

The Pretty Good Opry

Vashon Island's twist on the old time country music variety show



The Pretty Good Opry comes to Vashon's most venerated country music venue, the Red Bicycle Bistro on Friday, March 7, 2014 at 8pm. In the tradition of historic country music radio shows from days gone by, the Opry features three acts, mixing comedy, music and the cure for what ails you.

The Nilbillies are an existential bluegrass trio that doesn't play that much bluegrass. Lead billy and songwriter Steffon Moody offers his twist on the American dream, serving up both fire and brimstone. The Nilbillies trio is rounded out with the animal magnetism of Kevin Almeida on stand-up bass and funky country picking from Andre Sapp on mandolin. Expect to hear original songs that sound oddly familiar, but are mostly just odd. Top YouTube videos for The Nilbillies include "Only God Knows", "Space Monkeys" and "Lesbian Man".

www.facebook.com/TheNilbillies

Duo Finelli is a pair of funny ladies performing slapstick, music, and dance

in a bright, cartoony style. Luz Gaxiola is a Vashon native, and Molly Shannon is from San Francisco, where they met as students at the San Francisco Clown Conservatory in 2005. Since then they've created original works of vaudeville comedy and performed in Europe, the United States and Mexico. Luz plays accordion and Molly plays steel-bodied ukulele, with circus and comedy woven into the act. They are based on Vashon island, and love to travel the world.

www.facebook.com/duofinelli

The Sweet Twangs is a classic country band playing upbeat originals and classic country covers. Front man Ronnie Earl Porter has been playing guitar and singing across America over twenty years, and got together a stand up bass, marching band drums, and a singing saw to create The Sweet Twangs. Their sound is fun and energetic, with influences from Hank Williams Sr and Johnny Cash and classic country sounds.

www.facebook.com/pages/The-Sweet-Twangs/492080667468714

Signs of Spring



Has anyone noticed the bursting out of bird song recently? For the last several weeks I've heard more and more of our breeding birds that stay year-round trying out their spring songs. Black-capped Chickadees can be heard sitting at the top of an ornamental tree whistling their mournful two-note call, Brown Creepers lighten up the woods with their sweet song and the Song Sparrows, especially, seem to be improvising a whole new set of riffs on their basic song. At my house the Song Sparrow starts in the bush in front of the porch as soon as I turn the porch light on in the morning, hours before dawn.

As soon as the sun starts rising earlier and setting later, many of our bird species begin getting ready for the breeding season. Others don't just get ready, they get busy. The Island already has first babies of the year with young Anna's Hummingbirds showing up at Cecelia Furlong's feeder at Tahlequah in early January. They nest pretty much

earlier than everyone else with some young born in early January, more in February and March, and some even double broods.

Other early nesters include Bald Eagles and Barred Owls. Barred Owls often nest in March and Bald Eagles may have eggs in the nest by mid-February. Most of the rest of winter resident sparrows, finches and thrushes like the American Robin start a first brood in mid to late March or early April and may go on to having one more brood in June or early July.

As birds begin to nest on Vashon, I'm always interested in hearing the details and photos of birds on the nest or babies being fed are appreciated. I collect data on which birds nest on the Island to keep track of how our breeding birds are doing. Send me an email with the location of the nest, what type of tree or bush or building situation it's in, how

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The Road to Resilience

Power to the People

By Terry Sullivan, Transition Vashon

The transition movement upon which Transition Vashon is based began about nine years ago in Great Britain. It was calling for personal and community changes to make us more resilient to the dual threats of climate change and "peak oil." It postulated that we needed to become more resourceful and self reliant in the face of the economic and social upheaval likely to result as these threats manifested in the years ahead. They made no claim to know what our future might look like or even whether the strategies they were recommending would work. However, climate change and "peak oil" were facts that they were fairly certain about. Over the years since, we have seen that climate change is in fact developing a bit faster than most models predicted. Peak oil, at least in the short run, appears to be a different matter.

To refresh your memory, Peak Oil was a theory proposed back in the fifties by an oil geologist named M. King Hubbert. He studied the lifetime production of oil fields and found patterns with which he felt he could predict the depletion of oil in any region.

Peak oil was the moment at which half the oil in any region had been pumped out after which production would steadily decline and price would increase. He predicted that US oil supply would peak in 1970. In the 1950's, his theory was roundly dismissed as it seemed that the US oil supply would continue far longer than that. He proved to be right as the gas shortage of 1974 and the beginning of OPEC reflected. His prediction of global Peak Oil was around 2000, and in fact more recent measurements of oil production indicated that the peak was imminent.

In 2010, when we formed Transition Vashon, there were predictions that global oil production had peaked as early as 2006 or would peak by as late as 2015. The importance of Peak Oil for us at the time was that, while climate change encouraged us to curtail our carbon footprint, declining supply and excessive price due to Peak Oil would force us to lower our carbon footprint. As it turned out, at least in the near term, the Peak Oil theory failed to consider the possibility of unforeseen developments

Continued on Page 6

Labor of Love Online Auction – Bid Now!

The Labor of Love online auction is now open for bidding! You can bid on hundreds of unique Vashon items, art and services, made or performed by your Island neighbors. The Labor of Love online auction, benefiting Vashon Community Care, will run through noon on Wednesday, February 26th. To participate, go to www.LaborofLoveVashon.org. Above is one of the items included in the auction. It is a mixed media sculpture of a lion head on wood, made by Islander Odie Hendershot. Other items and services included in the auction range from garden help to the use of a condo on Crystal Mountain, cheesecake made for you to gift certificates to many Vashon businesses.

Don't miss out on all the fun. Bid now and bid often! All proceeds from the Labor of Love Auction benefit the residents and programs at Vashon Community Care.






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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.

(206) 463-3401

\$8 Nail trimming with no appointment

17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch

Angie Needs A Home...

As you can see from my picture, I like to get in funny positions. When given the chance, I'll jump on someone's back, scramble to a shoulder and ride around like that. Whee, it's so much fun to see the world from up there! I'm also an excellent lap-warmer. There are plenty of lap-cats here at the shelter, and with the recent cold weather, all of you humans need one. In the words of the Seahawks, "Why not us?"



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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. Photos are welcome as jpeg or pdf attachments.

Vashon Drum Circle

Vashon Drum Circle meets Friday, February 14th, 7 PM, at Vashon Intuitive Arts. All ages are welcome to sign and drum with Buffalo Heart, our big community drum. Event is free; donations gratefully accepted. Sponsored by Woman's Way Red Lodge, a non-profit dedicated to enlivening the sacred feminine in our communities.

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

At our last regular meeting, the Board of Commissioners of Water District 19 voted to hold a second Board Meeting on Tuesday, February 25th, at 10 AM here at the district's board room. 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 register contact Cindy Morrison at 567-5047 or email cindy198@comcast.net

2014-15 Kindergarten Open House

Tuesday, March 11th, 6:30-8:00pm. This evening is designed for parents and their incoming kindergarten student to visit our school. During the course of our evening you will visit three different stations. We have a scheduled rotation so that families will have the opportunity to visit each one.

Our stations are:

§ Classroom & Bus Tour - Learn what a typical kindergarten day looks like.

§ Art Activity - Parent(s) and child will create a magical work of art to bring home.

§ Q & A - Children will go to our library and stay with staff and volunteers for story time while the parents gather for a Question and Answer session.

Please arrive promptly as we will begin right at 6:30pm. This evening is designed for parents and their incoming kindergarten student. Unfortunately we cannot provide child care for siblings.

To help us coordinate our stations, we ask that you sign up for the Open House using the form on website or by calling our office. If you know of someone who wants to attend, but does not have internet access, ask them to contact Gillian Callison at 206-463-2882 ext 4401 to sign up.

The Incredible Years Series

For Parents and Caregivers of children 3 - 10 years old
Facilitator: (Melanie Salonen)
Spring Class Dates: March 6, 13, 20, 27, April 3, 10, 24, 29, May 1, 8, 15 & 22

Cost: \$80 (Playspace members) & \$100 for nonmembers

The ages and stages of development can make different phases of parenting challenging. But as our children grow, so can our skills in parenting. The Incredible Years is a twelve-week, research based parent education program that provides parents with the tools needed to make the job of parenting easier; all the while raising happy, healthy independent children. The first several sessions builds children's social competence and cooperative behavior. The second half of the series focuses on reducing misbehavior. Topics include: effective bonding, effective praise/encouragement, emotion coaching, clear limit setting, house rules and chores, understanding your child's innate temperament, managing emotions (yours and theirs), what, how and when to ignore behaviors, and natural and logical consequences.

Staying Connected with Your Teen

For Parents and Caregivers of youth 8-12th grade


Facilitator: Yvonne -Monique Zick

When & Where: March 6, 13, 20, 27 & April 3 from 6:30 - 8:30 at Vashon High School

Cost: \$50 for Individuals and \$60

The area of the brain that helps teenagers determine right from wrong and make informed decisions is last to develop. Which is why your teen needs your support bridging this brain development gap. This series is designed to supply you with a few simple but effective tools to help your teen determine right from wrong, develop open communication skills and remove roadblocks in your relationship with your teen. Other topics covered are: how to address adolescent anger; how to evaluate teen risk and research based methods of promoting healthy decision-making.

Please give us a call at 463-5502 to register, or email apalmer@vyfs.org



**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



The Vashon Loop

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DSHS

THE MOBILE CSO IS COMING!

Dates Wednesday February 19, 2014

Times & Places: 10:30am to 2:00pm - Maury Community Food Bank 10030 SW 210th
2:00pm to 4:30pm - Vashon Market 17639 100th Ave SW

AT THIS EVENT, YOU CAN APPLY FOR:

- Cash Assistance
- Basic Food Assistance
- Child Care Services

You can also drop off paperwork, complete an Eligibility Review, Mid-Certification Review or make changes to an existing case.



Next Edition of The Loop Comes out Thursday, February 27

Deadline for the next edition of *The Loop*
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Notice of Public Meeting on Marijuana Zoning

From the Department of Permitting and Environmental Review, a notice of a public meeting on Vashon on Wednesday, February 19 concerning amendments to the Vashon Town Plan that would allow Marijuana growing, processing and retail uses in CB Zoned Properties and Marijuana growing and processing on Industrial zoned properties.

King County Department of Permitting and Environmental Review (DPER). Public Meeting. Wednesday, February 19, 2014, 7:00 p.m. McMurray Middle School Multipurpose Room, 9329 Cemetery Road SW, Vashon, Washington 98070

Proposed Amendments to the P-suffix conditions attached to the CB and I zones Identified in the Vashon Town Plan (2012 King County Comprehensive Plan) adding marijuana uses as allowed uses and possible.

Proposal:
On December 9, 2013, the King County Council adopted Ordinance 17710 to allow marijuana uses in CB (Commercial Business) and I (Industrial) zones. More specifically, marijuana growing, processing and retail sales uses are allowed as permitted or conditional uses in CB zones. Marijuana growing and processing uses are allowed as permitted or conditional uses in I zones. The County Council's intent was that marijuana uses be permitted in CB and I zones throughout the County.

The Vashon Town Plan, a part of King County's 2012 Comprehensive Plan, adds a "P-suffix" zoning overlay to the CB and I zoned property on Vashon and Maury Islands. The P-suffix specifically identifies and limits the uses which may occur in Vashon's CB-P and I-P zones.

This proposal is to follow the County Council's intent and to amend the Vashon Town Plan section of the Comprehensive Plan as follows:

VS-P29: Vashon Town Plan - Restricted Uses for CB Zoned Properties

ADD: Recreational Marijuana growing, processing and retail uses, subject to applicable state law

VS-P30: Vashon Town Plan - Restricted Uses for I Zoned Properties

ADD: Recreational Marijuana growing and processing uses, subject to applicable state law

These proposed amendments would apply to all the CB-P and I-P zoned property on Vashon and Maury Islands.

DPER asks for your comments on this proposal and invites you to attend the public meeting on Wednesday, February 19.

Comments on the amendment can also be emailed by Feb. 26 to Cathy Ortiz at Cathy.ortiz@kingcounty.gov or mailed to Cathy Ortiz, King County Department of Permitting and Environmental Review, 35030 SE Douglas Street, Suite 210, Snoqualmie, WA 98065.

Rambo Rogers

Jeff "Rambo" Rogers, 46, died unexpectedly Saturday January 25 of a heart attack. He was born in Des Moines WA on January 20, 1968 to George and Monnie Rogers. A longtime resident of Vashon Island, he and his wife Wendy would have celebrated their silver wedding anniversary next year.

He was a valued employee of Island Manor and well-known in the community through his work in construction and involvement in Wendy Rogers' retail clothing store. He is survived by his wife Wendy of Vashon, his stepchildren David Ledgard, Carly Saturnino, and Cori Ledgard, and his parents George and Monnie Rogers.

Services will be announced later. In lieu of flowers, the family requests



remembrances be made to the "Friends of Rambo and Wendy Rogers" fund at U.S.Bank, P.O. Box 428, Vashon 98070.

Signs of Spring

Continued from Page 4

many eggs there are, when they hatch, when the young fledge and how many survive to fledging. Any or all of that information is very useful.

One species of particular interest is the Great Blue Heron. The population around Vashon seems to be still largely stable but Bald Eagle predation of nestlings stopped all known nesting attempts over the last decade on the Island. If you see an actual heron nest on Vashon this spring, it would be very helpful to have it reported so we can track it for potential successful adaption of the herons to the expanded eagle population.

If you have a question about Vashon

birds or an interesting sighting to report, email me at edswan@centurytel.net or call at 463-7976. I'm available also as a guide for bird watching on Vashon and trips to birding hot spots around Puget Sound. Right now, my second edition of The Birds of Vashon Island finally arrived from the printer after much delay. Order on-line by credit card from my website at www.theswancompany.com or mail a check for \$31.45 (book and tax) to Ed Swan, 11230 SW 212th Place, Vashon, WA 98070. Off-Island delivery requires a total check of \$35.50 in order to include shipping and handling.

Public Meeting on K2 Sale

Bakkhos Holding, the company that is purchasing the K2 building, is inviting islanders to attend its own public meeting on Vashon this week. The meeting is scheduled for this Thursday Feb. 13 at 7pm at the Open Space for arts and Community.

Bakkhos representatives will discuss their plans to grow marijuana and make Edipure-brand edible pot products at the K2 building, as well as answer questions and hear comments or concerns.

Bill Moyer, executive director of the Backbone Campaign, is raising questions about potential contamination at the property. "Jarden is about to sell this facility to a cash buyer, Bakkhos Holding, LLC. Bakkhos is a nine week old LLC (Limited Liability Corporation) with no ties to our community. K2 Sports/Jarden Corporation is requiring that Bakkhos Holding, LLC indemnify them for all prior contamination of the site. Though in and of itself an indemnification is not outside the norm, Bakkhos is agreeing to give that indemnification to Jarden without any independent scientific review of Jarden's environmental assessment of the property. and doing so despite early warnings from one of their original team who objected to the indemnification and the nature of the seller-commissioned assessment." Bill Moyer.

If you have questions or concerns you are welcome to attend the meeting and meet with Bakkhos representatives.

Compost the Loop

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

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

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Make a date with Vashon!
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Adopt A Cat Day!

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Saturdays 11:30-2:30

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

Zeke Needs A Home...

Hey, everybody, Zeke here. I'm a mature gent, the strong and silent type. Somehow I've gotten stuck in a room at the shelter with a whole bunch of dames. I'm totally outnumbered. A guy needs to get away, y'know? Like to a man cave. Yeah, that's the ticket, a man cave for manly cats where we can watch sports and stuff. You've heard of the 12th cat, haven't you?



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Island Life The Never Ending Story

By Peter Ray

“If you look at what we did, is we acquired an asset for, like, uh, fifty cents on the dollar, because we got the state to pay more than half.”

Bill Ameling

Yes folks, it’s been more than four issues now since last we played in the murky outflow at the low end of the Vashon Park District. But after yet another session of chest pounding and finger pointing on the part of high commissioner Bill, I feel the need to ignore the imploring of the poet quoted in my latest horoscope to “make life beautiful”, and once again point at the turds floating in the gyre of the latest Park Commissioners’ meeting effluent.

To be clear, most of the dark, smelly matter in question is unquestionably Ameling in origin. To paraphrase Mr. Ameling, the proof of this postulate is in the brown pudding of his own quotations. As a follow up on the quote that opened this piece, and to the credit of Board Chair Lu-Ann Branch, her quick response to it was: “But we overpaid for that”- that being, of course, the VES fields project. Mr. Ameling responded with one of his favorite statements quoted often here in the past- “but we don’t know that.” As a qualifier, Mr. Ameling continued that “[VES] cost more than we thought, but it’s not an overpayment.” It is this type of logic and rock solid reasoning that all of you (and I do mean all, as attendance at last night’s meeting was meager on any scale) are missing out on by not being there to endure it.

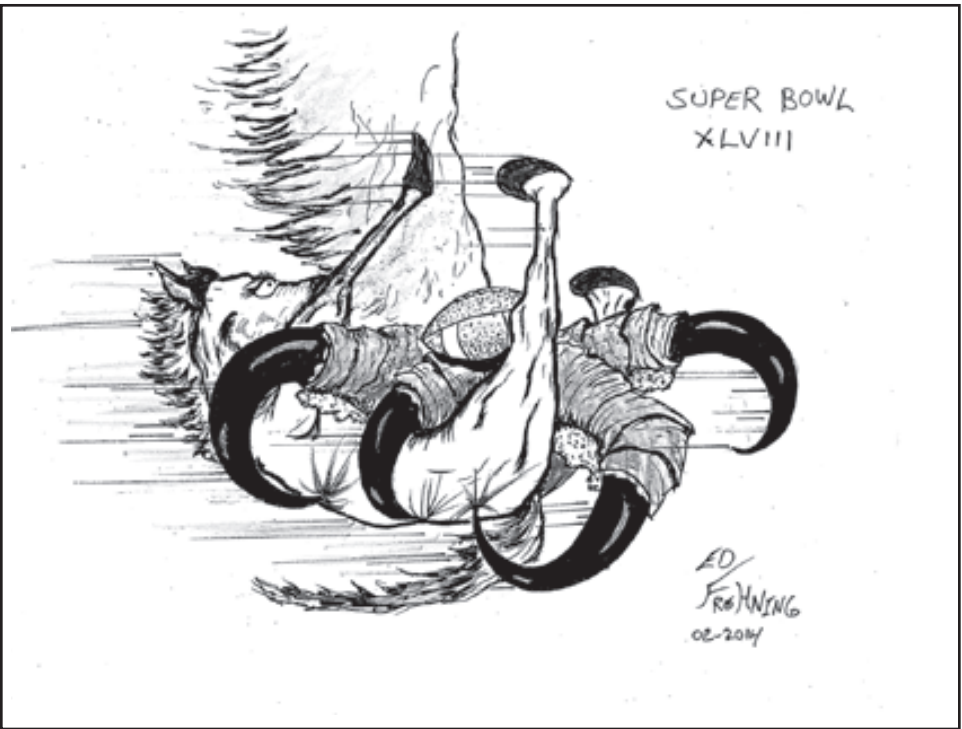
What one should state here is that the use of the word acquire by Mr. Ameling is incorrect as I understand, as the fields where VES now resides were there in number if not in name prior to this project. While we did not acquire any new fields through all of this, we did acquire a significant amount of unnecessary debt, and what we got from the \$2 million plus VES debacle was lipstick on a pig. While the previously existing fields may have been a little rough before, the pig designation still holds even with its new emerald carpet and three-holed, trailerable port-o-san. As has been pointed out here a number of times in the past, this new set of fields are and will be hog-ish in their consumption of water and fertilizer. That point is something that we do know, and this is a part of the never ending story that Mr. Ameling only partly acknowledged when an audience member asked how the commissioners would define “finished” regarding the VES project. To this he responded that “there is no finish”, and “this thing will never be done”, which is perhaps the most accurate thing he said all night.

Another thing that Mr. Ameling said in regards to finishing the VES project- actually the first thing he said in response to this line of questioning- was that he didn’t “understand the nature of the question.” A few other things Mr. Ameling doesn’t seem to understand are the meanings of the words “acquire” and “asset”. Given the ongoing debt incurred by the project and the amplified maintenance demands that the sand field will require, one could easily refer to VES as a created and enhanced liability, kind of like global climate change only smaller, and here. And with all its added environmental demands, the VES fields

could and should be seen as a contributor to that greater problem with its needs for more mowing, more water and more petroleum based pesticides and fertilizers.

If one were to gaze about the VPD empire, two sites would immediately leap to mind as true, acquired assets. These of course would be the Pt. Robinson Lighthouse and its environs, and the Vashon Pool, both of which were far better deals than the fifty cents on the dollar days of VES, as both were basically given to the District at no cost. The lighthouse brings a fairly steady income to the Parks with its vacation rentals in the crew’s quarters, and the pool came in under budget this past year which is more than can be said for other parts of the VPD. In one of the rounds of meeting’s talks about the latest public opinion survey, Mr. Ameling let slip a while back that the two things people asked for in the past of the parks was to acquire more land, and to cover the pool. At no time did I hear any mention of public clamor for an increase in water usage and chemicals in a never ending experiment in growing turf grass on eighteen inches of sand. For one third of the dollar amount wasted on the VES project, the park district could have actually done what the public wanted- cover the pool. This would have not only increased the value of a free, acquired asset, it would have extended the possibility of using that asset for the entire year, allowing for an expansion of programs ranging from an array of swimming lessons and exercise offerings to possibly even a high school swimming team, not to mention year-round revenue.

With all of this in mind, I set about scouring the internet shopping sites looking for an object, which I found and purchased and modified to make a point. I brought it to the latest commissioners meeting, having first raised it on a spire at the back of the Ober performance room at the January meeting. It seemed to cause some confusion. Some called it a stuffed animal, others called it funny. While it is indeed a stuffed doll of a muppet holding a placard with the word RESIGN on it, I prefer to think of it as Bill Ameling’s conscience asking him to do something that is right. I understand that possibility is probably a stretch of all of our hopeful imaginations, but since I’m having to continue to show up and endure the general insults he casts amongst the crowd, it seemed only appropriate to let Mr. Ameling know symbolically what everyone else in the room is thinking, since he seems completely unaware that he has overstayed his welcome and it is past his time to go.



CPE Bach Concerto

Hans Juergen, harpsichord (Luebeck, Germany)
Jeffrey Cohan, baroque flute
Christine Wilkinson Beckman, baroque violin
Courtney Kuroda, baroque violin
Steve Creswell, baroque viola
Joanna Blendulf, baroque cello (Huntsville, Alabama)

Carl Philipp Emanuel Bach (1714-1788) - Harpsichord Concerto in D Minor, Wq. 17
Carl Philipp Emanuel Bach - Flute Concerto in D Minor, Wq. 22
Johann Sebastian Bach (1685-1750) - Suite in B Minor, BWV 1067
Johann Sebastian Bach - Brandenburg Concerto No. 5 in D Major, BWV 1050
Bethel Church
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The suggested donation (a free will



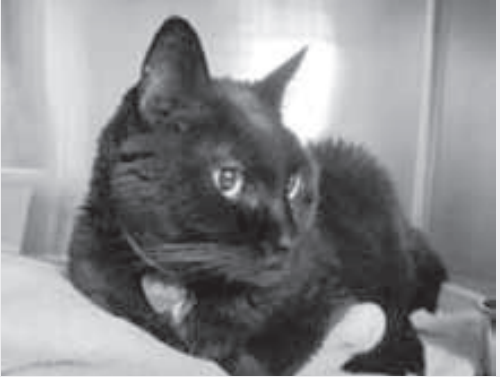
offering) is \$15 or \$20, and youth 18 and under are free.
www.salishseafestival.org

Live Local Weather 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, www.pwsweather.com and Weather bug Back yard. The easiest way to view the weather information is to go to www.vashonweather.com. Live weather information is also used on the www.vashonloop.com website and its sister site 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.

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 Click on Adopt

Spiritual Smart Aleck



By Mary Iuel

Give Your Best

There are little partially used rolls of medical paper tape all over the house. I keep finding them, and have been removing them and little strips of paper tape about six to eight inches long from end tables, night tables, the kitchen table, window sills, bookshelves, and chairs. Last night I found a piece sticking to one of the blankets on my side of the bed. Rick was always having to tape something, or change the tape and dressing on something, and he’d tear off strips and stick them up to use, or he’d tear off used strips of tape and stick them up to be forgotten, little bits of detritus last touched by his hands.

We used to have rabbits and gave them the run of the house. After they were gone I found rabbit pellets for years – usually under a base board heater. The rolls and strips of tape remind me of the rabbit pellets. If this association offends you, tough.

It has been a little over a month now, and the new normal is slowly sinking in. He’s not coming home from work in the evening like he did for 35 years. He’s not sitting at the kitchen table reading the paper, or writing in his journal. He’s not lying in bed looking out the window at the trees, the ravine, the sky. He’s not watching the squirrels doing their aerial acrobatics in the tree tops. Nope. He’s gone. I’m beginning to get it.

It came to me last night that I have been grieving for his passing for years. It has a name: “anticipatory grief.” It’s when you know it’s bad, and it’s getting worse, and there’s only one ending in sight. You grieve for what was and never will be again, and for where you are going.

I had a moment last fall at the Ivar’s walk up fish bar on Lake Union. I was chatting with the young man behind the counter. I was getting the fish and chips, Rick’s favorite fast food, because Rick didn’t feel up to getting out of the car and getting them himself, which he’d always done before. I said to the young man that my husband and I had just come from the hospital, and my husband was quite ill.

The young man asked, “Is he going to get better?”

I stopped. I stared. I blinked, and the truth answered: “No.”

The young man was sympathetic, and kind, and expressed his condolences.

No one had asked me that question before, and I hadn’t asked myself, either, but to have it so boldly stated took me by ambush. The doctors don’t speak to you that plainly, at least while they are still trying to treat a patient’s conditions.

The Rick I first knew and loved was gone for a long time before he died. His spirit and personality were intact to the end, but they were affected by his illness, for we are whole creatures, body and soul together we are made, and one part of us does not change without affecting every other part. When he felt worse, he was less sarcastic and funny, and I came to recognize sarcasm as a sign of health in him. He did have a wicked, wicked sense of humor.

It was wonderful, after he passed, to meet the old Rick again in the love and memories and words of people who’d known him years ago. He lives on, in them, and in me. But for about five years there he was going down, and I was watching, and we both knew

Continued from Page 1

changing the equation. Peak Oil was based only on the production of oil that could be profitably extracted. That left out an undetermined amount of oil that was technologically inaccessible or too expensive to extract.

With the development of horizontal drilling and “fracking,” and the viability of tarsand oil extraction, we find claims being made that North America has more oil reserve potential than anywhere else in the world! While this is music to the ears of fossil fuel proponents of the status quo, it is very troubling to those of us that are concerned about implications of uncontrolled carbon release for catastrophic climate change. We Transition advocates were counting on the “push” of Peak Oil to drive the reduction of our carbon footprint. At least in the short term, we have lost the disincentive of high cost while being unable to limit or control new technologies that seriously threaten our water, air, soil health, and even seismic stability in the case of “fracking.” Although nobody really knows for sure how much oil is available or will be available with even newer technologies, we still know that the oil is finite and that it will end, and that we will have paid a huge environmental cost for it.

To put things in perspective, it is a fact that we can only release 565 more gigatons of carbon dioxide into the atmosphere between now and 2050 if we are to have any chance of keeping global warming within the

where it would end. The last year especially we were both having to adjust to more and bigger and faster changes in his physical being, and I realize now that I was grieving, in anticipation of the inevitable.

So here comes the sermon. If you wake up this morning and you aren’t dead, you are charged to live life to the fullest extent of your ability today, even if all you can do is lie there and do nothing. Who you are contributes to the universe.

If someone you know is dying, don’t treat them like they’re already dead, because the difference between dead and alive is enormous, even if they’re lying there in a coma. Trust me on this. Talk to them like you always did, like they’re going to get up and you’re going to play some music together, or go fishing, or have a beer. Tell a joke, sing a song, read out loud. That person is in there, even if she or he can’t talk, or get out of bed. Yes, you are sad and frightened and angry and depressed about what’s happening. How can you not be? How can they not be?

Still - give being you and respecting the divine spark of life that is in that person your best, because you’re going to miss them when they’re really gone, and there will be plenty of time then to think about what happened.

Road To Resilience

agreed upon 2 degrees Celsius, the amount of warming that we think we can sustain while maintaining some semblance of civilization. It is a fact that we have the equivalent of 2795 gigatons of carbon dioxide potential in the world’s known fossil fuel reserves, five times more than we can safely burn in the next 40 years! Will we be able to resist the urge to burn up all that we have? Do we need to be looking for more?

These “fracked” natural gas and oils and the tarsand oils are explosive and dirty, and we now have the additional worry of transporting these products by pipeline, rail, and ship in unprecedented quantities. To add further insult to injury, our ability to dictate national policy to regulate these activities has been hijacked by the very corporate entities that intend to profit from them! Clearly, we need to stop those working against our best interests before we can make progress.

The first thing we need to do is regain control over national policy. Sixteen states

have already passed resolutions to urge Congress to propose an amendment to the US Constitution that would limit and control the wealthy special interest money that is now dictating who gets elected and what laws get passed. The proposed amendment would simply state that corporations are not people, that money is not speech, and that all political donations must be utterly transparent and accounted for.

We in Washington State have the opportunity this year to get our state on board. Petitions have been started to authorize Initiative 1329 for the November ballot this year in our state. All of you need to sign this! I have petitions that I can give you to pass around to your friends and family. If you contact me, I will see that you get them. Otherwise, look for signature gatherers in town until the deadline, June 25. This is serious, folks, let’s get this done!

Comments or to request initiative petitions: terry@vashonloop.com



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Aries (March 20-April 19)
This is a visionary moment, though you may be experiencing it with anxiety in a way that you cannot describe. Perhaps this is coming across as a sense of hesitancy, uncertainty or a struggle making a decision that has no basis in physical reality. In truth there is more going on below the surface of your mind than on the surface level. However, in order to tune into that, and get the benefits of that, I suggest you take some time alone and do some soul searching. Your orientation on life has become even more external than usual in recent seasons. The real nourishment that you need, whether for success or happiness or intimacy, will come from your relationship to yourself. And from the look of your solar charts, that can be a compelling experience -- richer and more wholesome than nearly any experience you can have with someone else, at least right now.

Taurus (April 19-May 20)
You may already be getting the message to get serious and focus on your work, and your highest goals. This is the time to put those together -- to recognize the relationship between achievement, reputation and developing your competence. Those three factors will continue to add up to one thing: self-confidence. There are markers in your solar chart that you're cultivating faith in yourself, though I've noticed that this is something that needs to be claimed, taken possession of, and put to good use. You can ask yourself the question, "Were I more confident, what would I do?" Meanwhile, beware of social diversions this weekend. They are precisely that. Devote your time with friends to the ones who matter the most. 'The crowd' loves to waste its time -- I suggest you make contact with someone, or with a few people, who you care about deeply. There is the potential for some profound honesty and emotional exchange.

Gemini (May 20-June 21)
Any real career is likely to be a story of two steps forward, one step back -- though the good news is that there are more forward steps than backward ones. One brilliant detail about your astrology right now is that any setback has the potential for conversion into achieving something that seems impossible. Your charts look like you're coming close to your dreams, but are not fully willing to take the plunge. Over the next few weeks, I suggest you consider what it would mean to dive into a goal so important, it may have stalked you since you were a child. Go back to that original notion of "what I want to be when I grow up," the first one or two that you can remember. Then look around at the world today and see what needs you perceive that match with what you have to offer. Note, I am not talking about a five-minute think-over -- more like a five-week investigation.

Cancer (June 21-July 22)
There is an overwhelming amount of water energy in the sky right now, which means you're right in your element. Remember that crabs live on the bottom, in the deeps of the ocean. You are less affected by what is going on with the other elements than they are by what is happening in the water signs. So as Mercury retrograde picks up momentum, you're likely to be feeling more at home than many people around you. However, as Mercury retrogrades into Aquarius on Feb. 12, you have

reason to pay close attention to joint financial matters. There is the potential for both confusion and for making mistakes in contractual issues. Therefore I suggest you follow the wise advice of "don't sign, don't buy, don't commit" until after Mercury stations direct on Feb. 28. By that time you will know what you need to know -- and there is plenty. String people along, call them up and talk about puppies or tell them your astrologer said to wait. Whatever it takes.

Leo (July 22-Aug. 23)
The financial news I've related in the Cancer horoscope applies to you as well, only sooner rather than later. This is not a good time to be negotiating, but it's a great time to figure out where people are coming from, what they have to offer and how you can mutually benefit. However, that information will come out in layers rather than all at once. People will tip their hand a little at a time, though you can be certain that you will find out what you need to know, under a couple of conditions. One is that you use your "sixth sense" or intuition -- however you prefer to think about it. Most people feel the hankering of their intuition but few actually respond. I suggest you focus on careful listening -- to yourself, and to others. People will give you the clues you need in order to understand their point of view. Indeed, most will state it outright, usually toward the beginning of any interchange; the question is whether you're paying attention.

Virgo (Aug. 23-Sep. 22)
You will need to play it cool with a partner, and not allow yourself to get caught in an emotional current that may have nothing to do with you. The question seems to be whether and how much you're willing to be part of someone else's delusion. You may have a clue that this is what's going on, though till now you have not been able to do much about it. As the next few weeks progress, it will gradually become clearer what has been happening. The biggest trap remains trying to fix someone, or persuade them to your point of view. They will either come around to reality or not -- the more vital matter for you is your own commitment to reality. At a certain point, logic and your own commitment to your healing will take over. You have been firm about this for a while; you get how important it is. Remind yourself again.

Libra (Sep. 22-Oct. 23)
The current astrological news involves Mercury retrograde, which may be making it more challenging than usual to keep your composure and your focus. However, for Libra, the more compelling factor in your solar chart takes place on March 1 -- Mars stations retrograde in your sign. Retrogrades of Mars are among the most palpable. They can put even confident and decisive people into a state of limbo, because Mars is all about going for what you want. When retrograde in your sign, Mars will have the effect of putting you into contact with the aspect of yourself who desires and who chooses. If there is a healing crisis associated with this, it's along the lines of being honest with yourself about your desire. It's also about maintaining a steady keel when you have reasons to doubt -- that is, not allowing your doubts to take over your whole mind. The next three weeks of Mercury retrograde will be excellent practice for the real adventure.

Scorpio (Oct. 23-Nov. 22)
Scorpios are often regarded as the sign known for their intensity rather than for taking care of people. My take is that this involves the anxiety that others experience when confronted by someone who compels them to feel something other than a sugar high. I want to propose that your presence is an actual source of nourishment and support, even if you make people uneasy sometimes. Or to refine that statement, you have the option to focus your presence and your influence in a wholly positive way, and you're in a moment when the faint of heart are more receptive to you than they usually are. Don't underestimate the extent to which you play into their fantasies and their desires. People often refuse to admit who and what they want, or worse, they're afraid that actually having that experience will in some way change them. In honor of that, I suggest that you be open to what you want, and to having it, with full awareness that you will change for doing so.

Sagittarius (Nov. 22-Dec. 22)
At this time in your life, the concept of fair exchange is a necessary ingredient in your growth and your happiness. Be aware what you can contribute to any situation -- that is to say, without feeling exploited. Be aware of the people who give to you so generously. Be aware of their devotion to you. It may seem un-Sagittarian to openly express gratitude, but I assure you that it would merely stand as evidence that you are a conscious and magnanimous citizen rather than another of the blocks and stones we so often keep banging into. There is no situation in your life that feeds you that you don't have the power to feed and support. Your own well-being, your sense of belonging and most of all your need for fairness depend on it. Without aiming to appeal to your self-interest, let me say this another way. Everyone benefits from your generosity, of heart, of soul, of your wisdom and your resources. You benefit by being reminded how much you have.

Capricorn (Dec. 22-Jan. 20)
You may be feeling like your mind is anything but clear, however, your astrology is saying you have an opening for something better than clarity, which is originality. The chaos that's swarming around your thought process is a necessary ingredient of authentic creativity. Perhaps a musical metaphor will help. It's necessary to learn scales and theory and be somewhat disciplined to be able to play an instrument. When it comes down to having your own ideas, improvising or letting your

feelings out, you have to step outside those frameworks and embrace the unpredictable with a flexible state of mind. Current planetary movements may seem to be overdoing this a little, though think of what you're doing as surfing rather than paddling around a heated swimming pool. Also I would note, you cannot actually drown in an idea, and if you find one that seems like it could do that, you can be sure it's a pretty darned powerful concept.

Aquarius (Jan. 20-Feb. 19)
This would be a good time to avoid making decisions about money, including those about how you feel about your self-worth and the monetary value of your work. One thing about many, many Aquarians is an egalitarian spirit about money. This does not usually harmonize well with a world where the primary value seems to be greed. Indeed, in my short lifetime, I've seen greed go from a problem that some people have to a virtue to be aspired to. One productive thing you can do is remind yourself that you have an entirely different take on money than all of that. While you may not be 'liberal' on all issues, I am sure you're firm on everyone having a right to food, shelter and pleasure. You don't believe that others need to lose so that you can gain. Here is where you have a major advantage. Aquarius is one of the most structured signs, and wealth flows toward order and organization.

Pisces (Feb. 19-March 20)
Do your best not to let anyone who seems thick or dull get on your nerves. Have some compassion for the fact that those who resist their own intelligence or intuition are out of their element with you. There is a slight conflict in that you are not thick, you value your own intelligence and you are ridiculously perceptive -- therefore you notice the fact that so many people are walking around in a coma of denial. Here is the good news: You do have your influence on them, which is about as dramatic as layers of salt melting off of a deer lick (that's a big block of salt people leave in their backyard in winter for deer). You may not see the block changing shape regularly but the deer notices that they are getting something good, which is also a vital nutrient. You may not notice people having radical revelations but you can trust that you're having your influence, which will gradually get results in the form of having a deeper exchange with whoever is involved.

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

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Positively Speaking

Random Thoughts & Chocolate, Part I

By Deborah H. Anderson



well.....

And other things. The downstairs neighbor brought up an amaryllis ready to pop open and said she would be gone and ‘there would be no one to watch it bloom. Would you like to care for it’. It has brightened my world and chose to bloom full force just the day before her return so I could share back the wonder and beauty and joy it gives off. I am happy and live peacefully.

A year ago today I went to court and really stood up for myself for the first time in my life. I found out it’s never too late to learn to stand up for yourself. If you are ‘found’ do not let a group of ‘lost’ take away the quality of your life. Discover your courage and don’t get lost in your own story, or theirs.

Speaking of chocolate. One of those three dimensional copy machines that can make a chocolate bar, please.

The fact I am still completing the December 18, 2013 crossword puzzle gives me relief I will not have to actually subscribe to the New York Times service. The ten free games they downloaded for me when they were trying to get me hooked will suffice for a life time. At long last, ‘Take whatever time you need’ crosswords. Well, that stress won’t take a yoga class to eliminate. Whew!

Ah comforting pleasures. All hail the guy who spent \$35,000 to film a perfect fire and sold the effort to Netflix. A digital fire is quite useful to us that have none. Warm, inviting in visual effect.

Netflix. Is it a cause for concern that Netflix now recommends ‘Cerebral Suspenseful British TV Series’ for me? Furthermore, what concern is there the British have so many from which to choose?

Milk and fish are not actually good for cats, and yet....

How is it I am a leading boomer (as opposed to a trailing one as defined by Social Security) and still riding around with three car seats in active use in my van...my van. Did you catch that part? Haven’t even downsized the car yet. Oh well...

In the middle of the spiral bound notebook marked on the cover with a sharpie pen that reads ‘Loop Rough Drafts’, there are twenty pages printed upside down. I like to think it is some factory worker’s declaration of independence rather than a mistake.

More later...
Love,
Deborah



Scratch that last thought. Caity has an intensive job training thing going on. Celebrating birthday later. Such is the empty nest. And I don’t want you thinking either a. sorry for me or b. I screwed up with my kids because of what I wrote in the last column. My kids are all living out their gifts and talents and being who they were meant to be. Parenting is not an exchange. Parenting is a gift. You give, and perhaps you will get, but that is not the reason to parent. I spent many years helping my adopted kids forgive their birthmothers and they have both reunited with them. If that is how my parenting played itself out, so be it. I, apparently, held them and loved them until their parents were capable of parenting again. And my oldest son is working his stuff out about a dad who left and being the father of a son himself and marrying into another culture.

Are you parenting so you will get loved back, to fill some void? Anh! Buzzer! Wrong answer! I mean, how good are you at loving YOUR parents? Maybe yes, maybe no. But not an equality equation.

So...of course the Seahawks story. Not only did they win, they were victorious. Anybody can win, but it takes character, courage and hard work to be victorious. Victory requires excellence and integrity. Go Hawks.

And now Olympics. NBC has lost a huge share shutting out those of us who are unplugged, those of us who live through our mobile devices or computers not through our TV’s. Ought to have offered us a limited package instead of requiring us to have a TV carrier. So...eventually all the events will be on Youtube. I’ve got other things to do anyway. But I do so love watching all that hard work and perseverance. It’s just inspirational.

Yes, it is utterly and completely sexist The Seattle Storm were not treated like conquering heroes. It’s the curse of being heroines. Oh well...more work to do.

Valentine’s Day. Just don’t stress. Put the emphasis on thanking others for their love. Loved the Facebook share that said, ‘The real holiday is the next day when chocolate goes on sale for 75% off!’ Truth.

Chocolate...the answer to the security question, ‘What can you not live without?’ Oh... I think that’s eharmony. Wonder what would happen if I actually paid the fee instead of just getting those one sheets of info.

Now it is finally revealed that chocolate is good for us. We ought to eat chocolate everyday. Two ounces of medicinal bliss. Several thousand years it took for that research to get rigged. I mean for that research to verify. Too bad the same cannot be said of ice cream. Oh

The month of March 2014 on Saturdays, Deborah will be teaching two classes for children, tween’s and teens with Special Needs. Drama for elementary and Creative Writing for tweens and teens. Please contact the Blue Heron for registration. 463- 5131 for information and registration. Each class has three typical spots as well. Class size limited for individual instruction. Typical content, adaptive instruction.

Find the Loop on-line at
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A Community Conversation About Health and Responsibility: Vaccines and Beyond

Part 11: The Strengths of Autism

by Karen Crisalli Winter
and March Twisdale

When the media discusses autism spectrum disorder (ASD), it is usually in terms of disabled children. But children have this odd habit of growing up into adults. The population of adults with ASD is quite large and growing larger every year. So, what does it mean to be an adult with ASD? And what are the likely impacts upon our overall society?

First, let’s dispel a few myths. Most people with ASD are not like Dustin Hoffman’s character in “Rain Man.” Yes, some people with ASD have absolutely astounding skills in some areas. Some people without ASD also have astounding skills in some areas. But most people with ASD, like most non-ASD people, are pretty regular folks with pretty regular skills. So please don’t assume an ASD diagnosis instills a near-magical ability to instantly count hundreds of toothpicks. It doesn’t. Adults with ASD also tend not to require a lifetime of institutions and caregivers. Yes, those cases exist. But most adults with ASD grow up to be members of society who get jobs, have relationships, have children, go on vacation, and generally do all the things that everyone else does.

People with ASD are people. They start small and grow up. They start with little self control and gain more as they mature. They start with few social skills and learn them over time. That 3 year old who never makes eye contact, can’t speak, goes into hysterics if someone puts a dining chair in the living room, and would rather go naked than deal with tags in clothing? He may grow up to be a computer programmer who is a little shy, pretty well organized, and is happiest wearing well-worn jeans and t-shirts.

Yes, we should do research to try and find out why the rates of ASD are going up so quickly. This is important information to know. And yes, we also need to offer more support to parents raising children with ASD, since those kids tend to need a different kind of parenting than “normal” children. But really, how many of us are raising “normal” children? Maybe we need to look beyond parenting and start discussing “normal.”

The truth is, most of us don’t really qualify as “normal.” Many of us struggle in silence, convinced that we are alone in our unique thoughts or behavior patterns. Perhaps it’s time to stop seeking “normal” as a goal. Let us remember that “normal” thinking, “normal” attitudes, “normal” perspectives, and “normal” skills have gotten our society into a whole lot of “normal” trouble. As our society stands on the shoulders of giants in the subjects of science, math,

literature, and art, it would behoove us to remember that many of these inventors and discoverers were, well...definitely not normal.

So what can adults with ASD offer? This varies with the individual, obviously, but as a group, adults with ASD offer an amazing array of benefits to society. Let us share a few examples.

- Meticulous attention to detail. People “on the spectrum” are often better at noticing details which can lead to superior project outcomes.

- Thinking in terms of images or functions, without reference to words. The ability to see beyond words, or think outside of the landscape of words, is especially beneficial when exploring new ideas or experiences. “Normal” people often need to create words before they can think about something in any useful way. People with ASD can ponder the problem first, and figure out the language later.

- People with ASD often have a unique understanding of time and space. This can be expressed as the ability to “see” the center of gravity on objects, a sense of the perspective of a grazing animal that has 300 degrees of vision (humans only have about 180 degrees of vision), dramatically enhanced abilities to perceive motion, and more. These perceptual differences allow a kind of creativity that is neurologically impossible for “normal” people.

Combing through historical records and retroactively diagnosing various famous people may not always be accurate, but it is usually instructive. Einstein described thinking in pictures and, although he adored his children, couldn’t stand to be touched by them. Thomas Jefferson couldn’t make eye contact, loved math, and kept meticulous notes about practically everything. Mozart flapped his hands and exhibited a legendary lack of social graces. Sir Isaac Newton would always give a lecture as scheduled, even if there was no audience. Charles Darwin avoided people and spent 8 years in intensive study of barnacles. Were these folks all on the spectrum? Maybe, maybe not. But they all exhibited traits currently linked to autism and which “normal” society would consider, well, weird.

We are stronger as a whole when we make room for all of our parts. Even the weird ones. So let’s keep Vashon weird. Let’s keep the world weird. Let’s overthrow the cult of normal and be more than forgiving of each other’s differences. Let us cherish them! Only then will everyone be able and invited to contribute their strengths.

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



By Marj Watkins

A Chocolate Valentine

Nothing says, “I love you,” like something chocolate. It tastes good. Eating it makes you feel good. Chocolate may even lengthen your lifespan to its full allotment. For sure, it will enhance your and your true love’s joy in the living of it.

One Valentines day, my grandson James, made a chocolate Valentine pizza. He melted milk chocolate, spread it about ½ inch thick in a wax paper lined heart-shaped cake pan and decorated it with red hots, silver sprinkles, and coconut shreds. James grew up and moved to the mainland long since, but he has the heart-shaped pie pan. Perhaps he’ll make his roommate a chocolate valentine. (I would use bittersweet chocolate to cut back on sugar.)

A special dessert with less sugar in it is this gluten-free Chocolate Angelfood Cake from my small cookbook Wholegrain and Gluten Free, available at the Minglement. This cake makes a good base for slightly thawed frozen strawberries. Add whipped cream and you have a delightful, delicious version of strawberry shortcake.

Chocolate Angelfood Cake

Preheat oven to 350 degrees
Makes 8 servings

Sift:
3/8 cup brown rice flour
6 Tablespoons coconut sugar or Splenda®
2 Tablespoons unsweetened cocoa
¼ teaspoon salt

Beat until foamy:
6 egg whites at room temperature (save the yolks for a custard)

Beat in and beat to stiff peaks:
1 tablespoon cream of tartar
dash salt

Fold dry ingredients into egg whites, one-third at a time. Transfer batter to ungreased 5x9-inch loaf pan. (If the pan has any grease on its sides, the cake will not rise.) It’s okay to grease only the bottom. If you have no tube pan, the chocolate valentine can be baked in a loaf pan.

Bake 45 minutes, until a toothpick inserted at center comes out clean.

Cool upside down on a rack for 1 hour, until cake is quite thoroughly cooled. With a thin knife, cut the sides of the cake loose from the pan. Decant. Slice with an angel cake slicer or with two forks held back to back. Serve with fresh or partly thawed frozen berries and spray-on whipped cream.

Note: To save egg yolks, place them in a small glass jar. Cover them with a thin layer of water to keep a tough skin from forming. Cap jar. Refrigerate. Use within four days. Make custard, or incorporate into scrambled eggs or an omelet for a family breakfast.

By Kathy Abascal

We do not use any concentrated sweeteners on the TQIDiet; we even quit using stevia. Students are a bit dismayed by this at first because stevia is a sweet-tasting herb that comes without calories and does not raise blood sugar levels. And what possibly could be the problem with that? In fact, zero calorie compounds tend to trigger weight gain by creating blood sugar lows and/or by throwing metabolism off. Animal studies suggest that zero calorie foods make no sense to a living system and as a result end up causing metabolic problems. The concentrated sweet taste of stevia makes naturally sweet foods taste bland and helps perpetuate cravings for far less healthy foods. And finally, the stevia most frequently used is far removed from a ground up green leaf of an herb. There really is little “natural” about most stevia in commerce.

According to some, stevia is a plant with a long history of use as a sweetener: While not definitive, my old Mexican and South American herbals report it as a potential treatment for colic and wound care but make no mention of its use as a sweetener. There are more recent reports of a potential use as a medicinal herb in hypertension but these uses are quite different than adding a pinch of leaf to your coffee for sweetness or a somewhat larger pinch to make your desserts taste as sweet as ever. Given that traditional peoples are not know for eating much in the way of sweets, it seems quite unlikely that the plant has a long well-established use as a sweetener.

Today stevia is essentially a “natural” low calorie sweetener used to help people feel better about eating or drinking things they likely would be better off without. And most are not buying dried plant leaf for use as a sweetener. Instead, most stevia products are actually refined types of sugars extracted from the stevia plant. But few consumers give any thought to how the sweetener in the jar or bottle they are using made it from that little green leaf into a white powder or liquid. Rather than being whole stevia, the best selling form of “stevia” is rebaudioside A, right now viewed as the “sweetest, least bitter” of the steviol glycosides found in the leaf. And yes, stevia is very sweet but, unlike sweeteners such as white sugar, stevia glycosides also have a bitter after taste. There are at least 9 other steviol glycosides with Reb D likely to be the next “big” form of “stevia.”

Most of the stevia glycosides are only present in tiny amounts in the plant. These stevia sweeteners thus require increasing amounts of land, water, and energy to grow enough to make enough of these compounds and most of the plant is actually wasted. Some companies are working on specialized breeding to increase the various glycosides in the stevia plant but increasingly the preferred production method will be microbial fermentation. While this may evoke images of sauerkraut, kimchee, and a

variety of other healthy fermented traditional foods this type of fermentation is quite different. Cargill and a Swiss company Evolva are jointly working on creating “nature identical” glycosides, as is Stevia First Corp.

While the plant only makes tiny amounts of the concentrated sweets, the plant, of course, uses a gene to control the manufacture of those glycosides. The relevant microbial fermentation involves taking that gene, silencing a yeast’s gene for fermenting sugar into alcohol and CO2, and replacing it with the gene for the desired “reb.” The yeast with the “right” genes will now make “stevia” for you to put in your coffee and salad dressing. Natural? Not in my book. Safe? Most say it is, that these modified yeast will never escape to start producing stevia instead of causing your bread to rise or show up in some other unexpected place. Nor will these modified yeast share their new genes with other microbes. So they say and they may be right. Ultimately though isn’t it time to reconsider the wisdom of using a product that is not good for you and that will help keep you



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.

hooked on concentrated sweet tastes? A product that either uses precious land and water resources or instead uses GM processes to produce isolated glycosides that have no history of use in the amounts now being consumed? Why not go healthy, sugar- and stevia-free instead?

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Love Duets

After the amazing success of last year’s event, Allison and I are planning a show that will coincide with the most romantic day of the year, Valentines Day. It will be at the Red Bicycle and will actually take place on Valentine’s Day, Friday the 14th. This will be a Vashon Events benefit show.

The show will be called “Love Duets II.”

The concept is simple – the only requirement is that it is two people on stage and they both have to sing a duet together, something with a love theme. Like the Backbone shows, we will rotate these duo’s through so there is a nice variety of music throughout the night. It’ll be one song for each duo and they can be covers or originals. Musicians can bring whatever instrumentation they need for the songs, but we ask that it’s very basic to make the transitions easier. No big bands, no drum kits....just two people, singing about love.

All proceeds from this event will go to RISK.

RISK, Vashon Island’s string group is one of few string orchestras for fiddle music, folk and rock in a cozy, coffee house setting here on the Island. RISK welcomes a range of string instruments including Violin, Viola, Cello, Guitar, Ukulele, Mandolin, Banjo and Harp. This chamber orchestra brings a new flavor to Irish music, Klezmer, the Beatles, Red Hot Chili Peppers and more. For ages 8 to



88. Proceeds from this show will go towards the RISK scholarship fund, which supports music lessons and instrument rentals for low income kids.

It will be fun and for a good cause. We think it’s going to be yet another one of those magical nights of music.

Pete & Allison

Confirmed to sing so far:

RISK

- Shane Jewell & Kim Thal
- Allison Shirk & Joe Panzetta
- Dianne Krouse & Kevin Almeida
- Michael Whitmore & Christine Goering
- Rebekah Kuzma & Andy James
- Chuck Roehm & Nancy Morgan
- Greg Dember & Mary Lawrence
- Toliver & Christine Goering
- Maijah Sanson-Frey & Sarah Hotchkiss
- The Choir Boys
- Stephanie & Dick Gordon
- Joseph Stewart & Devyn Prime
- Elaine Ott, Stephanie Murray & Arlette Moody
- Lauri Hennessy & Marita Ericksen
- Olivia & Louis Mangione

Friday, Feb. 14 at 8pm.
\$5 Suggested Donation
All-Ages ‘till 11pm 21+ after that. At the Red Bicycle
17618 Vashon Hwy SW
206-463-5590
www.redbicyclebistro.com

Captain Dick and The Portholes

Captain Dick & the Portholes have been an island favorite for decades. Known for their wild versions of slightly obscure rock & blues covers, as well as crafty originals, the band never fails to entertain. The band is fronted by the raw guitar and vocals of Chris Craggs along with the Northwest’s finest harp player, Lonesome Mike Nichols. The Hand Logger Horns, Jeff Ptolemy, islanders Chris Wiley & Pat Marlatt, give the band its unique sound while entertaining fans with their curious stage antics. Island natives Bassist Bret Harper and Pianist Terry Ganchorre, along with Tacoma drummer ken “Mama” Richardson, provide the rhythmic pulse that gets the dance floor rocking.

The Portholes are pleased to be joined by former member



and one of Vashon’s finest musicians, Loren “Little Daddy” Sinner.

Don’t miss the return of Captain Dick, come out Friday Feb 21st and join the fun! This is an all-ages show ‘til 11pm, 21+ after that. Free cover!

Friday, Feb. 21 at 8:30pm.
Free, No Cover
All-Ages ‘till 11pm 21+ after that. At the Red Bicycle
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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



Quinn

After almost a decade playing in various bands and musical incarnations in and around the greater Seattle area, guitar player/singer songwriter Jeremy Quinn MacRae has finally stepped out on his own. Respected by listeners and musicians alike, Jeremy’s soothing voice, natural stage presence, and fiery yet melodic guitar style rarely go unnoticed. What has however, is the arsenal of songs, life reflections, ballads of love and loss, aspects of the human experience lying dormant, waiting to emerge...



until now. Enter QUINN. Quinn is a group of Seattle musicians led by front man Jeremy Quinn MacRae, created to make you dance, think, feel, and love...

Saturday, Feb. 15 at 8:30pm.
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Concert for Trumpet & Piano

Raymond Deleon aims to expand perceptions around trumpet and classical music. Deleon started playing the instrument at age 6 under his father's guidance in his native country, the Philippines. He had his first solo performance at age 9.

Deleon studied at the University of Santo Tomas and twice received the Benavidez Award for International Excellence in Music. He has been featured as a premier soloist with orchestras including the Seattle Philharmonic.

His concert program includes Oskar Böhme's Trumpet Concerto in F minor, Variations from Norma, Vladimir Peskin's Trumpet Concerto in C minor, and Musseta's Waltz from La Boheme.



Piano accompanist is Anne Herfindahl.
Raymond Deleon
Sunday, March 2, 4 pm
Vashon Allied Arts
Tickets: \$12 Member/Student/
Senior, \$16 General

Lucy Horton Band

Up-and-coming acoustic, indie-pop Lucy Horton Band (LHB) brings their fresh instrumentation and warm harmonies to the island. Lucy Horton (vocals/piano), Gabriella Vizzutti (violin), Kelsey Mines (bass), Anna Mines (trumpet) and David Solomon (percussion) come from classical music backgrounds and met while studying music at UW. Their collaboration launched at The Triple Door in 2012; since then, they have recorded, filmed music videos and toured. In addition to original songs, the band covers music as diverse as Adele, the Cranberries and



ABBA.
Opening the show are local teen duos Two Dime Icebox (Maya Krah & Maria Gilmour) and Kate Atwell & Mallory Breen.

Lucy Horton Band
Saturday, March 1, 7:30 pm
Vashon Allied Arts
Tickets: \$8 Members/Student/
Senior, \$12 General

Purr Gato

Purr Gato...the wave of the 80s, trip hop of the 90s and LoFi of now....

Four worlds collide. Founded in 2010 by veteran jazz and funk vocalist/composer Katrina Kope (lead singer, primary songwriter and keytar/synth player), along with former new-wave guitarist and trip-hop beat maker Tyler Kope (on synths and percussion), Purr Gato emits an attractive, yet occasionally ominous brand of Dark-Wave-Electro-Clash, combining a wild selection of musical influences to generate their trademark style. Sometime described as, "if Depeche Mode, The Knife, and Zero 7 had a baby."

Purr Gato has rotating members such as dancers, local singers and drummers including master flamenco percussionist and rock drummer David Levin. Purr Gato started hitting the Seattle music scene in April 2012. After a string of performances at venues such as Neumos, The Crocodile, Nectar Lounge, The High Dive, The Hard Rock Café and more, they ventured into Electrokitty Studios



to record their debut album "Heart Beat", engineered and produced by Gary Reynolds, in December 2012, and released at the Columbia City Theater on June 14th, 2013.

Purr Gato's goal is to play festivals, themed shows, tour, record, make music videos, get radio play, make money, make friends and have fun.

Friday, Feb. 28 at 8:30pm.
Free, No Cover
All-Ages 'till 11pm 21+ after that. At the Red Bicycle
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Master of the Fiddle

Randal Bays is one of the best Irish style fiddlers of his generation, honing his skills over twenty-five years of performing and recording. His fiddling has often been compared to contemporary Irish-born masters Martin Hayes, Kevin Burke and James Kelly. A gifted composer and finger guitarist, Bays writes and performs his own music alongside traditional Irish tunes. In 2005, his CD "House to House" was picked by The Irish Times as one of the top five traditional recordings of that year. A resident of the Pacific Northwest, Bays has performed his jigs, reels and airs all over the US, Europe and Canada. For his Vashon concert, Bays will be joined by his son, Willie Bays, on flute, and Suzanne Taylor on keyboard.

Irish Music with Randal Bays
Saturday, March 8, 7:30 pm
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of *The Loop*
Comes out
Thursday
February 27

Deadline for the next
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Love Duets

February 15, 8:30pm
Quinn

February 21, 8:30pm
Captain Dick and The Portholes

February 28, 8:30pm
Purr Gato

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Next Edition of The Loop Comes out Thursday, February 27

Deadline for the next edition of *The Loop* is **Friday, February 21**

Lopy Laffs

LOGJAM




BY Jeff Hawley



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LOGJAM



BY Jeff Hawley