



VASHON

THE LOOP

Vol. 12, #1

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January 8, 2015

Hear That Buzz? The Bee is Coming!



2014 Spelling Bee winners, "The Visiting Angels", Julea Gardener, Marilyn Osborne and Fran Brooks. Photo by David Weller

Vashon Community Scholarship Foundation is abuzz planning Spell It! 2015. This annual benefit event helps raise scholarship funds for Vashon Island School District graduating seniors. The ninth annual VCSF sponsored Spelling Bee will be held at 7 PM on Saturday, February 7 at Camp Burton. Come join the cross generational fun!

This is a spelling bee... and so much more! Teens and adults are invited to register with 1-3 members on each team. Teams are encouraged to dress up and participate in the costume competition. Costume winners are determined by audience vote. Enjoy good food. Compete in the drawing for door prizes. Chase away those winter

doldrums with an evening of fun in support of a great community tradition for our young scholars.

The entry fee for spelling bee participants is \$50/team member. Some scholarships are available so the entry fee should not be a deterrent to participation. Tickets are available for sale at Vashon Book Shop and will be available at the door on February 7, \$15 for adults and \$10 for children and seniors. To register as a spelling participant, forms are available at The Vashon Book Shop or contact Barbara Gustafson at 206-463-1638 or via email: rggbdg@yahoo.com www.vashonscholarshipfoundation.org/spellingbee.html

It's the Hard Knock Life! Vashon Youth Musical Theatre presents Annie Jr.



By Justin Huguet

This month, more than thirty local rising stars perform a kids-only adaptation of the celebrated Broadway classic Annie. The lovable crew of depression-era orphans, New Yorkers and dancing servants has been rehearsing diligently since October – and under the direction of Marita Ericksen, they are sure to put on quite the show.

Eleven-year-old talent Phoebe Wilke plays Annie, a spunky redheaded orphan adopted from her grimy girls' home (run by evil Miss Hannigan) into the care of the endearing tycoon Daddy Warbucks and his mansion staff. Wilke says that although remembering all of the lines and lyrics can be quite a challenge, she is having tons of fun portraying Annie. "I like that I can be in another person's

shoes. It helps me conquer being shy and get good at being confident on stage."

On the heels of the recent release of Sony Pictures' modern-day Annie, the Vashon version also celebrates the timelessness of the beloved story and music. Expect to hear lively renditions of songs such as "Tomorrow," "Maybe" and "You're Never Fully Dressed Without a Smile."

Annie Jr.

Thursday and Friday, January 15 & 16, 7 pm

Saturday, January 17, 2 pm

Vashon United Methodist Church

\$6 Youth, \$10 Member/Senior, \$14 General

Tickets: VAA, Heron's Nest, www.VashonAlliedArts.org

The Road to Resilience Another Tale of Two Islands

By Terry Sullivan,

I recently read Naomi Klein's new book, *This Changes Everything*. She relates a cautionary tale about an island in the South Pacific that is about the same size as Maury Island. For thousands of years, the island of Nauru was a tropical paradise on which people thrived on the abundance of fertile forest and sea. As with most tropical paradises, Nauru eventually became a European "protectorate" and eventually came under the aegis of Australia. Sometime in the early 20th century, a European geologist discovered that the hilly interior of the island was almost pure rock phosphate. As it turns out, for hundreds of thousands of years, the island was a main stopping place for migratory birds. Well, the guano piled up, turned into rock, was covered with topsoil, and became the beautiful hills of Nauru. As the science of industrial agriculture burgeoned, so did the demand for this scarce and valuable commodity. By the 1950's, they were grinding up and sending off shiploads of rock phosphate to fertilize the farms of Australia and New Zealand.

The people of Nauru were held up as a shining model of how a primitive

society moves into the modern world. Newsreels showed students in nice white clothes in new spacious schools, with safe water and sanitary systems, new roads, and so on. In fact, as time went on, the people of Nauru became quite wealthy. They became independent in 1968, and within ten years, they had the highest per capita GDP in the world! They had expensive new cars to tour their loop road (a twenty minute ride for one complete loop), they had spacious air-conditioned houses, and they lavished each other with expensive gifts. Along the way, they pretty much forgot about fishing, and the increasingly barren interior no longer provided much either. Besides, why would anybody spend time grubbing for their food when they can eat at restaurants? That is what they did. They ate primarily processed imported food. By the late 80's, they had the dubious distinction of being the "fattest country in the world," with almost half the population suffering from type 2 diabetes.

As time went by, the barren center expanded as the phosphate disappeared and the living portion of the island was a mile-wide ring. It doesn't take too much imagination to see where this is

Continued on Page 7

Give Yourself an Office for 2015

By March Twisdale

HUB070 Member & Creator of the Vashon Writers' Office

Sound impossible? Not when you're lucky enough to live on Vashon Island ~ home of Coworking Office HUB070.com!

Hmmm. What could an office in town do for you and your goals? No kids (or spouses) interrupting you (every 18 minutes). No sink filled with dirty dishes, hungry cats, whining dogs, piles of laundry, or dirty floors begging for your attention? No anxiety or stress bubbling forth within you, hour after distracted hour, until you're losing your cool like you promised not to do just last night?

Oh yeah. How you work impacts your family, too. What would they get out of you coming home after a day of focus and stellar productivity in your warm, professional office surrounded by amenities galore? How about a less stressed parent/spouse who just spent the day being super effective?

Do I lie? No.

Still, an office is expensive, isn't it? That's why you're working at home, right? To make the ends meet and keep that credit card balance low? Sure, reduced stress is nice, but who can just up and decide to give themselves an office?


You can! Check HUB070.com for exact details, but my office costs me only \$8.33 a day and members of the Vashon Writers' Office pay a mere \$2.50 a day... far less than a cup of coffee which, by the way, is among the many amenities available for members of HUB070. Oh, and did I mention the wide array of teas available? The full kitchen? Two conference rooms, comfortable lounge (with a television & cable), and a resource desk where you and your fellow coworkers can find everything from scissors to tape to stamps for that letter you have to mail right away...and a full-service printer?

In other words, giving yourself an office for 2015 could actually save you money! It is an investment in yourself. But wait! Are there more reasons to flee the cluttered kitchen counter at home for a large, clear desk space in a brightly sunlit coworking office?

You bet there are! I interviewed several newish and long-term members and here's what they appreciate most about having an office out of the home.

Alex Tokar, owner of BitBamboo.

Continued on Page 5



WINDERMERE VASHON

FIVE TIPS FOR HOMEBUYERS

With mortgage rates at record lows, many of you may be thinking of looking for a new place to call home. Here are a few tips to help you get started

Determine what you can afford

Before seriously looking at homes, it is a good idea to find out what size of loan you will be able to afford. Talk with a couple mortgage lenders to see what types of loans are available and what may work for you. Also, don't forget to take into account the cost of home maintenance, property taxes & insurance when determining what you can afford.

Find a Real Estate agent to work for you

Many buyers hold a common misconception that they should contact the Listing agent for information on a property. In fact, it would be in the Buyer's best interest to work with their own agent. Your own agent will better understand your needs and wants and be able to provide you with property information. More important, they will represent you and your interest throughout a transaction, where a Listing agent represents the Seller's interests only.

Start the search for your new home

When you begin your search, make a list of what you need in a home and what you would like to have, and prioritize the list. This will help you and your agent narrow down your search.

Make an offer!

When you find your new home, your Windermere agent will guide you through the process, negotiate for you with a commitment to protect your best interests and assist you with arranging inspections and financing.

PREQUALIFICATION VS. PREAPPROVAL

Prequalifying

for a mortgage helps you determine how much home you can afford, but doesn't mean you've been approved for a loan.

Preapproval

means the lender has approved you for an actual loan amount. Having this commitment puts you in a better negotiating position when you make an offer.

Your Windermere Team:

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Dale Korenek

Linda Bianchi

Connie Cunningham

Rose Edgecombe

Kathleen Rindge

Heather Brynn

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Nancy Davidson


Denise Katz

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Next Edition
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Comes out
Thursday
January 22

Deadline for the next
edition of *The Loop* is
Friday, January 16

Starts Jan. 9
Interstellar



Starts Jan. 16
The Theory of
Everything



Whiplash, January 16, 17, 18

Bolhoi Ballet from Russia:
La Bayadere, January 11 @ 1pm.

Vashon Theatre
17723 Vashon Hwy
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Call for Times

For show times and info check
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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.

VCC Caregiver Support Group

Vashon Community Care will host a Family Caregiver Support group open to all family caregivers in the community. It will take place the first Thursday of each month from 7-9 pm. Contact cara.aguilera@providence.org/ 567-6152 with questions.

Vashon Drum Circle

Drum in the New Year Friday night at Vashon Drum Circle’s free monthly gathering. Join Buffalo Heart, the big community drum, and members of the Vashon Drum Circle, Friday, January 9th, 7-8:30 PM, at Vashon Intuitive Arts. Sponsored by Woman’s Way Red Lodge, this gathering is open to all ages. No experience required!

Water District 19 Meeting

Water District 19’s next regular Board Meeting scheduled for Tuesday, January 13th, 2015 at 4:30 PM, 17630 100th Ave SW, in the district’s board room.

Find us on Skype
Vashon Loop
206-925-3837

The Vashon Loop

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Dates for health insurance sign up and free taxes

King County will be here to sign people up for health insurance under the Affordable Care Act on Wednesday January 14th from 10 - 2:45pm at the library and Wednesday February 4th they will be at the Food Bank from 10:30 - 1pm and then at the Library from 2 - 4:30pm
The Vashon Volunteers will be signing people up for Health Insurance on Saturday January 10th from 10:15 - 1:15pm at the library and Thursdays January 29th, February 5th and February 12th from 10 - 1pm at the library.
Thursdays will be joined by Hilary doing free taxes for people whose income is \$25,000 or less. This free tax service will be on Thursdays from 10 - 1pm starting January 29th and ending on March 26th. This is also at the Library.

Joanna Gardiner

Loving care for animals,
plants and homes

567-0560

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Send in your Art, Event, Meeting
Music or Show information
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Vashon Social Dance Group Monthly Dance & Lesson

SATURDAY January 17, 2015
Welcome to 2015 VSDG Lessons and dances
Vashon Social Dance Group Lesson & Dance
Ober Park Performance Hall - 17130 Vashon Hwy SW
(Vashon Park District Office Building)
Saturday January 17, 2015
7:00 - 8:00 pm Dance Lesson Of Majority Choice - Come Pick Your Favorite
Lesson in Country 2-step, East Coast Swing, Waltz, Cross Step Waltz, Country 2-step or, a Line or group dance or two with Candy and others willing to assist...
8:00 - 9:30 pm Dancing to deejayed music provided by Me
No partner needed. Come and bring anyone interested in dancing!
Suggested donation: \$10 for either or, both lesson and dance
No one turned away due to lack of funding. Join Us!
Hope to see and dance with you then.
Make dancing and bringing friends and family into the wonderful world of social dance your New Years resolution for 2015!

Pre-registration for singers on Saturday

Vashon Island Chorale will offer pre-registration for singers on Saturday, Jan. 10 from 9:30 to 11am at the Vashon Book Shop. The new session for Chorale begins on Tuesday, Jan. 13 and culminates with concerts of Faure’s “Requiem” and Elgar’s “In the Bavarian Highlands” on April 25 and 26. See vashonislandchorale.org for additional information.

Concert For Rj’s Kids

We’re doing a fundraising concert for the Rj’s Kids.org non-profit that is planning on opening a new community center geared towards the teens and 20-somethings of our community, but inviting to all open hearts and minds.
This will be an intimate, mostly acoustic gig at the Skunk Works gallery on Bank Rd., behind the “Nirvana” building.
Natalie Smith will donate food and drinks that will available for a *requested* \$10 donation (or whatever you can afford, no one will be denied food). All proceeds going to Rj’s Kids.
There will be an open mic kicking off the show.
Concert For Rj’s Kids, First Friday, 6-11PM
Skunk Works Gallery

Bouquet for Jeanne Dougherty

Voice of Vashon is proud to commend Jeanne Dougherty of the VoV 1650AM Alert Team for her timely and responsible posting of the King County Sheriff Department’s request for citizen action to aid in an island wide search for an assault suspect. On Saturday, January 3, the driver of a red pickup truck rammed a Sheriff’s car to evade arrest and drove away. The sheriff allegedly fired shots at the fleeing suspect and called for backup from deputies off island. The Island’s social media outlets were alive with anecdotal information about the chase, some of it pressuring Voice of Vashon to report the ‘news.’ But neither Voice of Vashon, nor its affiliate 1650AM is licensed to provide breaking ‘news,’ especially in an ongoing police action. What VoV and 1650AM can do in such a police action is to disseminate the Sheriffs’ requests for citizen support, and that is exactly what Jeanne Dougherty did. she didn’t succumb to the pressure of hearsay on social media. She waited until she had confirmed information from the King County Sheriff’s office, averting unnecessary alarm among islanders and, at the same time, alerting islanders to call 911 if they saw the truck and support the police. Thanks, Jeanne!

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Dave Lang joined NASA's Johnson Space Center throughout the entire Gemini and Apollo programs. He taught graduate-level flight dynamics courses to the first class of lunar astronauts, was responsible for developing astronaut flight simulators, and was pivotal in the conception, design and training of the first-ever Gemini tether experiment missions. In other consulting projects, he has developed landing gear dynamics simulations for Learjet, designed avionics performance evaluation software for Boeing, and performed studies for Jeff Bezos' private space venture.



David Lang

Thank you to our sponsors, Vashon Thriftway, Vashon Nature Center and Plum Lodge.

From NASA to High Altitude Wind Energy

David Lang

Vashon Allied Arts

Sunday, January 18, 2015

Individual tickets: Member/Student/Senior \$16, General \$20

Bolshoi Ballet: LA BAYADÈRE

When the beautiful dancer Nikiya and the warrior Solor meet in secret, they swear eternal mutual fidelity. However, the High Brahmin, who is also in love with Nikiya, overhears them. He rushes to reveal their secret to the Rajah, who has decided that Solor will marry his beloved daughter Gamzatti.

La Bayadère (the word refers to an Indian temple dancer) is a key work in the classical repertoire and this is a magnificent production. The story of impossible love between Nikiya and Solor is set against the backdrop of a lush, mysterious India. Marius Petipa's choreography, here in a new scenic version by Yuri Grigorovich, is exquisite; the scene known as The Kingdom of the Shades is one of the most celebrated in the history of ballet. Bolshoi principals Svetlana Zakharova and Maria Alexandrova bring the characters of this romantic ballet to life.

Bolshoi Ballet: LA BAYADÈRE



The Vashon Movie Theatre
Sunday January 11th, 2015 at 1:00pm
For more info, see vashontheatre.com

"Alive Inside": Musical is Speaking Where Words have Failed

The Vashon Senior Center is presenting an exclusive Vashon showing of the award winning music therapy documentary "Alive Inside" along with hosts GreenTech and the Vashon Theatre. This groundbreaking movie is sweeping the nation with sold out performances.

The showing will be Tuesday, January 13th at 6 pm at the Vashon Theatre. The cost is \$9 per person with tickets sold at the door.

Do you love someone affected by Alzheimer's, dementia or other cognitive and physical challenges? Are you concerned about your own well being? This movie has been described as eye opening, heartbreakingly beautiful, life changing and compelling. "Alive Inside" premiered in the category of U.S. Documentary Competition at the Sundance Film Festival in January 2014, winning the Audience Award. The subject of this illuminating and inspiring film deals with memory loss and Alzheimer's and how music can help and even ease suffering. The film follows the efforts of volunteer social worker Dan Cohen as he fights against the health care system in his mission to demonstrate music's ability to combat memory loss and restore a deep sense of self to those suffering from it.

"Music connects people with who they have been, who they are and their lives," Cohen says. This story is repeated again and again in the film via the therapy of music in a simple iPod, a pair of headphones and musical scores from the past of the participants. This shortcut to making an emotional connection is seemingly reaching countless individuals for whom life has become restricted by the degree of their dementia.

Vashon Community Care



participates in founder Dan Cohen's non-profit MUSIC AND MEMORYsm Program. They have certified trainers who help implement personalized iPod music programs for residents and other community members. On movie night, VCC will provide a donation box for new and gently used iPods and iTunes gift cards.

Interviews with experts contribute to the believability of what seems to be occurring in the film. Can it really be so simple? Ava Apple, Executive Director of the Senior Center, is hopeful that the Senior Center can lead the way in what she anticipates will be a growing community wide network of supporters either directly affected or simply interested in the subject. She encourages everyone to take this opportunity to see the movie on the big screen. "Please join us on January 13th, watch this powerful movie with us, shed a tear or two and become inspired to help us take action as a community so that we can effect change in our own loved ones' lives".

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Deadline for the next edition of The Loop is

Friday, January 16

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Island Life A New Year

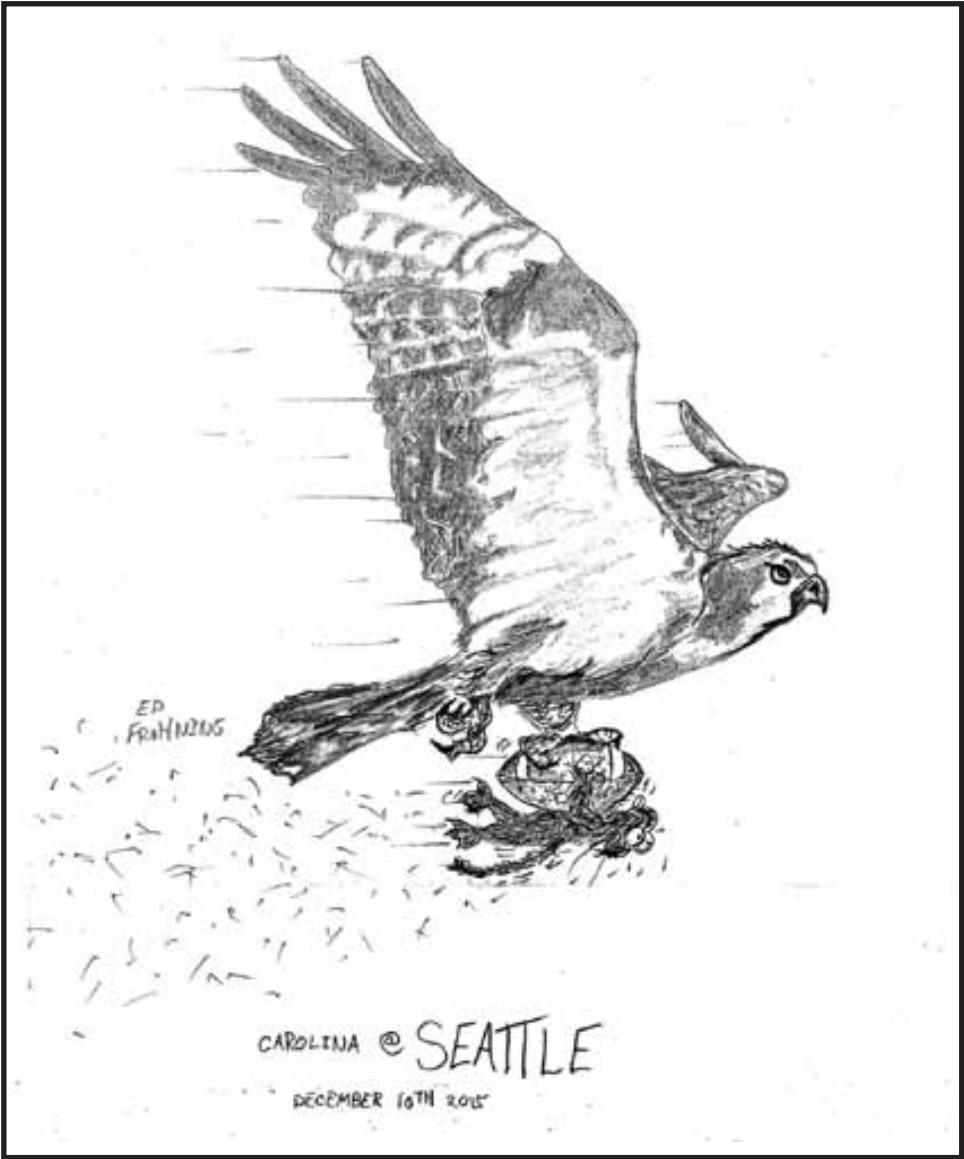
By Peter Ray

I don’t know how you treat the transition from one year to the next, but generally I tend to try and temper disgust with what has taken some three hundred plus days to ebb and flow with a modicum of hope that the next, similar cluster of days and nights offers a chance at redemption and renewal, in spite of the fact that not enough has changed in the interim to warrant either expectations of the extraordinary, or the pyrotechnic display that pretends to guide us onward into the fog. In fact, the continued lameness of the fireworks and the music that made up yet another New Year’s Eve at the Needle on TV and elsewhere, coupled with the shaking and cowering exhibited by dogs and cats alike in our household as celebratory bombs exploded in the airspace surrounding our compound, all made for a less than festive tone for transitioning into this 2015 timeslot. I believe the anticipation for New Year’s disappointment was established in the formative years of me, way back in 1961, when I went to bed hoping that President Kennedy would sign a midnight executive order allowing us to remain forever in 1961, as you could then continue to write the year down anywhere and not be certain as to whether it was right-side up or upside down, all of which perhaps goes a long way toward explaining something about my world view and the priorities that inform it.

I can’t say that legions of profundities

the basic: to lie. I can remember about when and from whom I first heard the word. It was, I believe, my first year at boarding school when my table master, and one of the English teachers at the school, used it at one of our meals. I don’t remember the context it was used in, I just recall liking the cadence and tone with which it was spoken. I also liked the fact that it allowed one to almost be paying someone a compliment if you called them a prevaricator rather than liar. There is also a grand irony in all of this, as this particular teacher was found, posthumously as it was, to have been molesting boys at the school, or at least having had inappropriate relations with them. An English department chair that had been in his name was eliminated- I don’t know what other purges have taken place there to remove the stain. Having not been one of his objects of desire I would probably still elect to call him a prevaricator in at least one regard- I’m sure others would not be so generous.

And then there are the parents, or more correctly- were. As has been related here on and off recently, there is this ongoing matter of settling their estate. I recently received two boxes from my lawyer in New Hampshire containing what seems to be more than two reams of financial records which I have been pouring over. While a lot of it was a bit Greek-ish to me, I finally deciphered the gibberish and worked out a pattern of deception that had been woven into the mix by someone I thought was my sister. It involved moving funds from account to account to invisible account to pay her bills and buy her things. She told me, whenever I asked while I was back



Give Yourself an Office in 2015

Continued from Page 1

com mentioned that maintaining a professional image while kids are screaming in the background is...hard.

The head of the Dove Project remembered the mad scramble they used to endure to find meeting locations, passing the official cell phone around, and the down side of being based out of someone’s guest bedroom. Moving to HUB070 simplified everything and allowed them to be so effective that they eventually outgrew HUB070!

Members of Vashon Writers’ Office (VWO) come in for their first day and leave amazed at “how much I got done with none of the distractions I face at home!”

Many members of HUB070 Coworking appreciate the perfect blend of social contact with focused privacy so that we can make the most out of our working hours while not feeling isolated.

If you are new to the island, working from home won’t help you break out and meet your community very easily... coworking does!

Coworking offices (here, in Seattle, and around the world) have an element of collaboration that can lead to new jobs and myriad solutions to problems, such as getting fast and easy help when your computer wigs out, that day you

desperately need a babysitter, or finding a home for your rooster muy rapido! (Yes - true story.)

The Conference Rooms are especially awesome. How many people with a solo office can also afford to keep an empty conference room for those once-a-month planning meetings, classes or client visits?

Coworking spaces are exploding around the Puget Sound for many reasons, but one of the best reasons is that the independent and entrepreneurial nature of individuals attracted to Coworking Offices lends itself to an exchange of unique, out-of-the-box ideas.

We’ve got a new world to build... improvements & discoveries to make... solutions to serious problems to find. Here on Vashon, connecting with proactive islanders can be a step toward a better future for all!

So, do yourself, your family, your new coworking friends, and your goals a favor...and give yourself an office for 2015!

Curious about the space? www.HUB070.com Love writing and looking for support & increased productivity in 2015? Send Message to: marchpower@yahoo.com to learn more about Vashon Writers’ Office Membership Options!



were marching through synapse and cortex as this past year’s grand countdown proceeded toward zero. My greatest concern, as I recall, was to attempt to stifle the pop on our one bottle of holiday cheer as it opened unto the evening, so as to not further rattle dog and cat nerves. In spite of a concerted effort on my part, with even the semi-stifled pop, the largest dog in the house immediately sought refuge in a corner of the room at the top of the stairs, disregarding my apologies and an attempt at explaining that the war outside had NOT invaded our private gathering. Besides being baffled at a post fireworks TV special on the meaning behind the background music selection for what had just passed as “awesome” pyrotechnic entertainment, I really had very little gray matter activity to speak of that night. I can safely say that in the few days following the great turning, three words come to mind as being at the forefront of the “things going on up there”. Also, there is a nice alliterative quality to their recitation: parents, parks and prevarication, but not necessarily in that order.

As a euphemism, the word prevarication is a rockstar. If one goes to the Latin derivation from the word praevaricatus, one finds that it means to walk crookedly. From there we go from “turn aside” to “evade the truth” to finally

there last Summer, that the money had ‘gone to pay Dad’s medical expenses’, and as trustee and executor of the estate, I assumed that she should have known. As I now see that this was all as far from the truth as one could get without running into one’s self while coming around the other side, I haven’t quite decided as of yet just exactly what I want to call her, so since this is all just about to get good, I’ll wait to say anymore until I find out more about something resembling the truth.

And besides, I’d rather talk about something good, which brings us to parks. For the past couple of years there has been a lot of bad to do with the parks- all one had to do was go to a park board meeting and get their fill of it. On the other hand, if one were actually to go to the parks and park facilities, in many cases the bad was hard to locate. For a brief period of time a year ago, as a part of the rowing team (prior to succumbing to acute old-fartism) I was made aware of a vignette of Island Life of which I had only caught vague glimpses. What is cool is that there are national class rowers coming out of this program. And just the other night I was at a meeting of folks working to expand the possibilities of the Vashon Pool. We will have an extra month of outdoor swimming this year, and in an effort to see what the new thermal pool covers can do to hold heat in

and conserve energy (they will lay right on the water and are deployed overnight during the pool season) Scott Bonney, Pool Manager, is hoping to have a Winter swim weekend coming soon, which may sound a bit crazy, but should be a lot of fun if the weather even at least part way cooperates. And I just this afternoon went down to the Burton Adventure Recreation Center to see the new skate bowl, which is quite impressive, and is already attracting people from off Island- while I was there someone was skating who had taken the ferry over from Tacoma just to try the new bowl. I understand from skate advocate Jenni Wilke that there will be a celebration of the new bowl on Sunday January 25th at 1pm, and that plans are already underway for events and competition this Summer.

This is all good, and along with a

takeaway from the meeting that the Friends of Vashon Pool had with parks director Elaine Ott about ideas for a vision of the future of the park district, I have changed my mind about support for the upcoming levy election. Having previously stumped for the “Vote No on the Levy and Send a Message to the Park Board”, I will have to say that I have changed my vote to a Yes on the levy, and will save the voting messages for when the three commission seats come up for grabs in the Fall. There is just too much good stuff happening at parks now to jeopardize that. So yes, vote yes, and show up at the park board meetings in order to add your voice as to where you would like to see this Happy New Year of Parks ramble.

Spiritual Smart Aleck

A Rose, Some Regrets, and the Answer to Everything

The anniversary of Rick’s passing on December 29th was hard, but not as hard as I feared. What was hard was the virus that mowed me down on Christmas Eve. Ough.

On the day of the anniversary I looked out in the yard and saw what appeared to be a rose on one of my rose bushes. I walked out to check it out, and sure enough, it was a rather puny and beat up yellow rose.

This late bloomer was pure yellow, and yellow roses were Rick’s favorites. That little rose made me feel like Rick is still thinking of me, and he had sent that rose to me.

To you skeptics and pragmatists who are saying, “Oh for gosh sakes, the rose happened to bloom late and it happened to be yellow,” I say: you are no fun.

Like billions of people before me, I ponder what happens and where we go after we die. Books have been written detailing the experiences of people who died and came back to life. Rick’s grandmother in Ohio once was dying and would have been



happy to go, but she recovered. Afterward she said an angel came and told her, “Florence, it’s not your time, and you have to go back.” Which she did, albeit reluctantly. That is not that unusual a story.

John Edward had a television show in which he talked to dead people. At the end of every show he said, love people while you still have them to love. That’s excellent advice. A lot of my grief has been wishing I could change the unchangeable.

I wish I’d called in medical caregivers at home months before Rick died instead of thinking I could do everything myself.

I wish I’d hugged Rick more, although we hugged a lot. Sometimes I close my eyes and remember the feel of hugging him, the contours and warmth of his body, the feel of his shirt collar against my cheek, the feel of his arms around me and my arms around him. I am grateful



By Mary Iuel

for those memories, and that I can conjure them up so vividly.

I wish I’d tried harder to get him to stop smoking. I did nag him at first, but decided after a few years that he was never going to quit, and I was only lousing up our relationship by nagging him.

“It’s the only vice I have left,” he said, “and I enjoy it.”

I’m glad you enjoyed smoking, Rick. Too bad about it KILLING you.

Life is moving on now and I’m moving with it. For the first time since I was young, I have choices about where I go and what I do. Unlike when I was young, I now live with the results of the choices I made over time: My adult children, my granddaughter, my house, and the family mythology created in a lifetime of telling and re-telling stories.

Like this one, one of my favorite Rick stories:

Rick was a straight arrow, drug-free American citizen until he joined the Navy and went to Vietnam. That’s where he learned to smoke marijuana. After he left the Navy he lived for a time in Marin, and there he was introduced to LSD. LSD, this is Rick. Rick, meet LSD. They hit it off.

One night he decided to take LSD and then go to sleep to see what happened. What happened was that he woke up in the middle of the night on fire with inspiration. Suddenly he understood everything! Incredible! He had the answer to everything! He was so excited and happy. Quickly he wrote down what he had realized, and lay down to sleep content that the Answer would be waiting for him in the morning.

When he awoke, he remembered the lightning strike of enlightenment that had come to him in his sleep, and he ran to the paper where he’d written down the wisdom of the ages. What he found written on the paper was one sentence:

“There’s a funny smell in this room.”

Yeah, always loved that story. By the time we met in 1972, LSD was not a part of our lives. It was a character in stories we told about our experiences in the 1960s, which already seemed long ago and far away.

I don’t know what happens when we die. I can’t say. But between the yellow rose and all the pennies I’ve been finding lately, I feel like Rick is trying to get my attention. Maybe he has something to tell me.

I hope it isn’t that there’s a funny smell in the room. That’s the dog, and he doesn’t need to speak from the other side for me to know that. I’ll try to be still and pay attention and see what develops. Stay tuned.

Ink + Mylar

Developing a Kitchen Remodel Budget

by Rachel Waldron

When I started my career as a designer, it was at a small, independent kitchen design firm. I had no idea what the average kitchen cost to remodel. As a recent college graduate, I was lucky enough to just plan and draw spaces- no budget! \$20,000? \$40,000? That amazing huge kitchen I just drew- was that \$60,000? Because if we do online searches, they all say the average kitchen is \$20-40,000, so expecting \$20,000 for a low-budget kitchen remodel is reasonable, right? If you’re going the DIY route, sure. But, to select a budget that is complementary to your home, you will want to use the steps below.

Use the value of your home to develop a realistic budget

Kitchen remodels will and should cost between 5-15% of the value of your home. That is, according to all the publications. But, I’ll be honest with you. If you come to me with an \$800,000 home and plan to put \$40,000 into a full gut and remodel of your kitchen, I will tell you that you are taking value away from your home. Then again, it entirely depends on the extent of the design.

So, when I say that the cost of your project should be between 5-15% of the value of your home, we are talking about the starting point where aesthetics are the project. Painting existing cabinets, replacing counters, but not moving any plumbing or electrical and keeping all existing walls. If you want to knock down walls, change the layout, move your sink, and get all new appliances, be prepared to dish out at least 10% of your home’s value.

Now, let’s talk for a minute about each extreme. If you are working on upgrading for less than 5%, take a break and come back when you do have at least that 5%, or you are likely devaluing your home. On the flip side, you can certainly spend 30% of the value of your home on a gut and remodel, but know that this is out of love for your home and your space. It will not come back to you in the sale of your home.

An example home of \$800,000 worth in the 8% bracket would suggest a \$64,000 budget for the kitchen remodel.

Where should the money go?

This part never fails to amaze me, and it is different every time depending on the homeowner’s priorities, needs, and the function of the kitchen. The NKBA (National Kitchen and Bath Association) has developed some general standards, however, to give us an idea of the weight of each aspect of a kitchen remodel. Using the example of a \$64,000 remodel, a budget may be expected to break down a bit like this: Cabinetry-

48% (\$30,720), Counters- 18% (\$11,520), Appliances- 15% (\$9,600), Fixtures- 6% (\$3,840), Electrical- 5% (\$3,200), Flooring- 5% (\$3,200), Walls and Trim- 3% (\$1,920)

Now, we have to keep in mind that there will be different levels of labor, depending on your project. There will likely be permits and permit fees as well. No matter how well trained or how much experience your contractor or designer have, we sadly do not have x-ray vision and cannot predict what will be found in the construction process. So while this is a good rule of thumb, always leave some cushion in your budget and be prepared for these “surprises”.

Product vs. Labor
The prices above include both product and labor. The NKBA has again, given us some standards to consider for this breakdown to be used as a rule of thumb:

Below see a breakdown

Product	Percentage of budget	Budget
Cabinetry	48%	\$30,720
Counters	18%	\$11,520
Appliances	15%	\$9,600
Fixtures	6%	\$3,840
Electrical	5%	\$3,200
Flooring	5%	\$3,200
Walls and Trim	3%	\$1,920

based on an \$800,000 home:
Additional costs to consider:
o Demolition
o Back splash
o Connecting spaces that may need work as a result of this work
o Permits
Interior Design Fee

This generally runs 5-10% of the project cost, but varies based on designer experience. Keep in mind that a kitchen design firm will often provide “free” design services when you purchase cabinetry. These services are not truly free- they are hidden in the cost of the cabinetry. A full-service designer will charge a fee to design your kitchen, but you will likely get product at a lower cost. Each type of designer has its pros and cons, but that is a discussion for another time!

To learn about Rachel Waldron’s interior design services, contact her at 206.249.9860 or rachel@waldrondesigns.com

Product cost	Labor %	Cost of Labor
\$25,190.40	18%	\$5529.60
\$9,447	18%	\$2,073
\$8,928	7%	\$672
\$3,148.80	18%	\$691.20
\$2,240	30%	\$960
\$1,920	40%	\$1,280
\$960	50%	\$960

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Aries (March 20-April 19)
You are ahead of yourself, although you have this crazy idea you’re lagging behind. Like any inventor, you have more ideas than you can put into practical use. One sticking point though is the idea that nothing worthwhile is accomplished unless someone is exploited. It’s time to question that. Cooperation is voluntary. So don’t feel bad about asking people to collaborate with you. Remind them it’s a privilege to work toward goals that benefit the community. Some of the more unusual psychology will be focused on your early environment. What, exactly, happened as a child when you tried to get people to cooperate with you, or with one another? That set up negative expectations, and it’s time to let them go. If you can, so can everyone else. That is leadership.

Taurus (April 19-May 20)
This month, several planets make their way across your midheaven -- the angle of your solar chart that describes your highest goals, achievements and reputation. This calls on you to take on a leadership role you might think is not in your nature; however, at least astrologically, it’s the essence of your nature. You lead by example, and with the quality of your ideas. So start with being bolder, more vocal and more articulate about your priorities. Follow that with careful observation of the people around you, and several rounds of listening. Chances are whatever you’re doing will require two revisions, taking you to mid-February. Till then, hang loose and allow your ideas to evolve. Look at things from different perspectives. Your tree-like stability sometimes resists this, though trees are exceptionally responsive to their environments. Among the people offering ideas, there will be a few gems.

Gemini (May 20-June 21)
This year your relationship life settles down enough for you to actually keep track of what is happening. Relationships are extensions of yourself; what they ‘extend’ into your environment is your process of making contact with your deeper self. You have experiences with others that seem impossible to have alone. That’s not strictly true; but it’s easier to see certain things projected outside of yourself. One of those is how people grow and transform. You have seen people address the darkest elements of themselves, and emerge in a different place. In some ways you’re less confident about being able to do this yourself, though the fact that you know others have is proof of what is possible. Events early in the month in one especially important partnership will enable you to get beneath the surface layers of personality, ideas and opinions. On this deeper level, you can access authentic change at your emotional core.

Cancer (June 21-July 22)
It’s not true that others are stronger or more persistent than you. They may, however, be more inclined to use force, and you are sensitive to that. You also expect people to be connected to their feelings, though that rarely turns out to be true. If you find yourself provoked into a confrontation, wait a few days before responding. Pause, listen and observe. Most of all, feel. The situation is not what it seems, and anyone acting up or dramatizing is likely feeling powerless. For you, the message can be an affirmation of your own strength, and your power of faith. Cancer is famous for its cycles, owing to its close connection to the Moon. Now you get a chance to hold steady. Someone has a debt to you, and once that becomes obvious, some form of payment, or at least acknowledgement, is due. In the end, however, that transaction must be voluntary.

Leo (July 22-Aug. 23)
Get a handle on group dynamics, an

important theme of your life right now. There is a larger entity involved, and within that everyone must be clear and open. Unlike bees and ants, who must adopt a hive mentality centered around one leader, humans have the capacity to live in mutual community, where individuals are consciously aspects of one another. A number of factors indicate this is a ‘get serious’ moment around anything related to creativity, children and sex. You could say it’s a time to understand the role of pleasure in your life, and how that influences your ability to be productive. Take full responsibility for your creative power and its results, remembering that pleasure and productivity are no longer solo activities, or contained in one-on-one partnerships. The learning challenge is seeing (and experiencing) yourself as fully integrated into a group process. It needs you, and you need it.

Virgo (Aug. 23-Sep. 22)
Your ability to focus is a gift and a privilege. Your intelligence is also a gift, and a key to the universe. There have been times when you’ve perceived yourself as the victim of these things; that is no longer the case. Brains and beauty are coming back into style. Your environment is populated by people who value their connection to others, and recognize you for who you are. The sticking point is self-criticism, often taken to excess. You may perceive this as weakness and lack of self-awareness. You’re probably correct, though remember to be gentle on yourself, and on others. Do everything you can to keep your point of view wide and inclusive of all perspectives. Tap into how others receive information and intuition -- you have a lot to learn from them, and what you learn will greatly benefit your worldly goals and your inner growth agenda.

Libra (Sep. 22-Oct. 23)
Events this month will contribute to the sensation that you’re at a tipping point. The theme is independence from the structures of the past, including your concepts of family and relationship. I would include every structure you’ve taken for granted, including your notion of what makes you safe. The confidence you’re feeling is real, and it’s associated with making the choice not to hold yourself accountable for the actions of others. If you’re feeling better about yourself, that’s about making up your mind that you are the assessor of your worth. It looks like you’re taking an idea or creative vision more seriously. From another point of view, you may be observing that something you’ve long dreamed of is now possible. It always was, though your perception makes all the difference. Devote yourself fully to it, and check in on how much progress you’ve made by mid-June. You’ll be impressed.

Scorpio (Oct. 23-Nov. 22)
Saturn has left your sign, offering you newfound freedom and flexibility. The thing about these kinds of developments is that the effects tend to be short-lived. The way to maintain the feeling of lightness is to remember how much you had to do in order to get there -- and keep doing whatever that was. If people need to put you under less pressure, that’s because you’ve stepped up to your agreed-to commitments willingly. It may have taken your entire ancestral lineage to produce you, who have figured out that you are responsible for what you say, think, do and feel. You are responsible for what happens in your environment. But this only becomes a burden if you pretend it’s not true -- then suddenly you’re under everyone’s thumb. To really be free, you don’t have to live up to others’ expectations. Rather, you must set high standards for yourself and exceed your own expectations on a regular basis.

Sagittarius (Nov. 22-Dec. 22)

Attend to your responsibilities in the order they come due, and while you’re at it, get ahead on longterm projects. You may feel like people are suddenly noticing your presence, talent and wisdom. Invest some energy into social affairs, but keep your focus on what you know needs to happen. The beauty of this moment is that your best ideas will translate easily into something tangible. It’s not merely your imagination telling you that your long-range objectives are within reach if you concentrate your efforts. You have seen the power of negative thinking waste your energy and derail your peace of mind. That is becoming a thing of the past, though you may have one last run-in with a point of view you’re done with. The key to the puzzle that seems to vex the human race: take absolute responsibility for your own thoughts, and move on fast.

Capricorn (Nov. 22-Dec. 22)
If you’ve been putting off decisions about money, you will soon know exactly what to do. There will be some matters you can attend to during the first week of the year. However, should there be any additional preparations necessary, I suggest waiting until after Mercury stations direct on Feb. 11. The more money is involved, the more important it is to wait out Mercury retrograde to allow additional information to emerge. Meanwhile, the recent sign change of Saturn is encouraging you to tune into yourself for all of the information you need, on nearly any subject. In the end, the final check on any decision is your intuition. In the next few months, you may lose interest in what anyone thinks on any topic of importance to you. Pry yourself out of that every now and then and reality-check with one or two people you trust. The final call is always yours.

Aquarius (Jan. 20-Feb. 19)
You are entering The Year of the Peak Experience. A number of factors describe this; one is letting go of an obsession with consequences that have stalked you for a while. This has been an excellent exercise in accountability. You have learned how to think things through. You’ve figured out that what you do now influences what happens later. Even as you experiment with more daring people, places and experiences, you have a diversity of safety devices in place -- and at times you may need to override them. For example, you may be more conservative than usual in financial and sexual matters. You may check your intuition regularly, seeking facts to support your hunches. In order to succeed at anything, you will need to take some risks. The good thing is that those can be conscious choices rather than involuntary reflexes. That and a modicum of intelligence is all anyone needs, and you have plenty more than that.

Pisces (Feb. 19-March 20)
No need to wonder what has become of your insecurities: the mighty Saturn has taken its place at the top of your solar chart. This is your moment to take command of your life. Pisces has big dreams, though few know the extent to which you are driven to achieve something real. However, in recent years it hasn’t been easy to concentrate your efforts; there has been too much going on. Mainly there has been a confidence issue, part of which involves being accused of the profit motive. I realize not every Pisces aspires to be Jesus or Buddha, but most people born under your sign put service first, pleasure second and profits last. Your current phase of enhanced leadership directly involves focusing the drive to make money at what you do. Whatever their theoretical philosophy, everyone likes to have money in their pocket. Even better if it’s earned with a clear conscience, as yours most surely is.

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

Road to Resilience

Continued from Page 1
going. In fact, even early on, the leaders of Nauru were made to understand that an area of land in Australia would be given to them when Nauru was all “used up!” They even invested a large portion of their profits so that they could live on that when the phosphate dried up. By the 90’s, the phosphate was about gone, and their investments went very badly. So, for a ten-year period, aided by recent financial deregulation, they went into the international money laundering business, with as many as 400 phantom banks operating completely unencumbered by monitoring, oversight, taxes, or regulation. Ultimately, this went badly for them as well as they ended up \$800 million in debt. They sold off their assets in Australia to pay off one US corporation.

Now both ecologically and financially bankrupt, the Nauruans came to realize that sea level rise was slowly devouring the remaining ring of land from the outside. More recently, in order to bring in much needed revenue, the Nauruans agreed to house a detention center for middle eastern refugees captured attempting to flee to Australia. The conditions in these camps, as you can well imagine, is deplorable.

It’s hard to imagine a more dramatic and complete fall from grace. The people of Nauru are not unusually stupid. I should mention that there were people that saw this coming and warned against it. There were attempts to heal the wounds from the extraction of phosphate, but they were not enough to stem the profitable tide. Remember that early on, Nauru was held up as a shining example of model development.

To consider what happened to Nauru to be a tragic exception rather than the norm would be a big mistake. Just ask the people of Eastern Kentucky and West Virginia about their mountain tops, precious streams, and hollers. Ask the First Nation people in Alberta what the tar sands excavations have done to their pristine boreal forest. Are we so desperate that we have to destroy our permanent assets for cash?

We made the right decision when we refused to allow our Maury Island gravel to be removed. However, what if we had high value rock phosphate instead of gravel and that every resident of Maury Island was guaranteed a ten thousand dollar dividend? Would we have shown the same resolve?

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Positively Speaking

The Grand Adventure

By Deborah H. Anderson



and either friends who let me do laundry at their house or a roll of quarters and the freedom and means to go to the lovely laundromat in Ballard where I can get fresh clothing in about an hour and half.

They can go only where their feet and public transportation takes them. Everything they own is in one backpack.

At night I pull into my very secure, safe parking spot, wrap myself in four lovely fleece blankets and a gigantic down comforter that sometimes wakes me because I get too warm. I have put on my warm jammies and sleep socks. I maybe watch an episode of “Wings” or “Chopped” on my \$7 a month indulgence of Netflix and then set the alarm for work and spend the next eight hours sleeping like a baby.

They go to the shelter distribution site at 6PM and register their names, return at 8PM to find out if they are sleeping inside or outside that night. If they get a spot in a shelter, they will sleep on a plastic mattress with a sheet and a blanket, in a room that has no individual sleeping privacy, rise at 6 whether they want to or not, wash themselves in the sink, eat a provided breakfast and go back out on the streets.

The list goes on and on.

Me? Well, I’m just following God’s lead doing an end run around evil that had me a bit trapped. I’ll be fine. I am fine. In a year or two or whenever, I’ll have stockpiled enough funds to join the four walls in one place again, hopefully. If not I have a luxurious holding pattern. And everyone has already asked me in I’m going to write a book about my ‘portable’ lifestyle. Well, of course I am.

Them? They need your help. I have boots and bootstraps. They lack both. Give them your money, offer them jobs, believe in them. If you live on credit I guarantee you are two paychecks away from where they live. One good illness and it could happen to you.

We have abundant housing here on the Island. Lots of million dollar homes and lots more that are less money but just as ample. Somebody doing what I’m doing seems appalling and bottom of the barrelish.

But please, do not let privilege distort your view of what true homelessness is and how very much you are needed to keep giving all year round, beyond the holidays.

They are not on a Grand Adventure. They are experiencing life deflating, humiliating, and sorrowful obstacles that require an enormous amount of support and resources to turn around.

I am not homeless, but I do know some people who are and could use your help.

Love,
Deborah



When people hear what I’m doing, this look of horrified shock melts onto their faces and then simultaneously I see them go for restraint lest their emotions show. The restraint never works. It amuses me a little.

I sleep in my car now. Driven to almost nothing financially by five bad rentals in seven years (gullible is my middle name), and determined to get a significant body of work to market, I channeled my inner Grandad Richards and did what he did when he was building the family business. I looked at what was absolutely essential to get ‘er done, and where I could trim the sails. I needed an office, and I didn’t need to pay to sleep. Finding the exact right circumstances to have routine, focus, safety and fun, I set out on The Grand Adventure. There’s a significant spiritual component to it, but here is not the place to delineate that. Let’s just say the story of Abraham dragging Isaac up the mountain supposedly because God wanted him to sacrifice his first born and then God providing an animal for the sacrifice at the last moment, was the vision I held in my head and heart.

It’s been a ridiculously wonderful benefit right down to long wonderful luxurious sleep that a person with an L4-5 disc injury usually doesn’t have. Moving forward, within months the financial advantages ought to start to build. The work? Well, the work I’ve been trying to complete for seven years, goes to print at the beginning of February. Done and done. Mission being accomplished. Thank you God from whom all blessings flow.

Now, I live, and have for the last twenty years, lived on a little Island rural community where people can make up great and grand stories about you as if they were your best friend and actually have never met you. So, the rumors I was homeless abounded.

Homeless? Let me tell you about homeless. I was invited to volunteer as a chaperone at a women’s shelter site last weekend. Although, when I was invited I could say yes because, well...my bedding was right outside in my car along with everything else I needed, I didn’t share my circumstances with the women. Because compared to them I am living the life of Reilly.

I have an office filled with everything I need to do my work, chatchki, mementos that bring me cheer, pictures of my entire lifespan and the people I love, houseplants and my favorite mugs. In the lower right hand draw I have my twenty three year old espresso machine that makes one lovely cup o’ latte if I choose. I have access to a full kitchen where I have food that is fresh stored for me to eat with room for leftovers if I prepare too much.

They wander the streets all day moving from one general warm place open to the public to another to pass the time or perhaps help them look for work.

I have a car with a full wardrobe in it,

My Guitar Gently Weeps



Join us for an unforgettable evening with Canadian guitar virtuoso Don Alder!

Don Alder plays acoustic fingerstyle guitar with a passion and exuberance that has quickly earned him a reputation as Vancouver’s “best kept little secret”. Don is a world-class fingerstyle guitarist with a “wow factor” that has led to winning all the top modern guitar competitions in the world, including the 2011 World Wide Guitar Idol competition. He has multiple endorsement deals with major guitar manufacturers, and a collaboration with Greenfield guitars to produce a signature acoustic guitar – the eponymous “Don Alder G4” model.

Spending his early childhood in Montreal, Don grew up and currently resides in Vancouver, British Columbia, Canada. His unique style

of playing incorporates fingerpicking with simultaneous percussion on the soundboard to create a wall of sound. He has been called the “acoustic Jimi Hendrix” and is often referred to as sounding like a four piece band. Don’s music is his own unique weave of deeply textured melody and story. Lyrical and compelling, his original songs are notes of exploration – some passionate and haunting, some hard-driven, others light and teasing. In quiet pieces or pushing right to the edge, Don’s phenomenal fingerstyle playing and rich voice has captivated audiences through North America, Europe and Asia.

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We’re a pair of Celtic cats who lived together until our owners moved to assisted living and couldn’t take us with them. Danny Boy says, “Faith and begorrah, I’m a laid-back lynx point Siamese. New people and situations don’t faze me.” McBuff exclaims, “Ach! I’m a gentle buff-and-white tabby. It’s true that I’m a wee bit shy than the other fella, but with a little encouragement, I’ll start purring in Gaelic and showing a lot of affection.”

Although we love humans, we don’t care for each other’s company, so we’re hoping the luck of the Irish will bring us separate homes (long before St. Patrick’s Day).

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Island Epicure



By Marj Watkins

Something Warm from the Oven

One of the best things about winter, January in particular, is that now it’s cool enough for heating up the kitchen by baking something. We’re through making gingerbread men and gingerbread houses. We can bake something that goes with a simple supper, but with a little ingenuity make it special.

Today’s recipe based is on the Scone recipes in my book, Wholegrain and Gluten Free. Serve them with a hot beef and or black bean stew, or rewarmed for breakfast.

Spicy Sorghum Cheese Scones - Gluten Free. Makes 12
Preheat oven to 400 degrees
2 cups sorghum flour
1 Tablespoon baking powder
1 teaspoon dried, crushed red hot chili peppers
½ teaspoon ground cumin
¼ pound grated cheddar cheese

¼ teaspoon salt
2 eggs
3 Tablespoons light olive oil or olive oil or melted butter
1/3 cup yogurt or 3 Tablespoons milk

Sift dry ingredients into mixing bowl. Beat eggs, olive oil, and yogurt or milk. Work into dry ingredients. Let rest 5 minutes. Divide in two. On a floured surface, form into 2 disks about 5 inches across. With a wide spatula, transfer each onto a greased or parchment-lined a baking sheet. Score for each disk for 6 wedges. Bake 15 minutes until golden brown on top. Present on a napkin lined plate or plates.

Gluten Free Sorghum & Almond Meal Scones. Gluten Free. Makes 8
Preheat oven to 425 degrees
1 ½ cups sorghum flour
½ cup almond meal
2 teaspoons baking powder
½ teaspoon salt
¼ cup currants or raisins
1 egg
½ cup milk
4 Tablespoons butter, melted
1 Tablespoon honey
Sift dry ingredients. Stir in currants or raisins. Beat egg into milk. Stir into dry ingredients. Stir in melted butter and honey. Drop onto olive oil-lined baking sheet. Bake 12-15 minutes. Serve warm. . Eat with butter or jam if desired. Each scone yields 3.7 grams protein

Is It About the Wheat or the Gluten?

By Kathy Abascal

There is a great buzz about wheat, gluten, and glyphosate (the active ingredient in the herbicide Round Up) right now. And this buzz is creating lots of confusion and misconceptions. A study concluded that exposure to glyphosate is causing a wide variety of health problems ranging from celiac disease to autism to Parkinson’s to celiac, and more. Many have misinterpreted this study to mean that most gluten sensitivities are not caused by wheat and that most people who think they are, in fact are not, gluten sensitive at all. Instead their woes are supposedly due to glyphosate. As a result, those who think they are gluten sensitive now are told they can eat organically grown heirloom wheat and can eat any form of wheat abroad where glyphosate supposedly is not as widely used. This is a misstatement of the study. My article today is focused on setting straight the potential relationship between glyphosate and food sensitivities, including but not limited to, gluten sensitivities.

The study creating this buzz correlates the increased glyphosate use (currently about 200 million pounds per year in the US alone) with a matching increase a variety of health problems. Correlations are interesting but do not establish causation. For instance, the increased consumer preference for organic food also parallels a rise in diseases but is not a cause of them. Fortunately the study in question does not rely on graphs and correlations alone but also provides additional evidence and reasons why glyphosate likely is a much bigger problem than we have been led to believe.

Glyphosate has very little acute toxicity in humans, and, although it is found in breast milk and urine, it does not seem to accumulate in humans. Glyphosate works by blocking the shikimate pathway, a biochemical pathway bacteria and plants rely on to survive. Animal cells with nuclei do not rely on the shikimate pathway for survival. As a result, governmental agencies accepted manufacturers’ claims that glyphosate was non-toxic and set residues and use limits accordingly.

Glyphosate does kill plants-all plants. Spray RoundUp on your grass and it will wither as surely as a dandelion would. With the advent of genetic engineering, however, glyphosate-resistant crops were developed so that whole fields could be sprayed, killing everything except the GM crop. These GM crops dramatically increased the use of glyphosate. And because most Americans now are constantly exposed to glyphosate residues on their food, the herbicide is showing up in human breast milk and urine. While it is quickly excreted, we quickly add new



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.

glyphosate to our systems; but again, that is not supposed to matter because it won’t affect us.

But glyphosate does affect us. Each of us hosts some 100 trillion bacteria in our intestines and they are critical to our health. If we host the “right” bacteria, they make vitamins (such as B and K) for us and they help us absorb those vitamins. They have many, other varied effects on us and growing the “wrong” ones is able to cause a variety of health problems ranging from heart disease to depression. A lack of the “right” bacteria inflames our intestinal lining. An inflamed lining can allow parts of foreign proteins to enter our body, causing an immune reaction that manifests as sensitivity to the food that produced that protein.

And what does that have to do with glyphosate? Glyphosate kills bacteria and studies are accumulating that show that it preferentially seems to kill our “good” bacteria. Thus, the more glyphosate-containing foods we eat, the more likely we are to develop food sensitivities. And the more frequently we eat any given food, the more likely we may develop a reaction to that particular food.

Americans today eat a lot of wheat and a lot of dairy. These

foods are also relatively new to the human diet. Eaten frequently with a glyphosate-imbalanced intestinal flora easily could lead to a gluten or dairy sensitivity. The article also suggests that avoiding glyphosate altogether (by eating organically grown food) will help you not develop food sensitivities.

What the article did not say: Once you are wheat sensitive, you cannot avoid the inflammatory reaction by eating unsprayed or heirloom wheat. Not eating glyphosate will not cure an existing food sensitivity. The article also did not say that the current epidemic of claimed gluten sensitivity is false. It instead suggests that gluten sensitivities (and other food sensitivities) indeed may be much more common today than in the past because of our glyphosate exposure.

There are other aspects of glyphosate toxicity I do not have space to explain in detail but I do want to mention one: Nucleated cells, such as our own, contain organelles called mitochondria that are critical to energy production and oxygen use. These mitochondria are bacteria-like and use the shikimate pathway that glyphosate blocks. This is another reason why glyphosate may be causing a variety of other health issues: It is altering an essential cell function in our bodies.

The solution: Work on avoiding glyphosate. Do not use RoundUp to kill your blackberries or dandelions. Eat organically grown food. Avoid GM foods because they often have a higher residue of glyphosate. And be especially careful with sugars. Sugar today is usually either glyphosate-sprayed GM sugar beets or glyphosate-desiccated sugar cane. Very few foods are made with organic sugars so sugar is a real source of glyphosate: From the sugar in your salad dressing, coffee, mustard, pizza to the sugar in your cookies, crackers, and desserts. And then to aggravate matters, the sugar favors the growth of the “wrong” microbes while the glyphosate preferentially kills the “right” ones.

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OneNiteStand

We all know a One Nite stand is never enough – You just want more! Well good news, they’re back! And they have new stuff as well as a female duo who will redefine the local blues scene. This band is ‘nothin’ but rockin’ blues’ and you’ll say “oh yeah!” when you hear them! Can Blues/rock be this much fun? It is for the players and it will be for you when you join this band of musicians who’ve been rode hard and put away wet. They’re dusting it off and shinin’ up nice for another rare gem of a show.

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



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

Fletcher creates those additional rhythmic pulsations that enhances Gib’s driving sounds. Ainslie lays down our bottom end with enthusiasm and umph! Azula & Terri can sing, and will blow you away with the power and clarity with great voices! You’ll love OneNiteStand & The Sirens and you’ll never forgive yourself if you miss this. This is a free cover all-ages show ‘til 11pm, then 21+ after that. Friday, January 9, 8:30pm At the Red Bicycle 17618 Vashon Hwy SW 206-463-5590 www.redbicyclebistro.com

Robert Burns Choral Celebration

by Stephen Jeong

To celebrate Robert Burns Day, VAA welcomes back Seattle choral ensemble whateverandeveramen. (w&ea.) to lead a lively evening of Burns songs and other traditional Scottish and Irish drinking songs. The group’s name is borrowed from a lyric and album by singer-songwriter Ben Folds, reinterpreted as a statement of reflection and nondenominational faith—“that whatever challenges may come, life will find a way to work things out.”

Favorite son and bard, eighteenth century lyricist Robert Burns is widely regarded as Scotland’s national poet. He is most recognized through his poem-song “Auld Lang Syne,” often sung at New Year’s celebrations across the world, and by “Scots Wha Hae,” the unofficial Scottish national anthem.

Founded in 2012 by choral conductor Brad Pierson (Assistant Professor of Choral Music Education, Western Illinois University), the irreverent goal of w&ea. is to create approachable choral concerts of artistic merit that invite audiences to sing rather



than sit as spectators. Through these fun and casual events, w&ea. hopes to initiate a generation of people to the positive experience of group singing.

Audience members need no prior singing experience, and the w&ea. singers teach songs throughout the evening. While traditional Burns Suppers are ritualistic with a set order of events, we dispense with tradition (and the haggis) to focus on song.

Saturday, January 17, 7:30 pm Vashon Allied Arts \$14 Member/Senior, \$18 General Tickets: VAA, Heron’s Nest, VashonAlliedArts.org This is an age 21+ event

Allison Shirk CD Release Party

Join Vashon singer-songwriter, Allison Shirk, for the celebration of the release of her debut album, Break My Heart on Sunday, January 11th, 7:30pm at the Red Bicycle Bistro and Sushi.

Allison will be joined by the musicians who performed on the album to recreate this musical journey from cover to cover, including Keith Lowe, Todd Zimberg, Country Dave Harmonson, Sarah Christine, Lonesome Mike Nichols, Richard Lipke, Jacob Bain, Daniel Walker, Paul Colwell, Jason Staczek, Bill Jones, Sarah Howard, Joseph Panzetta, and others. This intimate listening party is dedicated to the generous individuals who backed Allison’s Kickstarter Campaign that made the recording possible. Tickets will be available for others who missed the chance to participate. Backers who invested \$100 or more will have reserved seating opportunities.

The album will be available for purchase at the event, along with other fan merchandise and special giveaways.

Allison Shirk’s honey voice will draw you in, but it’s her smart songwriting that will capture you. For Allison, making music is about telling stories that connect us to each other. Her songwriting is seeping with



thoughtful lyrics and sweet melodies. And if that wasn’t a big enough glass of water, there is a refreshing message to her songs that subtly takes up issues of social justice through stories of small town life that resonate with a hunger for change.

Backed by a band of some of the best professional musicians in the Seattle area, Allison has touched the hearts of listeners with her energetic performance, warm smile, and sense of humor. It’s clear that she is on a humble journey to share her songs and that she is about to take flight.

After a highly successful Kickstarter campaign that met its fundraising goal in just two weeks, Allison recorded her debut album, an eleven-song LP titled Break My Heart at Earwig Studio. The songs that make up

Break My Heart are all-stars from a decade of songwriting. The album was mastered by Ed Brooks of RFI who calls the album, “A great listen. Engaging songs and performances.” The collection, rich with personal experiences and thoughtful reflection, may prove to turn the heads of music critics.

Allison is quickly growing an enthusiastic fan base from her home town of Vashon Island and Seattle and is currently ranked in the top twenty of Pacific Northwest musicians for Americana music according to Reverbnation.com. She is described as a young Lucinda Williams - a sweetly southern artist with an edge. Allison is currently promoting her debut album and performing regularly in Washington, California, and Texas.

All-Ages ‘Til 11pm, 21+ after that. SOLD OUT Sunday, January 11, 7:30pm At the Red Bicycle 17618 Vashon Hwy SW 206-463-5590 www.redbicyclebistro.com

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

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Vashon Chamber Music presents two concerts in January

By Rowena Hammill

“A Night in Moscow” features music from the Great Russian composers, Tchaikovsky, Rachmaninov, Shostakovich and Prokofiev at Vashon United Methodist Church, Sunday, January 11. The program begins with Dmitri Shostakovich’s String Quartet no. 1, played by the Seattle-based Girsky Quartet. Husband and wife violinists Artur Girsky and Natasha Bazhanov, violist Julie Whitton and cellist Rowena Hammill present this early, light-hearted work of the brilliant mid-twentieth century Soviet composer.

Vashon soprano extraordinaire Jennifer Krikawa then sings a set of romantic songs. First is “Lily of the Valley” by Anton Arensky (with cello obligato provided by Douglas Davis), followed by three sensational songs by Peter Tchaikovsky, including the famous “Bride’s Lament.”

Davis will return after intermission with Prelude and Danse Orientale for cello and piano by Sergei Rachmaninov. Krikawa also returns to sing three Rachmaninov songs, including a tribute to Vashon, “Small Island.” The program concludes with the Girsky Quartet playing Serge Prokofiev’s scintillating second string quartet.

To mark International Holocaust Remembrance Day, Vashon Chamber Music’s second performance of the month will be Monday, January 26 at the beautiful Havurat Building on the Westside. The concert features the music of Gideon Klein and other Jewish composers whose artistic lives were cut short by the Holocaust. Join Trio Pardalote and friends for this special



Jennifer Krikawa

event.

Vashon Chamber Music’s 2014-2015 Season continues in March and April with a multi-national offering on March 9 featuring the Regency Quartet and Oksana Ezhokina in the Brahms Piano Quintet and “An Evening in Paris” on April 19, with special guest pianist from Los Angeles, Francoise Regnat.

Vashon Chamber Music
A Night in Moscow
Sunday, January 11, 7:30 pm
Vashon United Methodist Church
\$20 Member/Senior, \$24 General,
\$5 Youth

Tickets: VAA, VashonAlliedArts.org
Holocaust Remembrance Concert
Monday, January 26, 7:30 pm
Havurat Building
Suggested donation \$10-\$20

A New Program, in a Newly Defined Space, in the Newest Part of the New Year...

Open Space for Arts & Community launches Lit Lounge on Sunday, January 11. This first installment will introduce islanders to a new format of storytelling - and may reveal new truths about your friends and neighbors, too.

The brainchild of Islander Cara Briskman, Lit Lounge was inspired by similar events in other parts of the country and by programs like the Moth Radio Hour. Cara began working with Maria Glanz at Open Space to craft this new program for Vashon.

Islanders are invited to bring a 3 to 5 minute story about NEW - it could be a new car, a new job, new love, new child, new look on life, new pair of shoes, new haircut, new experience... whatever NEW means to you.

People who bring a story will drop their name in a hat at the door when they enter - and names will be drawn as the event unfolds. If your name is drawn, up you come to tell your story. Between 10 to 12 names will be drawn - and it’s

up to fate and the storytelling gods and goddesses to determine whose names those are.

This intimate afternoon of storytelling will have an unusual setting, one rarely used at Open Space. More Lit Lounge installments will unfold in the spring, summer and fall, with different themes for each one.

Stories are one of the most ancient ways of gathering, of making sense of life, of sharing oneself with others. Join us to share your own story, or simply to listen to others.

Lit Lounge launches on Sunday, January 11. Doors open at 3:30pm, and the show begins at 4pm. Admission is \$10, and tickets are on sale at Vashon Bookshop, brownpapertickets.com, and at the door. As always, no one will be turned away for lack of funds. All ages are welcome, but the event is not intended for children. Stories may include mature language or themes.

Harbor School Artwork on Display at Two Wall Gallery



Alisara Martin (center) demonstrates how to make block prints with Harbor School 7th graders.

Harbor School students, grades 4 through 8, will exhibit their art during January at Two Wall Gallery with an opening night reception on Friday, January 9, 2015 at 6 PM. Students worked with Harbor School faculty art teacher, Alisara Martin, to create relief prints

with blocks of linoleum. The exhibit will feature over 60 linocuts of Vashon iconography including water, trees, deer and ferry boats.

Proceeds from the sale of the linocut prints will be used to support Harbor School’s Arts Initiative.

Vashon Dance Academy to start new session



Vashon Dance Academy will begin a new session on January 12th.

The Dance Academy has offered Island Dancers of all ages the opportunity to experience and excel in many forms of dance since 1996.

For their Winter/Spring session, which is from January 12th-June 28th, dancers from age 3-Adult can study Ballet, Pointe, Modern Dance, Jazz, Improvisation and Break Dance.

The faculty for this session includes Artistic Director Cheryl Krown, Julie Gibson,

Anne Dulfer, Martha Enson, Elizabeth Mendana Shaw, and Marcus Jones-Moore.

This session will culminate in one of Dance! Vashon’s famous performances, which features original and compelling choreography each year. The performance will take place at Vashon High School June 26th-28th.

For a brochure of class offerings and to register call 463-1895. The Academy is located next to Vashon Market.

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Remember when we were little
and just the thought of 2015 was inconceivable?
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Well, there's nothing new right now, so he'll go with the old tried
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Lounge is Open
11:30am to 2am

Live Entertainment
Friday, January 9, 8:30pm
OneNiteStand

Sunday, January 11, 7:30pm
Allison Shirk CD Release Party

Saturday, January 24, 9pm
Clinton Fearon

Friday, January 30, 8:30pm
The Eric Apoe Band

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Loopy Laffs

Sniff! The Holidays are over
and I've had SO much fun. But
now, all the decorations
have to be taken down
and packed away.



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Christmas Season is that of
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I bring...



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celebration, music,
gaiety, light, and
pageantry to
ennoble that
message...



...and
I'll be
back next
year!



LOGJAM

BY Jeff Hawley

LOOK OUT, L'I'L SAPLINGS!
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HAPPEN TO BE PLANTED JUST
BEYOND THE REACH OF
HIS HORRIBLE BRANCHES
OF DOOM!



BUT THERE'S NO ESCAPING
THE FACT THAT TREES
ARE THE DULLEST
ACTION FIGURES EVER



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