiver required. 360-629-3132.

FRIDAY, JANUARY 20
ANIMAL KINGDOM FAMILY FUN NIGHT
You will not want to miss out on the first 2017 family fun night! Together we will explore the animal kingdom with a story, games, snacks, and activities. Whether it’s a shirt, costume, or something else, come out in support of your favorite animal! 5:30-7 pm at the Stanwood YMCA. FEES: Free for Y Facility Members. CONTACT: Taylor Berghuis, tberghuis@ymca-snoco.org, P 360 572 3399.

SATURDAY, JANUARY 21
THE JIMMY WRIGHT BAND
7pm at Pub 282 at the Camano Plaza.

FRIDAY, JANUARY 20
FORD GIESBRECHT PERFORMS AT DOS REALES
Ford plays an eclectic mix of Brazilian classical, American and Latin jazz standards, pop interpretations and original music. 5:30-8:30pm. 9739 SR Hwy 532. No cover.

NEED TO FIND ANOTHER CRAB CRACKER?
An outdoor magazine rack filled with Crab Crackers is located next to the Stanwood police station.
SATURDAY, JANUARY 21

HISTORIC PLACES
For those interested in the history of places and buildings in Snohomish County, join us for a program on Historic Places Inventory & Mapping System created by the Granite Falls Historical Society. The program is sponsored by the League of Snohomish County Heritage Organizations and it is also part of their annual meeting. Please come by for the demonstration with other historians throughout the County. 10 a.m. at Floyd Norgaard Cultural Center (next to the Pearson House museum).

SATURDAY, JANUARY 21

AMERICAN LEGION PRIME RIB DINNER
Please join us for dinner at 4pm at the American Legion Post 92 Frank Hancock Hall-next to Rite Aide. A generous cut of Prime Rib, Baked Potato (with all the fixings), Salad Bar, Vegetables & Dessert-all for just $15. Cocktails are available. Come early because we DO run out. Public Welcome!

SATURDAY JANUARY 21

THE LOWDOWN DRIFTERS!
“SATURDAY STOMP” $10 ~ Country & Rock Covers done in “Outlaw Country” style & great originals done their own unique way. This band is popular so get in early for a good seat. Dance Lessons 8PM included with the cover. Doors open 6:30pm. Band starts 9pm. Loco Billy’s is located at 27021 102nd Ave NW, Stanwood. For more info go to www.locobillys.com or call (425) 737-5144.

SATURDAY, JANUARY 21

MUSEBIRD CAFE
with Val D’Alessio, jean mann & Allison Preisinger (Singer/songwriters in the round) – 7:30pm at the Conway Muse – $10. Val’s playful, spiritually centered music celebrates the human spirit with songs of outrageous joy and longings of the soul. Jean Mann - A personable, jazz-tinged americana songwriter, jean performs on acoustic and tenor guitars, ukulele and harmonica to accompany an arresting, texture-laden vocal style. Allison Pereisinger - Northwest rooted singer-songwriter merges her influences of nature, folk rock, city living, blues, and soul into acoustic folk.

DONALD TRUMP FACT:
Donald Trump inherited so much money from his father that he would have the same net worth if he would have just put his inheritance in an index fund. He could have sat around and done nothing and just let his money accumulate instead of working.

pophtiz.com
SATURDAY, JANUARY 21
RELAY FOR LIFE KICK OFF PARTY
Join us for the 2017 Relay for Life Kick Off Party from 10-1 at the Silvana Viking Hall. This year we are combining relays from Stanwood and Arlington into one huge relay entitled the Stilly Valley Relay for Life. Learn what Relay for Life is all about, register your teams, enjoy lunch, play bingo and get pumped up for this year’s relay. Dr. Seuss is our theme with the slogan being: I don’t like cancer here or there. I don’t like cancer anywhere!

SATURDAY, JANUARY 21
WHISKEY FEVER
8pm at the Conway Muse (Dance in the Bard Room) – $6. Whiskey Fever are a Roots/Americana/Folk-Rock-n-Roll band from the Skagit/Whatcom county area.

SATURDAY, JANUARY 21
COMMUNITY SWIM
All Ages. 2-4:45 pm at the Stanwood YMCA. Recreational swim time. One lap lane is provided. Lifeguard on duty. Community swim is available for free to all community members. Bring photo ID.

SATURDAY, JANUARY 21
EBE PTA SCIENCE FAIR
9am – 3pm at Elger Bay Elementary.

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SATURDAY, JANUARY 21
FREE DINNER AND DISCUSSION
The Baha’is of Camano Island invite you to a complimentary dinner and discussion: “What Values Will Carry us Through the 21st Century?” on Saturday, January 21st at Spirit Ridge Inn, 146 Spirit Ridge Lane, Camano Island. (Follow signs off Cross Island Road at Island Crest) Dinner – 6:00 p.m. Discussion – 7:00 p.m. For further info. ph. 425.319.8870 or visit: bahaisofcamanoisland.org.

SATURDAY, JANUARY 21
DINNER. AUCTION. FUN.
RE/MAX ASSOCIATE BROKER’S “An Evening with the Hidden Stars”. 5:30 pm at the Camano Center. A Unique Auction Supporting the Stanwood-Camano YMCA. Join us for an evening of fun as we raise money to support the youth and families in our community. The Y will use your gift to make a meaningful, enduring impact right in your own backyard. Through our fundraising, the Y is able to financially assist these programs and more, for the benefit of a great community. We hope you can join us for this very special evening for a good cause.

SATURDAY, JANUARY 21
FAMILY BINGO
at the American Legion Hall, 609 W. Camano Drive. Doors open at 4:30 P.M. and Bingo starts at 6pm. Snacks and beverages available. More info: 360-387-5420.

INAUGURATION FACT:
Franklin Pierce was the first president to affirm rather than swear the oath of office (1853). Herbert Hoover followed suit in 1929.

Sound Water Stewards of Island County PRESENTS
Sound Waters UNIVERSITY
FEBRUARY 4, 2017
8am-4:15pm at S. Whidbey H.S.

All-day workshops & exhibits with 60 choices of classes focused on all things Puget Sound. See website to register.

KEYNOTE SPEAKER:
Dr. Terrie Klinger - from Knowledge to Action - responding to the challenges of ocean acification.
soundwaterstewards.org/sw
SATURDAY, JANUARY 21
FINDING YOUR ANCESTORS IS FUN!
Drop in on this FREE genealogy workshop, 10am-noon at 795 Ell Road across from Second Chance Thrift Shop. Please check the “Camano Island Genealogy Workshop” Facebook page for closures.

SUNDAY, JANUARY 22
BASKETBALL & VOLLEYBALL OPEN GYM

SUNDAY, JANUARY 22
ADYASHANTI GATHERING
6:30pm. Adyashanti’s teachings are for those called to awaken to their true nature. We meditate, watch a DVD of Adyashanti, and share. “After we leave this gathering, as soon as you walk out the door, the next person you meet is your sangha. Then you go home, and that’s your sangha. Then you go to the grocery store & that’s your sangha.” 28122 82nd DR NW Stanwood. RSVP 360-991-6339.

MONDAY, JANUARY 23
PICKLEBALL
9:30am-11:45am at the Stanwood YMCA.

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Stanwood HS Grad Night 2017
is Fundraising with a Clothing and Textile Drive!
COLLECTING NOW until Grad Night!!

We can arrange pick up or drop off for you.
START NOW - Clean out your closets
TELL EVERYONE YOU KNOW - Family, Friends, neighbors.

Accepted Items: CLOTHING any kind/gently used; PAIRED SHOES any kind/gently used; TOWELS bath, kitchen, rags; SHEETS, BLANKETS, QUILTS; BACKPACKS; CURTAINS/DRAPERY; PURSES, BELTS synthetic/leather; TABLECLOTHS, PLACEMATS, STUFFED ANIMALS ....

- We cannot take glass, breakables, electronics, pet beds, bed pillows, carpeting, uniforms, or hotel/hospital linens, or items previously for sale at a thrift store.

- **Please place your items in TIED plastic garbage bags. No boxes or bins please.**

*Contact with Questions:*
Terra Johnson or Tina Morgan
shsgradnight2017@gmail.com
MONDAY, JANUARY 23
FREE ITALIAN DINNER
The Stanwood Sashayers will again be offering beginning square dance lessons at the Stillaguamish Grange (in the fairgrounds). Lessons start today with a free spaghetti dinner starting at 6pm. The first lesson is 7-9pm and is also free. More info: 360-387-5055 or 360-420-1931.

MONDAY, JANUARY 23
INDOOR PLAYGROUND
at the Lake Goodwin Community Club. Come play with your kids, ages 5 & under, from 10:30am-noon. A variety of toys, including toys to push & ride. Adult supervision required. $4 per child, under 9 months, free. Proceeds benefit the 7 Lakes community. Please bring exact change. 17323 42nd Ave. N.W. Stanwood. Call Kathy with any questions: (206) 650-7452.

MONDAY, JANUARY 23
HIGH POINT - HOMESCHOOL PROGRAM
All are welcome. Free. 10am to 1pm at Restoration Church, 788 N. Smith Rd, Camano Island. 10-11am games, art, free play. 11-12 homework, tutoring help. 12-1 fun classes (guitar, dance, art). Questions? restorationchurchcamano@gmail.com. No sign up required!
MONDAY, JANUARY 23
PING PONG TOURNAMENT
at Davis Place Teen Center (across from the Stanwood Library). Our volunteer is a ping pong champ. Can you beat him and win the tournament? More info: 360-629-5257.

MONDAY, JANUARY 23
CAMANO UKELELE ENSEMBLE
For local ukesters to meet, play & sing. 3:30-5pm at the Camano Center, 606 Arrowhead Rd. All players are welcome, the only requirement is Community Center membership, but you’ll also need a ukulele & a tuner & music stand, if you have them. (Guitarists are welcome too.) Call Clint or Jane at 425-818-9079 for more info.

MONDAY, JANUARY 23
FAMILY STORYTIME
10am at the Camano Island Library. Sing, Talk, Read, Write, Play! For children of all ages, Family Storytime is a time for sharing books, songs, rhymes, and movement activities that will get your little one(s) ready to read. The fun continues with playtime immediately following Family Storytime. All ages welcome, caregiver required.

TUESDAY, JANUARY 24
STANWOOD HIGH SCHOOL BOYS WRESTLING
vs Oak Harbor. JV: 5:45pm. Varsity: 7pm.

INAUGURATION FACT:
William H. Harrison’s was the longest inaugural address at 8,445 words. (1841)
TUESDAY, JANUARY 24
**LADY BUG BINGO**
6pm at the Stanwood Community & Senior Center. More info: 360-629-7403.

TUESDAY, JANUARY 24
**BABY STORYTIME**
11am at the Camano Island Library. Wiggle and giggle with your baby through silly stories, happy songs, rhymes, and activities. For newborns to 18 months. Caregiver required.

TUESDAY, JANUARY 24
**BAND CONCERT**
7pm at Stanwood Middle School.

WEDNESDAY, JANUARY 25
**SKAGIT RIVER VALLEY ESTUARIES - A BIRD’S EYE VIEW**
7pm at the Camano Library (Terry’s Corner), the Sound Water Stewards will kick off their 2017 lecture series with a talk by Leah Rensel, Biologist at the EcoStudies Institute. This talk will cover the importance of estuary restoration and Citizen Science in Skagit and Snohomish County for bird conservation; and what science Ecostudies is doing in the Skagit River Delta, particularly Citizen Science efforts at Leque Island (between Stanwood & Camano Island). Recently gathered data and beautiful photos of the affected areas will be shown. Talk is free to the public, without any prior registration.

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**YOUR INFO HERE IN THE CALENDAR OF EVENTS IS FREE!**

Email us at thecrabcracker@wavecable.com or call us at 360-387-3602 for more information.

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**YOU CAN HAVE AN AD THIS SIZE FOR ONLY $27**

By supporting The Crab Cracker, we are able to provide this community magazine, free of charge to our readers. It has become a valuable resource to Camano Island, Stanwood, Silvana, and Conway residents. Please go to our website (www.thecrabcracker.com) and click on “Advertising Info.” The price to advertise is small, but the returns are big. (*for 7 issue contract)

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WEDNESDAY, JANUARY 25
NATIONAL OPPOSITE DAY
at the Davis Place teen Center (across from the Stanwood library). Join us for some chaos and fun, opposite style.

WEDNESDAY, JANUARY 25
CHOIR CONCERT
7pm at Stanwood Middle School.

WEDNESDAY, JANUARY 25
STANWOOD HIGH SCHOOL GIRLS BASKETBALL

WEDNESDAY, JANUARY 25
PICK-UP BASKETBALL GAMES AT THE YMCA
Adult pick-up games are open to members of the Y & those on a guest pass or day pass. 7-9 pm. Beginning in January we will be running an adult basketball league, which can be registered for now! Contact Wade Perkins at 360-572-3400 or wperkins@ymca-snooco.org for more info.

WEDNESDAY, JANUARY 25
‘EVENING OF PINOCHLE’
sponsored by The Stanwood Sons of Norway at 5:00 PM. Potluck at 5pm & Cards at 6pm. For more info, call Pam at 425 422-4197.

WEDNESDAY, JANUARY 25
FINDING YOUR ANCESTORS IS FUN!
Drop in on this FREE genealogy workshop, 6:30-8:00 pm at 795 Ell Road across from Second Chance Thrift Shop. Please check the “Caman Island Genealogy Workshop” Facebook page for closures. We will be closed from Dec. 14th thru Jan. 3rd.

WEDNESDAY, JANUARY 25
PRESCHOOL STORYTIME
9:30am or 10:30am at the Stanwood Library. Let imaginations run wild with fun books, sing-along songs, and creative activities that prepare young minds for the adventures of reading. Playtime or craft may follow. For ages 3 to 5 years. Caregiver required.

INAUGURATION FACT:
Abraham Lincoln was the first to include African-Americans in his inaugural parade. (1865)
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Breakfast & Lunch
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SUN-THU 7AM-3PM
FRI-SAT 7AM-9PM

Available for Meetings & Events

www.TheCrabCracker.com
WEDNESDAY, JANUARY 25

**CURIOUSITY MACHINE: BUILD A ROBOTIC FACE!**
STEM tweens event (Science-Tech-Engineering-Math). 4-5:30pm at the Stanwood Library. Can a robot show emotion? In this 4-part workshop we will work together to build a Robotic Face that uses simple materials and mechanisms to animate its facial expressions. For grades 3-5. Please sign up for all four sessions; preregistration required. Supported by Curiosity Machine and the Stanwood Friends of the Library. Contact: Vicky Beatty 360-629-3132.

THURSDAY JANUARY 26

**JAM/OPEN MIC**
“Tightwad Thursday” ~ No Cover! 8pm. Sponsored by Northwest Music Foundation! Bring your instrument or voice or just come to dance & enjoy all the great music! All Genres welcome. Free pool, great sounding room & huge professional stage with fabulous dance floor! Loco Billy’s is located at 27021 102nd Ave NW, Stanwood. www.locobillys.com or call (425) 737-5144.

THURSDAY, JANUARY 26

**PRESCHOOLERS EXPLORE STEAM**
10:30am at the Stanwood Library. Learn through exploring science, technology, engineering, art, and math at our Thursday family storytimes! For ages 3-5 with a caregiver. Supported by the Stanwood Library Friends of the Library. 360-629-3132.

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THURSDAY, JANUARY 26

DOUBLE DUO MUSEBIRD CAFE

THURSDAY, JANUARY 26

TODDLER STORYTIME
11am at the Camano Island Library. Jump & bounce into a magical world of stories, music, and movements that nurture the desire to read in toddlers. For ages 18 months to 3 years. Caregiver required.

THURSDAY, JANUARY 26

STANWOOD CAMANO LITTLE LEAGUE REGISTRATION AND SIZING
Public event by Stanwood Camano Little League. 5 PM - 7 PM at the Stanwood-Camano YMCA, 7213 267th St NW, Stanwood.

THURSDAY, JANUARY 26

STANWOOD HIGH SCHOOL BOYS SWIM vs Lake Stevens. 3pm at the Stanwood YMCA.
THURSDAY, JANUARY 26
SPELLING BEE
7-8pm at Twin City Elementary School.

THURSDAY, JANUARY 26
LEGISLATIVE ISSUES AFFECTING VETERANS
Congressman Rick Larsen to Address Legislative Issues Affecting Veterans. Camano Chapel’s His Veterans’ Ministry is hosting District 2 US Congressional Representative Rick Larsen at 6 PM. Congressman Larsen be discussing current legislative activities affecting veterans and then will engage the audience in a question and answer session. 867 SW Camano Dr, Camano Island.

THURSDAY, JANUARY 26
AGING GRACEFULLY
AOA (Active Older Adults 65+) Aging Gracefully. As we age, our body undergoes changes that require adjustments in nutrition, diet & lifestyle. We will discuss what these changes are & how to minimize their effects through the choices we make in our habits & our foods. We will also discuss specific vitamins that improve the various functions of our body. Learn how to prevent common diseases of aging now & great tips on remaining youthful & vibrant. 1:30-3 pm at the Stanwood YMCA. 360-572-3412.

FEBRUARY 17-26, 2017
You’re invited to participate in the GREATEST TREASURE HUNT IN THE PACIFIC NORTHWEST!
Come and hunt for unique “Glass Treasures” hand-blown glass floats by Stanwood glass artists Mark and Marcus Ellinger. “Clueballs” will be hidden throughout the Stanwood-Camano Community. Find a “Clueball” and trade it in for an authentic, limited edition “Glass Treasure!”

TheGreatNWGlassQuest.com
FRIDAY, JANUARY 27

BABY & ME STORYTIME
11am at the Stanwood Library. Silly stories, happy songs, rhymes, and activities that inspire a love of reading. Playtime follows. For newborns through 18 months. Caregiver required. 360-629-3132.

FRIDAY, JANUARY 27

HIGHWAY 9 BAND
$8. The band plays a great mix of Country & Country Rock Covers done their own way with danceable originals! The members are very proficient at their craft of delivering high quality Country mixed with Rock & Blues feel. Dance before & after the band & during the band breaks to the fabulous music video system. Doors open 6:30pm. Band starts 9pm. Loco Billy’s is located at 27021 102nd Ave NW, Stanwood. www.locobillys.com or call (425) 737-5144.

FRIDAY, JANUARY 27

STANWOOD HIGH SCHOOL BOYS BASKETBALL

FRIDAY, JANUARY 27

ROOSEVELT ROAD
(Americana/Bluegrass) – 7:30pm at the Conway Muse – $5. Roosevelt Road is a Band of well experienced musicians bringing decades of experience and styles including great Bluegrass, Americana and Gospel music to the Northwest and beyond.

FRIDAY, JANUARY 27

GROWING GARDENS WITH SONG
7-9pm at St Aidan’s Episcopal Church, 1318 Hwy. 532, Camano Island. 360-629-3969. Director and historian Steve Jensen will lead us through centuries of wonderful hymns. FREE, with pie and ice cream for all. Please bring friends, family and neighbors. A freewill collection will be taken for Growing Gardens for Life, who teach at-risk children to raise food and see the character of God in their gardens (www.growinggardensforlife.org). If technology is on our side we may even get to Skype/SING with some of the children in Mexico who have benefitted from this unique program founded by Camano residents Elaine & Jon Stevens.

TRUMP FACT:
Donald Trump apparently offered Barack Obama free golf for life at any of his golf courses. The only catch was that he had to resign from the presidency.

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FRIDAY, JANUARY 27

**INDOOR PLAYGROUND**
at the Lake Goodwin Community Club. Come play with your kids, ages 5 & under, from 10:30am-noon. A variety of toys, including toys to push & ride. Adult supervision required. $4 per child, under 9 months, free. Proceeds benefit the 7 Lakes community. Please bring exact change. 17323 42nd Ave. N.W. Stanwood. Call Kathy with any questions: (206) 650-7452.

FRIDAY, JANUARY 27

**FORD GIESBRECHT PERFORMS AT DOS REALES**
Ford plays an eclectic mix of Brazilian classical, American and Latin jazz standards, pop interpretations and original music. 5:30-8:30pm. 9739 SR Hwy 532. No cover.

SATURDAY, JANUARY 28

**CHINESE NEW YEAR 2017**
Chinese New Year, or the “Spring Festival” as it is known in China, is the longest and most important holiday in China. The Chinese New Year’s festivities end two weeks later on the 15th day of the first month on what is known as the Lantern Festival. 2017 is the Year of the Rooster.

SATURDAY, JANUARY 28

**PANCAKE BREAKFAST AT THE GRANGE**
8-11am at the South Camano Grange. Come & enjoy all the pancakes you can eat plus french toast, scrambled eggs & ham & sausage, orange juice & fruit. 2227 S. Camano Dr. Camano Island. 629-3276.

SATURDAY, JANUARY 28

**TEEN NIGHT AT THE YMCA!**
6-9 pm at the Stanwood YMCA. Pizza, Games, Swimming, Open Gym & MORE! Facility & Program Members $5/ Community Members $8.

SATURDAY, JANUARY 28

**ONE-EYED CRAB**
Live music at 7pm at Pub 282 at the Camano Plaza.

SATURDAY, JANUARY 28

**TALES TO TAILS**
1-2pm at the Stanwood Library. Read a story to Mason and Gus, Pet Partner dogs, to build reading skills and confidence. Supported by Pet Partners. 360-629-3132.

INAUGURATION FACT:
In 2009, Chief Justice John G. Roberts, while administering the oath to Barack Obama, incorrectly recited part of the oath. Roberts prompted, “That I will execute the Office of President to the United States faithfully.” Obama stopped at “execute,” and waited for Roberts to correct himself.
SATURDAY, JANUARY 28
MARKET STREET DIXIELAND JAZZ BAND
7:30pm at the Conway Muse – $10 (Parlor). Get struttin’ that second line! Let your feet do the Texas Tommy and the Eagle Rock! We’re Ballin’ the Jack, ’cause here comes the Market Street Dixieland Jazz Band! New Orleans style Jazz, Ragtime, Stomps and Blues.

SATURDAY, JANUARY 28
COUNTRY LIVING EXPO AND CATTLEMEN’S WINTERSCHOOL
Edible wild plants, home orchard pruning, beekeeping and pole building construction are just some of the 180 classes – 52 of them new - that will be offered at the annual Country Living Expo and Cattlemen’s Winterschool on Jan. 28 at Stanwood High School. To register visit http://skagit.wsu.edu/CountryLivingExpo. Early registration through 2016 costs $70 adults and $40 students; a student scholarship rate of $10 is available for youths age 12-18. Registration includes coffee and pastries, five classes and choice of prime rib or vegetarian lunch. Some classes have a materials fee. More than 65 vendors will be in the free trade show, and prizes will be awarded to entries in the yarn and fabric Fiber Palooza. Hosted by Stanwood FFA, the expo is presented by WSU Extension, Livestock Master Foundation and Tri-County Cattlemen’s Association. Program Contact: WSU Skagit County Extension (360) 428-4270 or email countrylivingexpo@gmail.com.

SATURDAY, JANUARY 28
FAMILY BINGO
at the American Legion Hall, 609 W. Camano Drive. Doors open at 4:30 P.M. and Bingo starts at 6pm. Snacks and beverages available. More info: 360-387-5420.

SATURDAY, JANUARY 28
FINDING YOUR ANCESTORS IS FUN!
Drop in on this FREE genealogy workshop, 10am-noon at 795 Ell Road across from Second Chance Thrift Shop. Please check the “Camano Island Genealogy Workshop” Facebook page for closures.
SUNDAY, JANUARY 29
**BASKETBALL & VOLLEYBALL OPEN GYM**

MONDAY, JANUARY 30
**INDOOR PLAYGROUND**
at the Lake Goodwin Community Club. Come play with your kids, ages 5 & under, from 10:30am-noon. A variety of toys, including toys to push & ride. Adult supervision required. $4 per child, under 9 months, free. Proceeds benefit the 7 Lakes community. Please bring exact change. 17323 42nd Ave. N.W. Stanwood. Call Kathy with any questions: (206) 650-7452.

MONDAY, JANUARY 30
**PICKLEBALL**
9:30am-11:45am at the Stanwood YMCA.

MONDAY, JANUARY 30
**HIGH POINT - HOMESCHOOL PROGRAM**
All are welcome. Free. 10am to 1pm at Restoration Church, 788 N. Smith Rd, Camano Island. 10-11am games, art, free play. 11-12 homework, tutoring help. 12-1 fun classes (guitar, dance, art). Questions? restorationchurchcamano@gmail.com. No sign up required!

MONDAY, JANUARY 30
**CAMANO UKULELE ENSEMBLE**
For local ukesters to meet, play & sing. 3:30-5pm at the Camano Center, 606 Arrowhead Rd. All players are welcome, the only requirement is Community Center membership, but you’ll also need a ukulele & a tuner & music stand, if you have them. (Guitarists are welcome too.) Call Clint or Jane at 425-818-9079 for more info.

MONDAY, JANUARY 30
**STANWOOD COMMUNITY JAZZ NIGHT**
Hosted at Stanwood High School in the PAC. Dinner 5:45 and a Show 7:00. Spaghetti Dinner $10 or $40 for families of 4 or more! No charge for the musical performance! Featuring Jazz groups from Stanwood High, Stanwood Middle Port Susan Middle and a Community Jazz Group! Come get Jazzed up!!!
MONDAY, JANUARY 30
FAMILY STORYTIME
10am at the Camano Island Library. Sing, Talk, Read, Write, Play! For children of all ages, Family Storytime is a time for sharing books, songs, rhymes, and movement activities that will get your little one(s) ready to read. The fun continues with playtime immediately following Family Storytime. All ages welcome, caregiver required.

MONDAY, JANUARY 30
MONOPOLY DEAL TOURNAMENT
at the Davis Place Teen Center (across from the Stanwood Library). Ever play Monopoly Deal? It’s the best and we will be challenging staff from the Stanwood Library. More info: 360-629-5257

TUESDAY, JANUARY 31
LADY BUG BINGO
6pm at the Stanwood community & Senior Center. More info: 360-629-7403.

TUESDAY, JANUARY 31
STANWOOD HIGH SCHOOL BOYS BASKETBALL

TUESDAY, JANUARY 31
JUMP ROPE FOR HEART
Assembly at Twin City Elementary School. 2:30-3pm.

TUESDAY, JANUARY 31
FAMILY GAME NIGHT
Please join us for PSMS Family Game Night! 6:30-8:30pm at Port Susan Middle School Cafeteria. Cost: FREE! Come learn a new game (or play a favorite), hosted by Mr. Blemtscher and PSMS Game Club. Prizes: At our game night we will hold a raffle drawing at the end of the evening to send lucky guests home with a new game to play! Bring friends, family or whoever you can find!

TUESDAY, JANUARY 31
BABY STORYTIME
11am at the Camano Island Library. Wiggle and giggle with your baby through silly stories, happy songs, rhymes, and activities. For newborns to 18 months. Caregiver required.

www.12facts.com

TRUMP FACT:
Donald Trump had his own board game from the 80’s. The smallest denomination of money from the game was $10 million.

www.12facts.com

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TUESDAY, JANUARY 31

OPEN HOUSE FOR TRAILS PLAN
Island County Non-Motorized Trails Plan Update Open House #1: Open House for Trails Plan Update! Island County is developing an update to our 2006 Non-Motorized Trails Plan that prioritizes future projects aimed at both outdoor recreation and active transportation. To make this update successful, we need input from runners, cyclists, paddlers, walkers, equestrians, fishing enthusiasts, sand castle builders, and anyone else who explores Island County with their hands and feet. We are hosting a series of open houses in four areas around Island County. Open House #1 will introduce the goals of the plan and give community members a chance to think about what is out there now, and what they hope to see in the future on our roads, trails, and shoreline. Open House #1: 5:30-7:30pm at the Camano Library, 848 N Sunrise Blvd. Project Website: http://tinyurl.com/trailplanupdate. More info: (360) 678-7959.

TUESDAY, JANUARY 31

JAZZ AT THE CENTER
continues with Cory Weeds and Jazz Legend Harold Mabern, 7-9:15 p.m at the Camano Center, 606 Arrowhead Rd. Tickets $20 Students are free with student ID. 360-387-0222 for more information.

WEDNESDAY, FEBRUARY 1

PICK-UP BASKETBALL GAMES AT THE YMCA
Adult pick-up games are open to members of the Y & those on a guest pass or day pass. 7-9 pm. Contact Wade Perkins at 360-572-3400 or wperkins@ymca-snoco.org for more info.

WEDNESDAY, FEBRUARY 1

FINDING YOUR ANCESTORS IS FUN!
Drop in on this FREE genealogy workshop, 6:30-8:00 pm at 795 Ell Road across from Second Chance Thrift Shop. Please check the “Camano Island Genealogy Workshop” Facebook page for closures. We will be closed from Dec. 14th thru Jan. 3rd.

WEDNESDAY, FEBRUARY 1

PRESCHOOL STORYTIME
9:30am or 10:30am at the Stanwood library. Let imaginations run wild with fun books, sing-along songs, and creative activities that prepare young minds for the adventures of reading. Playtime or craft may follow. For ages 3 to 5 years. Caregiver required.
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Camano Island Support Team
Margaret Pilcher, Jen Wilkin,
Dr. Ray Pope, Dr. Zach Pope

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THURSDAY, FEBRUARY 2

GROUNDHOG DAY
February 2, 2017 will be Punxsutawney Phil’s 131st prognostication! On February 2, Phil comes out of his burrow on Gobbler’s Knob - in front of thousands of followers from all over the world - to predict the weather for the rest of winter. According to legend, if Phil sees his shadow, there will be six more weeks of winter weather. If he does not see his shadow, there will be an early spring.

THURSDAY FEBRUARY 2

JAM/OPEN MIC
“Tightwad Thursday” ~ No Cover! 8pm. Sponsored by Northwest Music Foundation! Bring your instrument or voice or just come to dance & enjoy all the great music! All Genres welcome! Loco Billy’s is located at 27021 102nd Ave NW, Stanwood. For more info go to www.locobillys.com or call (425) 737-5144.

THURSDAY, FEBRUARY 2

PRESCHOOLERS EXPLORE STEAM
10:30am at the Stanwood Library. Learn through exploring science, technology, engineering, art, and math at our Thursday family storytimes! For ages 3-5 with a caregiver. 360-629-3132.

THURSDAY, FEBRUARY 2

TODDLER STORYTIME
11am at the Camano Island Library. Jump and bounce into a magical world of stories, music, and movements that nurture the desire to read in toddlers. For ages 18 months to 3 years. Caregiver required.

THURSDAY, FEBRUARY 2

STANWOOD HIGH SCHOOL GIRLS BASKETBALL
ADVERTISING IN THE CRAB CRACKER GETS YOU NOTICED!

The Crab Cracker is proving to be a very popular publication. Without the advertisers, we would not be able to produce such a quality program and service to the community.

Thanks to all our advertisers that help to maintain this outlet of local information.
**Take Off Pounds Sensibly** (TOPS) on Camano Island. Celebrating loss of 176 pounds in 2016. Thursday morning meetings at Camano Lutheran Church, Heichel Rd. Weigh-in 8-8:45am. Meeting 9-10.

**Coin Club Meeting:** The Stanwood Coin Club will meet at 7pm on January 24, in the Stanwood Library. Doors open at 6:30 p.m. There will be coin displays, a raffle, refreshments and a member coin auction. Visitors welcome.

**GF Living & Celiac Support Group** January 21 at 1pm we will meet in the Camano Multi-purpose Center at 141 NE Camano Dr. for a “Share & Care.” Everyone will have the opportunity to share their own experience with Gluten Free living and how their families have handled it so that we can all benefit from each other’s experiences. We will share the cost for fresh baked GF pizza and sugar free pop. Bring a friend and join the party. More info: www.celiacdisease.tips or contact either Iris or Norma at stanwood@celiac.org. See you there!

**Al-Anon Meetings:** Are you troubled by someone else’s drinking? When you don’t know where to turn..... Al-Anon Family Groups can help! Here is a list of our meetings in the Stanwood/Camano Island area:  SUNDAY, “Courage to Change”, Camano Lutheran Church, 850 Heichel Rd, Camano Is, 6:30pm; WEDNESDAY, “One Day at a Time”, Stanwood Senior Center, 7430 276th St NW, Bldg “B”, Stanwood, 7:00pm; THURSDAY, “Stanwood AFG”, United Methodist Church, 27112 102nd Dr, Stanwood, 7:30pm; SATURDAY, “Paths to Recovery”, St Aiden’s Episcopal Church, 1318 E SR 532, Camano Is, 10:30am. For more info call 360-618-0464 or on the internet go to www.dist28al-anonsnoco.org<;http://www.dist28al-anonsnoco.org/

**Survivors of Suicide Loss Support Group** Our communities are growing in the number of people who have lost a loved one, friend, family member, co-worker, classmate or another to suicide. This support group is to help those who are grieving and surviving suicide loss. The group is peer oriented and the goal is to allow a safe place for us to find and meet other locals who are grieving the loss of someone who has taken their life. Please join us in helping each other by support. MEETINGS: 2nd & 4th Thursdays of Each Month 6pm Stanwood Library, 271st St NW Stanwood.

**F2.8 Photo club** Looking for new Members! meetings: third Tuesday of the month at Stanwood Library. 6:30- 8:30. td-ks@hotmail.com.

**Friends of CASA Meeting** February 2, 7pm – 9pm at Island County Multipurpose Center (blue building next to shelter). Join us as we hear shelter reports and plan fundraising and outreach events for CASA. Public invited. Financial review presented.

**Camano Island Friends of the Library** Jan. 26th. 7pm. The Friends are the generous people who raise money for library programs.

**The Camano Island Women’s Republican Club** meets at noon on the fourth Tuesday of the month at Lost Lake Clubhouse, 1469 Lake Drive, Camano Island. Join us January 24th at noon, lunch is $5.
RESEARCHERS UNLOCK THE KEY TO A HAPPY MARRIAGE: HUSBANDS, LET YOUR WIVES DO THE HOUSEWORK!

Don’t believe me? Then maybe you’ll believe a study which concluded that marriages where the women do all the housework while the men retreat to the parlor to smoke cigars, read the newspaper and discuss politics with other men in top hats are happier. Okay, so that study was based on focus groups of landed gentry horse farm owners in Greenwich, CT in 1879. But now a brand new study appears to validate those previous findings. A study by Norwegian researchers reports that the more housework a man does in the home, the higher the divorce rate.

Experts have weighed in with various theories to explain these startling findings. One theory speculates that perhaps in more egalitarian marriages, where housework is equally shared, the woman is more likely to have her own career, may be less financially dependent on her spouse and thus better able to leave a bad marriage.

This theory is, of course, wrong. The real explanation is that women find doing chores like unclogging the toilet deeply fulfilling. Women are happiest, this study conclusively proves, when they can come home from their own day job to make a healthy home-cooked dinner, clean up the dirty dishes, do the laundry, help their 2.5 kids with their homework, and then dress like a Victoria’s Secret model at bedtime for their husband’s amusement.

Norway, where this study was conducted, is one of the most egalitarian societies in the world, especially if you’re a man. And this groundbreaking study shows that husbands who care about their marriage know to step out of the way and let their little lady take charge as CEO of Household Cleaning Inc. A good way for men to step out of the way is to play a round of golf, or if you happen to live in Norway, go ice fishing.

Other related studies support the findings of the Norwegian researchers. A recent Italian study found that women who chronically complain about their husbands’ tawdry extra-marital affairs are more likely to cause their marriage to end in divorce. Another study showed that male partners who engage in frequent episodes of promiscuous sex with other females are often held in higher esteem by their female partners. However, scientists are split over the relevance of these findings to American marital happiness since the study involved Proboscis Monkeys in Borneo.

Personally, I am going to listen to the Norwegian researchers. Because I care about my marriage, I’ve let go of my selfish pattern of helping my wife out with the chores. I love her far too much to deprive her of the joy of raking leaves.

[Read more of Tim Jones’ humor every week at www.ViewFromTheBleachers.net.]
Boredom Breaker

GROUNDHOG DAY WORD SEARCH

| B U R R O W | G O R N D H O G | P R E D I C T | S P R I N G |
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Fabulous lot in the Camaloch area of Camano island—one of the last buildable lakefront properties left. This gated community offers unlimited golfing, quiet fishing lake, clubhouse and pools with reasonable HOA dues. Bring your builder and start your beautiful new home! #844432

VACANT LAND $79,000
North Camano 5 acres at the top of Cross Island Road with easy off-island access, close to shopping and golf. Unique features include a small, seasonal creek and pond plus it borders County land for privacy. Soil tests are done, old road is in. Lovely, nature abounding parcel. #879206

STANWOOD $519,000
Great location for this 4 bedroom home in the Cedarhome area. Spacious kitchen, living room with fireplace, large wrap-around deck and finished lower level. Territorial views throughout and includes 5.5 acres of rolling, cross-fenced property plus shop! #1057688

VACANT LAND $120,000
Great price for a building lot in the Pioneer Hills area of Stanwood. Views of the city lights, sunsets on Skagit Bay and the Olympics. City water and sewer, and there is a credit toward city fees. Easy access to I-5 for commuting. Owner/agent. #211731

VACANT LAND $210,000
Nice and level 2.28 cleared acres in a prime location on Camano Island. Zoned for light manufacturing and just minutes to the Golf Course, restaurants and grocery/hardware store. Community well, power at the street, site registration is complete. #885344

VACANT LAND $79,900
Wow-level building lot on Camano Island with lots of privacy. Bring your contractor — much of the work has been done. Cleared, driveway is in, 3 bedroom septic has been installed, water and power are on site. Property lines are marked with survey pins. #888150

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Gorgeous, large daylight rambler with over 4000 sf in the main home. Hardwood and tile floors, open floor plan with main floor living. Lower level media and game room. New paint, carpet and appliances. Separate guest home with garage. Fully fenced and ready to move-in to! #930838

vacant land
$159,000
Beautiful, secluded high-bank waterfront property on Camano Island. Tall evergreens, spectacular moon and sun risings, trail cut through to the bluff. This unique property is 2 separate 2.68 acre parcels combined for 279 feet of frontage, each with a site registration complete. #906891

vacant land
$179,900
Kayak Estates building lot! Beautiful 5 acres is ready for your new home to be built. Mostly level, 400’ of golf course frontage, paved road access, paid water share, power at the corner. In an area of up-scale homes. Some paths and trails, lots of evergreens, easy to I-5. #706370

vacant land
$75,000
Wonderful building lot in the Lost Lake area of Camano. Level, corner lot has beautiful trees and a great price. Owner has installed utilities, paid water share, installed septic system with power at the street. Community pool, clubhouse and fishing lake. #866455

vacant land
$105,000
This 2.5 acre Camano Island property has been surveyed and site registration filed. Potential views for your new home with a slightly sloped building site and driveway easement. Community water, power at the street, possible owner financing. Check with this local realtor! #753091

vacant land
$100,000
View lots available on Camano Island! New plat in the Country Club area with 180 degree views, private paved entry and all lots have water, power and site registrations complete. Access to 3 community beaches close-by. Visit and see if this is the place for you! #803938

www.thecrabcracker.com

Camano Island | Terry’s Corner
818 N Sunrise Blvd
(360) 387-4663

Facebook.com/CamanoLife
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windermerecir
TAPE RESIST WINTER TREE

Get art paper out and tape it to the table. Get the tape on squarely and evenly, so there would be a nice white border around the tree art when it is finished. Tear pieces of painter’s tape into long strips to make the trunk and branches of the trees. Henry struggled with tearing a piece long enough to be a trunk, so I helped him with his tree trunks. You can use watercolors to paint, but I’m always using whatever we have on hand. And that’s water and food coloring. A few drops of blue food coloring with just a tad bit of water (maybe a tablespoon) worked perfectly. Paint over your taped trees to cover the entire paper. After its painted, its time for the fun part of removing the tape! Then you can add pencil marks across the tree trunks to make it look more like a Birch tree. We glued on buttons to be leaves and add some fun color to it too!
IN AUGURATION DAY COLOR PAGE

B = Blue  G = Green  R = Red  Y = Yellow

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2nd Chance Thrift Shop has lots of great values. Visit us today. 1335 SR 532, Camano Island 360-629-6142.

HELP / WORK WANTED

Job opening at the Stanwood Community and Senior Center Part-time nutrition cook needed Mon-Fri. Manage, prepare & serve meals, menu planning, special events & ensure Senior Services Nutrition Program requirements are met. Ensure cleanliness, place food orders & manage inventory. Catering experience a plus. Applications available at 7430 276th Street NW, Stanwood. More info: Julie Vess at 360-629-7403 ext. 111.

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“HEY DR. POPE!

I started a new job in the last month. It’s great, I love the work I do. I’d say there is only one downside to it. I’m sitting at my desk all day. What do you suggest?”

That was a message I received from a patient. You may have the same problem. Love your job, but hate the sitting. You may also wonder how you can make the best out of a bad situation. Maybe even at home you are sitting in front of the computer too much for your own good. Here are some ideas to keep your desk time from wrecking your lifetime.

Move: Your body was created to move. This is the one foundation on which a happy healthy body is built. Take breaks often. Walk, jump rope, do stretches, whatever moves you.

Ergonomic Chair: The most important thing is to change position often. Even little changes help a lot and a good ergonomic chair allows you to make those tweaks without compromising ideal posture.

Balls as Chairs: A stability ball is a great short term break during a day of sitting at a desk. Not as a replacement for an ergonomic chair, but as a change of pace. You can rock and roll and undulate and use those muscles. (Caution: The ball chair concept is a ball fixed into a chair frame. This stabilizes the ball and defeats most of the benefits.)

Unusual Position: Don’t overlook unusual positions in the workplace or at home. This is one place where, “if it feels good do it,” actually might not get you into trouble. Again, most anything is good for a short time. Get creative with your laptop or iPad.

Sit to Stand Desk: These are awesome and offer simple versatility. The best ones easily transition from sitting to standing heights and allows for ideal posture at either station.

Treadmill Desk: Last, but not least. A brilliantly simple concept which solves so many of the “I sit at a desk all day” complaints. It may not fit in your corporation’s budget or space requirements, but it may be something to shoot for the next time you are worthy of a raise.
I don’t have a Facebook account so … maybe you bloggersphere-ers out there can help me with this. If most of us get our news from Facebook, with only 15% of those going outside for further edification, what are we to think? Is Facebook a great source of news, especially now that most of us think the print and TV media are not to be trusted? Do we trust the algorithmic feeds from social media? Are we only interested in what our ‘friends’ think? Help me here, I’m a poor sad sorry hopeless mope who still gets (and reads!) newspapers and still watches PBS Newshour and, god help me, still listens to Public Radio news. I know, I’m a troglobyte, but I’m trying to figure out what is true and what is bullroar, is that so terrible?

Okay, it’s anachronistic and maybe that IS terrible. I have resisted any urge whatsoever to sign onto Facebook, making me, what? the last yahoo on the planet that Zuckerberg needs for total hegemonic control over privacy and individuality. And yeah, I see it that way, call me paranoid, call me xenophobic, call me anything but late for dinner. Zuck thinks we should all be transparent, totally public, no secrets, nothing to fear. We’ll be better citizens for it.

I heard this somewhere before. Orwell’s 1984, if memory serves me still. The government was the bad guy then. I’ve heard it from the folks who think the police should have more power; after all, if you’ve done nothing wrong, whaddaya got to fear from them? Put a camera in every room, every building, every street corner. My computer has one pointed at me right now and so does yours. Difference is, I blinded mine.

My grocery store tracks my purchases. My Google site tracks my preferences. My hardware store has video of me going in and coming out. My truck probably keeps records of my whereabouts through GPS tracking. The phone company has all that meta-data they say they’ll never use. Sure, I’m paranoid. Who the hell wouldn’t be? Unless of course you just like being a celebrity in your own mind with the paparazzi of Facebook followers interested in your every shopping choice, movie selection, recipe and lipstick color.

Me, I didn’t choose to live at the end of an island at the end of the continent so I could be Totally Public. The Barefoot Bandit, our little Jesse James of the 21st Century, hid out down here on the South End for years without the Law finding him holed up. The reason he was an international anti-hero wasn’t that he was Robin Hood without shoes, it was that he was Off the Radar. He was a cipher to the prying eyes of a digital Big Brother. He was the Invisible Boy, no footprints on the databanks.

Well, in the end, they got him down in the Caribbean. If he’d stayed here, who knows? The Kid gets out in a few months from a stint in the federal Lockup. Two will get you one that he’s turned over a new leaf. His lawyer has a job waiting. His mentor is going to help get back on the straight and narrow. Chances are he’ll become a productive member of society, get a new car, a credit card, brand new shoes. I’m betting he’s got a Facebook account already. Welcome back, Kid!
CASA’S PET OF THE WEEK:

**ELISE** came to CASA when her owner was unable to house her any longer. She is a beautiful middle aged shepherd mix. Elise has a long plush coat that will need adequate brushing and grooming. Elise can be a little shy but she is a very sweet and loving girl. Elise came to CASA with another dog, Milo, and is said to get along well with other dog-friendly dogs.

Camano Animal Shelter Association (CASA):
198 Can Ku Road, Camano Island.
360-387-1902. camanoanimalshelter.org

NOAH’S PET OF THE WEEK:

If you’re in need of a loving, kind and special new furry friend than look no further. **SUGAR** is as sweet as her name and loves a little affection from her people. She is a beauty that would love a home where she can curl up near a window, watch the birds fly about and daydream of endless amounts of catnip to keep her happy.

The N.O.A.H. Animal Adoption Center:
31300 Brandstrom Rd, Stanwood.
(360) 629-7055. thenoahcenter.org

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- **Departure:** From Everett Station to Stanwood & Camano (Terry’s Corner) Mon-Fri at 4:15pm & 5:15pm.

**STARTING FEBRUARY 2017 MONTHLY PASSES NOW $60!**

$2 one-way fare and 8 years and under are still free.

*We Care That You Get There...*  
*Come Ride With Us!*

islandtransit.org  
(360) 678-7771  
facebook.com/islandtransit
RON HINSHAW, STEEL SCULPTOR

Ron is a self-taught artist with an extensive background in ornamental metalwork. A love for the outdoors and wildlife is expressed in his chosen medium of steel plate and heat.

Ron creates a drawing that is transferred to the steel plate. The piece is cut by hand using an acetylene torch. Then each piece is carefully detailed and polished with a small hand-held grinder. Upon completion of the grinding, using only the heat of the torch, each piece is colored achieving a range of colors from subtle golds to rich browns and on through vibrant purples and blues. Once the coloring is completed, each piece is welded together, some pieces made up of as high as 100 separate pieces of detailed steel.

Working professionally since 1982, Ron feels that he is very fortunate to have found a way to express himself through his art and be able to support his family, doing something he truly loves.

Ron's work is very unique and can be found in many galleries throughout the Western U.S.
Contact info: 360-708-7281
EVERETT COMMUNITY COLLEGE NURSING STUDENTS AT WARM BEACH SENIOR COMMUNITY

They show up several days a week every few months: cheerful nursing students in dark blue scrubs. Some are young, some older, but all are eager and inquisitive and committed to their work. And everyone – from residents to staff – is delighted to see them. For 15 years now, first and second quarter students from the Everett Community College (EvCC) Nursing Program have been coming to Warm Beach Senior Community to complete their clinicals. The students are working toward a two-year degree for licensure as a Registered Nurse (RN). First quarter students learn basic care and Nursing Assistant Certified (NAC) skills. Second quarter students learn more advanced care, including how to dispense medication and perform full client assessments. Tiffany Swee- deen is the RN Clinical Instructor who accompanied the recent second quarter students to Warm Beach Senior Community. “This is the first real person care they receive,” says Tiffany. “Prior to this all they’ve done is lab work. Here they learn skin care, how to safely pass medications, and learn therapeutic communication, among other skills.” “I have a great group,” says Tiffany. “They are so excited to come and meet clients. They aren’t nervous about opening the door to a resident’s room and introducing themselves. They are polite and attentive and just happy to serve.” “Each student stays with one patient for two straight days,” continues Tiffany. “They will follow that resident throughout the day, even sitting with them in the dining room. And the residents are grateful for that one-on-one attention—it’s like having a personal nurse.”

Laura Hofmann, WBSC’s Director of Clinical Relations and a graduate of EvCC herself, echoes that sentiment. “The residents just love having them here,” she says. “They enjoy interacting with the students and sharing their stories.” There are other nursing facilities in the area where students go, but WBSC is something of a “central hub” according to Tiffany. “The students get to work with a great variety of diagnoses here. With both short and long term care, our students see progress and improvement. Warm Beach is very recovery-focused—it’s wonderful when our students have the opportunity to see a client recover and be discharged back home.” Nursing facilities and homes provide a first-hand introduction to geriatrics that students may not otherwise receive. With many graduates going on to work in hospitals, there becomes a need for nurses in facilities such as this. The hope is that some of these students may develop the desire to work in this field, and lend their expertise and care to the senior population, which is the case at Warm Beach Senior Community. “It is a huge benefit to this facility,” says Laura. “We’ve had many of these students come back to us to work. It’s a win-win.” – Article by Jennifer Wilkins.
TRUMP FACT:

In 1990, Trump won a Razzie for Worst Supporting Actor for his role in Ghost Can’t Do It.

http://pophitz.com


Snow-covered trees photo by Ian Schneider.

We are now open and accepting new students!
Adult and youth lessons available. Electric & acoustic guitar, ukulele, bass; electric & upright, drums, piano, beginner vocals, and garage band. Coaching available for all string, brass & woodwind instruments.

360-572-3146

www.ONEACHORDACADEMY.org
DETOURED RESOLUTION

Last year, my New Year’s resolution was to write a song per month. Somehow, I thought if I made a bold public announcement, I’d do it. Discipline was my word for the year and I had a plan.

In January, I wrote a song while driving to Oregon. I pulled over periodically to write lyrics rather than risk having an ironic accident caused by writing a song entitled “Distracted Driving.”

Month two, I started cranking out song two, but it turned out to be stupid so I ditched it. I started another idea that stalled.

Month three arrived and discipline was on empty. With all the intentions of catching up, I set my subconscious on cruise control while I played Web Sudoku. If I’d spent as much time composing songs as I’d spent playing Sudoku, I could have written an entire jazz opera.

Mid-summer, I got a jumpstart and wrote a song that interweaves with Irving Berlin’s Blue Skies. That makes only two all year.

Why are resolutions so hard to keep? I’d asked my readers to hold me to my resolution, but only one ever asked if I’d written another song. (Thanks, Mother!)

It’s a new year and I set up a website blocker to end my addiction. I’ve already written a song, called “Fog.” Let’s see if I can write a song per month in 2017. Last year I learned how to get off track. This year I’ve adopted a new word: U-Turn.

Photo: Peggy with her band Swingnuts Jazz.
ISLAND TRANSIT CAMANO TO EVERETT SERVICE

AUDITIONS
for Cantabile Chamber Choir: Calling all experienced choral singers who want to be part of a select group of chamber singers who are dedicated to musical excellence. We are auditioning for all parts. Working with our director, Dr. Stephen Marshall-Ward is a delight as his musical skills are extraordinary! He is charming, humorous, and able to coach the choir into new heights of musicality. We are in our eleventh musical season, performing in Mount Vernon, Anacortes, Camano Island and beyond. Come and join our team! Auditions will be held on Monday, January 23, 2017 starting at 4:00pm by appointment at Bethany Covenant Church in Mount Vernon, WA. Let us know if that date doesn’t work for you, and we will arrange another time. We rehearse Monday evenings, 6:30-9:00pm. There is a $75 membership dues per semester ($150 for the year) and singers pay for their own music. See Cantabile Chamber Choir’s Facebook page for audio/video samples and more information. Please contact Executive Director, Jennie Bouma to schedule an appointment or if you have any questions about the group. Email: cantabilechamberchoir@gmail.com. Phone: 425-312-4565.

AUTISM ACCEPTANCE LIBRARY
Find us on the 1st and 3rd wednesday of the month at the Stanwood Camano Community resource Center (across from the Stanwood Library) 11am-3pm & by appointment. books, films, resources & materials to learn more about autism, neurodiversity & disability. Kid’s books & autism acceptance coloring pages too! For appointments, contact Lei Wiley-Mydske: 425-791-0869 (text only please) or email edwileyautismacceptance@gmail.com.

INAUGURATION FACT:
Donald Trump (nicknamed “The Donald”) will be the first US president who has never held elected office, a top government post or a military rank.
FIND A LIMITED EDITION “GLASS QUEST” GLASS BALL FROM LOCAL GLASSBLOWING ARTIST

The 2017 Great Northwest Glass Quest is February 17-26. The 2017 Great Northwest Glass Quest will be held for 10 days in February and is proudly presented by the Camano Island Chamber of Commerce and the City of Stanwood. During the 10-day event, clue balls are hidden throughout businesses and parks in Stanwood and Camano Island. Find a clue ball and you win a hand-blown glass treasure by Mark and Marcus Ellinger! To get you all excited for this traditional hunt for the hidden “Glass Treasure”, the Crab Cracker hid one for you to find...TODAY! Read the clue inside this photograph of a “Clue Ball” and go to that location. The first person who gets there will find the actual plastic “Clue Ball.” Take it to the location written inside it and receive an exclusive, signed glass ball treasure!

SUSSICAL THE MUSICAL

is coming the first week of February for three weeks with Ludus Performing Arts at the Everett PUD Stage. Nathaniel Shipley from Camano Island will be playing the lead role of Horton (the Elephant). Come and enjoy the show! Get tickets at ludusperformingarts.org.

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.

STEVIE YOUNGREN, Real Estate Broker
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- Specializing in Residential and Farm Properties.
- Serving Snohomish, Island, and Skagit Counties.
COMMUNITY INFORMATION

VOLUNTEER OPPORTUNITIES
Stanwood-Camano YMC - "TOGETHER WE CAN MAKE A DIFFERENCE". Discover how volunteering at the Y impacts your community. Meet incredible people, develop new skills, and make a real difference in the lives of others. You do not have to be a member of the YMCA to volunteer! Opportunities available: Member Services, Youth Sports, Special Events, Health & Wellness, Aquatics, Teen Programs, Fundraising, Corporate Services. Contact: Leah Preston, Volunteer Coordinator, 360-572-3394 or email lpreston@ymca-snoco.org.

WHY MOVE TO WARM BEACH? BREAKFAST
February 24th. 9:30-11:00 a.m. Are you or someone you know curious about Warm Beach Senior Community? This is your opportunity to find out more! We will be hosting a “Why Move to Warm Beach?” Breakfast on Friday, February 24th at 9:30 a.m. Come have breakfast on us, hear what our residents have to say about life at Warm Beach, and have a look at our available homes. 20420 Marine Drive, Stanwood, 98292. Space is limited to 40 guests, so please RSVP by calling 360-652-4593. www.warmbeach.org.

HELP WANTED
Stanwood Community and Senior Center is looking for volunteers who would like to deliver afternoon meals to in house residents. Food Handlers Permit and Background Check. Please contact volunteer coordinator Linda Elder at 360-629-7403.

POPE CHIROPRACTIC
"Injury Recovery and Wellness Restoration for Children and Adults"

Injury Recovery
Neck Pain • Back Pain
Headaches • Work Injuries
Auto Accidents

Wellness Restoration
 Massage • Spinal Rehab
Clinical Weight Loss
Functional Nutrition • Posture

360-629-2524
PopeChiropractic.com

848 N Sunrise Blvd. 
#102 Building A, Camano Island 
(at Terry’s Corner)
OOPSIE!
Have you or someone you know had an “oopsie” litter of kittens or puppies? The NOAH Center would love to help through our Mom’s Last Litter Program. See all the details here: http://www.thenoah-center.org/spay_neu.../moms-last-litter.html.

ACKNOWLEDGEMENT:
Thank you to Tidelands Church who volunteered their time in painting one of the center’s side room. It looks so bright and refreshing. Thank you, Stanwood Community and Senior Center.
Bring Puget Sound to Your Classroom!

Free customized lessons suited to the age and needs of your classroom

Topics include but are not limited to:

- Marine diversity
- Adaptation strategies
- Beach visitation guidelines
- Puget Sound watershed
- Tides
- Stormwater
- Beach zonation

We also address several grade appropriate Next Generation Science Standards.

The presentations are FREE to enhance marine education studies in the classroom. A field trip is not required for WSU Beach Watchers to come to your classroom!

Bring Your Classroom to Puget Sound!

We will meet your class at the beach! As your students rotate through four learning stations, WSU Beach Watchers will introduce them to the wonders of beach exploration.

- Fill in an application – choose 2 or 3 preferred dates and the preferred beach – and send it in!
- There is a $25 fee per class and a classroom lesson is included.

Field Trip Site Options:
Kayak Point County Park (Stanwood) and Mukilteo Lighthouse Park

Best Low Tide Dates with Suggested Field Trip Times*

<table>
<thead>
<tr>
<th>April 2017 Dates</th>
<th>June 2017 Dates</th>
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<tbody>
<tr>
<td>26th (Wednesday) 10:45 AM — 12:45 PM</td>
<td>8th (Thursday) 10 AM — 12 PM</td>
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<tr>
<td>27th (Thursday) 11:30 AM — 1:30 PM</td>
<td>9th (Friday) 10:45 AM — 12:45 PM</td>
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<tr>
<td>11th (Thursday) 11 AM — 1 PM</td>
<td>12th (Monday) 12:30—2:30 PM</td>
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<tr>
<td>12th (Friday) 11:45 AM — 1:45 PM</td>
<td>* Feel free to inquire about flexing field trip times or other dates that might work better for you classes, but please keep in mind that we need to work during low tides only.</td>
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<tr>
<td>24th (Wednesday) 9:30 — 11:30 AM</td>
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<td>25th (Thursday) 10:15 AM — 12:15 PM</td>
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<tr>
<td>26th (Friday) 11 AM — 1 PM</td>
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Applications are due April 5th. No exceptions!
Contact Yolimar Rivera to discuss the possibilities for your classroom or to schedule a visit yolimar.rivera@wsu.edu or (425) 357-6029

Washington State University Snohomish County Extension

WSU Extension programs and employment are available to all without discrimination.
CHILDREN’S COAT DRIVE

This cold winter, hundreds of local children in need are staying warm because of our communities kindness and generosity. On behalf of the Stanwood-Camano Food Bank and the local families who received new warm winter coats for their children, we would like to thank the following donors and volunteers: Stanwood-Camano Rotary/"Operation Warm", Council #8476 Knights of Columbus, “Giving Tuesday” donors, those who donated in response to the Food Bank letter, the many knitters who made beautiful hats and scarves and to all of the private and anonymous donors. Thanks also to the staff and volunteers at the Stanwood-Camano Resource Center for housing the coat drive and their daily support. And last but not least, to the Coat Drive Volunteer team, for their years of service and compassion. – Photo: Deacon Donald F. Hanika Council #8476 Knights of Columbus donate 120 coats for kids to the Stanwood Camano Food Bank Children’s Coat Drive on December 5, 2016.

JOB TRAINING PROGRAM

at Davis Place Teen Center (across from the Stanwood Library) For Teens & Young Adults with Disabilities. Participants are individually paired with an employment mentor to learn job readiness skills. Participants also gain hands on customer service experience in Morgan’s Tales Used Bookstore. The program is designed to work with participants at their own pace but is typically completed in six weeks. We will begin matching mentors and participants late January & early February. Call (360) 629-5257 to be on the waitlist.
LOCAL FARM COOKBOOK

featuring recipes and info about our community’s small farms and food makers. Each page features a list of locations where the product is sold. Thank you for supporting local farms. If you have not picked up your free copy of our local cookbook, featuring our partner farms and producers, come in to Salt & Thistle Provisions (7009 265th St NW, Ste 103, Stanwood) and pick up yours today! Also available on http://north40farmfood.wixsite.com/local/psg.

2017 HIGH SCHOOL SCHOLARSHIPS

The 2017 cycle will begin February 1, 2017. Lists of local scholarships available and the scholarship application form will be available for download on that day. Scholarship applications are due by 4 p.m. on Monday, March 13. Eligibility Requirements: These scholarships are for high school seniors who either reside with the boundaries of the Stanwood-Camano school district or attend high school within the district. Home-schooled students residing within the district are eligible, as are private school students who attend a school outside of the district but live in Stanwood Camano Island school district. Many of the scholarships available have no eligibility requirements beyond these general requirements. Others have additional eligibility requirements which are specified on the scholarship lists. www.s-cf.org.

DO YOU HAVE AN INTEREST IN VOLUNTEERING?

Do you enjoy working with wood? Do you enjoy sailing? Then, the Center for Wooden Boats at Cama Beach State Park has plenty of volunteer opportunities for you! CWB at Cama Beach is currently looking for volunteer positions in: Boat repair and restoration (no experience necessary); Youth and adult sailing instructor (training provided); Office and event coordinator assistant. If you are interested, please contact Chuck Gittings via email at cgittings@cwb.org, or come down to the Boathouse at Cama Beach State Park and inquire in person. Learn more at cwb.org.
SNOHOMISH CONSERVATION DISTRICT PLANT SALE ORDER DEADLINE IS JANUARY 31
Snohomish Conservation District’s Annual Plant Sale is coming up quickly and it’s not your typical plant sale! This popular annual sale typically moves over 60,000 trees, shrubs, groundcovers and flowering natives. All are welcome to attend and purchase affordable, high-quality native plants and take advantage of a variety of educational booths. This year’s sale will be held on Saturday, February 11th, 2017 from 8:30 AM - 4:00 PM at the Evergreen State Fairgrounds in Monroe. To ensure you get the plants you want, you can pre-order your items by January 31, 2017 by 5 p.m., or come shop the day of the sale for select varieties. In addition to native plants, specialty items for sale this year include rain barrel kits, tree protectors and pollinator seed packets. Volunteers are also needed the entire week of the sale to help package and label plants. Come join us for a sorting party, make new friends, and enjoy coffee, snacks and a volunteer gift for every shift worked! Sign up to volunteer at https://www.theplantsale.org/volunteer/. To learn more or to pre-order, visit: www.theplantsale.org or contact cmoscoso@snohomishcd.org.

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. The 2017 dog licenses are now on sale at the Camano Animal Shelter or at the Camano Island Annex on NE Camano Drive. The cost is $10 for spayed/neutered dogs and $33 for intact dogs.

HAPPY NEW YEAR 2017
from Camano Island Sound Water Stewards. It’s fun and rewarding to learn more about YOUR island habitat – for you and your kids and/or grandkids, your neighbors ... Get outside and take a walk ... Visit a state park – we have TEN of them in Island County...two on Camano – and you can park for FREE Jan 15, and Jan 16, March 19, April 15, April 22, June 3, June 10, Aug. 25, Sept. 30, Nov. 11, and Nov. 24. Visit one of our many county parks...Camano has 13, Whidbey has 24. Check the Whidbey Camano Land Trust website for properties you can visit. Visit some indoor educational displays on Whidbey...Coupeville Wharf and Langley Whale Center. Many more opportunities. For links to these activities, see soundwaterstewards.org/newyear. Explore the online catalog of native plants for sale by the Whidbey Island Conservation District (must order by Jan 31). Attend our free 4th Wednesday Evening Talks at the Camano Library – Jan 25 talk is on a birds-eye view of the Skagit Delta. Explore other ways to ‘get involved.’ Go to the Port Susan Snow Goose & Birding Festival Feb 25-26 – watch for details. Play our Intertidal Explorer Game. Classes, classes ... Register in January for our 23rd Sound Waters‘one day university for all’ (best for adults and kids in high-school or college) –Feb 4 at South Whidbey HS. Attend the Whidbey Island Conservation District’s free workshops on edible native plants in the garden landscape. Sign up for the Orca Networks Ways of Whales Workshop Jan 21 at Coupeville school. Invest a day a week for 12 weeks (Mar-Apr, Sept-Oct) and take our training to become a Sound Water Steward. More information...Feb. 16 Camano Public Library at 7:00. See you around the islands!
MEETINGS-HATE THEM, NEED THEM?

There are many pro's and con's associated with meetings. Some say meetings are a waste of time, too long, and just not very informative. How often have you heard, “I hate to go to meetings especially when I could be getting some things done, I need to do. Why waste my time!”

Others see value in a good meeting-usually the boss. “How can I communicate with so many people and get the correct message without a meeting. Where can I get input or feedback better than in a meeting?”

These are some successful tips for attendees and leaders for effective (valuable) meetings.

Attendee

Okay so it’s a meeting for an hour and the boss is going to dump a bunch of information on you. How do you survive this, and maybe get something from…that dreaded meeting?

*Walk in with a positive attitude … “I will get something of value from this”.

*Place your Ipad/smart phone on OFF. Focus!

*Take a copy of the agenda or announcement with you.

*Take something to capture notes.

*Position yourself close to the speaker. Sit up front and never sit in the last row, or stand.

*Sound (and be) smart, and ask questions. Don’t assume you are the only person who doesn’t understand the speaker.

*Never fail to ask for a 5 minute break, especially if the speaker goes on and on.

Speaker

One of the secrets of success to running an effective meeting is to think back to those meetings where you were an attendee and make sure you are not duplicating others failures while tapping into their best practices.

*Always publish an agenda with the date, location and time allocated. And, stick to it!

*Identify what the meeting objective is and what you expect the attendees to do as a result of the meeting.

*State the meeting ground rules (off with phones/computers, break ½ way through the meeting, Q/A anytime for clarifications) and explain what their expected follow up will be.

*If the speaker needs notes taken, he should assign someone to do this. The speaker’s job is to communicate and manage the flow of the meeting.

*The speaker needs to follow the agenda content and allow attendees time for clarification, questions and input (engage attendees).

*At the end of the meeting, summarize and repeat the main message (s). And ask, “Are there any questions?”

*Last, say “thank you for your time and attention”…and mean it!

Meetings can and should be beneficial. Time well spent, that effectively communicates the message (s) can be a win/win for all.
COZY CATTLE

Winter is the time of year where we love to bundle up, sit by the fire, and enjoy a warm beverage. We know to add a heat lamp to our chicken coops, throw a blanket over our horse, have even invested in a warming water dish for the dogs, and bought a self-warming bed for the cats. But now we may be stumped on how to keep our cattle cozy in the cold.

When temperatures start to drop in winter, especially when they drop below freezing, it’s time to consider what effect this is having on our cows. Like all mammals, cows are warm blooded and need to maintain a constant core body temperature. Within the range of environmental temperatures called the “thermoneutral zone,” animals do not have to expend any extra energy to maintain their body temperature. However, when temperatures drop below the limits of the thermoneutral zone, in the “lower critical temperature,” the animal experiences cold stress. “Based on coat density and dryness, a cows’ lower critical temperature can range from 59°F with a summer or wet coat, to 18°F with a heavy winter coat. A cow placed in this situation can experience severe cold stress and possible hypothermia.” (University of Idaho College of Animal Science)

Another thing to keep in mind is that cattle, like humans, experience the “effective temperature,” which takes into account both air temperature and the effect of wind chill. Cool or cold wind passing over an animal draws heat away from it much more quickly than still air at the same temperature.

“When your cattle experience prolonged cold stress, hypothermia becomes a real possibility,” warns the National Animal Disease Information Service; NADIS. “With cattle, mild hypothermia occurs with a body temperature of 86°F–89°F, moderate hypothermia at 71°F–85°F and severe hypothermia below 68°F”. (NADIS) As rectal temperature drops below 82°F, cows are not able to return to normal temperature without assistance through warming and the administration of warm fluids. As hypothermia progresses, metabolic and physiological processes slow down, and blood is diverted from the extremities to protect the vital organs. Teats, ears and testes are especially prone to frostbite. In extremes, respiration and heart rate drop, animals lose consciousness and can die.

There are a few management practices recommended by WSU Extension that you can do to help limit the effects of cold stress and insure your cattle are cozy this winter when temperatures begin to drop below freezing. Monitor the weather. Monitor temperature and increase feeding in response to cold weather. Cows in the last trimester require additional grain feeding during periods when the effective temperature falls below the lower critical level. Protect animals from the wind. Wind markedly reduces the effective temperature, increasing cold stress on animals. Bed cows well. Providing adequate dry bedding such as straw makes a significant difference in the ability of cattle to withstand cold stress. Keep cows clean and dry. Wet coats have greatly reduced insulating properties and make cows more susceptible to cold stress. Mud-caked coats also reduce the insulating properties of the hair. Provide additional feed. Feed more hay and grain. If wet feeds are fed, make sure they are not frozen. Provide water. Make sure cows have ample water available at all times. Limiting water will limit feed intake and make it more difficult for cows to meet their energy requirements. Consider adding a tank dunker to your troughs to help prevent water from freezing.

We can’t control the weather but we can do everything reasonably possible to keep our cattle cozy in the cold. Implore these easy management practices on your home farm and insure your cattle’s comfort this season. - Bailie Welston, Skagit Farmers Supply.
SHEET PAN PARMESAN CRUSTED SALMON WITH ROASTED BROCCOLI
An entire low-carb meal, on one sheet pan, in under 30 minutes, how cool is that?!?

BROCCOLI: 1 1/4 lbs broccoli florets • 2 1/2 T. olive oil • 1 clove garlic, minced • Salt and freshly ground black pepper
SALMON: 4 (6 oz.) salmon fillets • 1 1/2 T. mayonnaise • 1 1/2 t. lemon juice • 1 clove garlic, minced • Salt and freshly ground black pepper • 1/4 c. grated parmesan • 1/4 c. bread crumbs • 1 T. chopped fresh parsley • 1 1/2 tsp. lemon zest • 1/4 tsp. dried thyme • 1 1/2 T. olive oil

DIRECTIONS: 1. Preheat oven to 400 degrees. Line a rimmed baking sheet with aluminum foil. 2. BROCCOLI: Pile broccoli in a mound in center of baking sheet. Drizzle 2 1/2 tablespoons olive oil over broccoli along with garlic and toss to evenly coat. Season with salt and pepper to taste and spread near edges of baking sheet, leaving enough space in center to fit salmon fillet. 3. SALMON: Place salmon in the center of baking sheet, leaving about 3/4-inch between fillets so they can evenly cook. 4. In a mixing bowl whisk together mayonnaise, lemon juice and garlic and brush about 1/2 Tbsp over each fillet. Season top with salt and pepper. 5. In a mixing bowl whisk together parmesan, bread crumbs, parsley, lemon zest and thyme, then drizzle 1 1/2 Tbsp olive oil into bowl and stir with a fork until evenly moistened. 6. Spread parmesan mixture evenly over tops of salmon fillets. 7. Bake until salmon fillets have cooked through, about 12 - 15 minutes depending on the thickness of the fish. (for a more golden crust you can broil during the last 1 - 2 minutes of baking if needed).
PREACHERS CAKE

An incredibly moist cinnamon cake with pineapple, coconut, and pecans, topped with cream cheese frosting. It can be made as a layered cake, cupcakes, or simply baked in an oblong pan. As the story goes, a housewife could quickly throw this delicious cake together when she heard the preacher was coming over for a visit.

CAKE: 3 c. all-purpose flour • 2 tsp. baking soda • 1 tsp. salt • 1/2 tsp. cinnamon • 2 c. granulated sugar • 3 eggs • 1 c. vegetable oil • 2 tsp. vanilla extract • 1 (20 oz.) can crushed pineapple, with juice • 1 1/2 c. chopped pecans, divided • 1 c. flaked coconut

CREAM CHEESE FROSTING: 1 (8 oz.) pkg. cream cheese, room temperature • 1/2 c. butter, room temperature • 1 tsp. vanilla extract • 2 c. confectioners’ sugar, sifted

DIRECTIONS: 1. CAKE: In a medium bowl, sift together flour, baking soda, salt and cinnamon; set aside. 2. In a large bowl, combine sugar, eggs, oil and vanilla. Beat on medium-low speed with an electric mixer until creamy. Slowly add flour mixture, beat until just combined. 3. Add pineapple with juice, 1 cup chopped pecans and coconut and continue mixing on medium-low speed until all ingredients are thoroughly combined. 4. Preheat oven to 350 degrees. 5. Spray a 13x9-inch baking pan with cooking spray. Pour cake batter into the pan and bake for 45-50 minutes or until cake is set in the center and a toothpick inserted in the middle comes out clean. 6. Cool cake completely in pan then the frost with Cream Cheese Frosting. Sprinkle remaining 1/2 cup chopped pecans over cake. Store in refrigerator. 7. CREAM CHEESE FROSTING: Whip cream cheese, butter and vanilla with an electric mixer until light and fluffy. Beat in confectioners’ sugar until smooth and creamy. Makes enough to top one 13x9-inch cake. (Double recipe if using on a layered cake.)

2 New Teachers, 4 New Classes!

Z’s Body & Soul
9504 271st Street, Stanwood

Vinyasa Flow classes starting in January
* Revive *Energize * Flow

Register online @ www.zsremedies.com or call 629-5040 or come into Z’s Mon to Thurs 11 to 3
YOUR MIRROR

Be careful with your mirror. It can turn mean and ugly on you. Just the other day I stood before mine expecting to see a handsome, vir- 
ral, muscular, alert and eager young fellow with smiling eyes. That’s not what was there.

It got the eyes sort of right, but the rest was bad news. Let us just say the love handles had become hula hoops and the rippling mus- 
cles were MIA. Alert was waiting in the kitchen in the caffeine and 
eager was ready for a nap.

We have to be careful with mirrors. They come in many forms and while we expect them to reflect our inner world well, they always stop at the surface. Almost always.

Down in Mexico, we have an American missionary friend with the 
gift to always show people their good side. He is the perfect mirror. No matter how old and tired and worn or mean feeling a visitor's 
heart is, our friend always sees the good in it and tells them they are 
wonderful, God's gift to his life, and irreplaceable for him. He does it 
every time they meet and he's never wrong about it.

It’s not easy, always looking for and reporting to a person the good 
we find in them. But it is worth it. When we do that, we find more 
and more people want to be around us, to have us look into their 
hearts and to hear that there is visible and valuable goodness in 
them.

What kind of mirror are you? What do you show those you meet 
about themselves? If you think you’re a good one just because you 
gladly show someone their faults clearly, is that really being a mir- 
ror? Or are you just being judge, jury, and executioner?

Why not start showing folks you meet only the good side of them- 
selves? Tell them they mean the world to you, that without them 
your world would be small and painful…for it would be. Without 
them, you would be alone. Really alone. Criticism is never an en- 
couragement. Let them see they are kind. And you will be too.
CAMANO ISLAND COFFEE
Where the coffee is great and the conversation is better. The island’s very own version of Cheers.

In 2001, my wife and I left a busy Southern California and moved to the quiet island of Camano. Before long, I began starting each morning with coffee down at the IGA Coffee Shop, and I quickly developed friendships with many of the other locals.

In 2010, John and Gay Kirkpatrick purchased the coffee shop and began putting their own unique people skills to work. Gradually, a Cheers-like environment began to emerge; one where people could connect with other like-minded Islanders.

Today, this little coffee shop boasts an eclectic group of regulars: retired doctors, dentists, therapists, teachers, businessmen, contractors, even a former NFL player. County workers, sheriffs, and firemen can all be found here.

Owner John Kirkpatrick comes in every morning and quietly welcomes all who enter his shop. What had once been a disconnected group has now grown into a family, much like that portrayed in the tv show, Cheers. People reach out to each other, having found a voice and a safe place to exercise it, knowing they are accepted and supported.

In a culture where technology encroaches more each day, the members of this growing group know each other by name. The daily topics of conversation vary widely and include a wealth of perspectives. This is a place where people headed to work in the morning drop off cakes and cookies for the regulars, and who get their daily touch of magic from one of the smiling baristas.

If you could use a touch of magic on your way to work, or if you just need a spark to start your day, come see us. Soon everyone will know your name, and you will quickly become a part of our own little Cheers, Camano style.

Note: The Kirkpatrick family (John, Gay, Lisa, and Scott) have owned the IGA Coffee Shop since 2010.

– Story by Dwight “Doc” Noble.

TRUMP FACT:
Trump became the star as well as the executive director of the NBC reality show “The Apprentice” in 2004. He was paid $375,000 for each episode of the show.

www.12facts.com
“Mommy and Me” Painting class January 21st at 10. $45 for 1 parent and 1 child. $15 for any additional children. Call to register 360-572-3146.

FIND YOUR ANCESTORS! Ongoing FREE workshop, Saturdays 10 am-noon and Wednesdays 6:30-8 pm, LDS Church, 795 Ell Rd, Camano Island (across from the 2nd Hand Thrift Shop). Get personalized help for this fun hobby!

At Movement Arts Yoga is for Everyone. We will teach you techniques for reducing stress and cultivating physical, mental and spiritual awareness. We offer 24 group classes each week plus weekend workshops, retreats, Yoga Teacher Training, private lessons. Certified experienced teachers, clean, warm and welcoming environment, great location at Terry’s Corner on the Island. New students $25 Three class pass to try us out! movementarts.com 360-629-9100.

Attention boaters. US Power Squadron is offering America’s Boating Course from 10 am-2 pm, Saturday January 14 & 21, at Stanwood YMCA. This is a Coast Guard and State approved course and qualifies attendees for the Washington Boater Education Card & for insurance discounts. Cost is $55, or $65 for two sharing a book. To register or for more info contact Debbie Richey at 360-387-1260 or drichey@rocketmail.com.

Rejuvenate and Release! Evening Yoga Class 4-Week Series at Camano Country Club Tuesdays 5:45-7pm Jan 9th,16th, 23rd & 30th. Release tension and leave it behind; stretch muscles and energize all your body cells! CCC Members FREE, Drop-ins: $10/class or $30/series. Ananda Yoga with Sharon Kelly, RYT 200. Please bring your yoga mat. Contact: kelly.sharon@gmail.com Location: CCC Clubhouse 1243 Beach Dr.

Yoga with a View of the Mountains and Sea! Wednesdays 9-10:15am at Camano Country Club. Relax and Energize Your Body, Mind & Spirit! Release Stress & Tension, Increase Flexibility, Strengthen & Tone Muscles. CCC Members FREE, $10 drop-in. Ananda Yoga with Sharon Kelly, RYT 200. Please bring your yoga mat. Contact: kelly.sharon@gmail.com. Location: CCC Clubhouse, 1243 Beach Dr.

FLOW level 2 Yoga classes; offering new classes, Tuesdays @ 4:30pm & Thursday @ 10:30am. Register and more info online @ www.zsremedies.com. Z’s Body & Soul, 9504 271st St, Stanwood, Carpeted floors, friendly and small classes, certified & experienced teachers. 629-5040.


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, and focus. Call 629-4341 or visit nwschoolofmartialarts.com for schedule & prices.

CPR, Choking & AED Training Camano Island Fire and Rescue is offering CPR classes for the public. This class includes Adult, Child & Infant CPR training, Choking, and AED. 6pm-9pm. $25 a person. Location: Vista/Madrona Fire Station – 273 N. West Camano Drive, Camano Island. No age limit as long as the person can physically perform the training. To sign up for a class, go to camanofire.com (link is external) (public education tab).
Following farewells to the first group of World War 1 volunteers early in April 1917, visits from recruiting officers and drives for war bonds interrupted the community routine. Soon letters from training camps and trenches became headline news and parties for boy’s home on leave were special events.

Just after the official United States entry in the “war to end war”, the Red Cross made its debut in Stanwood and a local chapter was organized April 13, or thereabouts, in the Commercial Club Rooms. Mrs. W.J. Reeves was elected president; Mrs. George Ketchum, vice president; Mrs. Donald McEachern, secretary and Mrs. George Mitchell, treasurer. Mrs. Charles Durgan, Mrs. D.W. Alverson, Mrs. McEachern and Mrs. Reeves served as the finance committee.

By June, the roster had increased from the 15 charter members to 328 and treasury funds totaled $350, of which $155 went to the Everett office. Rev. H.T. Murray, pastor of the Presbyterian Church, and Dr. Julian Howard, Stanwood’s first veterinarian, were elected chairmen of the military relief committee and work materials were readied for action.

Needed in Europe were 1,500,000 knitted sets, sweaters, mufflers, wristlets, and sox. Mrs. John Hancock, Mrs. John Gilchrist and Mrs. S.A. Thompson were put in charge of knitting and post haste Stanwood women got busy with their knitting needles to put the local quota over the top.

War fund drives entered the local scene in spring 1917. The first came in April with the Stanwood Lumber Company making the first donation, which consisted of day’s pay from all employees and a total of the day’s wages from the company. Farmers, businessmen and various social clubs backed the drive, which was over-subscribed.

About town, in spite of and perhaps because of the war, business moved at a stepped-up pace. The Lovergren Shingle Mill opened west of town on a site donated by businessmen. The plant had a crew of 17 men and a carload capacity of shingles when running day and night shifts. The Becker Shingle Mill at the foot of Camano Hill, purchased in March by J.P. Asplund and Otto Weiden, was cutting 100,000 feet a day with a 15-man crew, and the Wisconsin Timber Company in town was going full blast.

“The busiest men and boat this side of the German submarines,” said the Tidings, “were the Lien brothers and their tug, the ‘Imperial’.” Working around the clock it was taking shingles from the Avondale Mill at Utsalady to Stanwood and Seattle. The “Gleaner”, operated by Captain McDonald, was also making record runs, and came in from LaConner with the largest hay cargo ever carried by the boat…. 1,300 bales for the Stanwood Grain Company.

1917 was memorable for other local happenings. The most important was the coming of day electric power and new street lighting system to Stanwood…later to Silvana and Florence. The long-sought power became available when the Jim Creek line was completed and a sub-station, which required 400 poles and 42 miles of wire, was installed at a cost of between $15,000 and $16,000.

Another happy addition to the community was the opening of a fish cannery on the river, where an all-day run totaled 500 cases of Chinook salmon with a crew of six men and 18 girls.

Walter Sterling was the superintendent; Iver Rust was head butcher and Henry Coniff wrote the checks.
# TIDE TABLES

## TIDES FOR SARATOGA PASSAGE / GREENBANK (JAN. 20-FEB. 2, 2017)

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**THE CRAB CRACKER IS FAMILY OWNED & OPERATED** by Jim & Malynda Shipley of Camano Island, with help from their sons and from the community.

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VACANT LAND
Beautiful waterfront bluff property on Camano Island’s desirable west side. Enjoys stunning sunset views of Saratoga Passage and Whidbey Island with the Olympics beyond. Bring your builder and explore the options for building your dream house. #812004

CAMANO ISLAND
Excellent views of Saratoga Passage, Whidbey and the Olympics from this beautiful 3900+ asf home on a comfortable acre of island paradise. Custom built with bamboo hardwoods, a Gourmet kitchen, master on the main, fabulous southern exposure. Heated art studio with half bath too. #1056823

NORTH END
Well maintained, upgraded 3100+ asf Victorian home on Camano Island with views of Mt Baker, Skagit Bay and the Canadian Coastal Range. Nestled on 5 private acres with manicured grounds and lush gardens and is partially fenced. Entertain or relax on the large deck. #927089

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Dazzling NW-inspired Custom home on Camano featuring panoramic views of Port Susan and the Cascades. Delightful living spaces designed for function and comfort. Geo-thermal heat, expansive wood elements, large windows. Enormous garage/shop with hoist, heated floors. #1060467

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1457 Carol Street / Camano Island
Bedrooms: 3 / Bathrooms: 1.75
SOLD PRICE: $380,000
Days On Market: 22
MLS #1046988

LIST PRICE: $649,900
748 Maple Grove Road / Camano Island
Bedrooms 1 / Bathrooms 1.5
SOLD PRICE: $600,000
Days On Market: 165
MLS #934299

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COUNTRY CLUB
1283 Elger Bay Rd
(360) 387-3411

STANWOOD
7359 267th St NW
(360) 629-8233

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818 N Sunrise Blvd
(360) 387-4663

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