

## Oscar night returns to Vashon Theatre



By Leslie McMichael

Vashon Film Society and the Oscar Night committee are bringing the island's annual Academy Awards bash back to the Vashon Theatre on Sunday, February 24.

It will be the group's sixteenth year of spotlighting Vashon's historic movie house by producing a local gala that incorporates the glitzy Hollywood Oscar awards show broadcast with homegrown entertainment on the commercial breaks.

The 2013 Oscar party is also a significant milestone for the Wolcott family who will be celebrating their tenth anniversary of owning the Vashon Theatre. Documentarian Michael Monteleone has been tapped to make a short film summing up the family's eventful decade of providing movies,

filmmaker events and premieres, comedy, concerts and birthday parties.

Before the Academy Awards are shown live on the big screen of the Vashon Theatre, Vashon Film Society offers rides around the block in a classic British limousine from 4 to 5 pm and a swarm of local "paparazzi" doing interviews as islanders arrive on the red carpet.

During the Oscar Night festivities, party guests of all ages can compete in a costume contest with eleven categories including the "Cher" award for most outrageous garb.

This year's costume contest judging panel is helmed by a power duo of operatic talents, voice and theatre pros

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## Delusions of Grandeur Joey Pipia

You can enjoy the sensational, world-class stage magic of Joey Pipia featured in, *Delusions of Grandeur*, presented for one show only, Saturday, February 23rd, 8 pm, at Open Space for Arts & Community on Vashon.

Expect to be dazzled by this stage show crafted from years of unique experiences.

Pipia is a central performer, writer and producer of the legendary Stage Left Vaudeville Show at the Oregon Country Fair. His escape from a straightjacket while hanging 80 feet above Water Street in downtown Port Townsend was featured on Seattle NPR's KUOW Presents, he performs at the international Moisture Festival, and tours regularly with The New Old Time Chautauqua and The Flying Karamazov Brothers.

*Delusions of Grandeur* is a seventy-



five minute one-of-a-kind theatrical event where wonder and the absurd are presented as one; the audience leaves affirmed in the belief that life is profoundly marvelous. No fancy boxes,

no smoke or mirrors. Instead, it's just the magic; straight up, fast paced, funny, and amazing.

"Joey Pipia is a pro," says islander Kevin Joyce about the magician's performance on Joyce's TV show, *Big Night Out*. Pipia added an original twist to Houdini's classic needle swallowing effect; he used shards of broken glass taken from a bottle Joyce had just smashed.

"He created a huge sensation," adds Joyce.

"See this show, live happily ever after," says Jake Seniuk, Director of The Port Angeles Fine Arts Center, who brought in Pipia's original magic as the final event of the museum's series, *The Art of Healing*, adding, "he's an imp, a wizard with a sixth sense."

Pipia is back on Vashon after last year's two sold out shows of *The Magic*

*Continued on Page 11*

## Road to Resilience Meaty Considerations

By Terry Sullivan, Transition Vashon

Continuing with the conversation about corporate agriculture from the last article, I'd like to talk about the meat in our diet. I don't want to get into a discussion so much about the ethics of eating meat per se, but about the situational ethics and sustainability of the way that we produce our meat.

Practically all the meat you buy in the store, that is not specifically labeled "grass fed" or "organic", has been raised in a concentrated animal feeding operation (CAFO). According to the EPA, "a CAFO a) confines an animal for more than 45 days of the growing season b) in an area that does not produce vegetation." Most of these can be characterized as extremely crowded, creating conditions that allow diseases and neuroses to run rampant. The feed is grain, an unnaturally concentrated food source for ruminants like cattle which results in a perpetual state of sickness. The general state of disease requires large prophylactic doses of antibiotics, which in turn encourages new resistant strains of bacteria. The antibiotics, and sometimes the bacteria pass on to us through the meat. I should mention as well that the waste created at these

operations has a major impact on global ecosystems.

The sustainability picture is not much better. According to the Cornell University Science News, over half the grain we grow in this country is fed to animals. That amount of grain is five times as much as humans in this country eat. The most efficient converters of grain to meat are chickens, which convert from grain to meat protein at a ratio of 4:1. The worst are cattle which convert at a ratio of 54:1. It also takes about 100,000 liters of water to produce a kilo of beef, only about 5400 liters for the protein equivalent of wheat (6 kilos). World grain production per capita has been shrinking for some time now, and it would be unwise for us to continue to produce meat protein in this way when we can get the protein equivalent from a small fraction of the grain needed for meat production.

We have been eating animals for a long time. There were and still are groups, such as the Masai in Africa, that eat exclusively animal products. Herders, like the Masai, tend to live in areas that are unsuitable for agriculture. Ruminants can convert cellulosic vegetation like grass, which humans can't digest, into

*Continued on Page 9*

## VAA Family Series Lp Camozzi

By Janice Randall

Music and more awaits Island families in this delightful VAA Series of five performances. Dedicated to fostering accessible arts experiences for all ages, Vashon Allied Arts is joined in this commitment by lead sponsor Vashon Rotary Foundation with additional support from Goforth Gill Architects and Vashon Thriftway.

Sunday February 24, 1:30pm. Children's singer/songwriter/author from Montreal, Canada, Camozzi wraps up his three month debut tour of the U.S., right here on Vashon Island. Dubbed "Neil Young for kids," Camozzi sings original songs about being a kid, school and parents from his two albums *Even Kids Get the Blues* and *Even Kids Get Country*. Great for the whole family,




come laugh at his songs, sing along and even learn to play spoons to accompany his guitar and harmonica.

Get tickets on line & more information at [www.Vashonalliedarts.org](http://www.Vashonalliedarts.org).

Performance takes place at Blue Heron Performing arts center, 19704 Vashon Hwy SW.





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## February is Fix-a-Cat Month

Vashon Island Pet Protectors and Fair Isle Animal Clinic sponsor low cost spays and neuters in February.

**Cat Spays \$25**  
**Cat Neuters \$15**

Call for an Appointment  
**206-463-3607**  
**Fair Isle Animal Clinic**





# Get in The Loop

## Submissions to the Loop

Do you have an event or Public Service Announcement? Email questions or submissions to Steven Allen, editor of the *Loop*, at [editor@vashonloop.com](mailto:editor@vashonloop.com). Photos are welcome as jpeg or pdf attachments.

### Shakespeare Studies and Performance

Spring Session at Ober Park District Performance Space. ROMEO AND JULIET. February 28th - April 25th - Thursday's 4-5:30pm.

Curriculum: Acting Shakespeare; Text Analysis and Iambic Pentameter; Voice and Movement; Design and Production. Come have FUN playing theatre games and doing improv.

Come act in a production of William Shakespeare's Romeo and Juliet. Ages 7-12 ; 12-17

Fee\$150.00 (scholarships and bartering available) [www.vashonshakes.org/learn](http://www.vashonshakes.org/learn)

### Pet Partner meetings for February & March.

Vashon Pet Partner meeting schedule for February and March.

February 18th-NO MEETING, Presidents Day, VHS is closed

February 25th 5PM, VHS  
March 4th, 5PM, VHS  
March 11th 5PM, VHS  
March 18th 5PM, VHS  
March 25th 5PM, VHS  
See You Soon  
Kathy & Zeppo

### Volunteer Opportunity: Groundwater Protection Committee

Interested in volunteering to protect our precious water resources on Vashon and Maury Islands? The Vashon Maury Island Groundwater Protection Committee is recruiting for a resident of Vashon or Maury Island to serve a three year term. This committee meets four times a year on Vashon (Wed nesday evenings) with additional subcommittee meetings as needed.

The Groundwater committee efforts focus on caring for the limited water resources of Vashon and Maury Islands. Activities include: \* Monitoring the water quality and quantity of groundwater and streams.

\* Protecting groundwater with an island-wide approach.  
\* Coordinating with the county on community water protection activities including educational efforts.

\* Learn more at [www.kingcounty.gov/environment/waterandland/groundwater/management-areas/vashon-maury-island-gwma/committee.aspx](http://www.kingcounty.gov/environment/waterandland/groundwater/management-areas/vashon-maury-island-gwma/committee.aspx)

If interested, please go to [www.kingcounty.gov/exec/boards.aspx](http://www.kingcounty.gov/exec/boards.aspx) and submit your application by March 1, 2013. If you have any questions, please contact Greg Rabourn at 206-296-1923 or [greg.rabourn@kingcounty.gov](mailto:greg.rabourn@kingcounty.gov). Feel free to forward this message if you know a great candidate.

Greg Rabourn  
King County Vashon Maury Island Basin Steward

### Habitat Restoration Feb. 23

From Tailings to Trees! Help restore habitat at Maury Island Marine Park. February 23rd, 10 AM to 2 PM

Meeting location is at the viewpoint, 5100 SW 244th Street Vashon. Maury Island Marine Park was once part of a gravel mine that operated on the island. Due to Washington's Job Corps Bill, we now have young adults working to remove the introduced invasive weeds and plant the site. Come help join the effort and plant native species, providing more biodiversity and habitat for wildlife.

Please note this is not the former Glacier pit site, but the Maury Island Marine Park to the northeast of Gold Beach.

Make sure to bring lunch and dress for the weather!  
To sign up, please contact [tina.miller@kingcounty.gov](mailto:tina.miller@kingcounty.gov) or call 206-296-2990

## Next Edition of The Loop Comes out Thursday, February 28

Deadline for the next edition of *The Loop* Friday, February 22

### Medicare Information Seminar at the Vashon Eagles Hall

Confused about Medicare? Turning 65 or getting ready to retire? Want to learn about Part A - Part B - Part C and Part D? Want to understand the difference between a Medicare Advantage Insurance plan and a Medigap Plan? Want to understand the Prescription Drug plan and the Donut Hole?

I make it easy to understand at my Medicare Information Seminar.

It all happens on Wednesday February 20th @ 10:00 am at the Vashon Eagles Hall.

No need to pre-register. No charge for the seminar. If you want more information please call:

Shirley Van Nostrand  
206-612-5463  
or send me an email.

You have questions about Medicare - and I have the answers!

I look forward to meeting you and helping you through the confusion!

## Drama Dock Presents Improv Night

... a fundraiser for Drama Dock and the Performing Arts Center.

Come join us for a hilarious evening of theatrical antics as

Drama Dock sponsors a night of Improvisation.

Anyone can form a team of 3-5 to compete against other Island teams to perform as characters in scenarios generated by the audience.

There will be many twists and turns along the way as teams face surprise challenges from the audience and our Master of Ceremony, Andrew McMasters, straight from Jet City Improv. in Seattle.

As always in our Island Community, teams will be coming from all levels of previous experience, and some will be new to the game of

Improv. Either way, this evening promises to be a celebration of good humor and exuberance.

Save the date, Saturday March 9, at the Blue Heron Art Center. Schmoozing begins at 7:00 with a no host wine bar and gourmet chocolates. If you plan to compete, you may pick up an entry form to register your team at Vashon Book Shop or Blue Heron Art Center. The cost for all tickets will be \$10. Did we mention the winning team (selected by the audience) will receive great prizes?

The audience wins with a belly full of laughs, wine, chocolates and caramels from Island Confectioners. No sleeping during this show!!!!

Questions? Call Sue Wiley 463-2892  
[srwiley@centurytel.net](mailto:srwiley@centurytel.net)

### VMICC General Meeting

The VMICC General Meeting will be on February 18th, 2013 at 7:00 PM at McMurray Middle School.

This month's general meeting will be a follow-up to our meeting with Sheriff Urquhart regarding "Drug Houses" and related crime on the island. Please come with your ideas and energy to help create feasible solutions to the issues brought up last month. We will also explore the possibility of creating a working

group or VMICC committee to carry this important work forward.

Also on the agenda is a discussion of a new meeting venue due to the increased cost of using McMurray Middle School. Possible solutions to consider are Courthouse Square, the Land Trust Building, the Harbor School, an area church, or the possibility of securing long term funding to cover the costs at the current location.

## Free Taxes & Property Tax Exemptions help

Free Taxes & Property Tax Exemptions help at library starting January 30th. Wednesdays from 11am - 1pm starting January 30 to April 3rd doing taxes for people whose gross income is \$25,000 or less.

Need help with forms for property tax exemptions.? To qualify you need to be at least 61 years of age and your income must be under \$35,000 and that includes social security.

No appointments, just drop in at the Library.

## Guest Bartender Nights at The Hardware Store

Each third Thursday of the month, a charity will be featured for Guest Bartender Night of the Month. Ten percent of the specialty drink sales will go to the charity. Donation jars will be set up around the bar, and restaurant checks will include an opportunity to write in an amount to go to the charity that patrons can charge to their credit cards. The Hardware Store also makes a financial contribution to the organization. In addition to the allure of the 'celebrity bartender,' some charities will take the opportunity to sell their merchandise or hold a raffle as ways to leverage the event's potential.

This month's Guest Bartenders will be Bill Moyer and John Sellers for the Backbone Campaign. Thursday Feb. 21, 6-9pm

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### The Vashon Loop

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# Ready to volunteer for community gardening?

By Julia Lakey

A new growing season is about to launch. Vashon has three community vegetable gardens that need helping hands: the ‘garden in the round’ at Vashon Community Care, the raised beds on the Lutheran Church grounds, and the Food Bank garden. Whatever your growing skills, you can make a contribution and expand your skill base by helping. Garden managers will be available to work alongside you.

Garden work days are the first Saturday of each month from 10 to 12.

Meet at the VCC garden March 2nd and May 4th. Meet at the Lutheran Church garden April 6th and June 8th. Bring gloves and your favorite hand tools; tools will also be available.

Each of the gardens offers unique growing circumstances. The VCC garden is going water-wise this season, after the manager Julia Lakey made a trip to visit the “Back to Eden” garden of Gary Gautschi in Squim. Gary grows in about a foot of composted chips and does not irrigate. That is pretty amazing considering that Squim is in the rain shadow and gets only 16” of annual rain—less than half what we get locally. He does water his fall seeds until they sprout; then they also grow without irrigation. The video of Gary’s garden is on the web for viewing and he continues to give periodic tours. His plantings are spaced further apart than irrigated gardens but their size and flavor was outstanding. He describes his garden as “no till, no weeding, and no rotation” in addition to no watering.

Most of the chips and other amendments are already spread in the

VCC garden on the north side of the building so helpers will actually be planting during the work days. The garden produce benefits the staff at VCC and the plan is to meet food safety needs so the residents can also eat the produce. For any questions, contact Julia Lakey at the Care Center at 567-4421.

The Care Center also has a garden outside the dining area that the residents work and community volunteers are needed there also. There are raised beds so folks can work in walkers and wheelchairs as well as ground plantings, flower pots and fruit trees. Last year the residents clamored to renew the planting beds: squash, corn, sunflowers, beans, salad veggies, sunflowers, and ornamentals burst from every planting surface.

The garden at the Lutheran Church grows produce for the Food Bank. The garden is directly behind the meeting hall. They have 14 raised beds with garlic and raspberries in permanent beds. Seasonally they grow beans, peas, kale, chard, and squash. During the harvest times, produce is gathered on Tuesday mornings for delivery by noon. For any questions, contact James Dam at the Vashon Lutheran Church. The email is vl98070@centurytel.net

The Food Bank has a garden to the north and east of the Food Bank building. Contact the Food Bank to see how volunteer gardeners can get involved.

So this spring, dig in with your neighbors to help our community gardens. Meet the first Sat. of each month from 10 to noon as scheduled above.

# Flying Commercial: How Air Travel Works with Truman O’Brien

By Linda Milovsoroff

Have you ever wondered what goes on behind the scenes when flying on an airliner? What happens when a plane is flying on auto-pilot? Why do those little flaps go up and down on the wings? How do you land a 737 with caribou on the runway? Come find out the answers to these questions and many more from Truman O’Brien, a retired Alaska Airlines Captain. Having first soloed when he was 16 years old, he had a 25 year airline career.

Truman will explain the technical aspects of flying with fascinating stories from his many years in the air. It will be like taking a backstage tour of an airline pilot’s job. You’ll also hear some of the quirky things that happen while flying. How about landing a DC-4 on the beach in Alaska to pick up 23,000 pounds of fish? Or landing a 737 on a gravel runway? Or flying to the arctic in the dead of winter? These are just some of the many interesting stories Truman will share.

Truman tells his stories at 4 pm



on Sunday, March 3, at Bethel Church. His talk is part of the Telling Stories Speaker Series, by and about Vashon locals. All proceeds from this talk benefit Vashon Community Care. Ticket sales are by donation and are available in advance at Vashon Book Shop or Vashon Community Care. The Telling Stories Speaker Series is made possible by a generous donation from the estate of David W. and Catharine A. Carr.

# The Powerbroker: Whitney Young’s Fight for Civil Rights



Community Cinema Vashon’s free monthly screenings and moderated discussions of documentaries from the Emmy Award winning PBS film series Independent Lens is presented with generous support from Voice of Vashon, Island GreenTech, and the Vashon Theatre.

Whitney M. Young, Jr. was one of the most celebrated — and controversial — leaders of the civil rights era. The Powerbroker: Whitney Young’s Fight for Civil Rights follows his journey from segregated Kentucky to head of the National Urban League. Unique among black leaders, he took the fight directly to the powerful white elite, gaining allies in business and government, including three presidents. Young had the difficult tasks of calming the fears of white allies, relieving the doubts of fellow civil rights leaders, and responding to attacks from the militant Black Power movement.

Mark your calendars for March 26th and join in the Community Cinema Vashon screening of “Wonder Women! The Untold Story of American Superheroines”, 6pm at the Vashon Theatre.

For further information, contact Janet Welt 567-4048 or visit <http://www.ccnw.tv/>



Provider, and Mother Earth News. The Lehet’s have not only been invited to the competition in D.C. but as Key speakers at the Mother Earth News Fair in Puyallup Washington this coming May. Their topic of discussion will be “Off Grid Living and Clean Bio Mass Heat”.

For more information on this stove and the goals of the company please see [www.unforgettablefirellc.com](http://www.unforgettablefirellc.com) or contact Roger Lehet at 206 850 2322.

**Find the Loop on-line at [www.vashonloop.com](http://www.vashonloop.com)**

# Kimberly Stove in world competition

Kimberly Stove has been selected as one of 14 finalists to go to Washington DC this coming November 2013 for a wood stove competition with stoves from all over the world. These competitors are all seen as the World’s best, and the competition will be fierce. The promoters and supporters of this even include U.S. Dept. of agriculture and forestry, Global Alliance For Clean Cook Stoves, Hearth Products and Bar-B-Q assn., New York State Energy Research And Development Authority, Popular Mechanics, and the Washington State Department Of Ecology.

Local inventor Roger Lehet and his wife Bridget have been perfecting a new breed of wood stoves which are capable of simultaneously heating, cooking, baking, producing hot water, and electricity. Their stove is now one of fourteen finalists to be included in the Alliance for Green Heat wood stove decathlon this coming November in Washington D.C.

The story behind this incredible stove is one of invention due to necessity as the Lehet’s ended up living on a boat just off the shore of Vashon Island after losing their wood stove shop after 25 years in business in the down turned economy.

Today the little stove has the accreditation of numerous and prestigious agencies such as UL Safety Standards, Environmental Protection Agency, Canadian Safety Standards, Sierra Club Green Home Products

## Adopt A Cat Day!

**Vashon Island Pet Protectors**

**Saturdays 11:30-2:30**

Our VIPP Shelter is open for adoptions every Saturday. Visit our website [www.vipp.org](http://www.vipp.org) for Directions and to view the Cats and Dogs available for adoption. Or give us a call 206-389-1085



# Island Life Paradise Lost

by Peter Ray

All of a sudden I am in Florida. That’s the way it feels- that’s the way it is. That feeling is the biggest reason I don’t like flying- that whole time warp thing where you are sitting in this cramped, metal tube for what seems like an eternity and then you are somewhere thousands of miles away in what, paradoxically, seems like a blink of an eye. There is also the guilt of hypocrisy thing- the luxury of flight versus the destruction of the planet kind of choice one sort of has to make in this regard. There is of course the train option for getting where you want to go in these United States, continentally speaking, but that would increase travel times by a number of factors and that is not always an option at all. There is also the issue of cost (beyond the cost to the planet). One could ponder all day as to why the ancient technology of train travel costs way more than the space age advancements of modern air travel, but then one would be revealing one’s own ignorance of the profit motives and greed of the airline industry which make pondering and ruminating about any of this a rather pointless exercise.

One might ask at this point why I have subjected myself to all these self-inquiries as well as the hassles (yes I did refuse to be full body scanned and was mostly full body patted down) of airline time travel in order to be here in sunny southern Florida. It is not so that I can be smiling smirkiily at the meteorological machinations characteristic (or as what seems more likely- uncharacteristic) of this time of year in northern climes. Instead, it is to be here in order to help my sister get our parents’ house ready to sell. Here resides another layer of guilt not of my making, as this place has sat

unoccupied for over two years since my mother’s passing, spinning a number of meters- both actual and metaphorical- that register numbers which need to be paid for while powering and maintaining a space devoid of residential activity. In these two years, my dad has slowly come around to the realization that with advancing Parkinsons and an aversion to cooking for himself that he was never really going to be able to be here again on his own.

And so we are here, my sister and myself, with the appointed task of preparing a house for sale in a somewhat deflated market. We are here to sort things, to remove things and to fix things. This involves pawing through drawers and poking and probing through closets and deciding what is an heirloom and what is a Goodwill donation, as well as crawling under sinks, replacing clock batteries, drilling holes and spraying WD-40 everywhere. There is a cumulative residue factor of nearly twenty five years of stuff here- there is also an element of decay, not the least of which is a refrigerator that gave up the proverbial ghost not long before our arrival and is now needing to be replaced.

There is also the tropical garden, which although it is supposedly being “tended” by a garden service, we find that it is need of more than just a little bit of care. It seems that there is a game that is played by gardeners and pool guys with employers who are absent for a part of the year. This involves doing as little as possible of what would otherwise be weekly work while sending north regular billings, and then bursting forth with a flurry of activity just before the return of the “snowbirds” so everything looks just as it should. Since the lots in this neighborhood association are all walled, the relative neglect is not readily apparent to the rest of the small community. We did not find a wasteland when we walked through the gate, but



for the first few days I was pruning out dead wood and making a variety of things that shouldn’t have been there go away.

I had anticipated part of this duty by bringing along my trusty Felcos for general pruning, but for the specialized task of removing dead palm fronds I had to improvise with a six dollar hand saw attached to the pool skimmer pole with packing tape. When the gardener did arrive a day into my chopping spree he informed me that he had intended, today, to do a bunch of pruning, which he did. My sister said she had never seen him work so hard- especially in removing all the piles of debris I had left in my wake. I also had a conversation with Mario, the gardener, about the white fly infestation of the small banana grove just off the back corner of the patio. Apparently there was to be a neighborhood meeting about what was to be done about the white winged blight that had spread through the collective yards and, in our case, turned undergrowth and patio bricks black with their drippings of inky soot. I pointed to the spray bottle of insecticidal soap I had used in the twilight of the evening before to avoid the suns burning rays. Mario shook his head and said he had a spray that would really take care of them- either that or a systemic that would be poured onto the ground and taken up through the roots to poison the white flies’ sap supply- this would also render the bananas that were just ripening inedible. I told him that would be a bad idea and I would continue my spray assault, which seemed to be working, although it was a bit more labor intensive than Mario would have liked, with its spraying on and washing off method of doing battle with the bug enemy.

We did not go to the white fly meeting- we did not have time with all the stuff we had to take care of. I imagined that the more organic, personal responsibility approach would not go over too well here. It was, after all, on the second morning we were here when the spray truck with its large tank and walking attendant, who was tethered off the back with a long hose and spray wand, passed by dousing the grassy ground and exotic shrubberies with some unnamed agent of control. After they had gone through, small white placards atop black plastic stakes appeared in the grass strips on either side of the meandering drive through the cul-de-sac which informed all who chose to read the small print that walking on the grass for the time being might not be the best of ideas. This was the price of maintaining the illusion of paradise, and I’m sure most of the residents were

willing to pay it, in spite of what it might be doing to everything else.

On one of our trips out with boxes of books intended for a resale shop that supported a local hospice, I noticed an interesting small tree in the parking lot in front of the shop with dark leaves and what appeared to be glowing, silvery undersides. I removed my sunglasses and went in for a closer look only to find that the dark tops were actually a mottled discoloration, most likely being caused by the massive, solid colonies of white flies hanging on underneath. It seemed that it was not just the Bay Villas neighborhood who were battling these invaders, it was a more of a widespread event. In my experience, large infestations generally mean some sort of imbalance has been wrought upon the system. It was easy to see why things were the way that they were here, and that “doing something about it” in the neighborhood would more than likely be an ongoing battle, as it seemed that the flies would keep coming from elsewhere no matter what they did to control them at home. As it was, I chopped off the worst of the banana leaves and did the same with the worst affected shrubs and flowers underneath. I kept up the spray and rinse regimen while we were there, and pressure washed the black soot stain off the bricks beneath. We ate the small but delicious fruit as they ripened in waves. All I can say is that at least I tried, but given what I saw down there, that seemed to be not nearly enough in the bigger picture of things.



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# Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

## After a Mammogram

By Mary Tuel

There is a joke that if the genders took turns having babies – if the woman had the first, the man had the second, and the woman had the third, there would never be any fourth babies.

I thought about that this morning as I drove home from having a mammogram. If men had to put their secondary sexual characteristics between a couple of flat plates and have them squeezed flat while being told that compression is necessary for a good reading, they’d get busy and invent a better way to take a look at the inner man.

As it is, men don’t get compressed in this fashion and women are encouraged to get a mammogram every year or two. I encourage any women inventors and researchers to get busy on inventing a better way to look at the inner woman.

Getting machine-mangled while the technician calls me “honey” and “dear” and pushes me this way and that, telling me to turn my feet this way and my arm that way and my chin a third way, is not my idea of a great way to spend the morning, but I went and did it out of a sense of duty, and oh yeah, because I had a lumpectomy a couple of years ago and it’s good to keep an eye on these things.

I was told I’d hear from my doctor in ten days or so, and I can wait. When I was younger I would panic at the thought of having cancer, and rightly so – I was too young to die. Now – well, let me tell you a story.

I was online one night when an ad from Swedish Hospital popped up encouraging me to take a quiz to see what my greatest health threat might be. I figured I knew already – I’m fat. I’ve been told to lose weight and get my cholesterol down for years. So I took their quiz, and according to Swedish – and they claim they know – my biggest health risk is my age.

It’s not the fat, the cholesterol, the angina, the lurking type II diabetes, the lingering effects of injuries, the lung congestion, the fatigue, all the conditions I worry about which I wonder, “Which one is the bullet with my name on it?” No, my greatest threat now is that I’m old. That’s the bullet.

We used to say that people

died of old age, and no one thought much about it. Now the cause of death is detected and people die of pneumonia or its effects, or myocardial infarction, or renal failure, or complications of cancer or its treatment, or whatever. There’s usually a name for what finally gets you. Saying that we lived it up until we were used up is not a medical label. Too bad. We used to have a sense that a person went when it was their time. Now it’s that one medical condition that could not be cured and took you down like a cheetah leaping on a wheezing gazelle. We’ve lost the big picture.

Ah, well. It’s easy to think about such things when coming home from a diagnostic test. I was told I’d hear from my doctor in ten days or so.

Until then I live in the limbo of unknowing – didja find anything? Or not? I want to hear what the result has usually been over time: I’m fine, and I can go on my yippy-skippy way and not think about it for another year or two. Unfortunately, the last time I had this test, three years ago, there was something found, and that led to surgery and a recovery that seemed to take a long, long time. It was tedious, friends. A person gets tired of waiting rooms and magazines full of helpful advice on how to be healthy, all left lying around for perusal by people who wouldn’t be there if they were healthy. I think it’s the smiling models in these magazines that annoy me the most. Have you noticed how the people in drug ads are always grinning like they won the lottery? “I have cancer/heart disease/erectile dysfunction/bipolar disorder but I couldn’t be any barking happier because I am using this drug!”

Aah, that’s enough out of me for one day. I have ten days to live in ignorance, and I plan to enjoy those ten days. If the results are negative, hallelujah. If they’re not, we’ll cross that bridge when we come to it. Either way I’m going to keep sitting out on the kitchen porch in the morning, drinking my coffee and listening to the birds sing. And that’s the truth.

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www.vashonloop.com

# A Community Conversation About Health and Responsibility: Vaccines and Beyond

## Part 1: Our Goals for This Series and A Beginning...

by Karen Crisalli Winter  
and March Twisdale

Over the past several years, our island has become a veritable battle ground around the issue of public health. In particular, the method by which island residents manage their personal immune decisions has been thrust under a nation-wide microscope. Various members of the media from The Stranger to PBS Newshour to The New York Times to a Stanford Graduate-Student Filmmaker have come to interview local residents on the issue. The interviewers always focus on a few simple issues. “Do you vaccinate? Why? What do you think of others who choose differently?” The interviewers often strive for balance, but the result is usually polarization.

As frustration builds, coercive ideas begin to surface. “If people can’t be swayed to make the right choice,” goes the reasoning, “then perhaps we should mandate their health decisions for the good of all?” From gun control to abortion to end of life decisions to vaccines, there is a human tendency to try and force people into “right behavior,” as defined by majority opinion. And yet, how often is the majority opinion less than perfect? The history of health care is filled with tragic examples of the harm that can result when commonly held medical beliefs are either false or incomplete.

The history of cholera provides an excellent example of this concept. During cholera outbreaks, all manner of “solutions” were proposed, often based on nothing more than fear and hope. The few who were trying to use a scientific approach misunderstood the data and concluded that cholera was an airborne disease. John Snow and Henry Whitehead looked at the existing data, did some independent research, and concluded that cholera was waterborne. They were mocked

and condemned mercilessly for this outrageous claim. They were also right. And their courage and persistence eventually led to city governments prioritizing clean water supplies and ended the scourge of cholera.

Think of it this way. Most of us understand that freedom of speech is essential to democracy. Protecting the minority voice is uncomfortable, but in the long run it protects us all. Informed consent is to ethical health care what freedom of speech is to democracy. The principle of informed consent is what gives us the right to ask questions and to make the final decisions about our health care. When it comes to vaccines, it is vital that we protect informed consent.

What we hope to show, over the next twelve months, is that there are as many right decisions as there are people making them. When it comes to health care, a “one size fits all” model is absolutely contraindicated. Every disease is different, every vaccine is different, every individual is different, and every community situation is different. It is okay for our health care decisions to be different as well.

Over the next twelve months, our series will explore a wide variety of public health issues that relate to disease control and vaccines. We hope that you, our reader, will use these articles as a starting point for interesting conversations. Our goal is to come at this complex issue from all sides, offering tools that will reduce polarity and increase respectful communication.

Additionally, we will be offering a moderated Blog through which you can reference previous articles, explore resources, and

make constructive comments. We will actively discourage the use of divisive and inaccurate terms such as “anti-vaccine” or “pro-vaccine.” These are terms that quickly turn an incredibly interesting (and vitally important) subject of conversation into a dogmatic and polarizing battle. Our goal is to create a safe place to explore questions and share information. Join the conversation!

On the subject of credentials, we are going to challenge our readers to think beyond the letters. Credentials are an indication that someone has completed a certain amount and type of formal schooling, which is an admirable achievement. However, credentials are not a guarantee of being correct, unbiased, or even honest. People with credentials are people and have all the variation of genuine human beings.

If you have credentials, welcome to the conversation. If you have no credentials, welcome to the conversation. If you have extensive scientific background, welcome to the conversation. If you have no science background at all, welcome to the conversation. We’ll talk together, we’ll share what we know, and we’ll all learn important things.

For next month, we will be offering new language that will recognize and respect the three main strategies people use when making medical decisions. Listening to each other is a first and vital step when dealing with complex subjects. By better appreciating the most prevalent decision-making styles, we hope to empower our readers to engage positively on this extremely important issue.

“A Community Conversation About Health and Responsibility: Vaccines and Beyond” is an ongoing series written by two close friends with a passion for improving community cohesion and building respectful relationships in a diverse world. This article was co-created by Karen Crisalli Winter and March Twisdale.

BLOG: [Vaccinesandbeyond.blogspot.com](http://Vaccinesandbeyond.blogspot.com)  
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# Planet Waves

by Eric Francis <http://www.PlanetWaves.net>



## Aries (March 20-April 19)

In the cosmic scheme, your sign is the one designed to be about assertion and action. With Mars currently in Pisces, life may not be presenting you with clear direction; you seem to be lacking a tangible sense of where you are at the moment. This is an invitation inward. Yes, there are other influences that are heightening your desire for social contact, though I suggest you ask yourself whether these are offering you what you want, or presenting a distraction or worse, a source of needless drama. You may have the sense that you'll find someone you want, someone you've been looking for, 'out there somewhere', though I suggest you question that theory at least long enough to see whether the one you're looking for isn't right inside you. One other point to consider this week: this is a time of completions rather than of beginnings. The recent New Moon initiated a time of closure and resolution that extends from now until your birthday.

## Taurus (April 19-May 20)

You may be wondering how you're going to handle all this responsibility; your astrology answers that in two words: organization and cooperation. The first word implies the second -- an organization is a cooperative enterprise. If you feel like you're pushing against something immovable, it will help if you invoke the collective mind and develop new ideas. This may not be straightforward, and you will need to be in a coordinating role. What you need to be doing is keeping track of all of the ideas and variables surrounding a particular seemingly intractable situation, and see the whole picture in composite rather than fixating on any small piece of it. From there, it will become clear that certain ideas are more useful than others. Make sure you evaluate the impact of every option. The law of unintended consequences is in full force and effect. Therefore, you need to think in multiple dimensions and anticipate the problems that any potential solution might create -- and change course sooner rather than later.

## Gemini (May 20-June 21)

Many factors are trying to call your attention to the ways in which it's time to take control of your life. This is not going to be instantaneous, nor should it take 'forever'. While you may be inclined to think you want to get your career in order, the matter at hand is much larger. This is about taking back authority over all of your affairs, though to do that, you will need to see the places where you've given up that authority, or had it taken from you -- beginning with your parents. Along the way, you may vacillate between thinking you're a force to be reckoned with and fearing that you have no power whatsoever. Both are distortions. You tend to think in absolutes; in this instance, seeing shades of gray and different hues of color will help you. I suggest you plan for a rethinking process as you make each decision. You will not be arriving at final destinations; stop first and see where you are and how it feels to be there. Then decide what to do next.

## Cancer (June 21-July 22)

There are those days when we seem to live in a world of the self-centered and superficial. It's frustrating if you're one of those people who practices self-awareness, because a little goes a long way, though it comes at a cost. And

what cost would that be? Well, self-awareness is the antidote for hypocrisy, and not being a hypocrite puts one at a voluntary disadvantage. Anyway, for the moment, you will be encountering some people who cannot see past their own self-interest, and it will help immensely if you recognize them for who they are. You should have the information you need to sort this out fairly quickly after you meet someone. You then will have the option to forget what you discovered, or put the information to work. If someone is not interested in anyone or anything besides themselves, as evidenced primarily by their actions, then you cannot logically expect them to be of any help to you. This is not an accident; it's a way of life, and I'm here to tell you that you have a different agenda.

## Leo (July 22-Aug. 23)

The recent New Moon encouraged you to see the widest possible picture; to think systemically. I suggest you do this as you solve every seemingly small, separate problem. Look up from what you're doing and consider the total circumstance -- the human as well as the technical; the psychological as well as the emotional. If you are noticing a world in crisis, it's about the lack of faith in love, and the expectation of betrayal. The people around you need more emotional contact, though they may seem to be indicating otherwise. That contact doesn't need to drain you, though there are several distinct stresses on your energy at the moment. Contact is just that -- it starts with hello; with a basic acknowledgment of existence. It includes being somewhat consistent, even a bit persistent, making sure that others know that you care and that you have their best interests at heart. They may not seem appreciative, though I assure you that they are.

## Virgo (Aug. 23-Sep. 22)

Certain relationship situations seem to be at a boiling point, and you may feel like people are transgressing your boundaries left, right and center. It's up to you, therefore, to be the gatekeeper in your own life. The challenge here is about your emotional investment in those who might cross some line that you may not have clearly articulated. To speak up may feel like you're betraying someone. This is a form of codependency not often called what it is, mainly because it's considered normal behavior. It may be normal but it's not helpful, particularly to you. I suggest that you get clear with yourself about what you want and don't want. Then make sure that others know your position before they act on some other assumption. The key is before, not after, so I suggest that -- though it might seem difficult -- you get your situation sorted out. As for the betrayal piece, it's not true -- it's a holdover from another era of your life. The only person you have to worry about betraying is yourself.

## Libra (Sep. 22-Oct. 23)

In our society at our time in history, there is no aspect of sex that's not touched or compromised by the abuse of trust or power. This is one reason why sexual situations typically become so complicated so fast. We can find ourselves involved with abuse survivors; we might find ourselves involved with perpetrators. Yet one of the core hypocrisies is that most of the time, we tend to see ourselves as neither. You can safely assume you're somewhere in the system because you grew up in the midst of all of this. The typical way to deal with this situation is to ignore it, but you're at

the point where that's no longer possible. The thing you may be feeling is that to confront this web of psychological and sexual intrigue, you have to take a chance -- and if so, I would agree with that. All progress requires taking a chance. In this case, the chance is akin to H.G. Wells' metaphor of how the one-eyed man in the land of the blind is considered crazy -- because he can tell light from dark and night from day. It's worth the risk.

## Scorpio (Oct. 23-Nov. 22)

Often the most interesting aspects of people can be found in the places they've been hurt. This is true whether they've dealt with the injury or not; it's more convenient for everyone if they have. Hey, it's more convenient for everyone if you have as well, and apropos of Scorpio, the question of the moment is where some aspect of 'sexual' intersects with some aspect of 'spiritual'. Or more accurately, you'll find it in the place where sexual has been ripped apart from spiritual. There is more in this split than you may recognize, since it's actually about severing you from your creative power. It's also about whether you have an inherent respect for life. Sex is not something to be consumed, tolerated or used as a bargaining chip. It's the creative core of existence -- and how you feel about sex is exactly how you feel about life. Therefore, I suggest you consider carefully how you feel about sex and why. This includes what you say and do not say, and why; what you do and don't do, and why.

## Sagittarius (Nov. 22-Dec. 22)

Sagittarius has one of the coolest and grooviest reputations of all the signs, though secretly, I believe this is one of the most reserved and even conservative signs of the zodiac. Part of this is how you tend to think -- in fixed patterns and abstract ways rather than the tangible and the concrete. And those patterns and abstractions can easily get hung up on themselves. Every now and then you reach a point where you simply have to flex your mind in new directions. You might have to make a decision you've been avoiding until the last possible moment. You might have to face some unpleasant fact and then deal with it -- and when these times come, you can be bold and decisive. That's about where you are today. The recent New Moon will help you go even deeper -- you can address what we could call a systemic issue, some quality of how you tend to think all the time that you may not have given a name to yet. Now, it's likely to be visible and in clear focus, to the point of being obvious.

## Capricorn (Dec. 22-Jan. 20)

For both of the Saturn-ruled signs (yours and Aquarius), self-esteem is the issue of the season, though there are subtle shades of distinction in how that will manifest. For you, there seems to be a titanic struggle to let go of an idea about yourself that is not true, and which is not working to further the course of your life. You need to know what that idea is, so you can change your mind about it. It's likely to be something that you've always taken for granted, and

which was supported, or implanted, by the people who were around you when you were much younger. There is some element of what you had to say or do in order to have their approval, which may have included going along with things that violated your conscience. You've reached the place in your growth where you cannot persist in thinking or doing anything that goes against your ethics, and that seems to be the focus of the moment -- and it may feel like a kind of squeeze point.

## Aquarius (Jan. 20-Feb. 19)

Have your persistent self-doubt and self-questioning actually gotten you anywhere? They may have, though not as far as you think, and even if so, whatever purpose it had now seems to be served. Get used to the idea that self-improvement doesn't necessarily improve you. What does? Let's see -- it looks like your passion for beauty is both helpful and in full bloom right now. Beauty might come in any form of art or music, talents I would be surprised if you would hear any astrologer ascribe to your sign. However, we both know you deeply value them, though you may not have come as far as counting yourself in. I suggest you do that. There are spiritual and psychological approaches to growth and healing, and if you ask me most of them are getting pretty old. And then there is the creative approach, which is always new, and which is designed to get your whole brain thinking, feeling and growing.

## Pisces (Feb. 19-March 20)

This is a moment of passion, drive and clarity for you. Mars and so many other planets in your sign might be a caution not to overdo things, though I would say you would be better advised to use this moment to focus your intentions and your plans and get into action -- now. You know what you need to know, including about yourself; you've done all the sorting out you need to do. Therefore, act on what you want. Make the changes you need, and don't let anyone stop you. You have some unusual mojo going at the moment. I would, however, remind you of its real source -- your inner life. As I emphasized extensively in your annual reading, the two fish of Pisces are the introvert and the extravert. This is a moment of contact with the world, of asserting yourself and figuring out that there is room for you here. The other side of this is honoring your interior space, the space where nobody else can really meet you. That is the real source of your inspiration and momentum. If you want the best guidance and the real facts, meet yourself there regularly.

Read Eric Francis daily at [www.PlanetWaves.net](http://www.PlanetWaves.net)

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Island Epicure



By Marj Watkins

A Valentine’s Day Dinner for Two

For a supper that includes the Valentine’s Day motifs of the color red and a heart shape, you might try a heart-shaped Salisbury steak. It comes to the table under a blanket of red sauce. The whole menu could be: Vegetable salad, Salisbury Steak, steamed brown rice, kale with garlic, ginger, and a sprinkle of rice vinegar or red wine vinegar, a salad of dark green lettuce leaves, diced cucumber and diced red bell pepper with your favorite salad dressing, and for dessert sliced strawberries and whipped cream over chocolate shortcake.

Order of preparation: Start the rice cooking. Set your timer for when the rice will be half done. Prepare the kale. Peel and slice the garlic. Mince the ginger. Wash, hull, and slice strawberries. When the timer goes off, start cooking the meat.

- Salisbury Steak  
2 servings
- Spray-on olive oil Or 1 Tablespoon extra virgin Spanish or Turkish olive oil
- ½ pound leanest ground beef, flattened and formed in heart shape
- 15 ounce can tomato sauce
- Coat the bottom of a large skillet with olive oil. Heat it.
- Apply the heart-shaped meat patty. Brown it, turn it and brown the other side. Pour the tomato sauce over it. Reduce the heat to medium low. Cover the pan. Cook 20 minutes. This is difficult to transfer to a serving dish. I’d just serve from the pan.
- The extra red sauce, flavored by the meat, goes well on steamed rice.
- Kale with Garlic & Ginger
- ½ bunch kale
- 2 garlic cloves
- 3 or 4 slices ginger
- Dash chicken granules
- ½ cup water
- sprinkle of rice vinegar

Wash the kale. Cut the tough center rib out of each leaf. Stack the leaf halves and cut in several small pieces. Place in saucepan and add remaining ingredients. Toss. Bring to boiling, reduce heat, cover and cook 15 to 20 minutes, until tender. Offer rice vinegar at the table.

Chocolate Shortcake: The Chocolate Cake, or the Chocolate Angelfood Cake from my cookbook, Wholegrain and Gluten Free, available at Minglement. Or a chocolate cake from a store bought mix with an extra tablespoon of cocoa powder stirred into the batter, will serve well here. Bake in a square pan or pans. Cut in squares, top with sliced strawberries marinated with a little brown sugar or coconut sugar and topped with whipped cream.

A very happy Valentine’s Day to you all! Marj.

Oscar Night at the Vashon Theatre

Continued from Page 8

Elizabeth Nye and Elizabeth Ripley. Providing contrasting sartorial opinions is John Staczek of Island Greentech, the organization that spearheaded the successful digital projector campaign for the Vashon Theatre.

Snapdragon Bakery and Café is catering the dinner for the first time, and culinary artists Megan Hastings and Adam Cone are creating an Oscar Night feast of sweet potato enchiladas, garden salsa, and carrot/cabbage black bean slaw with cilantro. Chocolatier Julie Farrell of Tease Chocolates will be providing a sweet conclusion to the Academy Awards spread with her exquisite artisan confections. Another first for the 2013 Oscar Night, wine sales will benefit Vashon Maury Community Food Bank, and George and Linda Kirkish of Palouse Winery are generously contributing their award winning whites and reds to Vashon Film Society’s black tie party.

Sharing mistress of ceremonies duties this year



are Tami Brockway Joyce and Jennifer Sutherland. The pair is best known as the Washington State Fairies singing telegram company, but Joyce and Sutherland will debut a new act for Oscar Night: Nan and Fancy Filson, lounge singers from Boca Raton.

Tickets are \$10 advance (\$12 day of show), and the \$30 Superstar Deal offers a substantial \$5 savings by packaging admission, limo ride with photo, beverage and meal together.

Proceeds from Oscar Night ticket sales go toward annual scholarships Film Society awards to aspiring film makers through Vashon Community Scholarship Foundation.

Oscar Night Costume Contest Categories

- Best Dressed Child Female
- Best Dressed Child Male
- Best Dressed PJs
- Celebrity Look-alike
- Best Dressed Adult Male
- Best Dressed Adult Female
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- Best Dressed Teen Female
- Best Dressed Adult Couple 21+
- Award for Best Ballot

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VHS Student awarded national scholarship from NANPA



Sophie Harrison’s photo of a Lady Bug, one of several photographs that helped win her.

Sophie Harrison a 10th grader at Vashon High School, was recently awarded a national scholarship from the North American Nature Photography Association and will be traveling to Jacksonville, Florida to participate in their program on February 24th. This program is designed to help young photographers learn to document nature and assist in nature preservation efforts at the same time.

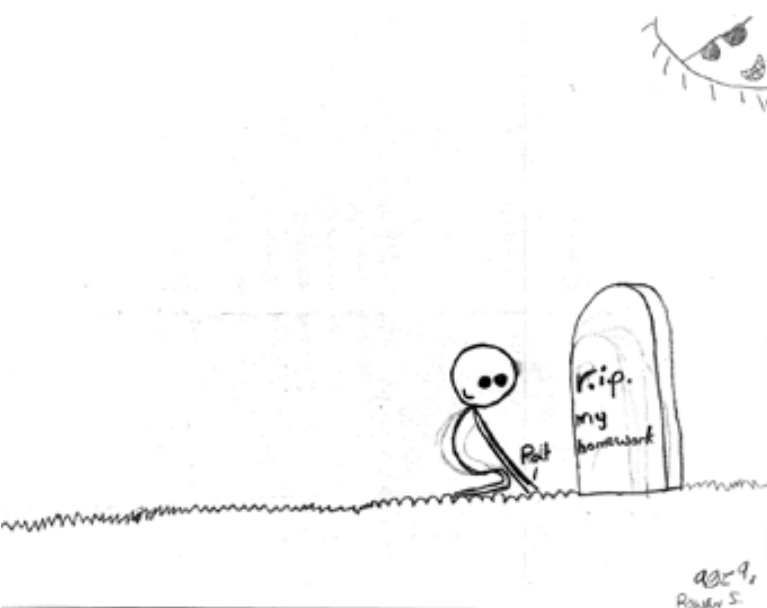
Since its founding nearly twenty years ago, the North American Nature Photography Association promotes the art and science of nature photography as a medium of communication, appreciation, and environmental protection. NANPA unites the most talented advocates of natural history photography to provide information, education, inspiration, and opportunity for all persons. From national geographic photographers to the editors of major magazines, NANPA provides an essential network for its members.

For the last fourteen years, a major component to NANPA’s annual summit, which is held in different locations each year, has been the High School Scholarship Program. Applications are sent from all around the world to participate in this prestigious program. Ten students, from freshmen to seniors, are selected to represent

their schools and cities as the next generation of nature photographers. Throughout the week, the high school students will receive personal instruction from industry leaders and attend workshops and keynote addresses from some of the top shooters in nature photography. This year’s winners have submitted impressive portfolios and essays and they come from all over the country, from Alaska to Florida.

This year, their program is sponsored by Canon, Bogen/Delkin, Wimberley, and Hunts Photo and Video. These major sponsorships will allow the students to use professional equipment while they are out in the field to learn what it’s like to be on assignment. At the end of the conference the students’ photographs are displayed in a presentation to the hundreds of members who attend.

The 2013 annual NANPA summit will be held in Jacksonville, Florida from February 23rd through March 3rd at the Hyatt Regency Riverfront Hotel. For three days the students will be camping on a nearby national park and photographing the stunning wildlife and landscapes of Florida’s wilderness. This is truly a unique experience and one that the students will never forget.





# Positively Speaking

## Dirty Rugs and Clean Money

By Deborah H. Anderson



There is a feeling inside one's body when one steps out into the unknown hoping for a good effect in one's life.

It's difficult to know if the area of focus ought to be in the head or the heart. Like the Spring breeze that blows through a house on the first day doors and windows can be thrown open with abandon after the long winter closure, one's soul feels the suspension of the comfortable in exchange for the possibility of better circumstances or a life that is lived more in tune with that which will open the opportunity for blessings to be showered down.

So it was that through the Fall, as various events piled on top of each other boxing me in in ways that felt like a trap, and very far away from my values and hopes and dreams, I made a decision I only discovered when talk of New Year's Resolutions started happening in the media.

That traditional week between Western Christmas and the New Year is abuzz with research that supports personal change or points to the difficulties of making such choices, narrative testimonies to past efforts either successful or not, and countless media hosts sharing their own personal choices about said resolutions.

This year I found myself longing to have the courage to make the biggest of all. I made the decision to not let anyone, as far as I was personally able to set limits to contain such events, to waste my time or money.

Soooooooo.....that would be preceded by a confession that I frequently wait way too long to set limits around those activities that come from others and create a sieve of time and resources that drains my efforts to push forward in the achievement of my dreams and pleasures.

By golly, January 1st I put the plan into effect. Whew! That is a HUGE resolution. Think about. How much of your life ebbs away in other people's issues that have nothing to do with how you are trying to move forward with your life.

I was in the mess of letting way too much of other's struggles into my life because I suffer from a sever case of 'nice girl syndrome' and too healthy a dose of the ability to live the in the cracks and nooks and crannies of time and space left to me by others. The only daughter of a family of four children = during the fifties and early sixties= there were three boys more forceful at making their presence known to the world than I. Defer.

Well...the rest of my cultural history of deference is irrelevant here and now in these few words, but basically the end of the story is I traveled through my own story enough to start staying 'Oh I don't think so.' For someone who felt guilty

reading the book 'When I Say No I Feel Guilty', this has been a pretty enormous first two months.

And I really LOVE it!!! The fall out from others is a little tough, but I think everyone will get used to it. For the first time, my focus is on that which builds toward a brighter tomorrow, more peaceful, more joyful, more carefree and fun.

The only metaphor I can give you to share what it feels like is dirty rugs. I'm a life long renter and the one phrase I know landlords never mean is, 'don't worry about the rugs; we're going to replace them after you leave'. So every day you end up with frayed, Berber rugs whose seams don't match, have stains of long since departed residences and serve only to protect one's feet from sub flooring... well...except in one particular house where I entered to find loops of carpet tossed atop a pile of sawdust, the result of exposure to daily life. I put a rocking chair over it.

The biggest positive result has been in matters of money. I have found that money flows where there is clear water. You know what I mean. If someone is mismanaging money and my money is tied up in that situation, it's like the drain is clogged. But if I place myself in tandem financially with those who are responsible and sensible and frugal and prudent with their pennies, it's like floodgates open.

I take a deep breath everyday for the courage to keep going as I am. I suspect my resolve will overflow into my own health care, relationships, adventures, cheer and amusement. Oohhhh, how exciting is THAT?!

Can't tell you anything to try. I might find in a few months I suffer from terminal feelings of guilt of selfishness, but until that sets in, I'm going to keep trying just to see what happens. Sometimes you just have to go where you don't know how it's going to end.

Love,  
Deborah



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## The Road To Resilience

Continued from Page 1

usable meat protein and rich manure. Animals are vital to agriculture as well; they forage for undesirable plants and pests, spread manure, and help maintain a healthy soil. It appears that animals play an important part in our food system whether we eat them or not.

Feeding CAFO animals grain that we can eat ourselves negates the only rationale for eating animals in the first place. However, pastured livestock require a great deal more land than CAFO's. Of the 302 million hectares of land devoted to livestock, only 30 million are devoted to feed grain. Yet, that feed grain allows us to produce most of the meat we consume.

I think most will agree that, today, all of our protein needs could be supplied by plant sources. Unfortunately, plant production, as it is primarily done today, requires a severe alteration of the land and subsequent habitat loss for wild species. The harm of killing animals for food needs to be weighed against the indirect killing of wild species through pollution and habitat loss inherent in the production of today's plant diet.

I think most of us would agree that CAFO's are an ethical and ecological abomination. But, if we closed them down and pastured all of our livestock, we would only be able to produce about 40% as much meat. If we eliminated that quantity of meat, the remaining meat consumption plus current consumption of plant protein would still provide us with more than the recommended daily allowance (RDA) of protein. If we want to get rid of CAFO's and regain local control over meat production, we will have to change our diets so that we eat 60% less meat, a radical change in our food habit but a marked improvement in our health and the sustainability of the planet. We owe a debt of gratitude to all of you that are vegetarians and, even more, are vegans. You have gone out of your way

to consider the implications of your diet and have acted on it, and diet is very personal and difficult to change. Now, if we can grow those plants organically in a way that preserves habitat and builds soil health and species diversity, we can create a truly sustainable vegetarian diet.

Ultimately, we will eat whatever we have to to survive. All things being equal, the economics of plant consumption are far more efficient than animal consumption, but we can't always guarantee that things will be equal, that we will have access to the foods we would prefer. However, it is clear that we need to end corporate agriculture, both toxic plant factories and CAFO's, and we will have to do that partly by making deliberate and thoughtful changes in our diet. For most of us, that means checking out some of the really great vegetarian recipes out there, or at least recipes in which meat plays a much more subsidiary role.

Comments? [terry@vashonloop.com](mailto:terry@vashonloop.com)

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### Save the date!!

**March 9th 6-7:30 PM** at the Land Trust : Second Saturday Lecture "Of COURSE You Know What You're Doing...and if you don't you can figure it out!" The Parenting class for all ages and stages of parenting from pregnancy through adolescence. Come find out how to choose The Easy Fix, The Educated Fix, or the Enduring Fix. Personalize your parenting and fortify your confidence as you develop a stronger more positive relationship with the children in your family.

**Sunday 10 March 1:30 PM** Vashon Theatre. Free Family Film Series ...the original 'Footloose' . Come dance in the aisles like nobody was watching!and a few laughs thrown in."



# Love Duets

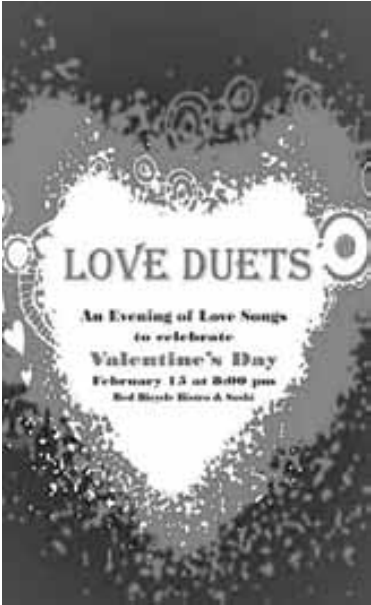
## A Benefit for Risk

Bring your honey to the Red Bicycle Bistro and Sushi for an evening of song. Musicians will pair together to perform duets in never before seen combinations of talent. You won't want to miss this.

The concept is simple - the only requirement is that it is two people on stage and they both have to sing a duet together, preferably with a love theme. Like the Backbone shows, we will rotate these duo's through so there is a nice variety of music throughout the night. We are requesting one to two songs for each duo and they can be covers or originals.

This will be a fun show - the day after Valentines Day, but carrying on the love.....

Friday, February 15 at 8pm. This is a free cover all-ages show



'til 11pm, then 21+ after that.  
At the Red Bicycle  
17618 Vashon Hwy SW  
206-463-5590  
www.redbicyclebistro.com

# Delilah Pearl and The Mantarays

Delilah Pearl and The Mantarays perform sultry ballads and jazzy rousers from the era of the divas: Peggy Lee, Nina Simone, Billie Holiday, Sarah Vaughan and Ella Fitzgerald. Singer Christine Goering sizzles in front, leading stalwart Vashon Island musicians Greg Dember (piano) , Ed Otto (guitar), Toliver Goering (bass) and Dodd Johnson (drums). The Mantarays deliver the standards freshened by an approach influenced by years in rock, experimental and indie music.

Friday, March 1, 7:00 - 9:00  
Cafe Luna  
9924 SW Bank Road  
Phone: 206-463-0777

Find the Loop on-line at  
www.vashonloop.com



# OneNiteStand



We all know a OneNiteStand is never enough - You just want more! Well good news, they're back! And they have new stuff with girl guest artists who will redefine the local blues scene. This band is 'nothin' but rockin' blues' and you'll say "oh yeah!" when you hear them! Can Blues be this much fun?

These musical veterans play their favorite blues tunes and spice 'em up with their own originals. They've all got blues chops, from growling it to flat-out rockin'. And wait 'til you hear the girl singers! Fresh from playing in the local band, Avaaza, Terri and Azula will leave you crying for more. This band has been playing for a long time and have musical histories too long to mention here. The all-island players present a perfect mix of talent:

- Luke's guitar screams the blues like a down-hearted frail and goes raw at just the right times. And when he sings, he knows most of the words too. Amazing!
- Harmonica king, Lonesome Mike, will slip you some of his own grimy vocals over the sw-e-e-e-t sound of blues harp all night long, baby.
- Slab blows his sax to the max with his own brand of playing that will even impress your friends.
- Gib, well, he has that strong back beat that keeps things smokin' as he's layin' down the beat.
- Fletcher keeps it interesting with that fancy percussion stuff that only he knows.

- Matt [you know that guy! The Strawberry Fest award is named after him] drives home a solid cobalt bass getting' funky or just bluzin' it up.
- And don't forget about the guest chick singers, Terri and Azula!

Everybody loves a OneNiteStand and you'll never forgive yourself if you miss this.

Friday, February 22 at 8:30pm. This is a free cover all-ages show 'til 11pm, then 21+ after that.

At the Red Bicycle  
17618 Vashon Hwy SW  
206-463-5590  
www.redbicyclebistro.com

# VAA Women in Jazz: Cocoa Martini

By Janice Randall

Hear award-winning talent when VAA's Women in Jazz Series continues in February with Cocoa Martini. Featuring three talented Seattle-area vocalists - Kimberly Reason, Kay Bailey and Nadine Shanti, these distinctive female soloists are backed by Northwest jazz luminaries Bill Anschell on piano, Chuck Kistler on bass and Brian Kirk on drums.

Cocoa Martini consistently delights and surprises their enthusiastic audiences. Expect inventive vocal ensemble harmonies and a dynamic, eclectic repertoire of straight-ahead jazz mixed with lively Latin standards and infused with pop, funk and old-school soul - perfect for a Valentine's weekend outing. Libations and treats included!

Since the ensemble's sold-out debut at the Triple Door in 2007, Cocoa Martini has grown to become a Northwest jazz favorite. They have been featured on Seattle Channel TV's "Art Zone," lauded by The Seattle Times and heard on KKNW 1150 AM's Urban Forum Northwest. The group earned Earshot Jazz Society's prestigious Golden Ear Award for Best Vocalist of the Year in 2009.

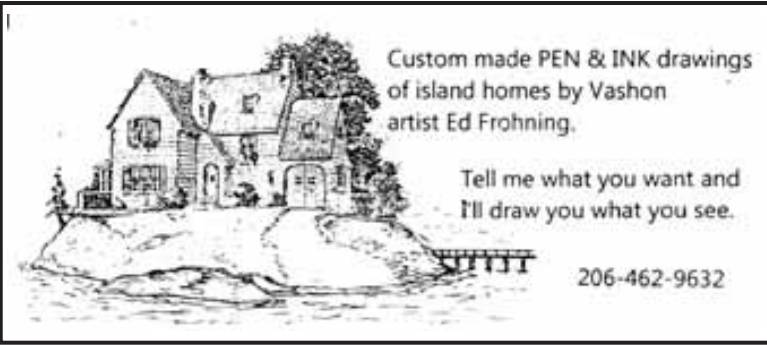
Cocoa Martini Performs



at the Blue Heron Arts Center  
Saturday, February 16, 7:30 pm.  
Tickets: \$18/\$22 and are for sale on the VAA website.

Tickets also available now for Jewell Jazz Quartet, March

16, 7:30 pm  
Vashon Allied Arts  
19704 Vashon Hwy SW  
Vashon  
206-463-5131  
www.vashonalliedarts.org





# Clinton Fearon



Always a crowd pleaser on Vashon Island, Clinton Fearon & The Boogie Brown Band is coming back to the Red Bicycle for a performance of his roots reggae music this Saturday night. If you like roots reggae, this is a show you won't want to miss. Clinton Fearon has quickly won the hearts of many an Islander and will pack the dance floor with happy feet.

Much like quite a few other reggae musicians who came of age in the late 1960s and early 1970s, Clinton Fearon was a country boy who migrated to Kingston as a teenager in order to seek his musical fortune amongst the proliferating studios and sound systems of the big city. He was born in St. Andrew in 1951 and moved around the countryside with his father and stepmother before relocating to Kingston in 1967; he immediately organized a singing group with some friends, but it never amounted to anything and broke up before it could record. It was around 1970, when he joined Albert Griffiths and Errol Grandison to form the Gladiators, that he hit his stride as a musician, and began what would be the most significant and commercially successful association of his career.

Flash forward to 1989, when Clinton came to Seattle and co-founded The Defenders and then finally in 1993, formed his own group called The Boogie Brown Band.

When asked about his music, Clinton states that "...our sound is roots, its roots, lovers rock, rock steady. It's not too far from the root. I'm not trying to

branch off into anything I'm not totally relaxed with," he continued. "A lot of (other bands) try to follow the market. I try to follow my creativity more so than follow the market. It's what's in your heart; you have to follow your heart."

Clinton Fearon is counted among Jamaica's most talented musicians by peers and professionals in the Reggae music industry. His infectious bass riffs have always led the way, whether he is playing bass, guitar or percussion, singing lead vocals or providing background harmonies.

The show begins at 9pm, the cover is \$10.00 and it is an all-ages event 'til 11pm, 21+ after that. The Red Bike has experienced sold-out shows with Clinton in the past and anticipates the same for this one, so it's highly advised that people buy tickets in advance by calling 463-5959 or by purchasing them in person at the Bike.

Saturday, March 2nd, 9:m. This is a free cover all-ages show 'til 11pm, then 21+ after that.

At the Red Bicycle  
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# Jim Malcolm House Concert



Jim Malcolm will be returning again to Vashon Island for a house concert on Sunday, February 17 at 3pm. Jim is the ultimate Scots troubadour. Traveling the world with his guitar, harmonicas, and engaging wit, he sings the traditional songs of Scotland and his own masterfully crafted songs in a style which is modern and accessible, yet utterly authentic. He is highly regarded as an interpreter of the songs of Robert Burns, and has been described as one of the finest singers in Scotland, in any style. Though he now performs solo, Jim was lead singer with the multi-award-winning Old Blind Dogs for eight years. Enjoy songs of Robert Burns, Jim's original compositions and a Scottish wit that ensures the evening will be entertaining and delightful! Tickets for this intimate house concert are \$20 and can be purchased in advanced by contacting Lori Lowrance @ [lori98070@yahoo.com](mailto:lori98070@yahoo.com) or 206-369-9234

## Delusions of Grandeur Joey Pipia

*Continued from Page 1*  
Chamber: 30 seats, 60 minutes, one outrageous event. That intimate show toured the Northwest culminating in a sold out run at Seattle's Intiman Theater. Pipia has appeared in film, on TV, and on stages across the country. As for living happily ever after? "You'll just have to see the show," he says. Tickets are \$15 for adults and \$10 seniors and for kids under 12 years. Tickets may be purchased online from Brown Paper Tickets at [www.brownpapertickets.com](http://www.brownpapertickets.com), or by calling 800-838-3006; or locally at Books by the Way, 463-2696, or at the door if still available. Open Space for Arts & Community is located at 18870 103rd Ave SW, Vashon.

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# PANDORA'S BOX

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Not a single day of snow for us this year. Much to the boys dismay.

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Earthborn Holistic Dog Food - 30# bag for \$29.95  
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Bo's Pick of the Week: Cat Tail cat toys!  
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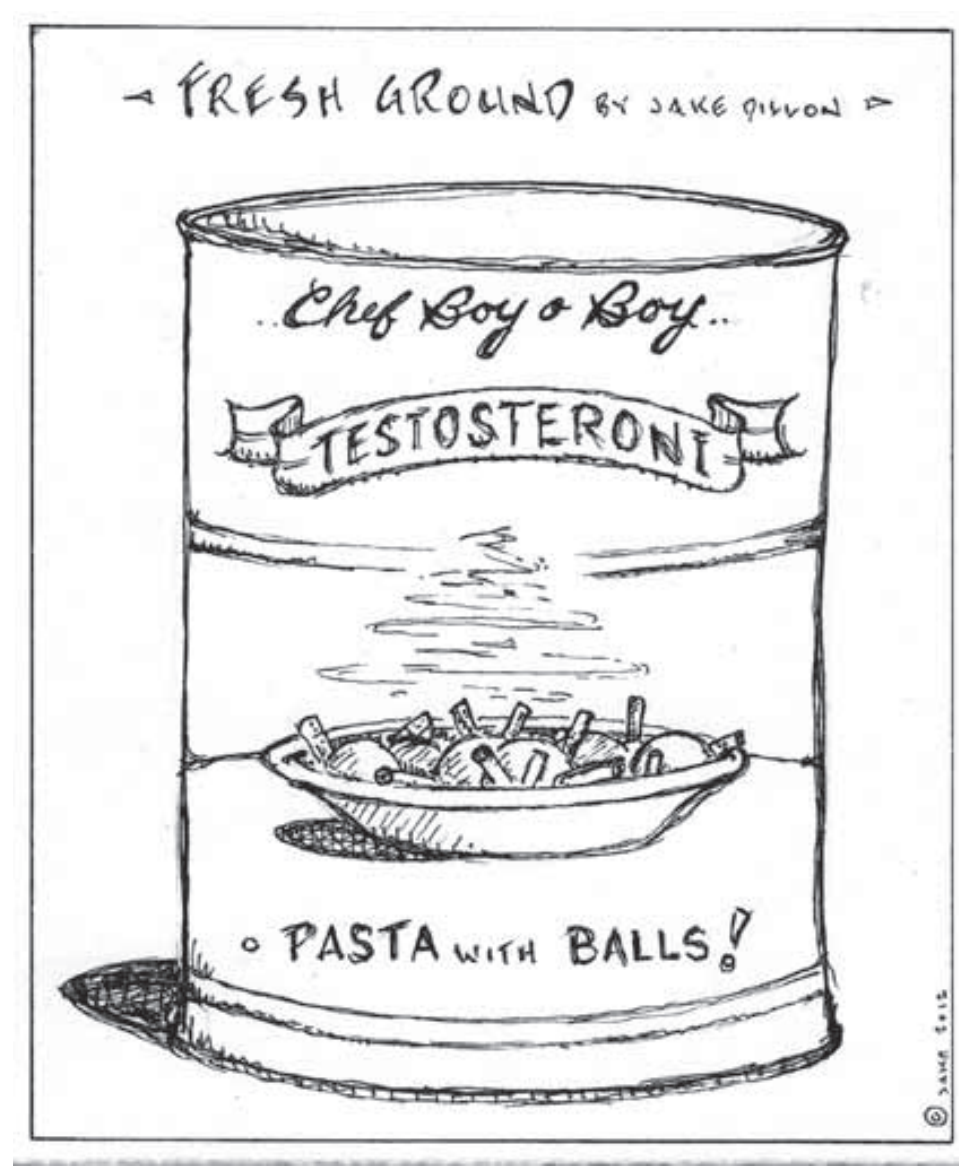
## Vashon Theatre

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Call for Times

For show times and info check  
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Deadline for the next edition of *The Loop* is  
**Friday, February 22**

**Lo'py Laffs**





### V.I.P.S.

Welcome to the last Episode of PROJECT RUNAWAY, A three-part reality show where up-and-coming FASHION DESIGNERS duplicate an actual Vashon wardrobe for MAINLANDERS to blend, unnoticed, into life on Vashon Island. Tonight, for our THIRD HONORABLE MENTION, a fashion 'SYSTEM' creation by design genius, IMA RECLOOSE.





DEE

This 'SYSTEM', the designer calls, "WEATHER-BE-DAMNED", combines a waterproof arctic parka with deployed all-weather hood punctuated with tasteful but functional sunglasses. The entire arrangement is worn with cut-off jeans and sandals for those stuffy days.




Mr. Recloose, to what do you attribute your brilliant fashion sense for this creation?

What brilliance? Don't most people on the island dress like this?



Isn't this normal??

# LOGJAM



BY Jeff Hawley



I'VE DECIDED NOT TO GIVE YOU A PARKING TICKET

OH, GOOD! I COULDN'T AFFORD TO PAY IT ANYWAY



THIS'LL JUST TAKE A SECOND



DON'T USE ANY WOODEN NICKELS

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