

Drama Dock presents! The Reinvention of Albert Paugh



Toby Nichols as Albert Paugh, Lisa Breen as Bonnie Douglas. Photo by Eric Perlman

A play by Jeanie Okimoto
Directed by Chaim Rosemarin

Dr. Albert Paugh is flunking retirement. After selling his Vashon Island veterinary practice, he soon finds himself not only lost without his work, but suddenly single. His efforts to carve out a new life, both as a bachelor and a retiree, only leave him feeling like his

golden years are fast becoming years of gloom. His regrets pile up until he moves to Baker's Beach where he gets to know a very special neighbor, learns that friends are the family you choose, and finds a new sense of purpose.

Adapted from the novel by the same name, this romantic comedy is rich with

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10th Annual Storytelling Festival



Winter time. Time for gathering around a fire and sharing stories with your loved ones. That's what people have done for generations, across cultures, around the world. Stories and the art of telling them are truly inseparable from human life. They have provided important lessons for survival; brought families back together at the dinner table after long days apart; and ushered young ones off to sleep while cuddled in bed.

Everyone has a story to share. And soon, coming to a theater near you, hundreds of folks, young and old, will gather together to share in the ancient and powerful practice of the oral storytelling tradition. In fact, this will be the 10th year in a row that they do this in the midst of a PNW winter -- to stir the imagination of all who listen, as they enter realms of magic, myth and hero.

And you're invited!

The Vashon Wilderness Program will host its 10th Annual Storytelling Festival on Saturday, January 28 at the Vashon Theater. Door open at 12:30pm and the tales begin by 1:00pm. Local storytellers will delight all with an imaginative afternoon of storytelling. Audience members will have a chance to spin their own tales in the 1-Minute Story-thon, story improv games, and more!

In honor of it's 10th Anniversary, the Vashon Wilderness Program will offer the Storytelling Festival for FREE. This

event typically sells out, and guests are encouraged to arrive early at 12:30pm to purchase snacks from the concession stand, sign up for the 1-Minute Story-thon, and settle in with family and friends.

Vashon Wilderness Program (a 501c3 non-profit) provides nature immersion programs for people for all ages from Vashon and surrounding Puget Sound communities. Storytelling is a core routine at VWP: mentors practice oral traditions to inspire and instill lessons and to help cultivate a learning community that values each person's life story; and VWP students practice sharing their story of day to both help deepen their learning journey and discover their authentic voice. To date, VWP has helped more than 1100+ children, teens and adults transform through Coyote Mentoring, an approach to deep nature connection mentoring which has been touted by award-winning author Richard Louv as "... good medicine for nature deficit disorder." VWP also offers free seasonal community celebrations that have brought over 1000 people together to celebrate connections to each other and the Earth.

For more information about the Vashon Wilderness Program and the Storytelling Festival, visit their website: <http://www.vashonwildernessprogram.org>

The Road to Resilience

Being resourceful

By Terry Sullivan,

Whether we're in a dangerous situation or simply inconvenienced, it is our level of resourcefulness that determines if and how quickly we resolve the situation. We in the developed world really don't need to know much about the places we inhabit or the things we need or use. As long as we earn money, we can find somebody to provide whatever it is we need. With a smart phone, we have command of much of the knowledge and resources in the world, yet we can end up as dumb as rocks. Exercising our intelligence requires the use of logic and analytical thinking. It requires some working knowledge of the things around us.

We live in a world where technology has far outstripped the average person's knowledge and understanding. If your car breaks down, do you know why? Can you fix it? How about your cell phone? I'll wager that few of us have a clue about these things, yet we utterly depend on them every day. We generally have two choices: we spend the money to fix or replace it, or we do without.

Fortunately, the things that are really important—food, water, shelter, and community—are not high tech, and we can provide these for ourselves with not so without such extensive knowledge and expertise. There are readily understood principals for securing these things, so we can increase our resilience

immeasurably if we spend some time to learn these. Learn how to grow, process, and prepare food, become familiar with tools and materials, and learn how to use them to make and repair the things that you need. Not only will you save money, you will gain a deep sense of security that you are better equipped to take care of yourself no matter what may come down.

Basic survival and living well are at opposite ends of a spectrum. The degree to which you live well on your own resources depends on refining and honing your skills and knowledge through experience and learning from others. In my mind, there is nothing more satisfying than achieving some level of refinement in your lifestyle directly through your own effort. If your friends and neighbors lack the information you need, there is a huge wealth of how-to information on YouTube. As long as the net is up and working, we might as well take advantage of it. You can find tutorials on building or repairing just about anything on YouTube.

I've been an all-around-build-it-and-fix-it guy all my life, so I understand that we create mental blocks that prevent us from having the confidence to operate in unfamiliar territory. I also know that it often takes little time, especially with hands on instruction, to turn the mysterious into the familiar. This may not work for your cell phone, but quite a few of your electrical appliances

Continued on Page 8



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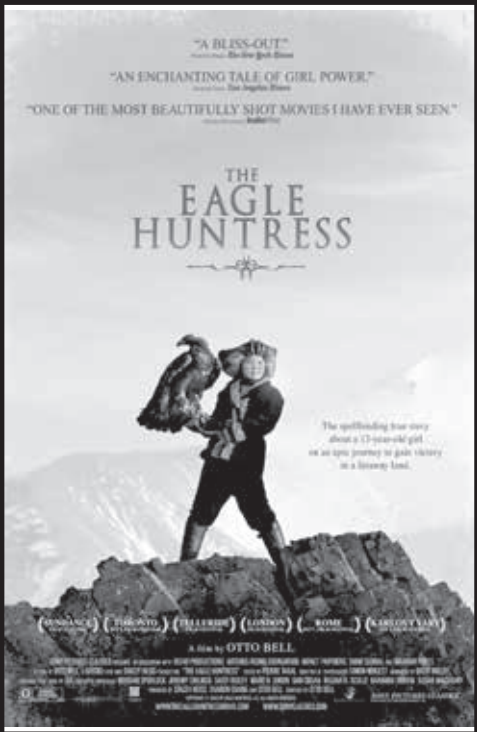
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Tuesday, January 31, 6pm

Vashon Theatre
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Call for Times

For show times and info check
www.vashontheatre.com

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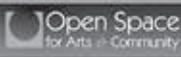
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Labor of Love

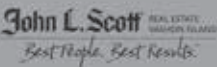
2nd Annual Gala Auction

Feb 4, 5:00-9:00pm at



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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.

Water District 19 Meeting

Water District 19’s next regular Board Meeting scheduled for January 10at 4:00 PM, 17630 100th Ave SW, in the district’s board room.

Alzheimer’s Association Caregivers Support Group

Caring for someone with memory loss? Do you need information and support? Alzheimer’s Association family caregiver support groups provide a consistent and caring place for people to learn, share and gain emotional support from others who are also on a unique journey of providing care to a person with memory loss. Meetings are held the 3rd Wednesday of the month, 1:00-2:30 pm, at Vashon Presbyterian Church, 17708 Vashon Hwy SW, Vashon, WA 98070. For information call Regina Lyons at (206) 355-3123.

Have a Story or Article

Send it to:
Editor@vashonloop.com

Capital Project Q & A

The Vashon Island School District Board of Directors will hold a number of community engagement events about proposed Capital Project improvements that would appear on a bond in the near future. Upgrades include Vashon Island High School Track and Field renewal as well as various district-wide facility improvements. The public is encouraged to drop by one of these events to ask questions and interact directly with board members who will be drawing up the bond. They will have information and hand outs. Events are as follows:

Community Forum: Saturday, January 21st at Vashon Island King County Public Library beginning at 10am.

LunaFest

LunaFest, a film festival of short films by, for, about women, will play Vashon Theatre on Tuesday, Feb 7, 6-8pm as a fund-raiser for the Vashon Resettlement Committee. This 90-minute program of 10 shorts includes one by Islander Jessica Satori, whose film “How Do We Want To Go Out,” is a tribute to her father, an Eastern Washington farmer, poet and pie baker, with music by Cami Lundeen. Co-sponsored by Island GreenTech and the Vashon Theatre, Amiad & Associates, Vashon Senior Center, Audacious Aperture, and Woman’s Way Red Lodge. Discussion and free LunaBars at the wrap. Tickets at door or at lunafest.org/vashon.

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The Vashon Loop.
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Green Dot Bystander Intervention

Green Dot Community Bystander Intervention Training Free to members of our Vashon Island Community! This 90 minute training will introduce participants to the conversation of bystander awareness and intervention, providing tools to increase knowledge of and build skills around proactive behaviors that reduce violence in our community. The training is interactive, providing opportunities to discuss and practice different ways to intervene when a situation doesn’t feel safe or quite right to the bystander. By learning about direct intervention, distraction and delegation as techniques for bystander intervention, participants will leave feeling more aware and empowered around knowing that even small acts can make a huge difference in making our island a safe place to live where violence of any kind is simply not tolerated. Please reserve your spot by emailing nyn@vashondoveproject.org or calling (206) 940-6430 For more information on Green Dot, visit: <https://www.livethegreendot.com/> Green Dot Bystander Intervention Saturday January 21st, 3:30-5pm Open Space for Arts and Community 18870 103rd Ave SW, Vashon

Death Cafe

Death Cafes are part of a global movement to increase awareness of death with a view to helping people make the most of our (finite) lives. The Death Café model was developed by Jon Underwood and Sue Barsky Reid, based on the ideas of Bernard Crettaz. Death Cafes have spread quickly across Europe, North America and Australasia. As of today we have offered 2398 Death Cafes since September 2011. If 10 people came to each one that would be 23,980 participants. We’ve established both that there are people who are keen to talk about death and that many are passionate enough to organize their own Death Café. We gather in a relaxed setting, as people who are aware that one day we are going to die, to discuss death, drink tea and eat delicious treats. When we acknowledge that we are going to die, it falls back on ourselves to ask the question, “Well, in this limited time that I’ve got what’s important for me to do? At a Death Café people, often strangers, gather to eat cookies, drink tea and discuss death. A Death Café is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session. Death Cafes are free from ideology-no one should lead others towards any conclusion about life, death or life after death, apart from you own thoughts. Death Cafes are safe and nurturing, which includes offering refreshments. Death Cafes are accessible and respectful of all, regardless of gender, sexual orientation, religion/faith, ethnicity and disability. Death Cafes are non-profit and non-commercial. Death Cafes are confidential. No individual stories should be retold. Death Cafe At Vashon Intuitive Arts on Sunday, January 22 from 1:30 to 3 PM at Vashon Intuitive Arts

Aquifers: Our Hidden Depths

Thirty percent of the planet’s fresh water resides underground. The world’s aquifers, which supply freshwater to hundreds of millions of people, are being drained at an alarming rate, according to recent satellite data from NASA. This talk explores the nexus of the physical and human aquifers, hidden caches of an essential substance that are unique, fragile and increasingly threatened. How do they form and behave? What nurtures and endangers the Earth’s inner life and our own? Mary Bruno has a masters degree in aquatic ecology and more than 25 years as a writer, editor and editorial director for a variety of print and online publications, including Newsweek, Seattle Weekly, ABCNEWS.com and Grist.or Sunday, January 22, 7 pm VCA SCIENCE SERIES: Aquifers: Our Hidden Depths Vashon Center for the Arts Katherine L White Hall Individual Lecture Tickets: \$16 Member/Student, \$18 Senior, \$20 General

**Next Edition of
The Loop Comes
out Thursday
February 2**

Deadline for the next edition of *The Loop*
Saturday, January 28

The Vashon Loop

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Fire on Vashon



By Seán C. Malone

Uncle Jerry was driving an old green coupe, I think it was a Plymouth. We were coming home from catechism at Dockton and Uncle Jerry’s car was full with his three children and us cousins. “Brace yourself,” Uncle Jerry yelled at sister Molly who was sitting in the suicide seat, the most unsafe seat in the car in case of an accident. She was told to push hard against the glove box and to lock her elbows against a collision. We must have been hitting 50 MPH. “Oh my God,” Uncle Jerry said as he put his foot in the hole and sped up. We saw smoke as we came down the straight stretch from the golf course to the KIRO towers and it looked like it was coming from Portage where fifty relatives lived in the 1950’s. We were all related and it was Uncle Jerry’s house that was on fire and our volunteer firemen wouldn’t go near it because of the exploding rifle and shotgun shells coming from the billowing tower of black smoke.

Uncle Jerry was an avid hunter and the feeling of sneaking up on prey without having been seen or waiting for prey when time didn’t count, were upon him. Jerry had an old 12- gauge shotgun that had a bolt on top and was very difficult to unload such as the day in Dockton when he blew up Mrs. Bedisolitch’s pumpkins when a round went off by mistake. Jerry was in the merchant marines during the war and came home with shell shock or what we call PTSD today. If Aunt Verna asked one of us to wake up Uncle Jerry,

sleeping on the couch, we had to use a long twig to touch him on the shoulder and then jump back because Jerry would come off the couch, flailing his arms in panic.

Their house was no bigger than a double-wide trailer. Everything the family owned went up in the fire. All that was left standing in the ashes, was the oil heater, the cause of the fire. Jerry had saved a gallon size jar of pennies which were scattered in the ashes of the house. I remember going thru the ashes with my brother, Mike and the other cousins to find the pennies and then taking them to the Portage store to buy candy from Cliff Lavender.

Oil space heaters were a common form of heat on Vashon in the 1950’s. The stove oil was usually stored in 55 gallon barrels connected to each other alongside the house. The problem with these oil burners was that the needle valve in the carburetor that controlled the oil flow could stick and cause the oil to run freely into the burner creating combustion. At least that is what we thought happened a few years later when our stove blew up at Cove, it wasn’t so much an explosion as a giant “WHUMPH” and the whole house was covered in black soot that wouldn’t be wiped off. Oil soot is much worse than wood soot.

Sean@vashonloop.com

LunaFest



Occasionally, a woman takes up a movie camera. Occasionally, she turns her lens to capturing her own life, or the life of friends, or the lives of women we don’t often get to see. Such are the films in LunaFest, a festival of short films by, for, about women, coming to Vashon Tuesday, February 7th at Vashon Theater as a fund-raiser for the Vashon Resettlement Committee.

Ex-concomediennes. Synchronized swimmers over-55. One woman seeks an unknown father. One finds safety in a hair salon. And the youngest, a 17-year-old Syrian girl, discovers joy, courage, and videography in a refugee camp.

“LunaFest is a “fund-raiser in a box” as it were,” says Liz Illg, a board member with the VSC. “The company who makes Luna Bars wanted to raise money to help eliminate causes of breast cancer in the environment, but with a multiplier effect out in the world. So LunaFest is offered by them as a fund-raising activity for local groups. 85% of the money we raise goes toward efforts of the Vashon Re-Settlement Committee, with 15% back to Luna’s campaign against breast cancer.”

Established in 2000 by LUNA, makers of the Whole Nutrition Bar for Women, the LUNAFEST traveling film festival spotlights the work of talented women filmmakers with intelligent, funny and thought-provoking themes. Here’s the 2017 line-up—

In “A Different Kind of Girl,” a 17-year-old Syrian girl reflects on how, in a bleak, cold refugee camp, she and her younger siblings discover their own inner resources for living larger, in ways they never even wanted, back home in Syria.

“I’ve been shot, cut, jumped out of windows, incarcerated. But the scariest thing of all is Falling in Love,” says one former inmate in “Free to Laugh,” a story about teaching comedy skills to women just out of prison. In Los Angeles director Joey Ally’s film “Partners,” two young lesbians confront how tightly intertwined their work and personal lives have become.

In the film by Los Angeles filmmaker Eva Vives, a young New Yorker agonizes over whether to join a woman writers’ networking

club. “You’re alone for years, working nights while everyone else is out there getting drunk, getting laid, and you’re just there reworking every word, just to have a Junior Editor tear out a THIRD of your BOOK just to make it ‘suitable for publication.’ Which you’re happy to hear, it’s what everyone wants to hear, even if they’re killing your vision, it’s okay!”

In Belgium filmmaker Frederike Migom film “Nkosi Culture,” a white girl having an argument with her boyfriend on the streets of Brussels escapes into a Congolese hair salon. And there she finds safety, support, stories common in the bonds of womanhood... at least for awhile...

In Venna Rao’s film about a synchronized swim team of over-55s in Harlem, one elder lady admits, “I never was a dancer, but I can DANCE in the water. I can turn upside down, I can spin, I can do all kinds of things I can’t do on land.” To the melodies of the Nutcracker, watch these rubber-capped lovelies together do their graceful moves as they tell you what it’s like to be one of Harlem’s Honeys & Bears Synchronized Swim Team.

Doors open 5:30, program starts at 6, program runs for about 90 minutes, and end with audience discussion of the films and the work of the Vashon Resettlement Committee. Tickets are available online through www.lunafest.org/vashon (get tickets early) or at the door: students \$8, elders \$13, adults \$15.

VRS was formed to provide compassionate resettlement support and a welcoming community for families traumatized by war and cultural dislocation. Currently, we are working to host Syrian refugee families on Vashon Island and to help with community resources and services, English, job skills, schooling, and acclimation to local cultural and social environments.

The Tuesday night showing is hosted by Vashon Theatre through Vashon GreenTech Night. Neither GreenTech nor Vashon Theatre have approved, authorized, or sponsored the program content and are not associated or affiliated with the sponsoring organization.

Sponsors include Amiad & Associates, Vashon Senior Center, Vashon Film Society, Audacious Aperture, Woman’s Way Red Lodge, Vashon Theatre and Island GreenTech.

Harry Needs A Home...

What am I doing here in a cat shelter? I’m one of those super-cool cats who thinks he’s a dog. I want to be with people all the time, although I do like hanging out with dog friends as well. You see, I grew up with dogs. There were kids in my family, too. So if you’re looking for a cat who can get along with just about everybody, I’m your guy!



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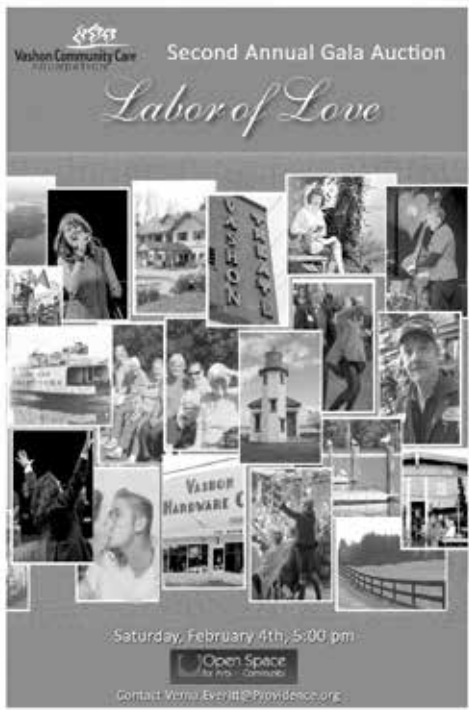
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2nd Annual “Labor of Love” Gala Auction

Vashon Community Care is the Island’s only full-service senior care facility. We devote ourselves to the independence of our Island seniors, to keep them as healthy and active as they can be. Without Vashon Community Care, our oldest generation in need of our services would have to move away from their Island, their families, neighbors and friends to find care somewhere else. We are doing everything we can to keep them here, at home on Vashon. VCC is proud to honor our founder’s promise: if you move in and outlive your financial resources, we’ll find a way to make ends meet because we’re a community that takes care of its own. Come celebrate community on February 4, 2017 and give back to those who labored before us!

Saturday, February 4, 2017, 5 pm
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Cannabis Travelogue: From Morocco to China with Dr. Ethan Russo

Cannabis Travelogue: From Morocco to China with Dr. Ethan Russo
Join us and voyage to foreign lands as world famous neurologist and herbal researcher Dr. Ethan Russo, MD shares stories and photographs from his journeys to the Rif Mountains of Morocco to investigate the benefits of cannabis on night vision, and to far western China to document the use of cannabis by a shaman of the Gushi tribe some 2700 years ago.
This never before seen event is for anyone with an interest in cannabis, medicine, early civilization, history, travel or adventure. Suitable for audiences of all ages.



The event is generously sponsored by two of Vashon Island’s licensed cannabis growers. Thank you to Vashon Velvet and Vashon Island Organics for supporting the event!
For more information and advanced tickets, click here: <http://bit.ly/EthanRusso>
Hosted by Shango Los of the Shaping Fire podcast
Presented by Vashon Island

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Cannabis Travelogue:
Using Cannabis to See in the Dark in Morocco & Exhuming a Cannabis Shaman in China

Thursday, January 19th
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\$5.00 admission - Vashon Theater
www.EthanRusso.EventBrite.com

Presented by VVWA, Shango Los, Let's Go Vashon, Vashon Velvet & Vashon Island Organics!



Marijuana Enthusiasts Alliance.
Thursday, Jan 19th, 8pm at the Vashon Theatre. \$5 admission.

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Know Your Soul - Actualize Your Potential & Purpose

How do we understand happiness and our place in this world?
Most of us tend to generate meaning and a search for happiness from mis-shaped perceptions of the ‘wrongs’ in our lives.
To be fully present and effective in realizing one’s place in the world, it might be best to identify what is right and true NOW and from this position change, grow, develop and refine our capabilities.
What helps me define and identify what is right as a path forward is Maslow’s Hierarchy of Needs and the Vedic Purusharta.

Abraham Maslow
Maslow was a psychologist who developed an understanding of human motivation based in seeking fulfillment and change through personal growth. He called it a “Hierarchy of Needs” and defined self-actualized persons as those who realize, fulfill and express their capabilities.
Maslow said we are always in a state of becoming and are never static however, to authentically realize our potential, we must satisfy base level needs that allow us to reach more refined states of growth and development.

Once base level needs have been reasonably satisfied, we can reach higher levels of refinement called self-actualization of which each person is capable.
Unfortunately, we can be side-tracked if not completely obstructed in meeting our base level needs as life has a way of throwing us those proverbial curve-balls.
Deaths, divorce, illness and job-loss cause fluctuation between levels in the hierarchy. Therefore, not everyone will navigate the hierarchy as a constant vertical up. Instead, we may go down and up; then back and forth between the different levels and types of needs.

- Hierarchy of Needs
1. Biological and Physiological needs – Air, food, drink, shelter, warmth, sleep, sex.
 2. Safety needs – Protection from elements, security, order, stability, freedom from fear.
 3. Love and Belonging needs – Friendship, intimacy, trust and acceptance, receiving and giving affection and love. Affiliating, being part of a group (family, friends, work).
 4. Esteem needs – Achievement, mastery, independence, status, dominance, prestige, self-respect, respect from others.
 5. Self-Actualization needs – Realizing personal potential, self-fulfillment, seeking personal growth and peak experiences.
 6. Cognitive needs – Knowledge and understanding, curiosity, exploration, need for meaning and predictability.
 7. Aesthetic needs – appreciation and search for beauty, balance, form, etc.
 8. Transcendence needs – Helping others to achieve their self actualization.
- Purusharta and the Vedic Chart



The Vedic chart is comparable to Maslow’s hierarchy of needs however it provides us with an astrological map unique to our individual potentials.
Based on our time, date and place of birth, the chart outlines and identifies base level needs as well as places where we can realize our potential through a system called the purusharta.
Puruartha is a composite Sanskrit word from purusha and artha and means human being and soul as well as, “universal principle and soul of the universe”. Artha in one context means both purpose and object of desire.

The combination of purush and artha point us toward prioritizing base level needs and how to achieve those potentials as identified in our Vedic Astrological birth-chart.
Pillars of the Purusharta

1. DHARMA – The word dharma has wide implications and while no english word does justice by translation, we can safely say it implies living conscientiously and in harmony with Nature.
 2. ARTHA – Seeking security in alignment your life’s purpose.
 3. KAMA – Art of enjoying life’s pleasures which does not mean excess or draining the earth’s resources. Kama is practiced in alignment with life’s purpose.
 4. MOKSHA – Freedom and liberation from limitations, both internal and external. Liberation is not some posthumous state to be attained after death, it is a state to be attained now.
- Vedic astrology and the philosophy of the Purusharta provide a path upon which we know ourselves; guiding our inquiry into the nature of life’s purpose while realizing love, happiness and freedom.
Workshop – Purusharta & Vedic Astrology

In this workshop:
Students identify where the four purusharta (purpose, income, joy and freedom) pillars are in their personal birth-chart
Continued on Page 7

Spiritual Smart Aleck



By Mary Tuel

Changing the Things We Can

We went to court a few weeks ago to have my grandson’s name legally changed from what he was named at birth, when we all thought he was a girl, to the name he has been using the last two years.

The name change is part of the gender transition process, and an affirmation of who my grandson feels he really is. Each step toward making his external self more congruent with his internal self is a step toward peace for him.

For the rest of us – well, every milestone in the process of your transgender loved one’s transition requires an internal giving out and taking up of emotional slack for you, the parent/guardian/loved one. With each change it sinks in a little deeper that the original expectations you had are no more. The person you knew is gone, and before you is the exact same person, with a completely different identity.

You suck it up because you love the kid. You remind yourself that life is anything but predictable. After all, what else in your life turned out exactly the way you expected or planned? Your children who are not transgender handed you plenty of surprises, too, didn’t they?

So. We showed up at court with paperwork in hand. We got in line. Copies were made of legal papers, and money was paid for the process. Then we filed into the courtroom to sit and wait our turn.

It looked like a slam dunk. Paperwork, check. Money paid, check. All that remained was to have the judge approve the name change.

The first couple of name changes, bam, no problem. Then we were called. I, as my grandson’s legal guardian and petitioner for the change, stood up with my grandson. The judge asked a few questions.

He asked if the birth parents approved of this name change. I answered yes, because we had spoken with his birth parents, who both currently are living in other states, and they were okay with it.

Then the judge allowed as it was possible to grant the name change, but he wasn’t going to do it that day. He wanted us to get written permission from the birth parents saying they were okay with the name change, and we would have to come back for another hearing in a few weeks with that paperwork before the name change would be granted.

Here’s how court works: the judge gets what the judge wants.

Fortunately my grandson’s father was coming to Vashon for Christmas, so I was able to get him to write his permission note while he was here. The other grandmother spoke with my grandson’s mother, and a note was obtained from her, as well. It was all looking good. I got up that morning expecting to go back

to court.

Plot twist.

My grandson is a type 1 diabetic. On the morning of the second hearing to legally change his name, his blood sugar numbers were high, and a quick test showed he was shedding ketones. So he and I were off to the ER at Children’s Hospital to determine if he was going into diabetic ketoacidosis, or DKA.

If left untreated DKA can kill you. You can look it up.

We spent six hours at the ER getting my grandson back on keel, and most of that time was spent waiting. Blood work was done which showed he had not gone into DKA. Yay.

Meanwhile, back at the courthouse, the other grandmother entered the parents’ permission notes into the case file, and the hearing was postponed until two days later.

Two days later a different judge, a woman this time, looked over all the paper work and granted my grandson his name change. I was surprised by what an emotional moment it was. I felt pure joy. So much so that my grandson thought I was being kind of lame.

Some places try to obstruct transgender people by refusing to allow name changes. I feel blessed to live in Pugetopolis, where the liberals roam. I’m glad we got the name change now, because I don’t know how the legal climate is going to change for LGBTQ people in the next four years.

I did not expect to have a type 1 diabetic grandchild. I did not expect my diabetic grandchild to be transgender. These are things I cannot change.

Sometimes it seems that life is all about making peace with what we can and cannot change, not to mention wrapping our heads around the changes we were not expecting. These are not original thoughts with me, but I’ve been pondering them a lot lately.

The Reinvention of Albert Paugh

Continued from Page 1

Vashon scenes (and dogs!) The Reinvention of Albert Paugh is an affirmation of renewal and hope that sparkles with humor and will delight the young of heart of any age.

Jeanie’s play Hum It Again, Jeremy was published in the Harper Collins anthology Center Stage, her Uncle Hideki plays were produced in Seattle by the Northwest Asian American Theater, and ReAct Theater, and awards include Smithsonian Notable Book, American Library Association Best Book for Young Adults, Washington State Book Award, and the International Reading Association’s Reader’s Choice Award.

Cast includes:
Toby Nichols
Gaye Detzer

MarchFourth - Rescheduled

Don’t miss this “must see” musical spectacular featuring the amazing MarchFourth, hosted by Open Space for Arts & Community and Vashon Seals Swim Team.

Winter weather was the culprit behind MarchFourth’s inability to make it to Vashon for their December 18 concert at Open Space; a frozen tour bus part had them stranded in Winthrop, WA. Fortunately, the concert has been rescheduled!

MarchFourth will play at Open Space for Arts & Community on Sunday, January 22. Doors will open at 5pm for this all-ages, family-friendly event. Fabulous food from Orca Eats will be available, along with a raffle featuring fantastic prizes, and music from DJ Arturo. The show begins at 6pm, and the entire evening is a benefit for Vashon Seals.

With exceptional musical quality and a visual kaleidoscope of stilt walkers, hoopers and Vaudeville-style dancers, MarchFourth Marching Band whips audiences into a celebratory frenzy with an over-the-top spectacle of high-energy compositions, colorful costumes, and irresistible charisma! This is not a band that simply “puts on a show.” MarchFourth delivers a multi-faceted, indelible experience of pure joy.

This special event is being held as a benefit for Vashon Seals. The Seals aim to raise money to give some much needed love and attention to Vashon’s outdoor pool prior to the May 2017 opening. Funds will help with a renovation project that will include retrofitting the existing boiler and other equipment needs.

“The pool is such a great community asset, and while the SEALS may use it in the early morning for training and water polo, we are just one user group,” commented Lisa MacLeod, SEALS coach. “The pool plays host to a variety of activities throughout the day, from lap and open swim to school activities, camps, senior exercise, and of course Red Cross swim lessons. We see keeping the pool operational as a part of



our community service, making sure it is accessible to the whole Island.”

“MarchFourth is an amazing band, and the show will be spectacular! This is a great opportunity for the Island to turn out to dance and tap toes and celebrate the beginning of winter break. Proceeds from ticket sales will benefit the pool as well as a raffle we’re putting on for a handful of big prizes,” said Karin Choo, SEALS board president. “Windermere has kindly sponsored the show, and we are also partnering with Open Space for Arts & Community and Orca Eats. It is a don’t-miss event.”

The main event starts at 6:00pm. MarchFourth Marching Band is an internationally-acclaimed, genre-breaking FORCE in the world of entertainment – a sonic explosion delivered by 20 musicians, dancers and artisans who travel the world, year-round, taking audience members of all ages, from all walks of life, on a joy-inducing, foot-stomping, booty-shaking, soul-stirring journey that defies categorization.

What more can you ask for to brighten up January - an amazing evening while raising funds for the pool!

Tickets are \$18 General Admission, \$21 Day of Show. Reserved seats are \$30. Tickets available at BrownPaperTickets.com and Vashon Bookshop.

Open Space for Arts & Community is located at 18870 103rd Ave SW, Vashon Island. For directions and more information, please visit www.openspacevashon.com.

More about MarchFourth

PERRY’S VASHON BURGERS

Celebrating 10 years Serving Vashon Island

17804 Vashon Hwy SW

Open 11am to 8pm Monday-Saturday
12pm to 5pm Sunday

Best Burger in Town!

For a Burger Emergency

463-4-911

Gluten Free Buns!



Planet Waves



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

Aries (March 20-April 19)

Work with people behind the scenes and you’ll have much more influence over the flow of events. You don’t need to reveal who is helping you, though you would be wise to seek assistance if you need it. This might come in the form of ideas, intel or a direct advocate who works on your behalf. Your true strength, however, will come when you remember to take a moment and ask for help on the inner, invisible or spiritual level. Summon your own strength and healing gift. It makes a difference to ask. Rather than pleading, simply state your request for the outcome that you want. Be courageous and declare your sincere desire for the best possible outcome. Then, trust yourself and the flow of events. While you’re at it, you may notice that someone is seeking your assistance, particularly with something you’re specially suited to offer. Your heart will guide you on what to do.

Taurus (April 19-May 20)

You are demonstrating what is possible, which is teaching you about the beautiful things your own creativity can accomplish. Yet at the same time, you’re serving as an example for many that it’s possible to live your life your way. This has a liberating effect on others. If you devote yourself to the greatest good for all concerned, you’ll discover there’s no limit on what you can accomplish for yourself. This collective approach takes you to the roots of your true spiritual calling. You can live for yourself in a way that benefits others. You can support others in a way that detracts nothing from your life. You are well aware of the pain and struggle that competing interests and win-lose situations create. You’re also aware that none of this crisis is necessary, though it takes creative people to come up with solutions where everyone comes out ahead.

Gemini (May 20-June 21)

Mercury is now working its way forward again through your solar 8th house of contracts and agreements. The implication is that anything you signed up for or otherwise agreed to in recent months can now be renegotiated. Consider carefully which contracts or promises, whether formal or informal, are not working for you. Then figure out what, exactly, would be preferable or acceptable; and then propose that, and see what happens. It may be that everyone involved wants better terms, or that your counterpart(s) have some needs of their own that they want addressed. You’ll probably never know unless you speak up. This astrology relates to business and financial agreements, though it also potentially describes the terms of a sexual relationship. You don’t need to do things the way your grandparents did. You and the people in your life are free to do whatever you mutually agree to. And you don’t need anyone’s permission to be yourself.

Cancer (June 21-July 22)

The asteroid goddess Vesta has returned to your sign, where it will remain through early May. Right now Vesta in Cancer and the Sun in Capricorn are face to face, which is reminding you of certain deep commitments that you’ve made to yourself and to others. The beauty of Vesta is that if you hold open the space for something to happen, usually it will. Rather than being about an urgent kind of need or motive, the commitments of Vesta are made real by a process of allowing and encouraging.

Through this, you will get a look not just at how but also why your relationship patterns differ from those of the people around you. You serve a purpose in the lives of close partners different from anyone they’ve ever experienced. Your relationship patterns are unusual, though they exist for a reason that you will discover is loving, beautiful and sincere.

Leo (July 22-Aug. 23)

You may feel like you have so much to work out that you don’t know where to begin. Don’t let your mind get lost in the seeming complexity of your circumstances, or overwhelmed by how much feels unresolved. You don’t need to have all the answers or solutions for everyone, and you must pause and remind yourself what really is not your problem. If you find yourself feeling overwhelmed, you need to set some boundaries. If you notice yourself being called upon to make sacrifices that don’t seem fair, take a step back and reconsider your viewpoint. When the Sun enters your opposite sign Aquarius in a few days, you will find the present moment much more interesting than the lingering problems of the past, particularly those that are not your own. You like to have clear understandings with people, and you’re free to emphasize those relationships where there is a genuine mutual consideration.

Virgo (Aug. 23-Sep. 22)

With so much happening in your opposite sign Pisces, you may feel like you have to disappear or be overwhelmed. Perhaps take the opposite approach and dive into the fray. You can afford to take bigger risks than you think; by which I mean social, creative and erotic experiments. You’re more conservative by nature than you may imagine yourself to be, by which I mean averse to what seems like taking chances. However, the little kid in you wants to have some fun. You seem to be feeling curious and you want to express that. You’re not going to go off the rails if you do — though you’re likely to discover something completely unexpected that will influence how you see yourself, and experience yourself. Any actual creative or amorous experience requires entering unknown territory. Then in that new and unpredictable space, you get to respond on the spot. That’s art; that’s love.

Libra (Sep. 22-Oct. 23)

You can think of your life as a study in what you have to offer rather than in what you need. You can try this approach no matter how much you may imagine you’re lacking, or how much abundance you currently have. Pass the good vibes forward. Make sure that the basic needs of everyone around you are met. If someone mentions a problem, find out a little more; there’s likely a way you can be of service. It’s one of those basic metaphysical facts that you discover your abundance through sharing it. You have considerable influence in setting the tone of your environment, particularly your work environment, and this influences many people around you. Pull open the blinds, water the plants, make sure there’s fresh coffee, and keep the positive, friendly and flirtatious vibes going around. They will come back to you in many ways.

Scorpio (Oct. 23-Nov. 22)

You’re walking that delightfully fine line between fantasy and reality. You seem to know what you want, though

Continued from Page 5

chart with the parallel positions according to Maslow’s hierarchy of needs.

During the workshop, students use their birth-chart and through lecture and worksheets, map out their base level needs (income and security) and identify personal blocking obstacles.

We discuss strategies in problem solving that lead to higher-level refinements and authentic actualization of joy, family and happiness..

Discover the hidden aspects of your life’s purpose while more fully understanding yourself, the meaning of love, family, service and career.

as you consider it and focus your ideas and make the possibility real, you may be feeling a little edgy. I suggest reassuring yourself with the idea that everything you do with passion is contributing to your healing process. I know that most notions of healing include the smell of rubbing alcohol, or perhaps aromatherapy, in a treatment room. You can take a wider view of your life and of your growth process. You can take a wider view of your devotional practice. You were born to celebrate the beauty of life. Remember this, from the poetry of the goddess: “all acts of love and pleasure are my rituals. And therefore let there be beauty and strength, power and compassion, honor and humility, mirth and reverence within you.”

Sagittarius (Nov. 22-Dec. 22)

The more confident in yourself you are, the more generous you’ll be with close partners. The more insecure you are, the more likely you are to hold them to a standard and to be picky about the details of what’s happened in the past. Notice that you are the variable. Your point of view shifts how you perceive, and therefore treat, the people you care about. Therefore, focus on your self-assurance above all else. You may be feeling more emotional than usual; more oriented on your needs rather than your desires; more sensitive to the views of others. You can experience these feelings with no corresponding need to defend yourself or to assert yourself. You’re not usually the one who needs the reminder to be more objective and detached from your feelings; that’s your specialty. Today I’m here to remind you to take a deep breath and a step back, and remember that people care about you — and that you can be confident of that fact.

Capricorn (Dec. 22-Jan. 20)

You may not feel inclined to put your thoughts into words. From the look of your astrology, it’s all either way too personal, or way too confusing. Yet you need to bring the personal forward into your personal encounters. And one dependable way to get un-confused is to lay out what you’re thinking in front of you where you can see it. Start with the basic facts. Ask yourself where you stand with each of the important people who are now in your life. Consider the feeling of your environment. As you do this, you’ll begin to clarify your thoughts, which will make it easier to put your perceptions into words, which will help. You might take up the morning pages routine from The Artist’s Way — free-

PROFILE: Melanie Farmer is a Vedic astrologer, ayurvedic clinical practitioner, massage therapist – yoga teacher, equestrian and artist. She has been in practice over 23 years in the Seattle area and is a Vashon resident.

WORKSHOP DATE: SATURDAY – FEBRUARY 4. 10:00AM TO 6:00PM

WORKSHOP FEE: 150.00 – Full payment due upon enrollment.

CONTACT: Melanie Farmer at ayurvedicastrologer@gmail.com or Vashon Intuitive Arts.

ENROLLMENT: Go to workshops – <https://www.schedulicity.com/scheduling/AAYS8>

write three pages a day, every day, which you don’t read for a month or two. You need techniques like this to keep your mind awake and alert.

Aquarius (Jan. 20-Feb. 19)

One thing you don’t need to worry about is your public image. Sure, it’s almost always useless to concern yourself with what people think (especially since they so rarely do). However, at the moment, you’re perceived as something of an exemplar: one committed to doing the right thing, for the right reasons. If you have the feeling that your life would be easier if you didn’t have to do this, you are correct; and that’s a good sign. Keep taking the high road. Do the right thing instead of the popular thing. Maintain your policy of being friends with those who are unpopular or who are getting a raw deal. Your example of living as one who is true to your own values counts for more than you know. Carry on. Don’t worry about whether you’re making an impact. You are, where it counts the most — in the lives of individuals who respect you.

Pisces (Feb. 19-March 20)

If you could take a look at an astrology chart, you would see so many planets in your sign that your head might spin. Pisces is currently the center ring of the astrological circus, though there’s one aspect that stands out: Mars is conjunct Chiron. It’s rare enough that Mars comes to your sign (every two years), and rarer still that Chiron is with you (eight years out of every 50). Now the two are focused into one idea, and for you, this is an initiation into spiritual warriorship. Your recent and present experiences, what you’re learning, and what you discover, all point to you taking a bold step into a new dimension of your reality, and a truly new phase of your life. Focus your mind, think carefully, and act with precision. You are being bestowed with a new element of power, which in itself is neutral. You have the ability to use your gifts to heal or to harm, and in this you must be fully conscious. Make no assumptions. Be willing to walk the narrow way, celebrating as you go.

Read Eric Francis daily at www.PlanetWaves.net

Deadline for the next edition of *The Loop* is **Saturday, Jan. 28**

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

Find us on Skype
Vashon Loop
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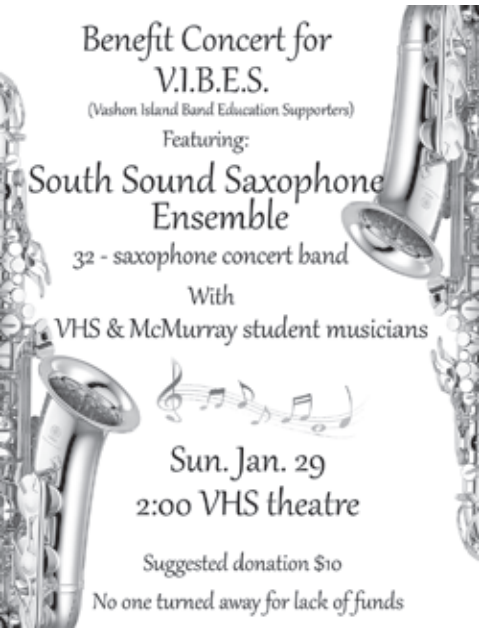
All Saxophone Ensemble Benefit Concert for Vashon School Bands!

The Tacoma-based South Sound Saxophone Ensemble will perform a concert at 2 p.m. on Sunday, Jan. 29 at the Vashon High School Theatre. The ensemble, formed in 2015 and conducted by Erik Steighner, features over 20 saxophonists playing soprano, alto, tenor, baritone, and bass saxophones. The all-volunteer group includes both amateur and professional players ranging from high schoolers to retirees. The program will feature works by J.S. Bach, Steven Bryant, Paul Hindemith, Darius Milhaud, and Jean Sibelius. “The ensemble is excited to present its first performance off the PLU campus,” said Steighner. “With so many teachers and recent college graduates in the group, we leapt at the chance to support a local music program with our playing.”

McMurray and Jazz band will also perform.

The suggested donation is \$10. (\$25 for family groups of 3 or more). All proceeds will help supporting the VHS and McMurray bands through V.I.B.E.S**. No one will be turned away for lack of funds.

**V.I.B.E.S. is a nonprofit organization that supports band education at McMurray Middle School



and Vashon High School. V.I.B.E.S. raises money through donations and other fundraisers to pay expenses related to the band programs that are not covered by the school district’s budget. These might include field trips, honor band and contest fees, master’s classes, band t-shirts, and other activities and materials that will enhance the learning experiences of our band students.

Please come see some Great Music and Support our Bands!

Vashon’s 8-Word, 8-Day Poetry Open Mic is back!

That’s right, Vashon’s 8-Word, 8-Day Poetry Open Mic is back!

Inspired by the folks who, a dozen years ago, talked and read poetry at the Poetry Salon and Poetry Open Mic at Vashon Bookshop and at the Tea Shop, the Open Mic then settled in at Cafe Luna for nearly 5 years. Now, the popular Open Mic will make its comeback, Thursday, January 26th, 6:30 p.m. at Vashon’s most welcoming community space, Vashon Library.

But wait a second. “What exactly is an 8-Word, 8-Day Poetry Open Mic?” you might ask.

Here’s how it works: Use the following 8 words: map, current, bungalow, quail, consequence, fire, sticky, and bark with some of your own words to create a poem that is not hateful

or obscene, and takes no longer than 3 minutes to share aloud. Bring it to the Open Mic to read. Or, share any poem, original or not, as long as you give credit to the poet who wrote it. Or, just show up because you want to be part of the fun-loving, appreciative audience!

After all, one thing we all love about Vashon is that the neighbor who bags your groceries, plays on the basketball team, organizes a protest, or shares your commute could very well be the same guy (or girl) who sculpted that piece at the Blue Heron or plays great bass in a local band. We love it that our neighbors are artists, activists, and poets. So come entertain and be entertained. You’ll be surprised to see who shows up! (Check out Vashon Poetry Open Mic on Facebook!)

Light the Night with Stars

UMO’s annual benefit cabaret returns to The Hardware Store restaurant on Vashon. The evening features a delectable dinner, raffle, live auction, scrumptious desserts, and the kind of fantastic show that only UMO can create.

Light the Night with Stars promises to be an evening full of delectable food and fabulous fun. THE LOVE MARKETS bring their irresistibly sexy music to the night and Molly Shannon will samba her way into your hearts. UMO School of Physical Arts’ star students Josie Slade, Madeleine Schroeder and Solrun Heuschert will astonish with their youthful aerial virtuosity, and the UMO Ensemble members will perform A Brief History of UMO – our past, present and future, told through the eyes of the characters of UMO.

Experience a fantastically fun evening – and support UMO in making fearless new performance and the UMO School of Physical Arts, too!

Seating is LIMITED - Get your tickets early. Tickets are \$60 per person / \$100 per couple and are available at Vashon Bookshop and BrownPaperTickets.com.



The Love Markets - Laurie Clark Photography

UMO Ensemble is one of the most innovative, compelling and critically acclaimed not-for-profit performance companies based in the Pacific Northwest. In the past 24 years, UMO has made over twenty mind-blowingly gorgeous, original pieces of physical theatre. The UMO School of Physical Arts in is its 10th year of providing instruction in circus and aerial arts, parkour, and more to Vashon youth.

THE LOVE MARKETS are spinners of slinky tangos and whiskey waltzes, seekers of love and revolution in a world in which everything is for sale... Led by songwriter Angie Louise and inspired by the artists of 1920s Berlin, The Love Markets inject high-stakes edge and cabaret decadence into their modern mashup of bordello brass, political bite, sinuous rhythm and funky bass. With roots deep in the Seattle arts scene, THE LOVE MARKETS have been gracing and disgracing stages since 2009. “Irresistible... Sexy... Satirical... The band’s intoxicating theatricality sets whole audiences to dreaming of running away with this deliciously dark carnival.” - Seattle Magazine

All proceeds benefit UMO Ensemble. UMO Ensemble is a non-profit 501c3 organization. Donations are tax-deductible to the full extent of the law.



Molly Shannon by David Yu

Road to Resilience

Continued from Page 1

are understandable with a modicum of electrical knowledge and patient observation.

There is definitely a craft and sometimes an art to making things functional again. A basic repair might only involve finding the faulty part and sending for and installing the replacement. We may, however, realize that we can find a cheaper, readily available substitute or, even better, fashion our own replacement. It is the last option that calls us to enter the world of art. Your replacement may be whimsical, humorous, beautiful, or it may require a routine a little more involved but not difficult or onerous. You find these sorts of fixes at old farmsteads, where the occupants are more likely to be proficient in a number of skills, and there are a lot of odds and ends lying around.

In the hopes of making us all a bit more resourceful, less wasteful, and maybe provide a bit of fun and entertainment, the Vashon Tool Library, King County, and perhaps some other sponsors are putting together a “repair café,” where confident fixers and not-so-confident fixers can bring their nonfunctioning items. Together we will figure out what is wrong, decide whether and how it can be repaired,

and, if possible, do it on the spot or send you home with instructions. You will gain knowledge and perhaps a repaired item. We hope to have people there that can do electrical repairs, wood repairs (furniture), clothing repairs, and who knows what else. (If you have a skill or knowledge that you are willing to share, please let me know at the email address below.) You will learn how to analyze a problem and understand the solution. I have done furniture repair for 25 years, and I can tell you that there are definite do’s and don’ts in making a successful repair.

If the repair café is popular, we will do it as often as there is a need. Too often, a perfectly serviceable item ends up in the landfill because of a failure to see and make a simple repair. Save money, spare the Earth, and enjoy the feeling of accomplishment! I’ll let you know more as this develops.

Comments or willing repair person? terry@vashonloop.com

SIGN UP TODAY!

Stay informed of critical information by email from VoV's Emergency Alert Service

VoiceOfVashon.org/Alerts

Deadline for the next edition of *The Loop* is **Saturday Jan. 28**

Island Epicure



By Marj Watkins

Flu Fighting Foods And Herbs

Garlic and shiitake mushrooms are reputed to be the champs at warding off the flu and at relieving flu symptoms if you’ve already got them. (Mash garlic and sliver soaked shiitaki caps; add to chicken soup.) Also antiviral are basil, oregano, elderberry, lemon balm, ginger and peppermint. Cinnamon and cloves are antibacterial and antiviral. Cloves are analgesic as well. At the first sign of the sore throat that signals the start of a cold, I stick a whole clove in my mouth and bite down on it once in awhile That turns my saliva into a pain-relieving, antiviral fluid.

How do you know whether what you have is just a cold or a dangerous flu bug? Colds come on gradually; flu seems to hit you suddenly. With colds, you get a drippy nose, a slightly sore throat, and only a slight fever, if any. But flu gives you deep fatigue, a stuffed up nose, a really sore throat, a cough that won’t quit, and usually chills and fever (load up on Vitamin C and plenty of fluid).

Also, with flu usually

your muscles ache (ginger and the herb devil’s claw help), you’re sensitive to light, and you feel really, really tired without having done anything strenuous. With a cold you can blow your nose and go on working, and eating. With flu, you feel too queasy to eat (chew a sliver of fresh gingerroot to quell that)). Apply hot moist packs to unstuff your sinuses, and inhale the menthol aroma of Vicks Vaporub. Sip a cupful of tea made from dried elderberries (simmer 1 Tablespoon of the dried berries in 2 cups of water for 15 minutes) or dried elder flowers (steep 2 teaspoons of dried flowers in 1 cup of boiled and slightly cooled water for 10 to 15 minutes. Avoid sugar. It makes pain worse.

Garlic works well in preventing colds and flu. It does the most good when eaten raw. In Greece, it’s the flavoring and the health-boosting factor in Tzatziki, an adaptable food that can serve as a dip, a salad dressing, or the salad itself.

TZATZIKI

(Say: Ja-JEE-kee)

Makes about 2 ½ cups

- 1 medium size cucumber, peeled and finely diced
- 2 cups plain yogurt
- 3 large or 4 not so large garlic cloves, minced
- ½ teaspoon salt
- 2 green onions, washed and thinly sliced, optional
- 1 teaspoon dried dillweed
- Dash thyme, fresh preferred

Sprinkle the salt on the minced garlic. Mash with back of teaspoon. Combine all ingredients. Refrigerate, covered. Serve cold.

Silly Liver and Gallbladder Flushes

By Kathy Abascal

To make up for holiday excesses, many people in January start to think of improving their health and getting their body back in shape. Often they search for solutions on the internet and decide to do a liver flush to get that important organ working well. I am going to explain why this is a silly - although usually harmless - thing to do.

The general goal of these flushes is to remove gallstones from the liver. First off, gallstones do not accumulate in the liver. The liver secretes bile that is stored in the gallbladder. If your body is working correctly, the gallbladder releases the stored bile into the intestines when you eat to help you digest fats. When the body is not functioning well, the bile in the gallbladder can concentrate and precipitate as stones. The duct from the gallbladder to the intestines is narrow and sensitive. If a stone is pushed into the duct, it will cause severe pain and can sometimes rupture the duct. Gallstones are usually the result of yo-yo dieting, too much sugar in the diet, and a lack of exercise. In any event, because there are no stones in the liver, the goal of these flushes must be to remove gallstones from the gallbladder.

Most flushes use a half-cup of olive oil, the juice and pulp of some lemons, and Epsom salts dissolved in water. Over the course of an evening, the person drinks these ingredients separately: Some olive oil, some sour citrus juice, and a lot of Epsom salt water. The person does not eat during the flush and remains lying down as much as possible. That is the typical flush but there are some interesting variations on the flush recipe including one that uses Classic Coca Cola to wash down the oil and citrus juice. Another, only for “liver cleansing oil veterans,” has you down two cups of olive oil in a short period of time.

These flushes usually cause a mild diarrhea in which a number of “gallstones” are passed. These stones float and can be collected in a strainer and counted. Judging from pictures online, the flush produces some impressive stone-like objects but a pathologist assures they are not gallstones. Gallstones are polyhedral, the flush stones are round. Gallstones sink in water, flush stones float. Gallstones are yellowish-white or occasionally black, flush stones come a rainbow array of colors. Gallstones are hard and you can cut them in half with a knife. The flush stones disintegrate when cut with a knife or when left sitting around. Moreover, it is extremely painful to pass even a tiny gallstone. The simple fact that some 99% of flush stones -- even very large ones - pass painlessly means that they are not coming from the gallbladder.

So what are flush stones? They are simply soap bubbles, a thick coating of Epsom salt and watery citrus constituents around blobs of olive oil that

form because water and oil do not mix. The blobs look like stones and are strong enough to move through the intestines and into a strainer in the toilet bowl but they are not gallstones.

But regardless, does the flush do any good? Fats do stimulate the release of bile from the liver and gallbladder. Prodding them into action can be a good thing but why do this by enduring a regimen that is nauseating, time consuming, unpleasant, and causes mild to moderate diarrhea?

If you feel like your liver and digestion are sluggish, cut out all sugars, animal products, and refined grains from your diet for a week or two. Instead, eat lots of bitter greens daily. Dandelion greens, collards, arugula and other dark, leafy greens will gently stimulate your liver to release bile while feeding your flora, providing minerals, antioxidants, and detoxifying compounds to strengthen your body.

Of course, simply eating a healthy diet, although sometimes challenging, is as



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not heroic as gulping down salty water and spoons of olive oil. It is also possible that if you don’t do the flush you may miss out on the fun of pooping soap bubbles, which, for all I know, may be worth the unpleasantness of the flush itself.

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Shady Bottom



In 1969, the first human touched down on the moon. It was a singular moment in the history of mankind. At the same time, the face of American music was changing. Jimi Hendrix was setting the scene on fire and James Brown was in the process of converting the masses from smooth, laid-back soul to hard-driving funk. Countless bands and musicians were left forever changed in their wake. One thing, however, remained constant-Saturday Night. People have always needed to shake off the dust of everyday life, and these newly funk-i-fied masses were no different. Shady Bottom continues this

tradition of Saturday night dust shaking, hard grooving, & hip-thrusting from old school house parties and juke joint jam sessions. Inspired by the sounds and personalities of that threshold era of the late 60s and early 70s, Shady Bottom serves up gritty and gyrating songs for the modern party. If your bottom ain't shady, it should be. Friday, January 20th, 8:30pm Shady Bottom The Red Bicycle Bistro & Sushi This is an all-ages show until 11pm, then 21+ after that. There will be no cover for this show.

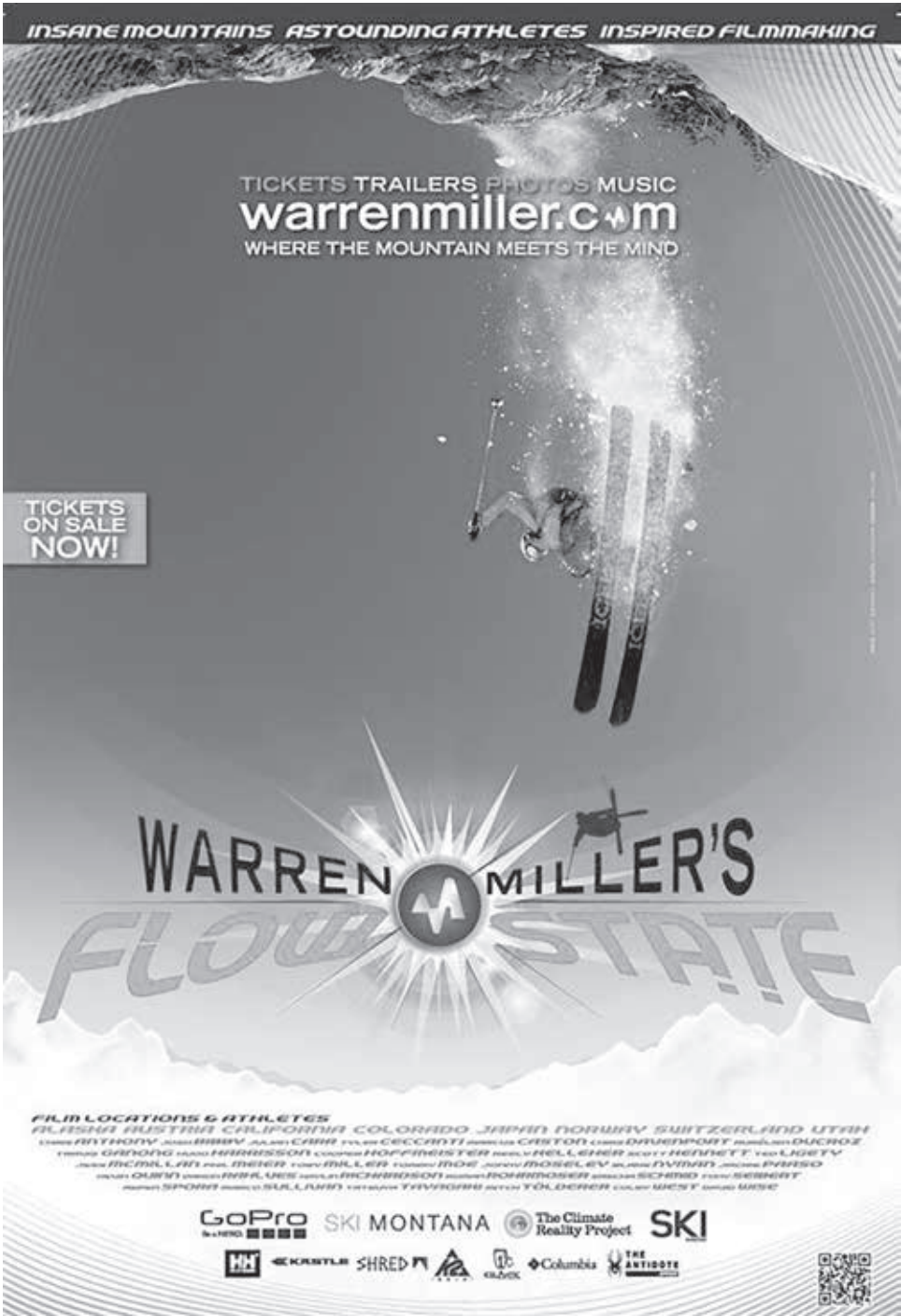
Greta Matassa

One of the most beloved and talented vocalists on the Northwest music scene, Greta Matassa's stunning versatility, remarkable interpretive skills, unflinching rhythmic sensibility and diverse repertoire make her a consummate entertainer that can grab and hold a crowd like none other. Often called 'Seattle's busiest singer', Greta sings all over town from jazz clubs to concert halls, tours internationally, and has recorded eight CDs. Honored as Earshot Jazz Magazine's "Northwest Vocalist of the Year" for seven years, and inducted into the Earshot Jazz Hall of Fame in 2014, she is known for her perfect pitch and encyclopedic knowledge of songs. An electrifying performer who glides effortlessly from songs originated by Sinatra, Ella Fitzgerald and Billie Holiday, Matassa has been described as a voice chameleon. She is joined by



longtime collaborators Darin Clendenin (piano), Clipper Anderson (bass) and Mark Ivester (drums). Greta Matassa Vashon Center for the Arts January 21, 7:30PM \$20 General; \$18 Senior; \$16 VCA Member

Warren Miller's "Flow State"



Warren Miller Entertainment brings you its 63rd film, Flow State. The Flow State is a place of such singular focus and connection with the environment that, here, the faster you ride, the slower time passes. Enter the Flow State with host Jonny Moseley and other world-class athletes like Colby West, Jess McMillan and David Wise as they throw down some of the most impressive action that Warren Miller Entertainment has ever captured. This year's session guides you to the top of the world's most striking peaks in Japan, Norway, Austria and beyond, where Olympic gold medalist Ted Ligety takes on Alaska's mighty Chugach, and Julian Carr bombs down Utah's famed Wasatch. You won't see ski or snowboard action of this magnitude anywhere else. So buckle up, because this Warren Miller film will take you into the Flow State...where the mountain meets the mind. Warren Miller's "Flow State" at The Vashon Theatre Tuesday, January 31st, 6:00pm. More info at vashontheatre.com

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