

# THE LOOP

Vol. 11, #3

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January 30, 2014

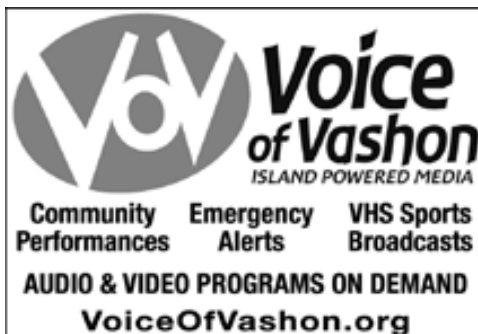
## VoV Offers Shows On Demand & Live Sports Broadcasts

By Richard Rogers

If you crave a taste of truly local radio or TV programming, now you can have it anytime you like by “tuning in” the new Voice Of Vashon website at [VoiceOfVashon.org](http://VoiceOfVashon.org). Want to enjoy the thrill of high school sports from the comfort of your home? You can listen to VoV play-by-play action and color commentary as the Vashon High School Pirates go up against their competitors in the Nisqually League.

The new VoV site brings to life the station’s vision of Island powered media, featuring community events and original shows created by and for Vashon-Maury Islanders. You’ll find a diverse collection of TV and radio shows on demand, just a button click away. VoV viewers and listeners are tuning in from as far away as Boston, Alaska, Hawaii, England and Spain.

Prose, Poetry and Purpose is a new radio program created by Islander March Twisdale. She learned to self-produce the show through VoV’s Open Studio, a free drop-in workshop for Islanders who want to create radio programs. March invites authors to discuss their work and the social messages and political ideas that inform their writing. Her first guest, Terrance Hayes, is the author of *Lighthouse*, *Wind in a Box*, *Hip Logic*, *Muscular Music*, and a winner of multiple awards, including the coveted Guggenheim Fellowship.



Musical Evolution is another new VoV radio program hosted by Island musician and firefighter Jason Everett. With his show, you are introduced to an exciting and diverse array of rhythms, tones, and instruments from many world cultures. Jason is a composer, arranger, and producer who plays various stringed and percussion instruments. The show is part of his larger goal to expand audience awareness of world fusion music.

There are several shows to enjoy at [VoiceOfVashon.org](http://VoiceOfVashon.org) that were recorded in the station’s early days. Barstool Mountain, hosted by Tom Hughes & Liz Shepherd, is dedicated to country music songs that come directly from the heart of the American experience. Listen to Celtic Aire and you will hear Scottish and Irish tunes chosen by host John Dally, a piper with over 40 years experience. Tune in to Deviled Eggs for a music and comedy show that highlights the oddities and absurdities of every day life. From bubble gum taste tests to the semantics of the English language to the historical significance of Silly Putty, Deviled Eggs is intriguing and intelligent, confounding and kooky.

Hoytus Interruptus is a spoken word program written and produced by Jeff Hoyt. If you’ve lived on Vashon for very long, chances are you’ve heard Jeff’s

*Continued on Page 6*

## Masters Tell Tales at 7th Annual Storytelling Festival

Vashon Wilderness Program will host its 7th annual Coyote Tales Storytelling Festival on Saturday, February 1 at the Open Space for Arts and Community on Vashon Island. Starting at 4pm, storytellers Allison Cox, Merna Hecht, Steffon Moody and Gene Tagaban will delight all with an imaginative evening of storytelling; supper and dessert to be served during intermission. The proceeds will support the VASHON WILDERNESS PROGRAM mission to provide nature immersion experiences for Puget Sound youth.

“Storytelling is inseparable from human life,” explains Stacey Hinden, executive director of VASHON WILDERNESS PROGRAM. “For generations, we have been telling story - be it around a fire to convey lessons for survival; at the dinner table to relay a funny happening from our day; or snuggling up in the dark night to whisper a bedtime tale of wonder. The Coyote Tales Storytelling Festival will stir the imagination of all who listen, allowing our unconscious to take flight into sensuous realms of magic, myth and hero.”

The headlining storytellers for this year’s program herald from diverse backgrounds yet share the gift of this timeless medium.

Vashon Island resident Allison Cox is an internationally known storyteller, and is passionate about using stories to heal. She is a founder and current coordinator of the Healing Story Alliance ([www.healingstory.org](http://www.healingstory.org)) and edits their journal *Diving in the Moon*; Honoring Story, Facilitating Healing. She is also a co-editor/contributor to The Healing Heart books on storytelling for encouraging international, community and personal development.

Merna Ann Hecht is a poet, essayist, teaching artist and nationally known storyteller. She is a recipient of the National Storytelling Network 2008 Brimstone Award for Applied Storytelling. Hecht founded and co-directs the Stories of Arrival Poetry Project with refugee and immigrant youth at Foster High School in Tukwila and she teaches creative writing, arts and humanities at the University of WA, Tacoma.

Steffon Moody is a Character Actor and Physical Comedian, entertaining audiences professionally for the past 25 years, and also a writer, director, musician, designer and storyteller. Moody is a founding member of the UMO Ensemble, a performer with Room Circus Medical Clowning, and manager of Chameleon Performance.



Gene Tagaban, “One Crazy Raven,” is an inspirational speaker, performer, and storyteller. He is a board member and trainer for the Native Wellness Institute. He has been a featured teller at the National Storytelling Festival in Jonesborough, TN, the Kansas City storytelling Festival, the Bay Area Storytelling festival in Berkeley, the St. Louis Storytelling Festival and the Singapore International Storytelling Festival. Tagaban’s foremost passion is teaching. Using his gift of storytelling, dance, and music, he travels across the country performing, presenting, and facilitating workshops on suicide prevention, empowerment, leadership, relationship-building, communication skills, self-awareness, spirit and honor to participants of all ages.

Vashon Wilderness Program (VWP) is the major sponsor of the Coyote Tales Storytelling Festival. VWP provides nature immersion experiences for Puget Sound youth, ages 4-17. More than 500 youth have been transformed through Coyote Mentoring, VWP’s approach to deep nature connection mentoring touted by award-winning author Richard Louv as “good medicine for nature deficit disorder.”

Tickets for the Coyote Tales Storytelling Festival are \$50/family, \$20/individual, and includes a supper of soup, salad, bread, and dessert. Tickets can be purchased from <http://www.brownpapertickets.com> and also at the Vashon Bookshop.

For more information about the Vashon Wilderness Program, visit the website:

[www.vashonwildernessprogram.org](http://www.vashonwildernessprogram.org)

## The Road to Resilience Don’t Waste It

Waste is a concept at the center of human activity that indicates a basic misunderstanding of the energy/resource pass-through model that life has evolved to efficiently and sustainably support itself. The ground under the forest outside your window would be buried under 15-20 ft of dead leaves, branches and other detritus within just a few years if it weren’t for a huge population of microbes and fungi actively processing that waste and making it available once more to the trees above. Add to that the fact that much of the forest would have died from lack of nutrients. It is the concept of zero waste that has allowed for us to evolve and be here as a species today.

We have always operated under the assumption that resources are abundant and waste products are a concern only in the way that they impact our health or aesthetic sensibilities. Putting them in a hole where we can’t see or touch them was the perfect solution. Not understanding the necessity of the natural cycling of energy and nutrients in the biosphere, we have created a lifestyle that operates at a deadly deficit. We concentrate our food production so that we have to haul it to our concentrated living areas, and then have to haul our concentrated waste to specialized concentrated waste areas. Out

By Terry Sullivan, Transition Vashon

of sight, out of mind, as they say. We’ve been blissfully unconcerned about how we perform those activities and what impact they have been having overall. Fortunately, we are finally beginning to take responsibility for the way we live and participate in this world. We are beginning to think about our footprint.

Growing our own food has educated us about what is important for health and sustainability and made us more discerning about how the food we don’t grow gets produced. Understanding how our home and lifestyle affect our energy use and our immediate environment, have started us to rethinking and repurposing our urban living patterns.

In the same way, concern about how we use and recycle resources has started to take hold in a small way. We are ready to take more systematic steps in taking real responsibility for our energy and resource use. Making and using things that last longer and are fully biodegradable or can be repurposed, using local available resources whenever possible, and reinvesting waste materials back into our local life system.

The last item is something we can act on right now. At present, 9% of our solid


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## Live Local Weather [www.VashonWeather.com](http://www.VashonWeather.com)

The Vashon Loop has installed three weather station on Vashon Maury Island. Each weather station transmits it’s weather information to [www.wunderground.com](http://www.wunderground.com), [www.pwsweather.com](http://www.pwsweather.com) and Weather bug Back yard. The easiest way to view the weather information is to go to [www.vashonweather.com](http://www.vashonweather.com). Live weather information is also used on the [www.vashonloop.com](http://www.vashonloop.com) website and its sister site [www.vashonnews.com](http://www.vashonnews.com). Weather station locations are, Vashon Loop home on Gorsuch rd, Voice of Vashon at Sunrise ridge and Maury Island at the 3 towers with the sheep in the field. The best way to learn about each weather station is to find them on line, where you will find more Island weather stations.

Find out how much rain Vashon Maury Islands get and how gusty the winds are on Vashon’s new weather site [www.vashonweather.com](http://www.vashonweather.com).





Granny's store will be  
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206-463-9041  
Vashon Hydrophone Project  
Orca Annie Staterel and Mark Sears  
Vashonorcas@aol.com  
Support Vashon-Maury Island Whale Research  
Sightings NOT Disclosed to Whale Watch Boats  
vashonorcas.org**


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# Boo Needs A Home...

I crave human attention, and I say please and thank you when I get some (it probably sounds like meowing to you). Otherwise, I'm a quiet girl looking for a quiet place to live. The reason I'm at the shelter is that my person, who I used to sleep with every night, passed away. It'll be OK if I can't sleep on the bed in a new home, but I sure would like to nestle in a warm lap and be held in someone's arms again . . .



**Go To [www.vipp.org](http://www.vipp.org) Click on Adopt**

# PANDORA'S BOX

January is gone. Done. Kaput.

Only 11 more months until Christmas. Shop now, so you have plenty of time to store it, forget where you stored it, vaguely remember purchasing it - then actually find it in your flurry of late fall cleaning and go

“AHA - I knew I had this somewhere.”



Bo's Pick of the Week:  
Gosh Darned Mice.

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HISTORIC ROASTERIE

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# 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.

### Sci-Fi Saturday: A funny thing happened on the way to Forum

Join us at the Vashon Theatre in Support of The Chicken Soup Brigade. Ticket are \$5-10 Donation per person, And we are accepting Canned food. February’s Film will be....” A finny thing happened on the way to Forum” was filmed in 1966 starring a brilliant cast.

Zero Mostel, Jack Gilford, Phil Silvers and a cast of thousands!

February 1st at 1:30pm, Vashon Theatre

### Rick Tuel memorial fund

On Sunday, 12-29, a friend and long-time island resident, Rick Tuel, died during a medical procedure. Friends of Rick and Mary Tuel have set up an account to help with immediate funeral and family expenses. Those of you wishing to donate, can do so at the U.S. Bank. A “Friends of Rick Tuel” account has been set up in his memory.

### Water District Meeting

The next regular Board Meeting will be February 11 at 4:30pm. Water District 19, 17630 100th Ave SW.

### Vashon Sportsmen’s club Offers to the public NRA basic pistol class

The NRA “Basic pistol” course is taught by certified instructors, and covers safety, mechanics, marksmanship, selecting and maintaining a pistol, and responsible ownership. This is a 12 hour course. This class is on February 22 from 9-5 and Sunday February 23rd from 1-5. Class size is limited to 16. The cost is \$100.00. We will provide lunch for an additional \$10.00 on Saturday. Persons under 16 must be accompanied by a parent or guardian. To resister contact Cindy Morrison at 567-5047 or email [cindy198@comcast.net](mailto:cindy198@comcast.net)

### VSDG Rumba Lesson & Social Partner Dance

Saturday, February 1, 2014: Ari Levitt will be our guest instructor and teach a Rumba lesson. Ari will also be your deejay and willing dance partner until 9:30 pm. Come join us. As always, no partner needed and a \$10 donation is suggested to compensate our guest instructor for making the journey and inspiring us on the dance floor.

VSDG Rumba lesson and social partner (no partner needed) dance. Saturday, February 1, 2014, at Ober Park Performance Hall 17130 Vashon Hwy SW Vashon 98070

Lesson 7:00 - 8:00 pm, Dancing to deejayed music by Ari Levitt... 8:00 - 9:30 pm. No partner needed, No one turned away for lack of funding. Come join us for an awesome night of dancing and fun with Ari Levitt

Questions? Give me a call. Hope many of you can make the dance and lesson. Happy New Year!

Vashon Social Dance Group Coordinator  
Candy (206) 920-7596

### Grief Support Group

Providence Hospice of Seattle Grief Support Services is offering a 6-week support group for those who have experienced the death of a loved one in the last 2 years. This group will meet on Vashon on Wednesday evenings beginning January 15 through February 19th, from 6:00 – 8:00 p.m.

This is a closed group and registration is required. Please contact Jane Fleming at 206.749.7704 for more information and to register. Space is limited.

### History project for 4th & 5th graders

The Vashon-Maury Island Heritage Association is sponsoring a history project for 9 to 11 year old or students in 4th or 5th grades. Projects, due April 11, will focus on island history and may take any form. To help students think about how to approach their projects, the Association is sponsoring two workshops. The first, Saturday, February 1st, held from 1 to 3 p.m. at the Heritage Museum is free, offered by Susan McCabe, and will focus on conducting interviews. Call the museum at (206) 463-7808 to sign up. Please see the Vashon-Maury Island Heritage Association website for additional information. Parents and last minute drop-in folks are welcome, too.

### Next Edition of The Loop Comes out Thursday, February 13

Deadline for the next edition of *The Loop*  
Friday, February 7

### Support Vashon School Levy

I hope that you will join us in supporting the school district’s four-year renewal levy on February 14.

This is a Maintenance and Operations (M&O) levy that is critical for our school district as it makes up approximately 23% of the annual operating budget. A few of the important ways the operating funds are used are for Advanced Placement courses, as well as for other special needs like pre-school and Student and Family Link; professional development in Mathematics; and for the adoption of new Common Core Standards.

This local M&O levy supplements state and federal funding and student fees. It is totally different and managed separately from the construction bonds and levies. Passage ensures lower class sizes and provides for a wide array of important electives such as band, art, drama and debate.

This is not a new tax. It merely replaces the operation levy that we support every four years.

May & John Gerstle


### Labor of Love Auction is Back!

The Labor of Love online auction to benefit Vashon Community Care is returning. This much-loved Island tradition, where Islanders bid on items or services that are made or performed by their Island neighbors, will run for two weeks, from February 12 – 26, 2014.

VCC is seeking donations of services and items for the auction. You can donate directly online at [www.LaborofLoveVashon.org](http://www.LaborofLoveVashon.org). Or you can pick up a donation form at VCC. Services and items that have been donated in past years range from homemade cookies to ethnic dinners for eight, tractor work to garden tours and knitting lessons to kayaking lessons.

Don’t miss out! Donate your item or service now and become part of this fun Island tradition while helping to support a great cause. All proceeds from the Labor of Love Auction benefit the residents of Vashon Community Care. The bidding will commence at noon on February 12th!





**NEED HELP WITH YOUR  
FEDERAL TAXES???**

**HEALTH INSURANCE SIGN-UP??**

**PROPERTY TAX EXEMPTION??**

**Come to the  
Vashon Library**

**on Wednesdays from 10:00AM - 1:00PM**

**Starting February 5th & Ending March 26th**

This tax help is **FREE** for people who make \$25,000 or less. You may have money coming back to you if you qualify for the *Earned Income Credit*.. Don’t let the government keep your money! **File!**

**HEALTH INSURANCE** There is still time to sign up for health insurance. Bring last years or this years tax return. In-Person Assisters will be here to help!!

**Property Tax Exemptions** forms will also be available. 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 appointment necessary  
All forms will be provided  
Hilary Emmer  
463-7277



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# No More Sleepless in Seattle?



Laura Worth, Shawn Denae Eddy, Robert Bornn with the AromaChill relaxation system.

How was your sleep last night? For many people sleep time is no longer teddy bears and being tucked in. Sleep time challenges can begin to dominate lives. Bad stuff happens to the body without enough sleep, so it’s important to find natural ways to help manage sleeplessness.

From Vashon, a new, huggable and relaxing, herbal-based sleep aid may be just the ticket. It’s based on tried-and-true wellness wisdom about deep, mindful breathing. This first-of-its-kind relaxation system is currently at Indiegogo, a crowdfunding Web site. Visitors can be the first to own an AromaChill by contributing to the cost of manufacturing their own at [www.igg.me/at/AromaChill](http://www.igg.me/at/AromaChill).

To bring his latest invention to the public, Robert Bornn, a Vashon entrepreneur, psychophysiology, and sleep specialist, founded LifeSense Technologies, LLC in 2012.

Mr. Bornn reports, “AromaChill makes the sleep time experience a positive one by using a reliable routine for mindful breathing with a choice of terpene-based fragrances and pleasantly cool air.”

Laura Worth, co-founder and a co-inventor, says, “When I can’t relax, having the comfort of a routine from using AromaChill and a familiar fragrance with a pleasant bit of chill, helps me pay attention to deep breathing.”

Mr. Bornn further explained, “When I get too revved up, I use AromaChill to change my state of mind by helping me focus on my breathing for brief periods during the day or at night.”

John B. Davis has used AromaChill

off-and-on from the earliest prototype to the current final version and he reports, “I like the relaxing fragrance of herbal terpenes and the feeling of the cool air in my nose. I can grab it when I’m having trouble and usually fall asleep in about half the usual time.”

Shawn DeNae Eddy reports success using AromaChill to manage her middle-of-the-night insomnia and says that “the routine of falling asleep has been a challenge for decades. I found that AromaChill helps me relax into a rhythmic breathing pattern and the cool, scented air calms my mind and helps me sleep.”

Mr. Bornn is a seasoned veteran in the relaxation and sleep fields. His roots go back to the early 1980s when he led sleep research, under Dr. Joe Kamiya in the psychophysiology laboratory at UCSF Medical Center. Mr. Bornn went on from there to invent and develop the first home-based, miniaturized sleep apnea monitor to diagnose people who stop breathing periodically during the night.

Indiegogo is a crowdfunding site where project owners offer “perks” in return for contributions at varying levels. Contributions to the AromaChill project start at \$10 for weekly sleep tips via the SleepWise e-newsletter or \$15 for the electronica album, Chill!, released for this purpose by

Mr. Bornn, who is also a performing and recording musician. The \$79 perk, an earlybird special, includes an AromaChill, the newsletter, and the Chill! album. Contact Mr. Bornn at [robert@aromachill.com](mailto:robert@aromachill.com) or (206) 463-4284.

# M.A.N. is coming to Vashon!

In October of 2013 I wrote a letter to the Loop. You may have read it, or perhaps you missed that week’s edition and subsequently missed the letter too. The subject of that letter was domestic violence and how this frightful situation has no boundaries regarding sex, age, ethnicity, or religion.

The focus of that letter was how domestic violence is everyone’s problem but not everyone has support or assistance when they find themselves reaching out for help. Until a few years ago our community had no resources available to assist those who sought help when domestic violence was present in their lives. That changed in April of 2011 when the DoVE project was founded. Now our community has a program in place to assist anyone who needs assistance with overcoming domestic violence. DoVE offers and provides safety planning, support, access to resources, referrals for housing, legal advice, and assistance in filing a protection order.

The only downside as I discovered was that if you are a male, there was little DoVE could do for you. There was no program for support if you are of the male gender. Moreover, I found there was no program available at the state level. The lack of services is not the fault of DoVE or other DV organizations.

Rather, I believe the fault lies with our society’s unbalanced views of the roles and power of men and women, and acceptance of this as the cultural norm.

My opinion stated that men do not reach out for support as a result of this societal conditioning, and that when they do they are often belittled and judged as having some part in bringing on the

violence.

I went on to request that if you are a male who has experienced or is currently experiencing domestic violence to contact DoVE. Let DoVE know that you are aware of the lack of assistance for men and that if you have a desire to help change this that you would be willing to take part in that. Apparently people did contact DoVE and as a result that change is now taking place. Thank you for your response.

Beginning in March DoVE will start offering the ability to provide assistance to men through advocacy and support sessions. It is because of your action that we are seeing this change take place.

If you are a male who has been through or is experiencing domestic violence I urge you to contact DoVE and be a part of this advocacy group for men. Contact DoVE either through email, [clients@doveproject.org](mailto:clients@doveproject.org), or by phone by calling the hotline number at 206-462-0911.

In doing this we can establish the best day and time for advocacy group sessions and begin the healing process. Share your story with others if you have one, as it is helpful to understand that if one is experiencing domestic violence as a man that he is not alone. Together we can bring M.A.N about, and change how domestic violence is currently viewed.

A special thank you to the DoVE Project!

Sincerely,  
M.A.N.  
Men’s Advocacy Network,  
Founder and supporter,  
Terry VanderWaal

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SWEETHEART

BINGO

VASHON ROTARY CLUB

'FUN' RAISER TO BENEFIT

COMMUNITY SERVICE PROJECTS

MONDAY, FEBRUARY 10

6:30—8:30 PM

VASHON GOLF & SWIM CLUB

The Vashon Rotary Club is doing some Fun Raising for the community and our kids. We will be playing Bingo from 6:30 to 8:30. Set up and get your seat early so you don't miss the beginning! Snacks, coffee and water for \$5.00 and the bar at VGSC is available at your cost. The amazing Jeff Hoyt will be calling your lucky numbers. Awesome Valentine's Day prizes throughout the evening. Kids are welcome.

Advertise in the Loop!

It's a great time to get back in the Loop.

[ads@vashonloop.com](mailto:ads@vashonloop.com) Or call (206) 925-3837



# Island Life Tiny Lights

By Peter Ray

With the clock radio flashing over the head of the bed in the dark, I knew the time it displayed would now be totally wrong, rather than the six to ten minutes ahead of normal time that it’s usually set at. This had been one of those relatively quick power outages in the middle of the night, but the light being generated from the incorrect blinking time was good news in itself, as it showed that we once again had power surging through wire and conduit. What the real time was, however, remained a mystery, until a short time later when the trusty wind up mantel clock downstairs chimed six times. If it had been on any half hour, we would have had to wait thirty more minutes for the hourly count down. If it had been any time shortly after midnight we would have had to wait till two a.m. to find out when it was, because the two half hours, with one o’clock in between them, are all marked by a single bell.

This of course brings to mind one of my great childhood mysteries. Actually, it wasn’t really a mystery, because this and any number of things were the stuff that I didn’t question back then. This particular one, while odd, didn’t really set me to pondering since I was more interested in getting on to the good stuff of the day- the Popeye cartoons- rather than trying to understand what Captain Jack McCarthy meant at the beginning of every show when he rang the ship’s bell three times and then said, “three bells- 5:30 and time for Popeye the Sailor”. This mystery was self-solving for me when we came home from a trip to Maine with a ship’s clock for my Dad’s den. With all the nautical types around here, it should be no mystery at all that the ship’s clock is based on a four hour watch, with one bell meaning either 12:30, 4:30 or 8:30 and the whole hours are multiples of two, with a pause between each doublet. Ding ding……. ding will always be Popeye time, regardless of whether it’s 5:30, 9:30 or 1:30.

And yes, it is sometimes odd how we mark the time. I am thinking of more recent times here- more specifically, a time a few weeks ago when coming home in the fog and the dark, and my back was aching from the latest simulated rowing session on the erg machine. In combining the pain, the dark and the fog, I almost didn’t notice the truck by the side of the road lowering an unlit candy cane to the ground. It was much later that day, on the way home from the massage therapist and with some of the pain erased, that I noticed that all of our power pole seasonal decorations had been removed. It was then that the earlier morning vision in half-light came back to mind as perhaps being the pre-dawn beginning of the end to the holidays.

This decoration extraction seems early to me. I may be way off on this, but I seem to remember thinking in the past, as we proceeded toward spring, that it

would have been more appropriate to have lit up shamrocks or bunnies with colored eggs rather than pairs of red and white Christmas candy lining our main thoroughfare. On the other hand, having something there, regardless of what it was, seemed okay. Having them up there glowing away as spring approached gave them an entirely different context from when they were put up, way back at the beginning of that “most wonderful time of the year”. Instead of holiday cheer they were now just lights and color. Rather than being a collective warning sign that the clock was ticking and the shopping had better be done……soon, they were an anachronism, but a cheery one nonetheless. But there is that time thing again- what would Captain Jack say? Two canes- time for Santa? But Santa is long gone for now, so I guess it’s perfectly okay for them- the canes- to go as well.

I think it is mostly the lights that I miss, but I also think that it was perhaps the lights that were the reason for their early departure. It would make good conservation and environmental sense to not waste the energy on holiday frivolity, especially as said holiday drifts into the history books. But while I find I can give a pass to some holiday lights (as opposed to the “Parade of Lights” and its ilk which now tends to pass for “news” if the display light count registers in the 1000’s), I find the trend of adding lights to everything one plugs in quite disturbing. It is the night that reveals a more subtle, if not insidious, source of light intrusion around the house. As the sun sets, a multitude of colored starlets become visible from beneath desks and behind chairs. One can’t tell anymore what is on or what is off, as in many cases the tiny lights are always on, whether anybody is home or not. Some people call these lights vampires as they constantly suck at your power lines while spinning the dials on the power meter.

There are the dumb lights that sit there glowing at you , and then there are the blinking, smart ones that talk in code about what your cable and internet are saying to one another. The other night while turning over to avoid the pain on one side (which most recently has begun to thankfully subside- a whole other story in itself) I opened my eyes to note a change in the magic signal boosting device talked about here the last time. It should be noted that contrary to previous reporting, its signal boosting capabilities are not all they’re cracked up to be. I do not know what that means. Nor do I know what the two red lights coming on and going off in the middle of the night meant, when all four of them should have been green and steady. All I know is that when the power goes off, all these lights go away, while the clock downstairs keeps ticking and chiming. Sometimes that is a comfort, even though you don’t really need bells to know which watch we’re on.



## J Pod Endures

By Orca Annie Stateler, VHP Coordinator

Chez VHP had a fortuitous and nostalgic encounter with J Pod on January 18. I fretted that we might miss our beloved Kéet, but the orcas’ leisurely pace allowed us to find them as they cruised up the west side of Vashon in dispersing fog. From a familiar vantage point overlooking Colvos Pass, I spotted them instantly, resting along the Kitsap shore.

Mark Sears accompanied NOAA researchers in their boat. The crew collected several samples – a productive outing. JPod rested most of the day; Mark saw no foraging. L87’s sat tag revealed that the orcas went into Commencement Bay overnight, where they presumably found food.

I contemplated the timeless vision of J Pod napping in Colvos Pass – a glorious sight I have witnessed dozens of times since I moved to Vashon in 1994. Granny (J2) still leads her extended somnolent clan, today with Onyx (L87) at her side, but I fondly recall resting formations with Ruffles (J1) and Spieden (J8) beside Granny.

Fifteen J Pod members have died since 1994: exquisite whales such as Merlin (J3), Ralph (J6), Tahoma (J10), Everett (J18), and Riptide (J30), to name a few. Tahoma died in 1999 when she was about 37. Her 23-year-old son Everett died soon after in 2000, tragically exemplifying how killer whale sons do not thrive without their mothers.

J Pod visits to Vashon-Maury in January are now rare. Mark recollects an era when J Pod regularly came here in January. We had another memorable January 18 encounter with J Pod in 2002, when Kéetla/Springer -- orphan orca extraordinaire -- was at the North End ferry dock.

Mark was monitoring Springer (A73) from his boat that day when she became visibly excited. Above water, he heard her vocalizing in orca “baby talk.” Kéetla was less than two years old at the time. Typically, he watched her rub on her favorite log, catch steelhead, or ride



the ferry wake.

The ostensible cause for Springer’s enthusiasm: J Pod was traveling south in Puget Sound. We surmised she could hear the orcas approaching. Would we see a sweet interaction? Alas, Southern Resident J Pod was not eager to meet the charming little foreigner babbling Northern Resident A4 Pod calls.

Rather than continuing south in East Passage, J Pod avoided Springer. The Js veered off, traveling down the west sides of Blake and Vashon Islands. On that winter day in 2002, Odin and I watched Granny, Ruffles, Spieden and their kin surface in the wine-dark water of Colvos Pass at sunset, against a rose-mauve-orange sky. Spieden’s wheezy blow echoed in the quietude.

Twelve years ago, J Pod went south in Colvos on January 18. This year, we saw J Pod with Onyx (L87) traveling north in the passage on the 18th. A wistful feeling arose when our enduring, endangered J Pod reached Blake Island and journeyed onward to Restoration Point. We probably will not see these orcas in Island waters again for many months, and when they do return, the loss of more members may well alter J Pod’s configuration.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041, as well as seal pups and sick, injured, or dead marine mammals on Island beaches. Prompt reports to the VHP expedite vital data collection efforts by Mark Sears and other researchers, and sustain an accurate record of whale sightings for Vashon-Maury initiated three decades ago. Send photos to Orca Annie at Vashonorcas@aol.com.



Samish (J14) with son Riptide (J30), who died in 2012. Photo © Mark Sears, 2007



# Spiritual Smart Aleck



By Mary Tuel

## Let Me Know If There’s Anything I Can Do

When someone dies, people say to the survivor, “Let me know if there’s anything I can do.” The survivor thanks them, but of course has a completely blank mind and can’t think of anything. There might be a lot of things that need doing, but the grieving person is in a world of shock characterized by numbness and amnesia.

So, having heard that offer numerous times and never having an answer for it other than, “Thank you,” in a rare moment of rational thought I wrote down some things that might help and then posted them on Facebook, where my requests were read by, and responded to, by many.

“Clean one square yard of my house. Wash one window of my house. Drop by and do a sink full of dishes, or a load of laundry.”

I asked for one square yard because I wanted to ask for something that was doable, and not overwhelming. Lin, Joan, and Trish came by and cleaned the whole entry room, as well as the kitchen, and washed the insides of the windows, and they brought food, too. Friend Barbara came by with her own squeegee and washed the big window that overlooks the ravine in the living room. Cindy came over and made the place neat and clean last week.

“Help weed my flower bed, and plant the rhododendron I’ve been given.”

Rick’s old friend Willum and his two sons came out to the island and spruced up the yard and planted that rhodie and washed the outsides of the windows – bless them.

“Help me put a TV antenna on the roof, as soon as I can afford one, so that maybe I can get channel 9 again.”

Friends Nicki, Cheryl, and Heather actually bought an antenna and set it up. Still can’t get channel 9, but I was able to watch that Seahawks game last week. Woo hoo!

“Bring chocolate.”

Those two words have brought me a veritable tsunami of chocolate. People have been handing me chocolate, slipping chocolate into my purse when I’m not looking, and mailing me boxes of chocolate, including one from Australia (thanks, Clare). Another friend Barbara sent a box with poetry, a jumble of chocolate with dollar bills scattered through it, and a jigsaw puzzle. That really made me laugh with delight. I said to singing pals Lynn, Erin, Linera, and Mary Rose today that I think that for the first

time in my life I may have enough chocolate.

“Recommend funny movies/TV shows on Netflix.”

It is great to escape for an hour and a half into another world from which I can come back refreshed to deal with this world.

My final request was this:

“Send a little money. I apologize for being crass, but it turns out that there are expenses when someone dies, and Rick and I were living on Social Security, so anything at all would help. Seriously.”

People have responded to that request incredibly generously. It took a lot of chutzpah to swallow what little pride and shame I had left to make that request. In my case, your generosity has made life less worrisome at a time when I can hardly think, much less think about how to pay the property taxes in April. Thank you.

Many people don’t have the cash on hand to cover all the expenses that go with a death, especially if the death came at the end of an illness that lasted years and went through all their financial resources. Even if that is not the case, many people are living from one paycheck or Social Security check to the next. Money helps. It just does. It allows a person to feel a little more secure when his or her world is at its most insecure.

So. When someone you know has suffered the loss of someone they love, you can say, “Let me know if there’s anything I can do to help.” Then, even if the person hasn’t got an answer for you, SHOW UP and do a little house cleaning or window washing or yard cleaning, lend them some great movies or TV shows or make a list of great things to rent or see online, make a cup of tea or coffee, fix a sandwich, take the dog for a walk, give their kids a ride to rehearsal or the game and back, bring a meal that can be eaten now or frozen for later, write a check and send it to the account that’s often been set up at the bank to benefit the family or be the person who sets up that account, or give a check directly to the family. Don’t wait to be asked.

And, of course, bring chocolate.

I am not an authority on grief. I’m only reporting on the experience I’m having now, but I think I’m on pretty safe ground when I say, “Show up, help out, bring chocolate, and a little money never hurts.” Those are some things you can do.

# FDA/NIH Study Explains Resurgence of Pertussis

## Answer may surprise - Need to Know Information

by March Twisdale

Good people are people who do their best. There are a lot of good people on Vashon-Maury Island, and we are a diverse group. That’s why “respect for diversity” matters. Sometimes another person’s choice will boggle our mind. When it does, hopefully we’ll realize we are boggling someone else’s mind, too! And aim for tolerance. A not-so-easy goal.

Sadly, over the past few years, our respect for medical diversity has faltered. What you do in the doctor’s office has become public fodder for evaluation, debate, and ultimately, judgement.

This message mostly centers around pertussis (whooping cough) and the commonly held belief that by vaccinating, you can protect yourself AND those around you. This is known as Herd Immunity. Or, if you don’t want to feel like a cow, Community Immunity.

It’s a great idea, and for some diseases it works. But, according to a new, highly-credible FDA/NIH study, attaining herd immunity for Whooping Cough with the current acellular pertussis vaccine is almost certainly a pipe dream.

Vaccines in America are produced by private companies,

government is tasked with approval and oversight, and public health departments are expected to inform the public. The trouble is, vaccine science is complicated, sound bites under-inform, and fear is a powerful force.

The most popular vaccine myths in our region are: (1) if you vaccinate, then you won’t catch pertussis or transmit it to others, and (2) if more people vaccinated, we could achieve herd immunity!”

So, this is the question of the hour: “Why is there a resurgence of pertussis in the U.S. when American vaccination rates are higher than ever?” Answer: “Because the vaccine doesn’t do what we thought it did.”

This new, and highly noted, study shows that baboons vaccinated with aP (acellular pertussis vaccine) were protected from severe pertussis-associated symptoms but not from colonization, they did not clear the infection faster than non-vaccinated individuals, and they readily transmitted B. pertussis to unvaccinated contacts. Individuals vaccinated with wP (the older whole cell pertussis vaccine) cleared the infection faster but still transmitted to contacts. Meanwhile, previously infected baboons were not colonized nor capable of transmitting pertussis to contacts.

According to Tod J. Merkel, lead author of the study, “When you’re newly vaccinated you are an asymptomatic carrier, which is good for you, but not for the population.” Fellow scientist, Jason Warfel went on to state: “Although pertussis resurgence is not completely understood, we hypothesize that current acellular pertussis vaccines fail to prevent colonization and transmission.”

Surprised? You shouldn’t be. As Emily Willingham states, in Forbes magazine, “Although this work was in baboons and baboons aren’t people, it provides compelling evidence for what many experts suspected: Acellular pertussis vaccine just isn’t very good at preventing pertussis transmission.” [www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm376937.htm](http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm376937.htm)

So, what’s the media to do? The past few years have been filled with stories such as The Stranger’s article by Goldy titled: Stupid Fucking Anti-Vaccine Hippies, and the Seattle PI’s article, “What It’s Like To Have Whooping Cough At 31,” which quotes Julia Ioffe’s blog post, “I’ve Got Whooping Cough. Thanks a Lot, Jenny McCarthy.” Lead editor of The New Republic, Julia ends her story with, “So thanks a lot, anti-vaccine parents. You took an ethical stand against big pharma....killed some babies and gave me...the whooping cough in the year 2013. I understand your

wanting to raise your own children as you see fit, science be damned, but you’re selfishly jeopardizing more than your own children. Carry your baby around in a sling, feed her organic banana mash while you drink your ethical coffee, fine, but what gives you denialists the right to put my health at risk...?”

Thankfully, Julia Ioffe can now rest easy knowing that she probably caught pertussis from a cute, vaccinated, schoolgirl who’s Mommy was completely unaware that her daughter was a walking, talking, bright-eyed little pertussis carrier. Or, her elderly neighbor who had an awful cough that just wouldn’t go away. Or her co-worker who coughed so hard she cracked a rib just before catching a flight to Atlanta for a business meeting. Or, her other co-worker who feels perfectly fine, just got the TdaP, and is visiting his newborn niece after work today? None of whom ever considered that they could have pertussis...because they were vaccinated.

Does this mean you shouldn’t vaccinate for pertussis? Of course not! Tetanus only offers benefits to the recipient, so why not use the pertussis vaccine? If you wish to manage your health with vaccines. Not everyone does. Some islanders prefer to allow their children to experience pertussis naturally, watching for symptoms, working with their doctor, and staying home until they are no longer contagious. After all, if both the vaccinated and the unvaccinated can be colonized by the bacterium and transmit it to others, then the obvious symptoms of the unvaccinated will at least raise a red flag. But, what if you or your child has a suppressed immune system, or asthma, or you’re just plain scared of the disease? By all means, take advantage of the personal protection the acellular vaccine offers you. Just don’t think you’re getting more than you’re getting.

For now, no one knows 100% what’s happening and there is no viable vaccine option for creating herd immunity to pertussis. Until we know more, parents of newborns (and other vulnerable individuals) should continue to be cautious! This means, if you thought a person’s vaccination status automatically made them safe...think again.

On the public front, let’s hope our doctors, public health nurses, public & private school administrators, media and activists will revamp their message to acknowledge the results of this game-changing study.

~March Twisdale (an advocate for medical choice and informed consent who also is a parent with partially vaccinated children)

## Voice of Vashon

Continued from Page 1

mellifluous voice at an event or variety show. A radioman and civic-minded Islander, Jeff emcees auctions, facilitates events and provides color commentary for our beloved Strawberry Festival parade. It turns out he also tells stories. Jeff says Hoytus Interruptus means “true stories, cool music, and conversation that doesn’t suck.” He calls it “lyrical story-telling.”

Another Island storyteller is Teresa ‘T’ Martino Yamamoto who shares stories and music about people and animals in her Wolf at the Door program. T is the founder and director of Wolftown where injured or orphaned wild animals are rehabilitated before returning them to the wild.

Listen to Voice of Vashon Radio Theater and you are treated to a series of short plays produced by the Vashon Park District and Performance Exchange. It was the brainchild of island producer Jeanne Dougherty and then Park District Program Director Susan McCabe.

Vashon is fortunate to have John Midgley on Voice of Vashon after a six year run at KBCS with his Seattle morning jazz show. Listen to his radio program Jazz Kaleidoscope for music that encompasses all of modern jazz, bridging everything from the Fifties to today’s new creations. It is a showcase for John’s eclectic taste in jazz.

VoV’s longest-running show is The Jazz Guy, a delightfully eclectic mix of some of the world’s best jazz. Since the first show in 1999, former Hollywood screenwriter Bill Wood and his audio engineer Michael Golen-Johnson have produced over 300 shows with themes ranging from Jazz About Really Rotten People to Jazz About Love.

There are also video programs available that you can view on demand at VoiceOfVashon.org. The Vashon Hysterical Society offers skits that lovingly parody

Island life. The creative ensemble of writers, musicians and actors presented sketch comedy and original songs at the Vashon Theatre last year. Want to know how to adopt a dog, care for a cat or address problem pet behaviors? Pets to Go is a fun instructional TV series highlighting pets and how to care for them. Pets to Go is produced by Islander Wendy Nickolay, an avid animal lover, filmed by Island artist Pam Ingalls and hosted by

VoV’s Susan McCabe. Arts On The Air will feature the popular VAA Arts & Humanities series and performances by Island artists.

This school year, VoV is again broadcasting live Vashon High School sports events. Kevin Linnell, who does color commentary, says “We really enjoy doing these broadcasts to generate community support for our local sports teams.”

Continued on Page 10



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**Aries (March 20-April 19)**  
You may be experiencing a sense of restlessness, like your inner energy is pushing out to be put into something. I propose applying this energy to tending your network and building relationships. You are in a period of heightened awareness regarding where you stand with the individual people and larger groups you’re involved with. Think of this as feeling more connected to them. Spend extra time, energy and love reaching out and nurturing the connections you’ve built over the past few years -- both in social and professional settings. It may feel as though you have been changing in unexpected ways and that your larger network may not be able to grow with you. I propose that in fact they can be brought along with you, and will provide much in the way of support.

**Taurus (April 19-May 20)**  
It may feel like you’ve come to the end of the road regarding a career goal or path you’ve been on for some time. I propose that this is not any kind of failure or setback, rather an invitation to reinvent your business goals and the plans you are implementing. Like an artisan shaping and reshaping a clay pot on a potter’s wheel, career trajectories are organic processes that are worked and reworked numerous times as they are built. I suggest using what was working and what wasn’t working as useful information as you make some new career plans and goals. You don’t need to go that far from the path you’ve been on to achieve the goals you have; it may be as small a shift as a simple sidestep that brings you into tighter alignment with your higher calling.

**Gemini (May 20-June 21)**  
Recently a few personal philosophies or outlooks may have felt tested. Personal philosophies speak both to values and to our perception of how the world operates. The thing about a personal philosophy is that you can change it, which means changing yourself and your perception of life. At the moment, you have an opportunity to make much headway in moving with this energy and evolving a few old viewpoints. You are exploring the idea of the ‘child’ mindset -- operating on a daily basis from the position of openness, curiosity and a positive outlook. Thought of another way, you are learning to view each day with an open mind, consciously forgetting past patterns and negative experiences; each day as a blank slate. This is building personal patterns that will help you be flexible and move effectively through the continued larger changes of your life.

**Cancer (June 21-July 22)**  
I propose that your emotional connection to the larger collective is one of your most important tools -- being able to connect emotionally with a diverse range of people. You are able to disconnect from your own emotional body while walking with others on a journey through their emotions. This emotional support is a resource that others may be drawing on more frequently. Notice how they lean on you. You are an important part of many of your friends’ and family members’ support systems. Remember, this is a two-way street. As others lean on you for support, reach out to the very network you support when you need help. Plenty of close partners are looking to return the support you give them -- clearly communicate how they can provide what you need.

**Leo (July 22-Aug. 23)**  
You are making a few important realizations that are helping you establish new patterns for relating; they are an outgrowth of how you structure your most intimate partnerships. The current astrology is highlighting this fine edge of the new relationship concepts you’ve been

developing. As you try to sort out how to begin, it may come with the sensation of a precarious balancing act, like you’re teetering on the edge of breaking through a threshold. As you assess how to implement these new ideas, aspects of past relationships will come up for healing. This is helping you to continue to leave behind old patterns and habits of relating. As you move through this process, trust that close partners are holding space for you to explore your ideas and share with them what you find.

**Virgo (Aug. 23-Sep. 22)**  
The focus is on both your emotional health and your physical health right now. I suggest taking note of how the two are related and influence each other. When you invest in one aspect of your health the other benefits, too. This process is helping you understand the extent to which your emotional and physical bodies are connected and how you can leverage that relationship to better care for all parts of yourself. You are gaining a new understanding of how to be the custodian of your inner world and your physical body and have the opportunity to establish new patterns of stewardship of your health. Ultimately, you are building patterns of health based on love and respect for yourself -- supporting your sense of self-worth.

**Libra (Sep. 22-Oct. 23)**  
Your creativity is particularly potent. It may come with the sensation that you are live-streaming the material directly from your internal source. Trust what is coming through and take steps to apply it consciously to your current projects. As you apply this creative energy, notice the sense of authentic involvement with the world around you that it brings. This comes with a sense of belonging -- you can think of it as the feeling that you are in the right place, at the right time, doing the right thing. What you are building now has a further-reaching impact than you may initially think. The feeling of potency of the moment you are in is a call to share what is coming up from inside of you. I suggest following these feelings; what you have to give back is needed in the world.

**Scorpio (Oct. 23-Nov. 22)**  
During this week’s Aquarius New Moon, some key issues that you have been working through and healing will be coming up for further inspection. I suggest not worrying that you are in any way losing ground or moving backwards on all the work you’ve done. What you are accessing is the feeling of a fresh start -- like you have travelled a long journey and are now arriving somewhere new, or like you turned a corner and are meeting the concept of ‘the future’ with an open heart and mind. Part of what this process is reminding you to do is to claim your vision for your future. You have the right to exist and the right to the future you imagine. I’m not referring to living in denial or a dream world -- rather not letting doubt, fear or others’ limitations dictate what you can accomplish.

**Sagittarius (Nov. 22-Dec. 22)**  
You tend to have a big-picture viewpoint of your life and the larger collective we think of as the human race. A few situations are drawing you now to focus on the details of your day-to-day life. You are learning the power small details and actions actually have to make an impact on a larger scale. Think of this as seeing the full scope of interconnectedness between your life and the larger story of our world. What you do does matter, not just in your life and your local environment, but also on a global scale. Changing small habits, such as shopping at local markets or using fewer plastic bags, not only impact your local environment, but also ripple out to influence larger changes. The current astrology is calling you to honor

the power of small actions to make change.

**Capricorn (Dec. 22-Jan. 20)**  
You are working through a number of deep internal layers of your emotional framework, making contact with your concept of value and how that concept is expressed through actions and words. You are working with a new idea regarding how you honor your own inherent value. Think of this as what you do to meet your needs, desires and boundaries. How this is upheld is through your own actions, and also conversations with others. As you work with this new idea, I suggest not worrying about how others are responding. You are in a period of inquiry and investigation into what you value and how that translates to your sense of self-worth. As you gain clarity, you will be able to share what you learned with close partners and bring them along.

**Aquarius (Jan. 20-Feb. 19)**  
You are starting the year with a New Moon in your Moon sign this week. You may be feeling a strong pull to reinvent how you respond to your life. Dedicate time now to reworking the visions you’ve held for who you are and how you react to situations. I suggest thinking of this in terms of how you show up each day. Are you presenting the best version of you? What does that best version look like? I’m not referring to an ideal that you chase,

## Road To Resilience

*Continued from Page 1*  
waste is recycled while the rest gets hauled over to the Cedar Hills landfill about 35 miles and a ferry ride away. Another 47% of our total tonnage of solid waste is organic and recoverable. These materials consist of food waste, soiled paper, yard waste, and wood waste. If we build a methane digester, we can turn that waste into renewable energy in the form of methane (about 508,000 kwh equivalent) and compost. That compost, when spread on local pastures and gardens can sequester much of the carbon that now escapes into the atmosphere.  
The idea of building a methane digester was introduced some years ago by our local Greentech group. It was revived at a meeting recently by Julia Lakey, caretaker of the VCC Community Garden, and Gib Dammann, who spearheaded the financing and construction of the Community Solar renewable energy array at Harbor School. They are looking to assess island interest in going forward. The selling points are pretty hard to deny. Converting and recycling that waste on the island would save 174 truck trips and over 1700 gallons of diesel fuel. The yearly combined diverted waste, renewable energy harvest, and elimination of hauling would eliminate 7747 tons of greenhouse gases, the equivalent of taking 19,000 cars off the road. In addition it would create 3000 tons of high-grade compost.  
The above estimates originated in a proposal prepared for us by Impact Bioenergy, a builder of modular methane

rather showing up with honest authenticity, compassion and grace. You have the ability now to quickly and efficiently slip into new patterns and habits. It won’t take much application to build these new ways of showing up, many of which you’ve desired to implement for quite some time.

**Pisces (Feb. 19-March 20)**  
As a Pisces Moon, your energy is in tune with those around you and your environment. This week’s Aquarius New Moon is turning up your tuning dial another notch, as though a battery is being plugged into your energetic connection with the outer world. It may come with the sensation of your system being overloaded -- you may experience feelings of not having enough physical energy or like your inner tank is low on fuel. I suggest devoting more time to recharging your battery. Slow down, do less, re-structure commitments when necessary. You are learning to work with the cyclical nature of your Moon -- periods of rest and periods of high activity. Utilize this time to power up your physical energy. Soon the pace of life will speed up even more and this full inner tank will be an important resource to draw on.

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

digester plants. The County hopefully will entertain the idea of siting this facility at the landfill, which would make it extremely easy to divert waste to the plant and for the county to be able to continue handling the leachate from the plant. Gib Dammann was quoted a cost of about \$3.4 million by Impact to install the plant. Compared to the \$47.7 million bond we approved for the new high school and the \$16.5 million going for the new performing arts center, the methane plant is very reasonable for the huge impact it could have.  
Difficulties to be faced in bringing this project to fruition revolve around a lack of precedents in the region and, in fact, in the country. We will first have to figure out how best to finance the plant. Do we vote for a public utility district or do we capitalize it privately? We would each have to work to separate our waste products and figure out the logistics as a community for feeding the plant. We would have to negotiate with the County to establish protocols for running and making decisions. There would be a myriad of State and County regulations and permits to be complied with. Some of these regulations would probably have to be developed for an unprecedented project like this.  
Still, there is no place better to spearhead a project like this than Vashon Island. Watch for announcements of future meetings. If you would like more information, contact Julia Lakey at [jlakey@centurytel.net](mailto:jlakey@centurytel.net).

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



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Positively Speaking

Last Minute and Not Too Worried

Birthday month: Caity will be 26. Then two weeks later Joe will be 30. Four days later Isaac turns 35 . Four days after that Chris turns 35.

The “birth order” is completely non traditional in our family. Isaac was an only child for five years. Then, after a process that would cut the birthrate by 80% if it were required of birthparents and twice as long as pregnancy, 5 year old Chris was placed with us. Four years after that Caity was born, and one year later 5 year old Joe was placed with us.

I was 28 when Isaac was born. Math is easy from there. Chris came along when I was 33. Caity at 37, thus earning me the categorization of ‘advanced multipara’. And, 38 when Joe was placed. My kids are now the ages I remember being when I was parenting them.

Children have been my life since I was a tween; 11 to be exact. That’s when I started daytime babysitting. And the best four years of my life was when I was home full time with all four of them.

This set of words didn’t come into existence until, thinking I was being terribly clever, I wrote my whole article on my Notes app and when I pressed until select/ select all ...poof! Gone. It was a complicated column and reconstructing it is going to take some time, but it made me think of the kids.

Let me explain. This column is for those if you who don’t have perfect families. The non-Pieces of Eight families. Those of you who have been hit with a hard dose of real life.

You can do everything right in life and end up with circumstances that look like you sucked at everything.

Other people’s stuff, excellent and/or depraved is going to effect your life.

My life was greatly effected by the choices of my maternal grandparents, my former in laws, my adopted kids’ birthparents, my son’s in laws, and I wasn’t even in the picture when their behaviour was forming influence.

I’m musing about such because three times in the last two weeks I’ve had conversations with people who had held bitterness and grudges about something they thought I’d said and done. Factually it

By Deborah H. Anderson



was easy to prove to them, I’d never done such a thing.

In screensaver moments of my brain and focus, those conversations have come back to me. Twenty years is a long time to be upset about something that never happened.

So I want to say this for those of you who are embarrassed or hiding the fact your family is not perfect.

I will only be celebrating Caity’s birthday with her. The other three really don’t want anything to do with me. I was a great Mom, a terrific wife and an honest and moral person. But sometimes ya just get caught in other people’s stuff.

The important thing is to keep your perspective, a loving warm heart and an eye on the future.

After fifty years of caring for families, from the first one who suffered the death of a child and couldn’t bear the grief of being around those children who were left, that I cared for as a teenager, to the five actually, really perfect families I know now who all have obstacles in their history they have overcome, families are complicated arrangements.

Just make love the strongest part of your existence and something good will come of some part of it. And don’t waste your time being angry and bitter. What you’re fuming about might not have actually happened.

And only my kids will get this. No matter what, I’m hanging on to the tiger suit because you never know what good things lie in the future. There may be a grandchild that wears it!

Be honest, be loving and other people’s stuff will be neutralized. No worries. Remember, in the Greek, perfect actually means complete. You can always pick up where you left off.

Love,  
Deborah



Vashon Library February Calendar

Children & Families

**Ponte el Ritmo (Get Your Rhythm On)**  
**Saturday, February 1, 10am**  
Held at the Vashon Land Trust Building, 10014 SW Bank Road.  
Ages 3 and older.  
A hands-on, call-and-response rhythm and song workshop for kids! Elspeth “Elsita” Savani and Jeff “Bongo” Busch present the rhythms, songs and instruments of Cuba and Brazil with maximum fun and humor. Be sure to bring your clapping hands and dancing feet!

**Family Story Times**  
**Tuesday, February 4, 11, 18 and 25, 11:30am**  
Held at VYFS PlaySpace, 9822 Gorsuch Road SW.  
Newborn to age 6 with caregiver. Come for a fun-filled half-hour of stories, finger plays, movement and music! You do not need to be a member of PlaySpace to attend. Please call the Vashon Library with questions, 206.463.2069.

Teens

**Study Zone**  
**Wednesday, February 5, 12 and 26, 3pm**  
Grades K-12.  
Drop in for free homework help from trained volunteer tutors.

**Teen Night at the Library**  
**Saturday, February 8, 6-9pm**  
For grades 6-12.  
We’re opening the library on a Saturday night just for teens!  
Have a tarot card reading with Morgan. Play games, use library computers, eat snacks or just hangout. Raffle prizes, too! All free!  
Teens must be picked up by 9pm. Teens are allowed to leave as they wish- this is NOT a “lock-in”. However, there are no in-and-out privileges, so once a teen leaves they are not allowed back in to the event.  
Questions? Contact Ursula Schwaiger, uschwaig@kcls.org, 206.463.2069.  
Sponsored by Friends of the Vashon Library.

Adults

**Great Books Discussion Group**  
**The Criterion of a Good Form of Government by John Stuart Mill**  
**Monday, February 3, 6:30pm**  
The Great Books Discussion Group meets on the first Monday of the month, October through June. Visitors are welcome. The only requirement to participate is that you have read the material under discussion.

**Tax Help for Low Incomes**  
**Wednesday, February 5, 12, 19 and 26, 10am**  
Professional tax preparer, Hilary Emmer, will help those with incomes of \$25,000 or less, prepare their 2013 tax forms. Free and no appointment necessary.

**Free ESL Classes**  
**Thursday, February 6, 13 and 27, 6pm**  
Learn how to speak, read and write in English. Free weekly lessons, beginning to intermediate level, taught by an ESL Instructor. Classes are held in the library. Call 206.463.2069 for more information.

**Computer Class: Internet Level 1**  
**Monday, February 10, 10:15am**  
Learn how to browse the Internet, type web site addresses, understand basic Internet vocabulary and use search engines. Prerequisite: Ability to use the mouse. Register online or call 206.463.2069 for assistance.

**Computer Class: Internet Level I**  
**Monday, February 10, 12:15pm**  
Learn how to browse the Internet, type web site addresses, understand basic

Internet vocabulary and use search engines. Prerequisite: Ability to use the mouse. Register online or call 206.463.2069 for assistance.

**Vashon Island Parents Read The Whole Brain Child**  
**Thursday, February 13, 7pm**  
Held at Vashon Youth and Family Services PlaySpace, 9822 Gorsuch Road. Join the Second Annual Vashon Island Parents Read community reading program! This year read and discuss The Whole Brain Child: 12 Revolutionary Strategies to Nurture your Child’s Developing Mind by Daniel J. Siegel and Tina Payne Bryson. In this pioneering book, Daniel J. Sigel, neuropsychiatrist and author of the bestselling Mindsight, and parenting expert Tina Payne Bryson offer a revolutionary approach to child rearing with twelve key strategies that foster healthy brain development, leading to calmer, happier children. Copies are available for checkout at the Vashon Library. Registration not required.

**Opera Preview: The Consul by Gian Carlo Menotti (1911-2007)**  
**Sunday, February 16, 2pm**  
Held at Vashon Maury Senior Center, 10004 SW Bank Road.  
Presented by Norm Hollingshead. The Consul is set in an unnamed totalitarian country in the mid-20th Century. It is a grim story of Cold War politics, in which Magda Sorel, the embattled wife of a political fugitive, tries to keep herself, her infant child, and her aged mother-in law alive as her husband evades the secret police. Her only hope is to receive an all-important visa from the Consul, but to do that she must surmount a bureaucratic nightmare. In Act 3, help is finally on the way, but will it be too late for Magda?  
Sponsored by Friends of the Vashon Library.

**Start to Fitness**  
**Reducing Stress Through Meditation**  
**Sunday, February 23, 2pm**  
Held at the Vashon-Maury Island Land Trust Building, 10014 SW Bank Road. Explore with Ajili Hodari the potential of meditation to reduce stress-related responses, improve concentration and enhance clarity of thought and mental equilibrium.  
Sponsored by Friends of the Vashon Library.  
If you’re resolved to begin the New Year with a more active, healthy lifestyle, it’s easy to get started at your library. Throughout 2014, find ideas, inspiration and tips on simple ways to add more movement and healthy options to your life through the new adult series, Start to Fitness.  
www.kcls.org/fitness

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For more information, directions or reservations just call 206-463-2005



Island Epicure



By Marj Watkins

A Protein-enriched Salad

The temptation on chilly days is to cook everything and serve it piping hot. There’s satisfaction, though, in contrasts in a meal. Hot soups and stews, cool salads, warm colors of diced oranges and green leaf lettuce, of white apple or pear chunks on dark green lettuce or baby spinach, tart-sweet apples and crunchy celery and walnuts. And all these flavors and textures set off by the salad dressing.

Try this healthy salad with a surprising dressing featuring peanut butter. The peanuts in the salad and the dressing together give you nearly 6 grams of protein per serving. Of all the nuts they are the highest in protein. Walnuts provide a little Omega 3 fat, but only 3 grams of protein per serving .

Apple & Nut Salad  
2 servings

- 1 organic apple, washed and diced, peeling on
- 1 Tablespoons diced celery
- 1 Tablespoons raisins or dried sour cherries or cranberries
- 3 Tablespoons chopped roasted peanuts or walnuts
- Dark green lettuce leaves, washed and dried between tea towels

Dressing:  
2 Tablespoons peanut butter  
2 Tablespoons lemon juice,  
or to taste  
1 Tablespoon almond milk  
1 Tablespoon shredded coconut

Combine the first four ingredients. In a cup or small bowl, thoroughly mix the dressing, reserving the coconut. Now mix the dressing into the apple combo. Line a flat soup plate with torn lettuce leaves. Top with the salad. Sprinkle the coconut shreds over all.

Pan-roasted peanuts: Spread peanuts on a pie pan on baking sheet. (I roast a cupful at a time for a few minutes in a 300 degree oven, and when they change color and don’t taste raw anymore, I let them cool and then store them in a glass jar, cap it, and stow it in the refrigerator.

Chopped toasted peanuts will find many uses: Topping for ice cream, in granola, on cereal, or—roasted but not chopped—as snack food. If using walnuts instead of peanuts, try this Tahini dressing. Tahini yields 3.14 grams of protein per serving.

Tahini Dressing

Makes ¾ cup  
¼ cup tahini  
¼ cup fresh lemon juice  
About ¼ cup water  
Salt to taste

Mix tahini and lemon juice in a small bowl. When well blended, add water by the tablespoon, blending well after each addition, until the mixture has the desired creaminess. Stir in the salt. Good on either a fruit salad or a vegetable salad.

Dairy Is Not Critical to Bone Health

By Kathy Abascal

I have noticed a growing trend toward anti-veganism, especially among proponents of the Paleo Diet. I’ve heard reasonably well-educated practitioners declare that a diet without animal products cannot be healthy. Without relying on human research, they proclaim that a vegan diet is only suitable for Buddhist monks trying to reign in their sexual urges. All other vegans, they warn, will end up asexual, infertile, weak, ill, brittle-boned, and riddled with acne. My studies instead have taught me that humans are omnivores who can maintain their health on a wide variety of diets provided they understand their body’s needs and adapt their diet to satisfy those needs. This includes taking into account the fact that environmental toxins abound and have a dramatic, negative effect on our health. We cannot limit our exposure to these chemicals and eat a diet heavy in dairy, meat, fish, and poultry. As a result, we should not argue that people must eat animal products to be healthy without very strong supporting evidence. Instead, whether to eat animal products is a choice that comes with pros and cons. Ultimately, most studies show that a vegan diet can be a very healthy choice and even has the potential of being the healthiest choice. One of the few areas a bit in question is whether a vegan diet will tend to lead to osteoporosis. Two recent studies on this topic say it will not.

One study followed nuns from some 20 temples and monasteries in Ho Chi Minh City in Vietnam and matched them with a control group of women eating an average diet including animal products. All were healthy women over the age of 50 and they were followed for two years. Ultimately, 181 women completed the study. Both groups of women were deficient in vitamin D with the nuns being almost twice as likely to be deficient as the controls (73% vs. 46% with vitamin D less than 20 ng/ml). At the end of two years, bone mineral density did decrease in an age-dependent manner but this decrease occurred equally in both groups. The bone loss seen was similar to that seen in Caucasian women in other studies, about one percent per year.

In other words, the vegan diet did not speed up bone loss and did not increase the incidence of fractures. Instead, the study actually found that animal fats as well as the ratio of animal protein to vegetable protein in the omnivores’ diets correlated with significant bone loss at the femoral neck. This supports the theory that excess animal protein may generate acidic waste that depletes the bones.

What was most interesting about this study was that it found NO correlation between dietary calcium, vitamin D levels, and bone loss. The nuns on their vegan diet only consumed 375 mg calcium per day and as mentioned 3/4ths were vitamin D deficient. The omnivores also ate a low calcium diet (683 mg/day) and almost half were vitamin D deficient. Nonetheless, these shortfalls did not have a negative effect on bone mineral density or bone loss in either group. Nor did they increase the incidence of bone fractures. This suggests that, contrary to current beliefs, vitamin D levels may at best only have a modest effect on the rate of bone loss in postmenopausal women.

This study, like most, was not perfect. It was small, it did not follow women for decades, and although it did not find an increase in fractures, it was looking at Vietnamese women who, unlike our population, do not suffer as much in the way of fractures. But it does confirm that it is entirely possible to eat a vegan diet and have healthy bones; even on a low calcium diet.

As in Vietnam, calcium intake in Korea tends to be low; about 500 mg/day total and dairy is not widely consumed. Nonetheless, the average osteoporosis rates in Korea are lower than in this country. We in the west have a fairly high dairy consumption, Koreans in contrast instead eat many, varied types of dark green vegetables, typically 10 ounces per day. A study looking at older Korean women found that those getting their calcium from leafy greens had a reduced risk of osteoporosis and a higher bone density whereas those getting their calcium from dairy and other animal products. Animal derived calcium did not improve indications of bone health. This study assumed the bone benefits came from the calcium in the vegetables but noted that dark green vegetables also



Kathy Abascal is a practicing herbalist, teacher, and writer. After spending some of her early years in Sweden, she went on to obtain a degree in neurobiology with minors in biochemistry and French from the University of California, Berkeley.

provide potassium, vitamins, and carotenes (not mentioned but they also provide omega 3s) all of which are associated with bone health.

Ultimately, as these studies show, it is becoming clearer and clearer that a well designed vegan diet will not cause bone breaks and that dairy is not indispensable to healthy bones.



# Espresso

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**Saturday 7:00am - 3:00pm**  
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## Comedy Night

On January 31, 1865 congress passed the 13th amendment, abolishing slavery in he United States. Ever since, we have gathered together on that day and honored this great humanitarian legislation by telling dick jokes.

We have a great show for you guys. We have eight Comedians! Each one with the potential to make you shoot White Russians out your nose! And you don't even drink White Russians!! Amazing!!! I'm loving this whole exclamation point thing!!! Am I doing it right?!!!!

If you were wondering when Caitlin Little was going to get back in front of the lights, stop wondering. Do your breathing exercises, sister, 'cause she's back.

Last time she was here Cara Rosellini was a gem. She's very funny and so comfortable on stage that you get the feeling that she walks around her house all the time talking into her hand as if it were a microphone. (Full disclosure: I do that even when there are people around).

Harris Levinson will be onstage and....where are you going? Oh, to camp out in line so that you can get the best seats? Good idea. Make sure you bring everything you'll need--vodka, kahlua, half-and-half, sleeping bag.

Aimee Cartier is b-a-c-k. Aimee has more fun on stage than you do in your whole life. Don't be embarrassed; come on down and live vicariously.

Steffon Moody hasn't told a joke in so long his mouth has rusted shut. The fire department has lent us their jaws of life so that we can get that party started. He'll be onstage, in 3-D, and by the end of his set YOU WILL BE EXHAUSTED from laughing so much. Your abdominal muscles will have torn themselves apart, your sides split. Your face muscles will have overheated and melted. When he finally drops the mic you will surely have a smile where your face used to be.

We're delighted to have Andy Royer back on our garage-door stage. Andy is a natural-born storyteller who pays attention to everything you're missing as you chaotically steamroll through life. If you throw some popcorn at him and he catches it in his mouth, you win a free glass of water.

But what about the ringers? The professionals? Through an elaborate series of blackmails and a failure of due diligence, both Cory Michaelis and Andrew Rivers have agreed to venture out to our twee little island. Cory performs



in clubs all over the place and has opened for Louie Anderson, the fat guy. A teacher by day and comic by night, Mr. Michaelis keeps it relatively clean but edgy enough to keep the audience from feeling like they're in a classroom. A teacher/comedian! Nice! We should have thought of that!

Our Headliner Andrew Rivers has put over 140,000 miles on his poor car in the last four years driving from one whorehouse to another. Just Kidding! Driving from one comedy club to another. Wow! That's a lot of shows. Thats a lot of jokes. Thats a lot of driving. Thats a lot of DRIVE. This man (he is a full-grown man even though he looks like a twelve-year-old) is working very very very hard to be very very funny so that he can get paid real money and never ever have to come back to Vashon. We told him Vashon was a big city with lots of television producers and talent scouts, so if you catch his eye make sure to do that framing thing with your thumbs and index fingers like you're looking through a television camera. He'll be on Conan soon enough and you'll be able to tell everybody you saw him when he was twelve.

Your host for the evening is local gadabout Jim Farrell. He will do whatever it takes to make you feel comfortable without actually touching you. Did we make Mr. Farrell sign a contract that made it explicitly clear that he is not to tell any stories about cannibalism? YES. Is he sorry about that whole cannibalism thing the last time he hosted? YES. Does he have the authority to waive the \$8 cover charge if you let him make out with your wife? NO!

The show starts promptly at 8 p.m. Do everybody a favor and leave your children at home where they can play games and enjoy childhood without being exposed to the profane, difficult, funny, adult art of stand up comedy.

Friday, January 31 at 8pm.  
MATURE AUDIENCES ONLY  
\$8Cover, At the Red Bicycle  
17618 Vashon Hwy SW  
206-463-5590  
www.redbicyclebistro.com

## LeRoy Bel & His Only Friends

By Stephen Jeong

Catapulted into the international limelight as a finalist on the first season of The X Factor, Northwest rock and soul singer LeRoy Bell has performed with some of the world's most famous artists, including Joe Cocker, B.B. King, Sheryl Crow and Etta James.

Long before he stepped up to the mic and into millions of homes on the televised competition, Bell was already familiar with being on the top of the music charts. In the '70s, he wrote the hits "Mama Can't Buy You Love" and "Are You Ready For Love" for Elton John. He also collaborated on songs recorded by Gladys Knight and The Temptations. With his own soul group duo, Bell and James, he released three albums with a number of hit singles.

Travelling around the world with his family as an



"army brat," Bell first picked up the guitar in Germany when he was 13. While his father was stationed in Fort Lewis, Bell learned about his family's musical roots--his grandfather was formerly a doo-wop singer, and his uncle, Thom Bell, was a famous music producer in Philadelphia. His appearance on the 2011 season of The X Factor jumpstarted the second phase

of his music career, swaying audiences with his heartfelt sound on such covers as Bob Dylan's "Make You Feel My Love."

LeRoy Bell & His Only Friends, Saturday, February 1, 7:30 pm, Vashon Allied Arts  
Tickets: \$16 Member/Student/Senior, \$20 General VAA, Heron's Nest, www.VashonAlliedArts.org

## A Jazzy Valentine's Day

By Stephen Jeong

Are you in the raptures of love? Looking for love? Are you heartbroken or lovelorn?

Renowned Seattle jazz trio fronted by the smooth vocals of Jose "Juicy" Gonzales plays Valentine's Day weekend, exploring the complex and manifold theme of "love." The Trio's diverse repertoire draws from the standards (Gershwin, Cole Porter, Rogers & Hart) as well as contemporary pop music (Steve Miller, Elton John, Prince), all inflected with their signature bluesy and funk improvisation.

Gonzales is a Washington State native; he was classically trained in piano as a child, then studied theatre at Cornish College. Inspired by the likes of Fats Waller and Billie Holiday, and drawn in by the richness and breadth of the great American standards, as well as funk and R&B, Gonzales has performed his unique brand of jazz for the past twenty years. Accompanied by Michael Marcus (bass) and Matt Jorgensen (drums), the trio is a regular at Seattle jazz institutions, including Tula's and Egan's.

Jose Gonzales Trio, Saturday, February 15, 7:30 pm  
Vashon Allied Arts, Tickets: \$14 Member/Student/Senior, \$18 General VAA, Heron's Nest, VashonAlliedArts.org



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## Voice of Vashon

Continued from Page 6

John Yates does play-by-play, JoJo Weller provides statistics while Dan Schueler and Michael Golen-Johnson handle the technical side. The next live sports broadcasts are VHS basketball games against Cascade Christian on Thursday, January 30, with the boy's varsity team at 5:15PM and the girl's varsity team at 7:00.

All of the on demand shows, live broadcasts and more are available to you for free at VoiceOfVashon.org. To learn more about creating your own show with VoV's Open Studio, contact Susan McCabe at SusanM@VoiceOfVashon.org.



# Stories on Silk

Suzanna Leigh captures stories on silk. These stories may be drawn from her life, or from folk tales that resonate deeply with her. Her story paintings vibrate with color and life, transforming painful experiences and celebrating the joyful. During this exhibit, Suzanna will be sharing slides and telling the stories of the paintings in private showings.

Reception February 7th, 6:00-8:30pm, at the Vashon Tea Shop, 17608, vashon Hwy.



# Caspar Babypants Beatles Tunes Hit Vashon

Caspar Babypants is the alter ego of Chris Ballew, whom many parents recognize as the twice Grammy nominated songwriter and lead singer of '90s Seattle's alt-rock group The Presidents of the United States of America.

Ballew first came upon children's music when he recorded an album of traditional children's songs for the nonprofit Program for Early Parent Support. Then, while working together on a children's book with his wife, collage artist Kate Endle, Ballew became acquainted with nursery rhymes and traditional folk songs. His first full-length children's album, Here I Am!, featured songs that were in the public domain, as well as several original songs, and became an instant success.

With catchy and simple sing-along music geared towards children, Caspar is easily one of the most popular children's acts around. With nine CDs to his credit, and such hits as "Little Broken Truck" and "Googly Eyes," Caspar will entertain and mesmerize kids and adults alike, playing songs from his new album, Baby Beatles!

These covers from classic Beatles songs have been brilliantly pared down



to let their melodies and lyrics shine, and to allow young listeners to easily grasp them. This performance is sure to be a hit for both young and older audiences.

Special thanks to VAA Family Series 2014 sponsors 4Culture, ArtsFund, R.O. Enterprises and Vashon Thriftway for their generous support.

Family Series, Caspar Babypants  
Saturday, February 8, 10:30 am  
Vashon Allied Arts  
Tickets: \$6 Youth, \$8 Adult  
VAA, Heron's Nest, www.VashonAlliedArts.org

# Clinton Fearon & The Boogie Brown Band

Always a crowd pleaser on Vashon Island, Clinton Fearon & The Boogie Brown Band is coming back to the Red Bicycle for another amazing 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 prior to the event.

Saturday, February 8 at 9pm. All-ages show 'til 11pm, then 21+ after that. \$10 Cover, At the Red Bicycle

17618 Vashon Hwy SW, 206-463-5590, www.redbicyclebistro.com

# club O

You don't have to spend a weekend night running in to Seattle just to find a cool place to dance. Now you've got your own place to go, club O: Vashon's own dance club.

club O is a regular monthly event, a chance for people to bust through the Friday blues and bust a move instead. The lights will be low, the disco ball will spin, and Vashonites can dance their hearts out.

Each Club O night will feature a wide range of music and a full light show put on by local and off-island DJ's, bringing what they got to get Vashon dancing. Some nights will be theme nights, some will be fresh club music, some will be old school, all of it will move you!

Music starts at 8pm, and never stops



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Washington Hulk Hauler's - License #0463-A  
www.ricksdiagnostic.com

**Compost the Loop**  
The Loop's soy-based ink is good for composting.

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

Ready-made frames~ Prints~ Cards~ Mirrors~ Good ideas~ Custom

Custom framing~ Do-it-Yourself~ Photo Albums~ Gifts~ Cards

**Frame of Mind**

**Tues-Sat, 10-5**  
**463-3933**  
9926 Bank Road (next to Cafe Luna)

Ready-made frames~ Prints~ Cards~ Mirrors~ Good ideas~ Custom

SERVICE REPAIRS SALES FREE TRAIL MAPS

**VASHON ISLAND BICYCLES**  
(206) 463-6225  
9925 178th Ave. SW www.vashonislandbicycles.com

BIKE RENTALS FOR ADULTS AND KIDS



ISLAND

HOME CENTER & LUMBER

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More Than Just A Lumber Yard

Your Complete Home Center

12TH CAN SALE!!!

BEER, WINE AND

SPIRITS 12% OFF!!!

Thursday 1/30 - Sunday 2/2 6pm

Island Home Center & Lumber

206-463-5000

www.islandlumber.com

RED BICYCLE

BISTRO & SUSHI

Sunday - Thursday

Bistro & Sushi service

11:30am to 9pm

Lounge is Open

11:30am to midnight

Friday & Saturday

Bistro & Sushi service

11:30am to 10pm

Lounge is Open

11:30am to 2am

Live Entertainment

January 31, 8pm

Comedy Night

February 8, 9pm

Clinton Fearon \$10 cover

February 14, 8pm

Love Duets

February 15, 8:30pm

Quinn

ISLAND

ESCROW

SERVICE

Dayna Muller

Escrow Officer

Patrick Cunningham

Designated Escrow Officer

206-463-3137

www.islandescrow.net

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www.VashonCalendar.com

Vashon Library Events

Art & Music Events

Submit your Event on line at

www.vashoncalendar.org

Vashon's Yellow Pages on line.

Find it on

www.VashonPages.com

Kronos, Palouse Winery, Pandora's

Box, Northwest Sport, Frame of

Mind, Country Store, LS Cedar,

Vashon Business Info

www.VashonPages.com

Find us on Skype

Vashon Loop

206-925-3837

Next Edition

of The Loop

Comes out

Thursday,

February 13

Deadline for the next

edition of The Loop is

Friday, February 7

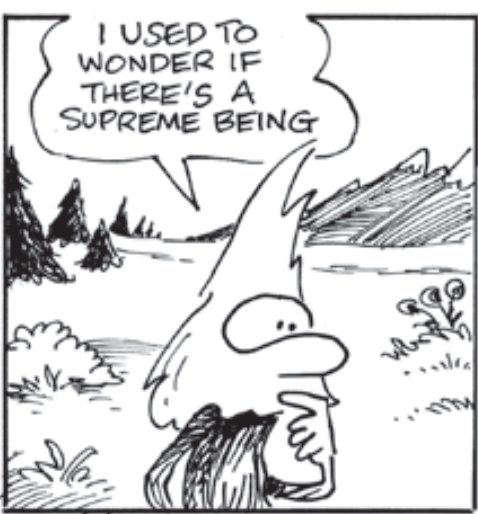
Loopy Laffs

LOGJAM



BY Jeff Hawley

I USED TO WONDER IF THERE'S A SUPREME BEING



Now Playing



AMERICAN HUSTLE

Ends Feb. 6

Sci-Fi Saturday, Feb. 1 at 1:30pm

Film Society First Friday Series, Feb. 7, 9:30pm

Casablanca (1942) Valentine's Day 7:00pm

Vashon Theatre

17723 Vashon Hwy

206-463-3232

Call for Times

For show times and info check

www.vashontheatre.com



The winter weather has arrived, are you covered?

Look what's new in store at VI Horse Supply:

Warm, waterproof jackets, vests, and breeches from Horze!

Oilskin coats, vests, hats & chaps (all waterproof) from Outback Trading Company!

We even have an oilskin deer-hunter coat with an interior firearm concealment pouch!

Barn and work gloves from Heritage Performance Gloves!

Warm, waterproof & breathable rain sheets and blankets for your horse, dog, and even your goat, from Horseware Ireland (the Rambo folks)!

New helmets & safety vests from Phoenix Performance Products (Tipperary)

We also have plenty of heated buckets to keep your animals well-hydrated during the colder months, plus lots of reflective vests, strobe lights and reflective gear to keep you, your horse and dog safe, too!

Come to VI Horse Supply, Inc. for all your horse, dog and farm needs! We have feed and supplies for all of the critters who live at your place, not just horses, as well as other cool stuff!

17710 112th Ave. SW & Bank Road

Hours: 9:00 - 6:00 pm Daily

10:00 - 5:00 pm Sunday

CLOSED WEDNESDAYS

206-463-9792

www.vihorsesupply.com

Like us on Facebook!

(at Cedar Valley Stables & VI Horse supply, Inc.)

Find the Loop on-line at

www.vashonloop.com

IslandCure

Medical Marijuana

Coming soon...the IslandCure Store!

Requirements

•Medical Marijuana patient (RCW 69.51.A) with valid authorization

•Valid Washington State ID

Order & Schedule Delivery

Call Us! 206- 261-9261

or E-mail info@IslandCure.net

Minimum \$40 purchase

January special, FREE delivery!

Visit IslandCure.net

VASHON C.S.I. DETECTIVE DROIDS, "C2-IT" and "T-4,2", REPORT FOR A NEW INVESTIGATIVE ASSIGNMENT...

You called for us, Chief?

Yes, we need you to get to the bottom of the trend, "KEEP VASHON WHACKED-OUT"!

We think it has alot to do with the legalization of pot !!

...fortunately, T-4,2 speaks "Wasteoid" !!

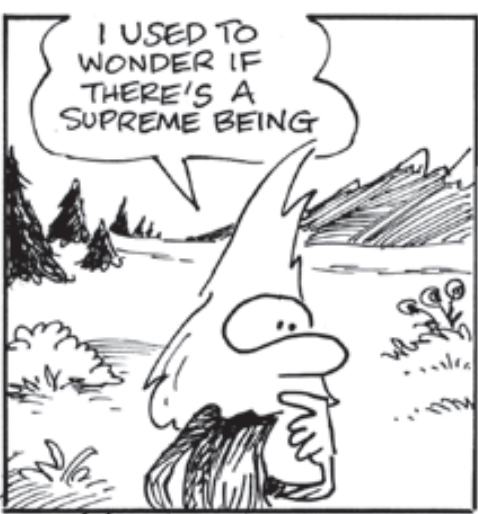
I know exactly where to start... with Iggy, The Abominable!

V.I.P.S.

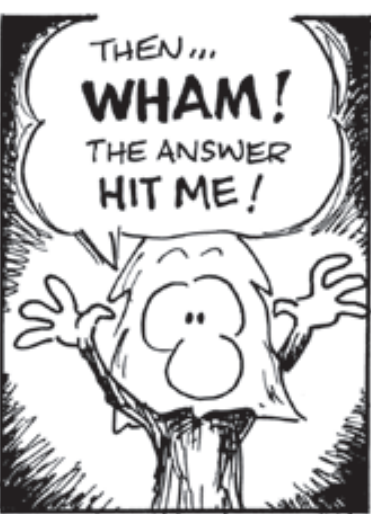


ODEE

I USED TO WONDER IF THERE'S A SUPREME BEING



THEN... WHAM! THE ANSWER HIT ME!



"YES AND NO"

