#### In This Issue:

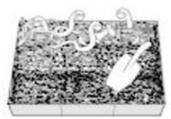
More than you could ever possibly want to read about the Hospital District; Sweet Soup; Hoytus Podcastus; Vermicomposting; Ducks; Yuks;

And much more!



Short & **Sweet** at Luna this Friday

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Worms! Page 9



Blackberry Bear

Page 19

Vol. 3 #2

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM

January 18, 2006

## **Alert:** Leptospirosis

"We are still seeing dogs with Leptospirosis," said veterinarian Don Wolczko, of Fair Isle Animal Clinic.

"It could be this way all winter and into spring. Hopefully the vast amount of rain will dilute the organism, but it can linger in standing water for up to half a year. If we have multiple freezes, that would take care of it, but we may have to wait until summer. It thrives in cool to warm wet conditions."

Islanders may have seen Dr. Nell Coffman on television last week, talking about the unusual cluster of Leptospirosis-infected dogs on Vashon-Maury Islands.

For more information, contact your veterinarian, or Dr. Jane Koehler, our local health department veterinarian, at (206) 296-4880.



Morgan Wegner, Rosie Avolio-Toly, Josh Corliss, Reese Lazarus, Nat Clarke and Jenna Shiosaki prepare for the Japan Club Book Sale.

#### Japan Club Book Sale

By Fran Gordon

On January 21, 10 a.m. to 4 p.m. at the Vashon Library, Vashon High School Japan Club is having a used book sale. The students in Maren Williams' Japanese classes are raising money to travel to Japan in April. They will visit VHS's sister school, Himeji Minami in Himeji, Japan. The general price of paperbacks will be 50 cents and hardbacks will be \$1.00.

Contact Williams Sensei at VHS before January 20th at 463-9171, ext. 144 if you have donations of books or money! Otherwise come find some wonderful additions to your library.



Olalla through the rain

## Rain, Rain, Rain

Northwesterners came up for air briefly last weekend after 27 consecutive days of rain. Vashon and Maury Islands are piles of glacial rubble, little rocks that the rain runs down, and into, and off, without the flooding other areas have experienced. If your basement is now a swimming pool, you might not think Vashon does not have flooding. Island Water providers welcome the rains, as they are recharging the aquifer, so cheer up, and have a glass of water.

## Those Signs

**Bv Lauri Hennessev** 

The Friends of the Vashon Public Hospital District got the message about their yard signs, which were posted around the Island, saying "Vote Yes for Hospital." Some islanders have expressed concerns about the signs, saying they imply a hospital will be built. Campaign Spokesperson Lauri Hennessey said the signs were never intended to imply a new hospital on the Island, but just to call attention to the campaign.

"The signs were a great opportunity for us, because a generous supporter was able to have them made," Hennessey said. "We think they do a good job of catching the eye, and alerting people to the campaign to create a hospital district for our community. However, we never intended to be appear disingenuous in any way, and a few

saying the signs weren't doing their move clears up the confusion. job, the Committee quickly took a



One of the Hospital District signs, stickered

straw poll and decided clarification was in order. They had initially thought of getting black markers and inserting the word "DISTRICT" at the end of every sign, but opted for bumper stickers that said, "District."

Last Thursday, Friday and people have felt that way," she said. Saturday, a group of volunteers After a series of emails and canvassed the island, adding the phone calls came in from what word DISTRICT to every sign. Hennessey calls "very smart folks", Committee organizers hope the

Continued on page 5



Photo by permission Seattle Theater Group

#### Greatest Living Fan Meets Silver-**Tongued Devil**

As told to M. L. Tuel by Anonymous

"In 1987 We went on vacation to Vancouver Island. At a truck stop, I found two tapes of Kris Kristofferson, and bought them. The rest is history."

"The songs went to my heart and soul. Soon after we moved to the Northwest, I walked into a Half Price Books, and found a complete set of his tapes some fool had given up."

"My children gave me tickets to the concert (An Evening with Kris Kristofferson) for Christmas. When my daughter and I walked into the Moore Theater I realized that these were my people. It was more of a congregation than an audience."

"I had brought \$200 to spend on anything in the lobby. This has to last me all my life, and women in my family are long-lived. There was hardly anything. He's not into it for money. He doesn't need me to wear his picture on a t-shirt."

"We go in, go up to balcony. I'm cursing myself for not bringing field glasses. The stage is bare, with dappled light, all black in back, looking like it goes back forever. There's a guitar stand, mike, and a stool with water glass. Greatness needs no special effects."

Continued on page 2

## Get in The Loop

## **VashonBePrepared**§

How much water do you need for each person in your household to be ready for a disaster?

Better than nothing: 3 gallons

Good: 7 gallons Better: 10 gallons Best: 14 gallons

Don't forget pets and livestock! You can store the gallon jugs in your freezer!

Clip this as a reminder to buy a few gallons TODAY!

#### **Vashon Democratic** Club Meets

The meets this Saturday, year as we assess where we are as a group and what we aspire to be in the future. The first order of business will be to elect officers for 2006. New opportunities for involvement, including a Program Committee and a Fundraising Committee, will be available. We will also discuss our precinct caucuses, which happen on March 4. Come and give us your important election year! We meet in the Land Trust building: potluck social at 6:00 p.m., meeting 6:30 to 8:30 p.m. More information: Jean Young, 463-2461, or Roger Fulton, 463-5652.

#### **Psychic Reader Training**

Psychic Reader training begins on Friday, January 20. Classes will be taught by Joan McCabe, and class time is 10:30 a.m. to 1:30 p.m.

This is a year-long training covering the basics of psychic meditation, spiritual healing, and clairvoyant reading. These are spiritual techniques to enhance your life as well as enable you to give intuitive readings!

The course is being held at a private home on Cemetery Road.

For details on fee structure and location, please email Joan McCabe at joan@jmmccabe.com or call 206-226-3835.

#### Free Help with Income and **Property Taxes** For Low Income Islanders

Starting January 26 and **January 21**. Please join us in this new **continuing until April 6**, tax preparer Hilary Emmer will be doing taxes for free for people whose income is \$25,000 and under. This year Emmer will be adding Property Tax exemptions. To qualify for this a person must be at least 62 or disabled and have income of \$35,000 or less (including Social involvement in the Democratic Security). Both these services will be at the library on **Thursdays from 11 a.m. to 1 p.m**. People interested input as we develop plans for this may drop in or call for more information at 463-7277.

#### **Property Tax Exemptions Available**

The King County Assessors website has information about a property tax relief program for people who are over 61 or disabled. There is a sliding scale of relief beginning with income under \$35,000, down to 60% of valuation exempted for an income under \$25,000, and your property tax valuation is frozen as of the year you apply. You do need only reapply every 4 years.

Call (206)296-3920 information or to ask for an application form. More info and application forms available at: http://www.metrokc.gov/ assessor / Exemptions / Exemptions.htm

#### Fan and Silver-tongued devil

Continued from page 1

Kris walks on stage with an acoustic guitar, and he just starts singing. He walks like a young man, (he's 69 years old), he's fit – this was a guy redeemed and reformed, with a burnished talent, in good voice.

He sang the old songs. It was like going back in time. He sang "Me and Bobby McGee," and songs he'd written for soldiers returning from Vietnam, which are current again. He sang "Jesus was a Capricorn:" "...most of us hate anything that we understand...The heart is all that matters in the end." He mixed old and new and different kinds of songs. It was a retrospective of his whole career.

When he sang "Sunday Morning Coming Down," at the chorus, the audience sang with him in hushed, reverential tones. At the end he came back for an encore and did four songs, ending with, "Don't Let the Bastards Get You Down."

Afterwards as we were driving away, we looked down the alley and saw a car and a cluster of people. My daughter said, "Mom we gotta go for it," so we parked the car and joined the people in alley.

So we're in the alley, in a roughy, scruffy, drizzling rain. I found out that there are people who follow him around attending all his concerts. "Like deadheads," I said, but they didn't seem to like that.

A theater employee said to the crowd, "He's not going to sign

#### **Property tax information**

On Wednesday, January 25, the Vashon Maury Community Council will host a "property tax information" night. It will be held at courthouse square at 7:30 p.m. Bill Ameling will conduct this hour long meeting on how the local taxing districts effect you and other taxing districts. Find out how the proposed Hospital District will effect your

#### Rumor Control

True: Rush Limbaugh and Howard Stern were both born on January 12. Really.

#### February is Fix-A-Cat Month!

fixed their cats! During February, it's easier (and cheaper) than ever, thanks to Vashon Island Pet Protectors and the caring staff at Fair Isle Animal Clinic. The usual price (\$92 for a spay and \$58 for a neuter) will be reduced during the entire month of February to a rock-bottom, can't-be-beat price of \$25 and \$15 respectively. And, as if huge savings weren't enough, when you bring your cat in, you will be entered into a drawing for a FREE spay or **neuter operation!** How can you go wrong?

Actually, there is a way to go wrong, and that way is to allow cats to sally forth in their natural state. Animal shelters across the nation

that makes sense for you, for your kittens that must be destroyed for Clinic without delay! Besides cats, and for the community: Join want of homes. Our own island's the ranks of pet-owners who have shelter, of course, has a no-kill policy, but the increased number of unwanted kittens does increase VIPP's work to find homes for them all. There are other problems, too. Lusty unfixed adult felines who wander also have noisy, dangerous battles that result in injuries ranging from minor to life-threatening, and an unfortunate increased spread of disease. They are apt to be more nervous, have temperament problems, spray and mark territory. They are more prone to develop cancers. Also, as the folks at VIPP well know, roaming cats often become lost cats. In short, there is simply no good reason for any cat to remain unaltered, and many reasons to make that important

Here's a New Year's resolution are overcrowded with unwanted appointment at Fair Isle Animal combating the problems mentioned above, here are a few more reasons to take advantage of Fix-A-Cat

> Spay and neutering procedures are quick and safe!

> Your cat will enjoy a reduced impulse to roam and mate, and will be happier closer to home.

> Your cat's life expectancy and overall health will be dramatically increased.

> You could be the lucky winner and receive your spay or neuter procedure at no cost!

> Make an appointment to bring your cat in during the month of February! Call Fair Isle Animal Clinic at 463-3607.

One earthworm can aerate half a pound of soil each day.

autographs. You need to step back across the alley." Nobody moved.

The door finally opens, and out comes Kris. Gift number one is to see his face. He has a small beard, all white, those unbelievable blue eyes, and, like most gods you meet in person, he's not as tall as I thought.

He had an aura of gentle kindness, and he stood there patiently in the rain, signing everything people gave him. I finally pushed myself up, waited my turn, holding a color copy of an album with a picture of his face.

So it's my turn – I put out my paper - and he signs it - you know how sometimes you open your mouth, and the Holy Spirit speaks through you?

As he handed back the picture, our eyes met, and I said, "Your music will live forever." When I said that, he stopped, and he looked at me deep in the eye, and his eyes said, "Thank you."

I backed out, shaking. My moment was over. My daughter had tears in her eyes. It is good to know your idol may be a human being, but he is humble.

What is it about him and his music? He was able to put into songs what was important for him to say, and say it so well. If he'd done things differently he could have had a lot more fame and fortune, but he spoke his heart, and, "The heart is all that matters in the end."

> The Seattle Theater Group: www.theparamount.com

#### Adopt-A-Cat Day

Vashon Island Pet Protectors will host an Adopt-A-Cat Days on Saturday, January 28 from 11 a.m. to 2 p.m. and Sunday, January 29 from 12:30 to 3p.m. at Pandora's Box. Please stop by or call VIPP at 206-389-

#### 2006 Pet Calendar

The Vashon Island Pet Protectors 2006 Pet Calendar is available for \$15 at the following locations: Fair Isle Animal Clinic, The Vashon Bookshop, Books by the Way, Pandora's Box & The Burton Store.

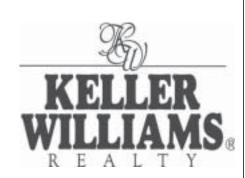


The Vashon Loop, p. 3 January 18, 06



### **Troy and Marie Stay Dry**

By the time you read this, we hope you won't need to. But in case it's still soggy, and in case your house is not withstanding the sogginess, there are some products that might help. We talked to John Yates, manager of our local True Value store and asked him what kinds of supplies and equipment they carry that can help our poor waterlogged homes.



**Troy:** John, I'm guessing you've had quite a run on sump pumps lately.

John: That's true. Our warehouse is running low, but we do still have

some left.

Marie: What exactly is a "sump"?

**Troy:** Well, Marie, I'm glad you asked. The word "sump" stems from the Middle English word for swamp, which is sompe. It's basically a depression that collects water so it can more easily be pumped

Marie: Thank you, Cliff Claven. John, what if someone does have a leaky basement? Besides running a pump to empty it out, is there any way to patch it while it's raining?

John: Actually, yes. We carry several brands of a hydraulic cement product that create a watertight seal in just minutes. These products can be applied even while the water is flowing.

Troy: Amazing. It's good to know that these products exist, but it still would not be much fun to have to climb into your cold and flooded basement to patch it up. A good drainage system around the house would avoid the problem in the first place.

water pressure from flooding.

Marie: This whole conversation reminds me about what Ed Palmer told us when we talked to him about gutters a few issues ago. As I recall, Ed explained that water from the gutters should be diverted away from the house with a non-perforated drainage system to avoid dumping it against the foundation of the house.

That's right. Speaking of roof water, that's obviously another area prone to problems during heavy rains. What do you recommend for patching a leaking roof?

**John:** We sell some wet patch roof cement that can be applied when it's wet. One kind is black and tarry and comes in gallons, quarts, and tubes. We also sell a kind that's totally clear, which is a great option for patch jobs where you really don't want it to be visible. It's a product called Through the Roof.

Marie: Very clever. Getting back to the basement for a minute, can you waterproof your basement just by painting it with a waterproof product of some sort?

John: Not really. We do carry some masonry waterproofing products that say they can withstand 10 pounds of pressure per square inch, but I still recommend a good drainage system.

John: That's true. These products are not designed to withstand serious Troy: And when all else fails, there's always a good set of rubber boots. Thanks for the suggestions, John.

If you have suggestions for topics to cover in Tips For Homeowners, or if you want to receive your copy via email, please write marie @kwvashon.com. And if you need real estate services, please give us a call at (206) 463-LIST. We would love to work for you.

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- > Taxes \$1,580

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- Community beach > Hardwood floors
- ➤ 2 car garage ➤ View, view, view!

- Fully finished daylight basement





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neighborhood. Bright, brand new kitchen with Pergo-style flooring, full bathroom off the master bedroom, single car garage with new door, separate laundry room, and a fenced back yard with a deck.

- ➤ 4 bedroom
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- ➤ 1480 sq ft
- > new kitchen
- > freshly painted
- > fenced yard
- > new berber carpet





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The Vashon Loop, p. 4 January 18, 06

## LoOp-Ed

#### Why a Public **Hospital District?**

By Lynn Davison

Because we must make sure there is good quality health care on the Island for our families: kids, adults, and elders.

Because we want Islanders to make the decisions on what basic health services we need in our community.

Because we want all Islanders, including those with low incomes, to be able to get basic health services on the Island

For people like Erna Mercer who moved to an assisted living apartment at Vashon Community Care Center in 2003 to be near her son and his family. Erna is 93, with limited vision and hearing and dementia. After breaking her hip and being hospitalized in Seattle, Erna returned to VCCC's skilled nursing unit where she lives today. Kevin Mercer said "We would be in trouble without VCCC. Mom needs us and we need VCCC in order to be there for her."

For people like Lilly, who is 8 years old and has asthma. She gets regular care at the Vashon Health Center. Her doctor is an Islander who knows Lilly and her family, and makes an effort to check in regularly on her progress. And when Lilly almost stopped breathing during an asthma attack one Sunday, she was treated within 5 minutes, on Island, to clear her breathing and prevent a scary expensive trip to Seattle.

For families like mine. My elderly mother spent the last two years of her life receiving loving care

#### **Letters to the Editor:** editor@vashonloop.com

at Vashon Community Care Center where we could visit her daily. My father spent a month at a VCCC assisted living apartment, instead of a Seattle facility, while recovering from open heart surgery. And because a physician at VHC examined me at 8 a.m. on a Sunday morning, diagnosed a rare problem, acute angle glaucoma, and sent me directly to Virginia Mason for emergency laser surgery, I can still see out of my right eye.

It sure is true that the folks who initiated the push for a Public Hospital District were members of the Vashon Health Center and Vashon Community Care Center Boards. Not surprisingly, for our Island, it became a broader and stronger idea when others got involved. There are NO plans to build a hospital. The PHD will contract with existing healthcare providers to maintain and enhance existing health services on Island. Voting yes does not mean voting for unlimited taxes. You elect the commissioners who will establish what health services will be purchased from which Island providers. The commissioners will decide how much tax to levy. There are nine unbelievably qualified and committed candidates running for five commissioner seats. All have pledged to keep rates well below state established maximum. All have pledged to conduct a needs assessment before deciding what basic services warrant PHD support.

Just like our fire department, our schools, and our parks, everyone benefits from basic health services on the Island. Please vote YES for the Public Hospital District.  $_{\infty\infty\infty}$ 

#### **➣** Loop Letters

Editor, The Loop:

I went to the candidates meeting for the proposed Public Hospital District. The candidates all seem to be a congenial group of people who will probably work well together whatever the mix may be if the proposal is approved.

It is clear to me that these people do not know exactly what they will be doing. There is my concern. We are being asked to vote for a Hospital District with no clear understanding of what that means. Repeatedly we were told all people and agencies may apply for the money.

When asked directly if private for profit doctors could get the money, the question was not answered by the candidates. Joan Coulson did tell me later that yes, any one could apply but they would have to open their books to the public. That may be a road block for them. It was explained to me that originally the hospital district was thought of to supplement money to the Vashon Health Center and Vashon Community Care Center. That each would get about 50% of the revenue collected. Then after reading the state regulations, it was learned that all agencies providing any health care could not be excluded from consideration for a share of the money.

So we have different board members talking about where the money would go. It could be used for home health care. Yet selfemployed home health care workers are considered "for profit" by the government so how would they get any money? When home health care workers work for an organization they make less money and the client tends to pay more. Direct money to

It can be used for membership to the health club. But the health club is a for profit organization. It could be used for counseling at Vashon Youth and Family Services but not at a private counseling group. One board candidate proposed coverage for dental work. I don't know of one dentist of the island that is in a nonprofit group. I am not sure private practice people or home health care workers really want to open their tax records to the public.

If the proposed Hospital District is approved by the voters, the board would have eight months to decide who would get the money and how much money would be needed. A complete needs assessment would be conducted and providers would be

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## The Kneejerk Conservative

Dumpty said, in rather a scornful tone, "it means just what I choose it to mean—neither more nor less." "The question is", said Alice, "whether you can make words mean so many different things." "The question is," said Humpty Dumpty, "which is to be master - that's all." Lewis Carroll, Through The Looking Glass

I've been musing on a recent use of the word "mainstream." Useful word if I could just pin it down. Senator Schumer thinks it doesn't mean Judge Alito. "Out of the mainstream," is I believe how he put it. Whose mainstream? The exchange was about the American Bar Association rating. The ABA lawyer replied, "We don't do politics." Aye, there's the rub.

Dr. Johnson said that patriotism is the last refuge of the scoundrel. The way we collectively use the terms "politics," "political," and "partisan," it would seem that we would extend his *bon mot* to cover these words as well. This tells us a great deal about scoundrels but very little about patriotism or politics.

Judge Alito was nominated by a president of the opposite party almost by definition (apologies to

asked to ask for grant money to help the underserved and recover the cost of low medical reimbursements made whether it be from Medicare or insurance. A tax levy ranging from 40 cents to 50 cents per thousand is being tossed around.

Where my problem with this process is I feel that it is backwards. I would like a needs assessment done first. Then we would know what we are voting on. No guessing what money would be used where. people, health care consumers, can We would also know about how much money we are being asked to pay. I understand that state law says that we can not vote on a levy rate before a board is elected. But with a needs assessment being done we would have a pretty close idea what the assessment would be. We are being asked to vote on something so money can be raised. But we do not know how much money will be needed or where and how the money will be spent. Having a board candidate asking us to..."put our faith in their judgment" makes me

The next meeting of meet the candidates and ask questions will be **January 19** at 7 p.m. at the Court House. Please come and be an informed voter.

Hilary Emmer

"When I use a word," Humpty Ralph Nader) out of the Democratic "mainstream." That is how it works. Justice Ginsburg is out of the Republican "mainstream." That is how it works. Barring malfeasance, misfeasance or nonfeasance a nominee should be given a thorough and respectful questioning to keep the other side honest — ah, that's a word to conjure with on both sides of the aisle right now. But please leave the grandstanding, straw men, righteous indignation ideological half truths at the door.

We get the discourse we deserve. We have the government we deserve. We have met the enemy and he/she/it is consistently us. We continue to insist on substituting buzzwords for thoughtful debate. By all means inform that debate with passion but don't trot out slogans instead of reasoned argument, labels in place of thought, emotional appeals irrespective of messy facts that don't fit our worldview. This applies to all of us.

Fun Fact from my son: "In the vocabulary of punk music, 'mainstream' is a derogatory term meaning more than five people like യയയ you."

Editor, The Loop:

This year Maria Cantwell is being challenged by Mark Wilson for her Senate seat. I believe Mark already has the courage it takes, the courage we need. He's been a marine and he remembers the oath he took. He won't take polls to see what you already think and then feed it back to you so that you will be voting for ideas that are comfortable to you. That's not leadership. Mark will challenge you to think "outside the box."

I am not a Democrat, but I'm going to vote for Mark Wilson for Senator. I hope you will begin to pay attention. Someone qualified is offering to be of service.

Mark A. Goldman

#### **Meet Senate Candidate Mark Wilson**

Come meet Mark Wilson, candidate for U.S. Senate Democrat, at an old-time grass-roots event Sunday, January 22, from 2 to 5 p.m. at the Havurat Ee Shalom, 15401 Westside Hwy (just north of Cove Rd). Light refreshments, and good neighbors.

This will be Mark Wilson's sixth visit to Vashon in as many months. For more information call Dennis Saunders at 463-1310.

The Vashon Loop, p. 5 January 18, 06

Why do former Governor Booth Gardner, the 34th District Democrats, Vashon Youth and Family Services, and many of your friends and neighbors want you to vote for a Vashon Public Hospital District on February 7th?

Because they believe that Vashon needs to have continued access to reliable and dependable health care on Island for years to come. More than 55 public hospital districts have been created around this state in order to assure that health care is available to local citizens who need it.

Because a public hospital district could help the Vashon Health Center, the Vashon Community Care Center and perhaps other health care providers on this Island survive in a time of escalating costs and diminishing resources nationwide.

Our supporters include:

Former Governor Booth Gardener Marge DiPrete Shirley Bushnell Jeremy Edmonds The 34th District Democrats Patte Wagner Josh Ramsell Jim English

Emma Amiad Dick and Melinda Sontgerath Cara Aguilera Gary and Nancy Sipple Martin Baker and Donna Klemka

Michael Troese Sonja Grotting Barbara Gross Dr. Gary Koch Judith Beggs, RN

Carol Frontiero, VP SEIU Local 776 John & Carol Pearson

Anne Ross Connie DuFresne Ivan Weiss Sam Collins Chris Schmidtzinsky Lee Ockinga Zabette Macomber Jon Kunkel Kay Hermans Naomi Goldick Leona Troese Dick and Linda Bianchi

Ralph Eister

Melissa & Tom Bangasser Terry Raisio Oanh and Mark Meyers Shirley Bushnell Jim Beardsley Marjorie Beardsley Dr. Brad Roter and Veronica Truffat David Sunstrom and Kim Brown Dr. Jim Distelhorst and Sandra Ripley Jean and Gilbert Findlay John Hopkins Greg Beardsley Kayleen Dunson Wendy Wharton Dorothy Johnson Mike Quenneville Bill and Judie Rady Warren and Mary Ann Beardsley Susan Craft

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VOTE TO MAINTAIN HEALTH CARE ON VASHON. VOTE TO HELP OUR COMMUNITY NOW AND IN THE FUTURE. VOTE YES ON THE VASHON PUBLIC HOSPITAL DISTRICT ON FEBRUARY 7TH.

Paid for by Friends of the Vashon Public Hospital District

#### **Hospital District Signs**

Continued from page 1

In the meantime, you will have a chance to ask questions about the infamous signs, as well as anything else about the Hospital District. Hennessey said organizers are doing a volunteer-based phone bank on Wednesday and Thursday night, calling voters on the Island and offering to answer their questions about the proposed district. The phone bank will run Wednesday and Thursday and is graciously being hosted in Windermere's new offices.

information, email: info@vashonhospitaldistrict.com; call Lauri Hennessey at 463-1388; check the website www.vashonhospitaldistrict.com.



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#### Informational Meetings about Public Hospital District

**Thursday, January 19**, at they may have. Courthouse Square, for the public to ask questions of the supporters of wants us to call them, they can send the Hospital District.

The final informational meeting will Thursday, February 2, 7 p.m, Courthouse Square.

be calling voters this Wednesday and Thursday night (January 18 and

There will be a meeting at **7 p.m.**, 19), offering to answer questions

If anyone has questions and an email to lauri@hennesseypr.com or call (206) 463-1388 and we will make sure and have candidates or organizers call them Wednesday or Hospital District supporters will Thursday night between 6:30 and 8:30 p.m. and answer their questions.





My grand daughter has taken to packing up various cases and bags, carrying them through the house, dropping them off, and forgetting them. Yesterday I found a bag under my desk with three books in it: Mister Zip; Spoon River Anthology; and archy s life of mehitabel.

Yoo hoo, Grandma, your youth is calling!

Mr. Zip is a novel by H. Allen Smith. H. Allen Smith was a journalist who became a humorist by publishing books of true stories and the odd people who lived them. By the time I came across him, about forty years ago, he'd become something of a humor institution, and he wrote for *Playboy* magazine. He was my first anti-depressant. Laughing at his stuff got me through many a hard lonely night when I was young and not so resourceful. Now he is thirty years dead, and his musician, an artist, a writer, a

writing frozen in the mores of the m i d - 2 0 t h century, which is to say, he is so politically incorrect, dude.

Spoon River Anthology was produced as a at my play college, also about 40 years ago. I had friends in the play, and I bought a copy of the book. It is a collection poems by Edgar Lee Masters, and the poems

are stories told by dead people.

The one that sang to me then, and still does, is "Fiddler Jones." Here it is:

The earth keeps some vibration going

There in your heart, and that is

And if people find you can fiddle, Why, fiddle you must, for all your

What do you see? A harvest of clover?

Or a meadow to walk through to the river?

The wind's in the corn; you rub your hands

For beeves hereafter ready for the market:

Or else you hear the rustle of skirts Like the girls when dancing at Little

To Cooney Potter a pillar of dust Or whirling leaves meant ruinous drouth;

They looked to me like Red-Head Sammy

Stepping it off, to "Toor-a-Loor." How could I till my forty acres Not to speak of getting more,

With a medley of horns, bassoons, and piccolos

Stirred in my brain by crows and robins

And the creak of a windmill – only these?

And I never started to plow in my

That some one did not stop in the road

And take me away to a dance or picnic.

I ended up with forty acres; I ended up with a broken fiddle -And a broken laugh, and a thousand memories,

And not a single regret.

That's what it is to be a



dreamer, distracted and taken by the music of creation, and oblivious to the practical. Someone should read it at my funeral, which I hope will not be soon.

Finally, archy s life of methitabel, by Don Marquis, illustrated by George Herriman, who drew Krazy *Kat.* mehitabel is the unrepentant alley cat who has lived a hard and impure life; archy is the cockroach who tells stories by jumping on the typewriter keys. mehitabel inspires me still:

> i may have made a false step or two

but i am always the lady and there's a dance or two in the old dame vet

These words made me laugh when I was young and frankly miserable. They are a big part of why I'm a writer, and a smart aleck, and a dancing old dame.

Toujours gai, dear hearts.



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## Don't Forget the Birds

By Ed Swan

#### **Christmas Bird Count Highlights**

Count (CBC) took place on New Year's Day this winter. All across the country, Audubon Societies count birds in a 15 mile diameter circle over the course of a 24 hour period. The counts take place around Christmas but actually may take place on any one day during a three week period from mid-December through early January. Since every state has many CBC

count circles established. usually more than 20-30 per state, the count days are spread out so that observers can help out on more than one count if they like. numbers continue to grow in importance because they form one of the longest-running data sets reaching back to the first count in 1900. Vashon's Photo by Peter Murray

circle covers all of Vashon and Maury Island, part of Blake Island, Three Tree Point in Burien and parts of Pierce and Kitsap County along the west side of Colvos Passage.

Sue Trevathan, the Vashon-Maury Island Audubon Society CBC coordinator, is still continuing to add up all of the species and individual birds tallied but it appears that birders saw about 110 species, the same as last year. Despite periods of wind and rain, counters observed many birds and collected good information. Some owls even made it on the list, heard by residents listening late on the night of January 1st. The owling party, consisting of Pete Murray and myself, struck out because of the wind and rain before dawn on count

Pete and I did discover some interesting species of note the rest of the morning, which cleared up for a time. At Tahlequah dock, Pete noticed an unusual gull that turned

3. Dorothy's dog

4. College football

conference (abbr.)

6. Ocean movement

10. Writing liquid

5. Trike

7. Object

8. hard

9. Raze

Vashon's yearly Christmas Bird second to be found on Vashon for a CBC. With his great scope, we could see the yellow-orange ring around its eye that along with the darker wings and pure white back of the neck distinguish it from the common Glaucous-winged Gull seen here year-round. We also ran into a big feeding frenzy, involving about 20 species, along Bachelor Road near Tahlequah. Band-tailed Pigeons, robins, waxwings, starlings



and others were eating ripe Pacific Madrone berries. Four species of woodpecker, Brown Creeper, three Townsend's Warblers, a Hutton's Vireo and more were foraging in the same spot on other food. Bald Eagles and Red-tailed Hawks came by probably hoping to catch an unwary pigeon. On our usual ferry ride to count the birds farther out in the water, we missed any Common Murres or Rhinoceros Auklets. Both species usually show up in good numbers but have been very rare throughout Puget Sound this winter. Ornithologists are studying what happened to them this year.

Western Grebes are another species that showed up in low numbers. Pam and Jack Dawdy saw 180 or so in Quartermaster Harbor down from seeing over 1000 eight years ago on the first counts. Kip Schwarzmiller noticed over 200 in Colvos Passage. Herring numbers have dropped over the same years in Quartermaster Harbor, so it may

39. Fast plane

43. Gifted

48. Bashful

53. Cobweb

56. Selector

57. Island

51, hard

41. Little Mermaid's love

58. Bang down

61. Three

62. Take in

60. Seaweed substance

64. Absent without leave

65. Oaf

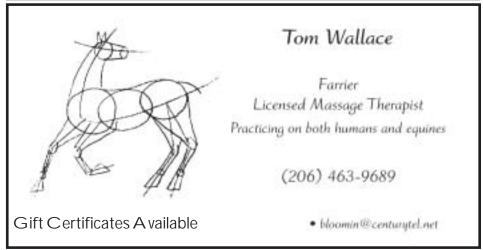
66. Baron

70. Hoopla

68. Flightless bird

46. Clip with shears

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out to Colvos Passage and elsewhere to follow the fish.

A couple of other interesting birds were seen by others around the island. Larry Huggins, John Rupp and Richard Rogers found the American Kestrel at Wax Orchards and John Friars spotted a Long-tailed Duck at the Tramp Harbor fishing pier, a first for the Vashon CBC. These colorful sea ducks are rare for Vashon. Orca Annie saw another single bird at the old Cove Hotel the next day, possibly the same duck.

On January 9th, some Canada Geese provided some other birding excitement for me in the flooded field at the corner of 220th and Old Mill Road. These Canada Geese were only about half the size of the big Great Basin sub species Canada Geese that we usually see around the island. There are eleven recognized sub-species, four small ones considered Cackling Canada Geese and seven medium sized and large ones combined under the da Goose name. The three I saw were one of the medium sized varieties, the Lesser Canada Goose or parvipes sub-species. Cackling Canada Geese look even smaller, not much bigger than a Mallard in length, have a vertical forehead and a very small beak. These Lesser Canada Geese, while much smaller than the Great Basin or *moffitti* sub-species we usually see, still have a good-sized bill and a medium sloped forehead that they share with the bigger sub-species. As of this writing, the geese still may be seen hanging out with Mallards at the same location, four days later.

If you have an interesting bird to report or a question about local birds, call me at 463-7976 or email at edswan@centurytel.net. If you are interested in my book, The Birds of Vashon Island, time is running out because I only have about 100 left. I should be sold out by the end of February. It can still be ordered by contacting me by phone or email or also purchased by credit card at www.theswancompany.com.

out to be a Western	Gull, on	nly the be that	Vasho	n's grebes have moved Canac
Across		27. Globe		54. Central Intelligence Agency
1. Chubby		29. Inadequate		55. Sight organ
4. Top level		32. Weapons		56. Pluto
9. Knobs		35. School group		59. New York Island
14. MGM's Lion		36. Be in conflict		63. hard
15Lay, chip brand		38. Tall tales		67. Islands
16. Turn out		40. A few		69. Non
17. Ornament		42. Heron		71. Court
18. hard		44. Says (slang)	)	72. "Remember the"
19. Ability		45. Layers		73. Vented
20. hard		47. Light purple flower		74. Possessive pronoun
22. Rubber glue		49. Mesh		75. Monkey's cousin
24. Brand of laundry detergent		50. Truism		76. Musical composition
25. Congressional vote		52. Blossom		77. Limited (abbr.)
Down	11. East		34. Sm	nile scornfully
1. Glitch	12. Put t	o sleep	35. Pac	eific Time
2. Air (prefix)	13. hard		37	Lanka

21. Genetic code

29. Unemotional

32. Book holder

33. Low sound

30. Humped animal

31. Cliff dwelling bird

23. This time

26. Bow

28. Tout

Solution on Page 17

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## Island Life

Text & photos by Peter Ray

#### Year of the Dog

it just kind of happened. In a year Bush Administration. Did I slip that of living meagerly, I finally decided that what I really want to do, while I'm trying to decide what I want be when I grow up, is to grow plants. One might add here that they should be plants that are not necessarily all that different, but that they should in some shape, flower, fragrance or fruit make some kind of difference. Some might say that this new path is not so much of a change from the bad thing, but

after a point, a garden of pet rocks, cabbage patch kids and tickle-me-elmos (in an analogous, plant sense) can get to be a bit much.

One could say that all this recent

banter about sustainability has got me thinking. This would be true, but then again, turning over a rock in the middle of a forest or looking up to see an amazing cloud formation can have the same effect in these quarters. One could say that sustainability is just that good old back-to-the-land movement with a slightly more global perspective. And thoughts have turned recently in these parts to what someone from just fifty or sixty years ago might have thought about the word sustainability before the onslaught of rural electrification and the interstate road system.

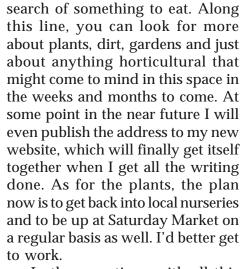
Before these grids were in place, people didn't talk about the high and mighty ideals of sustainability because if they did spend the time on it they wouldn't have food on the table. What they were doing, of course, was subsistence farming, which somehow sounds a bit low and peasant-like, just kind of scraping by. We now have the gleaming goal of sustainability on the horizon, which has both the ring of nobility as well as a hint of desperation tagged on at the end. Heaven forbid, if we don't achieve our sustainable goals we may have to go back to a subsistence existence. Yes, I do understand the circle we just walked around, but I will grant them their illusion.

There is another circle out there in the gardening world and it has to do with the much touted fantasy world of the cottage garden. Indeed, the original template for the English Cottage Garden was all about combining the ornamental with the edible, kind of a form and function, sustainable subsistence. The might as well demand a white black bonus in planning a garden.

I didn't really plan it this way — hole or dry rain or truth from the in there? I guess I did. Anyway, once one gets involved you soon find that gardens require action, and cottage gardens demand full on commitment. In these times of value-added products, a true cottage garden should be a hot commodity. With one, you not only get to admire the landscape, you get to eat it too, so to speak.

There is a bit of guilt relief on old, and I would both agree and my part in adding edibles to the disagree with that statement. I won't availability list. By doing so I can say that weird and gimmicky is a stop referring to myself as a

> frivolous farmer, with the added bonus of no longer having to suffer the barbs and jabs Seattle plantsman Arthur Lee Jacobson if he might happen to peruse one of my sales tables in



In the meantime, with all this relatively and mild temperatures, an excellent opportunity awaits you out in the



garden, or just in the yard. What we are talking about here is the chance to observe a worst case scenario, right in your own back forty. A big part of gardening is getting to know the land you're working with, and with everything saturated to the overflowing end of things, now is the perfect time to learn a little more about the hydrology of your property. Depending upon how serious one wants to be about this, it could involve anything from simply observing where puddles are, to staking and labeling areas of problems arise when someone seasonal flow and saturation. In nowadays asks for a low-these crazy weather times, maintenance cottage garden. One experiencing the extremes is a real

## ANDORA'S F

Marge's annual "Think Snow" campaign may be postponed in favor of the first ever "Build Your Own Ark" workshop. If you're brave, ask for a tour of our world famous under-the-building river. Swim on in and get extra treats for your water-logged furry friends.

Horus' Pick of the Week:

The bag of cat food that split and spilled kibble all over the floor. Who needs a broom?

463-3401

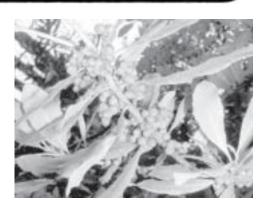
\$5. nail trimming with no appointment. 17321 Vashon Hwy. Big Red Building w/Animal Stuff on the porch



Learning where water settles or flows before choosing plants, or even making plans, for an area can save you lots of time and plant replacement later. And when the waters subside (yes, they will) watch and see how plants come through if they have been submerged for any depth and length of time.

Another investigative inspection that one can perform on these rounds is to check for any damage from our four-legged, furry-slug friends. It never ceases to amaze me what the deer will eat at this time of year, or any other time for that matter. A few years back, after a particularly heavy snow had brought down some madrona limbs, I was surprised to note that within a few days that every single leaf on one broken branch had been stripped as it lay on the ground. Most recently, it was noted while cycling north on the main highway that a newly planted laurel hedge across from Heights Water had been found by at least one passing deer, and about ten or so of the plants have been stripped of some or nearly all of their leaves. English Laurel is not one of the plants that I would have suspected as being a deer delicacy, but then again, Eucalyptus, hardy ice plant (Delosperma) and the evergreen, late Summer tasseling shrub Itea were not on my list of deer menu suspects either. I'm planning on finally starting to compile a list of susceptibles, so if you have any unusual cases of deer gnoshing I'd like to hear about them.

And finally, in the land of basic plants that actually weren't so basic a few years back even though they're native, the Pacific Wax



Myrtle has been on my mind for a number of reasons lately. It has been of some concern that the rodent population, however small, has been using one of the plants outside my front windows as a transit corridor. While this is mildly troubling, the real reason I've been watching them is to see the grazing of the Varied Thrushes that seem to always occur around this time every year. What they are cruising for are the clusters of waxy, purple-brown berries that line the tips of the branches. Nestled among the glossy, dark evergreen leaves, these berries aren't overly showy, but the Thrushes always seem to know right where to find them. Besides being evergreen and drought tolerant, about the only place that these wax myrtles would not like to reside, sun or shade, is in those damp spots you will be out trying to locate after reading this. With an ultimate height of fifteen to twenty feet you can even watch the thrushes from the second floor window while staying inside and dry. Sounds to me like bonuses all around.  $\omega\omega\omega$ 

Coming Soon: **Black Dog Plants** Stay tuned! www.blackdogplants.com peter@blackdogplants.com (206) 567-4542

January 18, 06 The Vashon Loop, p. 9

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## **Vermicomposting**

by Rex Morris

Vermiculture is the raising of earthworms and vermicomposting is the process of using



worms to devour and decompose organic "waste," and, for purposes of this article, I am talking about food scraps. Vermicomposting is the ideal way to deal with household, commercial and even industrial food scraps.

Adding small amounts of wet scraps to a large compost pile in the garden day by day can disrupt the decomposition process so that the compost is never really done. But it works just fine vermicomposting.

Vermicomposting turns food scraps into a loamy material that is a tremendous source of nutrients for plants and which dramatically improves the texture and fertility of soil. That material is called vermicompost or castings, and it can replace valuable nutrients taken out of the soil when fruit and vegetables are grown and harvested — it also improves soil structure and texture as well as increasing its water-holding capacity and erosion resistance. The worm digestive process eliminates soil pathogens and the castings contain a diversity of microbes that protects against soil disease.

Worms help break down organic materials and convert nutrients into a much more available food form for the flora. Plants dressed with vermicompost will grow stronger and have deeper root systems, better drought tolerance and increased disease resistance. Worm castings contain five times as much nitrogen as ordinary garden soil, seven times more phosphorus, 11 times more potassium and they are rich in humic acids—a defining compound in humus, the best soil for human purposes.

Worms are essential to the production of top soil, the true wealth of this Earth. Their job is to devour organic matter in the dirt before all the hard work of turning energy into matter is dissipated into the atmosphere—and, in so doing, change it into a form that plants can use so much more readily, converting dirt into soil. Despite our absolute dependence upon the fertility of this land, human beings often short-circuit nature's ability to complete the life process—especially when we send food (what is mistakenly called food "waste") down the garbage disposal or off to a landfill. We deplete the soil when we bypass the natural recycling

process. Like regular composting, vermicomposting is something human beings can do to help complete the recycling loop we so often try to circumvent.

Vermicomposting is simple, effective, convenient, and noiseless. It is a fascinating, fun, and easy way to recycle kitchen scraps—it requires very little work, produces no offensive odors, and creates unparalleled fertilizer. Worm boxes are a wonderful way to process the food scraps generated in a household or commercial kitchen because worms will happily turn it into the best fertilizer on earth.

Only a few things are needed to make good worm compost: a bin, bedding, worms, and worm food. A worm bin is an ecosystem. Many microorganisms will thrive in a bin with worms. Together they eat, reproduce and make compost. Your only responsibility is to maintain an environment conducive for their life. The worms, in turn, will thrive, reproduce and generate a steady supply of high-quality compost.

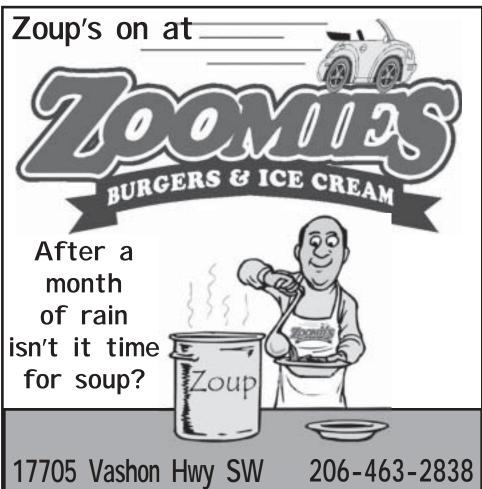
You need about a pound of worms for each pound of kitchen scraps per week you would like to compost. Some proponents recommend weighing the material you produce in a week but you can estimate reasonably accurately. To obtain the best composting worms available, call Mark Yelken, Vashon Island's Worm Guy, at 817-0388. (Area code 206 for you out-of-state Loop readers.)

Vermicomposting can be done in a variety of containers (Mark can advise you on that as well and I'll write more about them in an upcoming article)—buckets, bins, boxes, garbage cans, even holes in the ground. Often worm boxes have two compartments with some sort of division or connection that provides an easy way for the worms to move from one compartment to

The idea is to feed the worms in one compartment until it is full, then begin feeding in the second area. Gradually the worms finish their work in one part, move to the other and then the finished vermicompost in the digested side can be harvested.

The food fed to worms can come from a variety of sources, including vegetable and fruit pieces, pares and cores, pasta leftovers, coffee grounds and tea bags. Some vermiculturists feel that worms may have a problem with garlic and onion skins, but in small amounts, they seem to be okay. Most agree that variety is the most important thing and that, generally speaking, materials will be digested faster if you chop up bigger

Continued on page 15



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Acceptance of what has happened is the first step to overcoming the consequences of any misfortune. (William James)

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The Vashon Loop, p. 10 January 18, 06

#### The Dorsal Spin: **Just Ducky**

by Orca Annie Stateler

We are sloshing toward thirty straight days of rain, but Vashon is still in a black and white drought. The Southern Residents' extended early winter absence from Puget Sound is unprecedented in the last fifteen years. Maybe the orcas went somewhere sunny.

sightings ASAP to 463-9041. In recent years, we have been spoiled by amazing encounters with J, K, and L Pods. Mark Sears and I were privileged to see newborn orca babies in Vashon-Maury waters. The Vashon Hydrophone Project right away might be interested in the (VHP) collected valuable data this season; however, it sure has been lonely and a bit dreary here without the whales. Never take anything for granted in the natural world.

water frequently at the VHP site, we often see interesting critter behavior, such as California sea lions tossing around chum salmon, two Stellar sea lions swimming in tandem (say, how was the *ceviche* at Salty's, get and Dall's porpoises roostertailing as they chase fish.

The other day, Mama Otter caught a flounder and chirped "come and get it" to her three pups. The youngsters came wiggling and tumbling to mealtime, rolling over mom until one of them snatched the flounder. If you have ever observed otters, you know how exuberant and touchy-feely they are.

On January 5, I was admiring our snorkeling mergansers and other divers and dabblers when I spied a bird I did not recognize. A mostly white and brown duck, with a pinkish bill and gray feet, paddled toward our bulkhead. I consulted all my bird books, including Ed Swan's excellent *The Birds of Vashon Island*, to determine the stranger's identity. The exotic visitor was a Long-tailed Duck, blithely foraging a few feet off the beach, in pouring rain and lousy light for taking photos. The audacity!

Odin was in town with the good camera, anyway. I called Ed and another birder. I hope someone in Audubon got a decent photo of the or Vashonorcas@aol.com.

guest rare course, was nowhere to be found the next morning when the rain paused briefly.

A Navajo expression states that important information must be repeated four times before it is finally heard and understood. On January submitted

comments on NOAA Fisheries' draft conservation plan for Southern Resident killer whales. For the fourth time on public record, I explained why Glacier's proposal to extend its Please report local whale Maury Island pier to barge gravel across the Sound would be detrimental to our endangered orcas. May the Army Corps of Engineers and other stakeholders listen and understand.

Readers who pick up The Loop ACS/PS Speaker Series presentation on January 18, 7:30 p.m., at the Phinney Ridge Neighborhood Center, 6532 Phinney Ave. North, Seattle. Shannon McCluskey, a 2001 Fortunately, since we scan the ACS/PS grant recipient, will give a talk titled "Killer Whales and Salmon: Correlations through Space and Time in the Inland Waters of British Columbia and Washington." The talk is free. Call 206-781-4860 or check www.acspugetsound.org for more information. At least we can look at pretty slides of orcas.

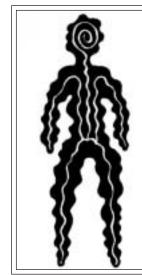
With the unremitting need for disaster relief, 2005 was a tough year for small non-profits like ours. I am grateful to Mark and Heather for their generous year-end VHP donation, and to *The Loop* for the sightings request PSA you see on this page.

When the rain starts getting on my last nerve, I visit with our friendly neighborhood Muscovy duck, who greets me with a hiss (the only way he vocalizes) and a tail wag. I marvel at how the water beads on his beautiful feathers, and at how he is unfazed by a downpour.

I contemplate why I live in a coastal temperate rainforest instead of the scorching Sonoran desert, and I resolve to find more ways in 2006 to lessen my ecological footprint on Puget Sound and be a better neighbor to the Southern Residents and other creatures in my 'hood. Quack, quack!

Contact Orca Annie at 463-9041

FOR ORCAS AND FOR ISLANDERS PLEASE REPORT LOCAL WHALE SIGHTINGS ASAP TO 206-463-9041 Vashon Hydrophone Project Orca Annie Stateler and Mark Sears Vashonorcas@aol.com Support Vashon-Maury Island Whale Research Sightings NOT Disclosed to Whale Watch Boats



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## **Breast Cancer**

By Weslie Rogers

#### Interesting Information, and **Fun Words!**

Much of the interesting information about breast cancer that I have encountered has been collected in the opposite way one would usually research a journey, that is, in traveling away from my target, not towards it. Much of this information is such that one needs time to ponder and make one's own decision about it, and that can only happen with more leisure and hindsight. New info keeps coming in, probably a good sign considering the complexity of breast cancer! Now, as time and experience have allowed me to filter all this data and sometimes contradictory dribble, I can better handle what I read! "Experience is the best teacher," definitely applies here, although to travel down a path of cancer just to learn about it seems ludicrous, so I'll report some interesting findings to you here, to help you do your homework!

To start off on a light note (we're only talking about cancer here!), I'll toss out three new tickling words that I didn't know a year ago and most probably would not be at all familiar with now had life happened differently. Two of these words that I am not — a nullipara and a nulligravida - and one that I hope I can continue to say happens to any errant cancer cells in my body — *apoptosis*. These words are not in my home copy of Webster's. A nullipara is a women who has never born a child, and a nulligravida is a woman who has never been pregnant. These words came up in an article I read recently, talking about global breast cancer mortality rates...more specifically that there was an observation made as long ago as the 18th century, that breast cancer occurred with greater frequency among nuns (assuming there are more *nulliparas* and more nulligravidas among this culture!).

The article actually used another form of the first word, saying "...nulliparity is a well established risk factor for breast cancer." (Global Breast Cancer Mortality Statistics by Curtis Mettlin, PhD.) I have often read that women giving birth at an older age (a "nulliyoungous?!") have a higher risk of getting breast cancer. Because the same pregnancy hormones that mature the breast tissue in a younger woman, may stimulate the breast tissue that has mutated, in an older woman. (Dr. Susan Love's *Breast Book*, pg. 234). And the third comedic word apoptosis — means "programmed cell death." (Ibid, pg. 193) Our bodies are continually manifesting apoptosis. Cancer happens when the numerous checking systems fail, when those cells that have mutated and not been caught, multiply, set up a blood system (maybe through epigenetic interaction — another new phrase, simply cross-talk) and the bad becomes worse.

Free radicals — a phrase that has come into more common usage are those "bad" cells. And antioxidants have come into the light because of the focus on cancer. They are chemicals in foods and supplements that eliminate these reactive free radicals. nutritionist early-on recommended green tea be added to my diet, because it contains a broad range of antioxidants. Food with vitamin A, C, or E are also good. But, as I was reminded on this journey and even realized earlier on, on this winding path of life, there is "not now, not ever," just one answer. Simply, fruits and vegetables are the best source of antioxidants. There is no magic pill. Keep trying.

Questions? Please call me at 463-5566. Love, Weslie.

Next time: Soy, Vitamin D, and omega-3 fish oil.

A friend is someone who thinks you're a good egg even though you're slightly cracked.

January 18, 06
The Vashon Loop, p. 11



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## Planet Wares



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

Happy Birthday Capricorn!

A spectacular Full Moon close to your birthday suggests people are ready to listen to what you have to say. You have plenty, both old ideas and new; practical ones and those devoted to pleasure and excess. The chances are people are going to believe what you believe in relationship to your ideas and plans, whether it's true or not; whether it's good for you or not. So think clearly, and make sure you've assessed these things carefully. The support that comes your way this year will advance the cause of your life greatly, as long as you feed the wholesome and honest side of your nature.

Aries (March 20-April 19): The pressure to succeed in one particular area of your life is putting a lot of stress on your peace of mind. I suggest you ask yourself just what price you're willing to pay for success, and how long you want to spread out the payments. In truth, you're probably working a lot harder than you need to for a goal that is destined to change sooner than you think. Any time you find yourself willing to exert energy, you need to ask yourself whether the issue or objective truly meets your standards for what actually matters.

Taurus (April 19-May 20): You owe it to yourself to enjoy life, but you have a lot of beliefs that make arguments to the contrary. Everything is not a moral issue; everything does not boil down to right or wrong; and if in your subtle guilt, you feel you're committing a misdeed, the only punishment may be to deny yourself the pleasure of something long sought-after and finally attained. In particular, you need to make the space for others to be kind to you and take care of you. Are you denying them that space? Only you know — and only you can do something about it.

Gemini (May 20-June 21): You may seem to risk getting involved with a situation or conflict over your head, but all you need to do is use your head. It is true that the boundaries have become a little fuzzy about who is who and what is what. And you may be subject to more of the effects of another person's challenges or sadness than you imagined you would be. However, the environment is shifting rapidly and what seems like a major issue today will take on more normal proportions tomorrow. When in doubt, observe, and when necessary, stand back and observe yourself.

Cancer (June 21-July 22): You are perfectly capable of not only enduring the

attention that's now focused on you, but also thriving under its light. But among those who are noticing you, one person in particular seems to be able to tune into the interior of your mind and feelings, and this person is one to stay in close contact with. This person is wise beyond their years, has a deep connection to the past, and is offering you insights that you've only hoped another person might have. The relationship has some unusual properties, one of which is you may not be sure the way things are going. Give it time.

Leo (July 22-Aug. 23): The ease with which certain work-related problems or situations (as you wish) are working themselves out should be reassuring, though you still need to keep one ear on your intuition and decide whether to affirm or dismiss certain anxieties you may be feeling. The thing to remember is that whatever you may discover or notice, you have the power to move progress along in the right direction. Progress is just as eager to move you, so it's a nice combination. This is a phase that calls for more determination than force; and more remembering your goals rather than trying to convince anyone that they're worthwhile.

Virgo (Aug. 23-Sep. 22): As one who is mainly a creature of the mind, you have to watch your emotions. You can put your mind to use on this, by monitoring how you feel rather than being overwhelmed by it. A gas gauge is a good metaphor. It simply reports back to you how much is in the tank. But you don't necessarily smell the fuel more strongly the more there is; in a similar way, you don't need to be overwhelmed by your feelings, or expect anyone else to be. You can, if you want, notice, and make a measured response — which at this point mainly means consciously arranging to meet one or more of your basic needs for pleasure and fun.

Libra (Sep. 22-Oct. 23): You don't need to yield to pressure to come out of your shell, but you might want to make a cameo appearance on the great stage of life some time in the next day or two. I would propose that by the weekend, once the Full Moon has passed and that strange spell is broken, you'll feel a lot more yourself and won't need to be fighting your emotional currents. At this point anything that involves or evokes strong resistance is best avoided. Go with the flow and you'll get where you need to be.

**Scorpio (Oct. 23-Nov. 22):** A partner or close associate may be caught in an emotionally difficult situation. What you need to do is assess whether this involves

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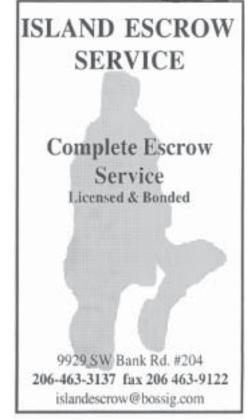


you or not, starting from the presumption that it does not. One of the great skills of life, love and therapy is not taking personal what is not personal, and then learning not to take the rest of it personally either. In any event, I suggest you hold off on any sort of blame, accountability, or anything that could vaguely induce emotions of guilt and, simply, see if you can get a clear idea of what's happening, though at this point they might not want to speak. And then all you can do is wait a few days and see what you learn

Sagittarius (Nov. 22-Dec. 22): To avoid, reduce or end conflict, it really helps if people don't want it. So I suggest you start with yourself and reaffirm your commitment to peace and tranquility — and if you find yourself wanting something else, I suggest you ask yourself why. Human beings, wonderful and spiritual as they are, often find conflict more interesting than compassion. You, however, are discovering that conflict is boring and now seems to be the time to put that information to work.

Capricorn (Dec. 22-Jan. 20): You need to watch people's reactions to you very carefully this week, and continuously reassess your communications strategy as you go along. The most important thing is not to get caught up in anybody else's strategy, and in particular, I mean emotional; you need to be exceptionally careful about noticing when someone is trying to manipulate you, and remember that part of that is never making the accusation. If you do, you'll be falling for the trap, because the game is all about control. The way to handle those who would emotionally manipulate others is to give them a wide berth and do what you need to

Aquarius (Jan. 20-Feb. 19): The most important reality checks you can be using now are your work and your health. Health includes your mental health and your emotional state; indeed, I would rate these first on the list. Keep constant tabs on how you feel and where you stand in relationship to your responsibilities. The pressure you are feeling is largely an illusion, but the results of the stress will not be, if you let them get hold of your life. When in doubt, I suggest you lay low, work with only the most modest goals, and let this current wave



of energy pass. When you get a chance to look back, you'll see you did quite well.

Pisces (Feb. 19-March 20): You have obviously noticed that there is some intense weather blowing through the local cosmos. Most people are too busy getting blown over or gawking to do much with the highly unique opportunities that this presents. So please don't get too caught up in the scenery or other people's reactions. You have some rather awesome opportunities at the moment and some truly strong, highintegrity people around you. Though it's not always true, right now the sum is far greater than the parts of your life. But you are the one element that all the people in your life have in common. Focus on communication and some magnificent breakthroughs are possible this week.

<u>തതത</u>

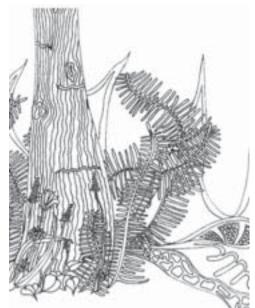
90% of men kiss their wife goodbye when they leave the house.

The rest kiss their house goodbye when they leave the wife.

The Vashon Loop, p. 12 January 18, 06

### LIVING WELL WITH PLANTS

Text and drawings by Kathy Abascal (AHG)



#### **Whooping Cough** Remedies

The first whooping cough epidemic was recorded back in the 1600s. In the 1940s, a whooping cough vaccine was created, and it looked as though whooping cough might disappear from the Western world. Instead, Bordatella pertussis, the bacterium that causes whooping cough, is staging a come back with almost 20,000 reported cases in the US last year primarily because the vaccines do not provide life long protection but do make subsequent infections milder and more difficult to diagnose.

Whooping cough usually incubates for 6-10 days and then manifests as a respiratory infection. At this stage, it cannot be distinguished from mild cold although, unfortunately, it is most contagious at this point. In the

second week, an increasingly severe cough develops often with the characteristic whoop and vomiting. However, vaccinated individuals often only have a persistent cough, without any whooping. In one study of adults who had been coughing for 3 weeks, 30% actually had whooping cough. The coughing phase usually lasts 3-6 weeks and is followed by a convalescent phase which can last up to several months.

The recommended treatment for whooping cough is a macrolide antibiotic, such as erythromycin. This is actually not a treatment, however, because the antibiotic does not reduce the severity of the coughing phase and often causes GI problems. Instead, it eradicates the bacteria from the airways which may limit the spread of the disease. Limiting the spread is important because whooping cough can be fatal to infants. In fact, whooping cough was once a leading cause of infant deaths in the US, and remains a significant cause of infant mortality in much of the world today. People in close contact with the patient are often given antibiotics as well. However, there is no proof that this limits the spread

of whooping cough. Scientists now recommend antibiotics only for people living in the same household as a patient and other vulnerable individuals (such as, partially immunized infants or nonimmunized children).

The cough itself is often treated with antihistamines and steroids. However, the use of these drugs is considered unjustified as they have no proven benefit for the symptoms of whooping cough. The herbal treatments for whooping cough are unfortunately also unproven. However, there is some historical evidence indicating a potential benefit as they have been in use for whooping cough for hundreds of years.

In Germany, thyme is a government approved remedy for whooping cough. Thyme's essential oils are breathed out through the lungs where they help loosen the sticky mucus that can be so hard to expel in whooping cough. Thyme is antimicrobial and likely kills the bacteria in the airways as well. It is a very gentle plant, and can be used in high doses if needed. Most practitioners prefer wild thyme grown in a Mediterranean climate because it is stronger than your average garden thyme. Dr. Weiss,

> an MD with a r e understanding of plant medicines, said that thyme is to the respiratory what peppermint is to the stomach and intestines. He favored it in most coughs but especially as a cough syrup for

that treatment was not quite minute amounts of Lobelia tincture enough, he added a small amount to reduce spasms and bring on of *Drosera rotundifolia* (sundew) tincture to the syrup. Sundew is a small, insect eating plant that is used in many different parts of the world in the earliest stages of the disease. in whooping cough.

combining inhalation therapy and or whooping cough so taking chest rubs with the internal use of antibiotics would be inappropriate. thyme. A simple but effective You could, however, start drinking inhalation treatment was made by red clover and passionflower tea. putting a handful each of And, as thyme syrups are readily chamomile flowers and thyme in a bowl, and pouring on boiling water. The patient then inhales the rising vapors through a stiff paper funnel or sits with a towel draped over her or his head for 5-10 minutes at a

The Eclectic physicians in this country also emphasized the importance of antiseptic vapors both to limit contagion and soothe the patient's cough. They added a few drops of eucalyptus oil to boiling water and filling the sickroom with healing vapors by dropping a hot brick or red hot piece of iron into the Done frequently, the eucalyptus vapors reduced the





coughing spells and helped the cough symptoms can be very mild patient breathe more easily. The Eclectics favored red clover blossoms, often made into a cough syrup, and passionflower as internal remedies for whooping cough. They also thought highly of children with whooping cough. If sundew and, in difficult cases, used sleep.

All whooping cough remedies, botanical and antibiotic, work best At that stage you cannot tell Dr. Weiss also recommended whether you are dealing with a cold available, you could use thyme freely for any cough you might have. Of course, because whooping

in previously vaccinated individuals, you should stay away from young children when you have a persistent cough. If you have a small infant, keep the baby away from anyone with a cough and consider adding a little thyme and chamomile to their bath as a gentle inhalation therapy whenever coughs are going around.

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gratitude for your awesome food. The avocados last week were gorgeous, and the strawberries two weeks ago were a great taste of spring - unlike those monster red on the outside white on the insde no flavor things Visit our website at they call strawberries now. Thank you! www.farmfreshorganic.com

The Vashon Loop, p. 13 January 18, 06

## Book Review

by Rachel Bard **Do Words Need** Pictures?

The Elements of Style, by William Strunk Jr. and E. B. White. Illustrated by Maira Kalman. Penguin, 2005.

Some things shouldn't be messed with.

Take Shakespeare. Why fastforward "Julius Caesar" to Nazi Germany, with a squad of goosesteeping storm troopers replacing the Roman soldiers? This actually happened on a Seattle stage not long

Or Wagner. The Washington National Opera announces a new Ring of the Niebelung cycle, transposed to America and incorporating "American mythology, iconography and landscape," for heaven's sake. Erda, the Earth Mother in

Das Rheingold, is portrayed as a Native American heroine, something like Pocahontas. One wonders if the Valkyries will appear as a quartet of Rockettes doing water aerobics in the Hudson.

So trepidation oozed over the English-writing world with the news of a new, illustrated edition of the Strunk & White classic, The Elements of Style. ILLUSTRATED? What horrors was Penguin Press perpetrating on the book so beloved by generations of English majors, writers, would-be writers and devotees of the author of Charlotte's Web? Would we find cutesy cartoons? Or droll little apostrophes and exclamation points flitting across the pages looking for a place to land? One feared the worst.

The Story So Far: For readers unfortunate enough not to have grown up with The Elements of Style, a quick review. William Strunk Jr. taught English composition at Cornell back in the 1930s. He was one of those unforgettable professors whom students credit with having a profound influence on their lives. One such student was E. B. White, later to become a shining light at The New Yorker. Many years after graduation, at the behest of MacMillan, White revised the little text the late Professor Strunk had used in class. The book went through four editions. As the Boston Globe said of the third, "No book in shorter space, with fewer words, will help any writer more than this persistent little volume." It's been treasured and consulted by countless writers who depend on its simple, sensible rules for usage, punctuation, composition, etc. and who revel in its offbeat wit.

Perhaps of all his strictures, Strunk's emphatic "Omit needless words!" is the most powerful. Many a suffering wordsmith has sat before the typewriter or the computer, staring at a hopelessly muddled paragraph. To the rescue came that little dictum. Out went the fluff. Every word was made to count. Result: a shorter paragraph, crisp

The book's helped 10 million writers become better writers. Why mess with success like that?

The Good News: The illustrations are an enhancement. They're lightsome, whimsical but not tootoo, in an airy, deft style in total harmony with the book's character.

For instance, for the rule "Keep related words together," the wrong construction is "He noticed a large stain in the rug that was in the center." The correct one: "He noticed a large stain right in the center of the rug." The latter is the caption for Maira Kalman's scene, straight out of Agatha Christie with a touch of Edward Gorey and Saul Steinberg. In an elegant drawing room three people in evening clothes are holding cocktail glasses, looking blankly into the distance and paying no attention to the man sprawled face down on the carpet and surrounded by a pool of blood. One's imagination runs riot. What happened? What next?

For the rule that correlative expressions should be followed by the same grammatical construction, the bad example is "It was both a long ceremony and very tedious." The correct one: "The ceremony was both long and tedious." We see a seated, crowned, stolidly patient queen surrounded by four courtiers and bishops, all splendidly garbed, all displaying varying degrees of ennui or distaste.

Kalman is fond of odd little touches like the neatly wrapped and tied package that sits unobtrusively on a table in three or four pictures. You can almost always find something new to smile at on a second or third viewing, even if you aren't quite sure what it means-if anything.

One in particular, though, leaves no doubt. The rule: "A name or title in direct address is parenthetic" (i.e., to be enclosed within commas). The illustration: a woebegone basset hound whose downturned mouth, sad eyes and long droopy ears unmistakably add up to "I'm sorry." The caption: "Well, Susan, this is a fine mess you are in."

Maira Kalman is a writer as well as illustrator and has children's books, *New Yorker* covers and a trove of textile designs to her credit. She says when she first saw *The Elements* of Style, years after her schooldays, she knew at once she wanted to illustrate it. "I would hope that it would give the reader a sense of joy of language and living. It goes back to what they're [Strunk and White] saying about how to think about writing. Everything you do can be infused with humor, imagination and curiosity. Those are wonderful things to have in any work."

The book would be a great gift for a graduating senior off to college. Or for yourself. Really, isn't your old Strunk & White tattered and worn? Go for it. To take out of context a statement by E. B. White, "Your whole duty as a writer is to please and satisfy yourself." യയയ

## RECYCLING

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### FILM FLAM

By Jonathan Shipley

#### Heist

I had a heist once. I worked alone, incognito. I was in middle school and had a paper route. I noticed that Duncan Hines was everyone in neighborhood cookie samples via the United States Postal Service. I

took them. I took the cookies when I delivered the papers. I admit it. I had so many cookies in my newspaper bag I didn't know what to do with them all. If you cut me that day I would have bled cookie dough. David

Mamet could have written a movie about it. Not a very gets a moustache. good one — not a lot of drama in stealing cookies — but he did write a fairly good movie a few years ago not many people saw, Heist, and I recommend you give it a viewing. preferably with chocolate chip cookies and a tall glass of milk

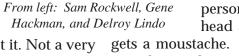
It's not Mamet's best work (for that look to *Glengarry Glen Ross*) nor his worst (remember We're No Angels? No? Keep it that way). Heist floats along nicely with its crimes and capers with plenty of Mamet's famed plot twists (though some twist to knots) and dialogue. Gene Hackman is brilliant, as always, as a leader of a gang of heisters (I don't think that's a word but I'll use it anyway) including Delroy Lindo, one of the best unheralded black actors around, and Rebecca

Pidgeon. They're hired to pull off big time robberies for the sleazy Danny DeVito. I'm sure Danny, as a person, is not sleazy. His character, however, was. He forces Hackman and his team to go after a gold shipment with the use of his mustachioed nephew played with weasely aplomb by Sam Rockwell. (I say, straight off, if you're going to have a weasel in a crime caper

> movie, and there are ALWAYS weasels in these sorts of films, make sure the character mustachioed, man, or woman). The movie continues as this person doesn't trust that person and this person double crosses that person and this person gets shot in the head and this person

Like I said some of the plot lines are a bit far fetched. Like, for instance, how do you rob an airplane of its contents in the middle of an airfield in the middle of the day without anyone noticing? Like, for instance, how can you have a major shoot-out at a major harbor in a major city in the middle of the day without anyone noticing? These sorts things that aren't noticed the viewer will. I'll forgive Mamet though for these errors because Hackman is so good, the plot is so brisk, and men wear moustaches. And that, my video viewing friends, is what movies are all about.

Now I shall go into hiding, with perhaps a few more Mamet movie rentals, because I'm sure the feds are after me for stealing those cookies.



The Vashon Loop, p. 14

January 18, 06





### Island Epicure

by Marj Watkins

#### Sweets without Sugar? Sure!

So many of us are trying to eat low on the glycemic index, to avoid simple sugars and refined starches. Yet, who doesn't have a sweet tooth? All those goodies we ate in December are just fond memories. Or not so fond, especially when we glance at our scales.

Despite our New Years' resolutions and best interests, we reach for comfort food, something to brighten these dull winter days, at least psychologically. Instead of reaching for the chocolate, try a piece of fruit, or an easily prepared dish that supplies real nutrition. It's said that the American diet is notoriously low in magnesium. A small handful of pumpkin seeds gives you a day's supply. Prunes yield more magnesium than any other fruit

Here is a Danish fruit dessert in two versions. The first uses dried prune, which keep almost forever in your emergency cupboard or freezer. My mother learned this recipe from her Danish stepmother and stepgrandmother. For me, the aromas of prunes, cinnamon and lemon cooking together bring back a memory of the kitchen of my childhood, and my mother stirring the kettle. How that smell made our mouths water!

Danish Sweet Soup Makes 4 Servings

1 lb. prunes or dried plums

1 cinnamon stick, broken up

4 lemon slices

4 whole cloves

Water to cover generously 2 tablespoons cornstarch

2 tablespoons water

Splenda® or Sugar Twin® to taste

In a 6-cup saucepan, place the prunes, lemon slices and spices. Bring to boiling. Reduce heat to medium low. Cover and cook slowly until prunes have swollen and become very tender. Mix cornstarch and water in small bowl or cup. Add to saucepan mixture in a thin stream while stirring. When transparent and slightly thickened, add sweetening to taste. Begin with a couple of rounded tablespoons; it doesn't take much because the prunes have their own sweetness.

Sweet Soup may be made hours or days ahead. The spices preserve it when stored in a tightly covered glass container in the refrigerator.

Serve with sour cream, vanilla yogurt, or whipped cream.

At our house, we're partial to the spray-on whipped cream we get in the dairy section.

Sweet Juice Soup Makes 4 Servings 2 cups cherry, strawberry, or grape tice

½ cup sugar or sugar substitute Dash salt

2 Tablespoons cornstarch

2 Tablespoons water, kirsch, or apricot brandy

4 tablespoons heavy cream or halfand-half cream

Bring juice to boiling in 4-cup or larger saucepan. Stir in sugar and salt. Bring to a boil. Mix cornstarch and water. Stir in gradually while stirring. Stir-cook until thickened. Divide between 4 small bowls.

Put 1 tablespoon of cream in the center or each serving. With a spoon handle, drag the cream in a half circle to make a design.

#### The Global Lens Series

By Kathleen Fitch

The 2006 Global Lens Cinema Series will be a four day benefit for Vashon High School at the Vashon Theater, on **January 21**, **23**, **24**, **and 25**. The Gala Opening, on **January 21** at 6:30 p.m., is sponsored by The Vashon Island Coffee Roasterie. This event will include champagne or wine and this year will include a raffle of several DVDs from previous years' Global Lens series. The curator from University of Washington will introduce the film.

The Global Lens 2006 films to be shown on Vashon Island: *Stolen Life* (China) Director Li Shaohong. **January 21,** Vashon Theatre, Gala Opening begins at 6:30 p.m.; \**Max and Mona* (South Africa) Director Teddy Mattera. **January 23,** Vashon Theatre, 8:00 p.m.; *The Night of Truth* (Burkina Faso) Director Fanta Régina Nacro. **January 24,** Vashon Theatre, 8:00 p.m.; \**Border Café* (Iran) Director Kambozia Partovi. **January 25,** Vashon Theatre, 8:00 p.m.

Tickets: single tickets may be purchased at Vashon Theatre — bring a companion for half price. \*The Series Ticket Packet is priced at \$17 and is being sold at following locations: Essentials 4, Vashon Island Music, Vashon Island Coffee Roasterie and Vashon Theatre.

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## Madame Toujours

Dear Madame Toujours,

I am an attractive, single, thirty-something woman. I have a good job and live alone in a nice walk-up apartment in the city. Lately, I have been feeling something. I don't think it's my biological clock exactly. It's just that I feel this aching tug in my heart when I see people out walking their dogs in the park. I think I might want a dog.

The problem is, I am still open to the idea of meeting a man and having kids. I don't want a dog that will scare a guy off. Like, I wouldn't want a guy to see me with a small dog and think, "Baby substitute; she'll be clingy and needy." Or with a big dog and think, "Big dyke; steer clear." Is there a particular breed that sends just the right message: interested and interesting; independent but warm, that kind of thing?

Sincerely, Ready to Run with the Dachshunds

Chere Mlle. Dachshunds,

You are wise to be having the careful considerations in the selection of the dogs. Very many women, they are unwisely going to the humane societies and bringing home the first dog who is licking them in the face. I am never recommending this. Are you going to the pub and bringing home the first fellow who is spilling his drink in your lap? Of course not. He is almost never the ornament to your life.

Never mind about choosing the dog that the gentlemen are liking. Mostly the gentlemen, they are seeing the woman with the dog and they are thinking, "Look, there is the woman who is not being very particular about muddy footprints on the furniture. This is very attractive to me." The key to selecting the canine companion is to understand that the masculine persons are instinctively identifying with the dogs that are like themselves.

For example, if you are liking the large, sporting fellows who are needing the frequent grooming, then the standard poodle, he is the perfect match. If you are liking the very intelligent, protective fellow who is mostly grooming himself and obeying many simple commands, then the German shepherd, he is the ideal companion. Possibly, you are liking the smooth-coated fellow who is always cheerful and never gets

## Family Stone Pride and Prejudice

**January 18, 19** 

#### **The Producers**



January 20-20

#### Global Lens Films

Gala 6:30 p.m. January 21

Stolen Life January 21, 23

Night of Truth January 24

Border Café January 25 See article this page

## Memoirs of a Geisha

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tired of running after small objects which you are wishing him to bring to you. *Voila*, you are seeking the Labrador retriever.

Now you are thinking, "But *Madame Toujours*, I am having only the small apartment. Surely, I cannot be keeping the large, enormous dog."

This is not needing to be the big problem. The small dog, he is having many of the traits that are common for the larger breeds. Seek out the small, sporting dog such as the terrier or the Chihuahua. He is fierce, he is loyal, he is always eager to kill for you the rats.

Bon Chance, Mlle. Dachshund. Possibly you are finding you are suddenly very attractive to the small, timid fellows who are liking to sleep in your lap, but this is not necessarily being a bad thing.

**ထထထ** 

The Vashon Loop, p. 15 January 18, 06

If you get hurt at work and you can't stand up straight Come see Dr. Basile and your pain will abate



Vashon Family Chiropractic Dr. Thomas Basile 463-1850

Freedom?

Basically I know he's a nice guy. He's not even aware of the sexism in his world. I know that in his mind he truly believes he's a liberated guy. Nonetheless, he said, "You have control issues because you haven't had a guy around to do what a guy's supposed to do," to me. I cut him some slack because he's from the South. It's considered genteel in historically bound areas.

When he first spoke those words I was in a grief state. I kinda sorta thought, "Yeah, I do a lot of things that a guy would do if one was around." When I became more emotionally coherent I went "WHAAAAAAAAAAT?"

It poses two questions. First of all what's a guy supposed to do and why is it wrong for me to do it? Secondly, why would I have a guy around if they never do what they're supposed to do; because I actually knew what the answer to question my heart and hear about my number one is. What he meant guys are supposed to do is fix things, protect things and provide for things. Since I have the singular ability to pick guys who aren't into doing any of those things and tend to lose myself when I let them, it's been easier to just take a dive on that

The irony of hearing those words was that, at the time, I was for the first time in my life, truly allowing myself a side by side and occasionally one down position with a guy in a personal way...before I took a dive on it.

The words were spoken to me in 2005, not some ancient past. I think about them a lot during this time of remembering Martin Luther King, Jr. Underlying his basic premise about me was a cultural inclination to think in terms of stereotypes. Life is definitely easier if a person just thinks in terms of stereotypes defined from external appearances of who a person is.

It used to be that stereotypes were the way people categorized each other on the Island. There were the long term Island families who each had their character annotated by small bits of seeming similarities. There were newcomers who were expected to not quite get it. There were hippies, farmers, business people, service workers and so forth. Kids in schools were dumb, smart, dope heads, losers, rich kids, latchkey or some combination of the above according to their parent's status.

To really get to know someone you have to know their heart and their journey. Knowing someone's heart and journey takes time, massive amounts of listening and a willingness to know and own your own stuff. Most people don't have those things on the radar screen. They're too busy surviving.

Several years ago, an interesting trend began on the Island. Off Islanders who didn't honor the system of stereotypes and felt entitled enough and had enough personal power to carry it off, began addressing issues that were traditionally held by others. It mixed things up good. They were also people who, at heart, pardon the intentional pun, were more given to social interaction than others. Stereotypes began to take a personal dive. Yea progress!

If you get to know me, listen to journey, you'll see that I don't have control issues, I have good ideas. And I haven't had a man around because I've been busy raising my kids so that they are people who care about the insides of others, including themselves.

We've changed a lot of laws. A boss saying something like that to a woman is making an illegal statement nowadays. What we can't legislate is the impulse to live life in a little more complicated way, getting to know each other. We can't legislate different social customs that do not deem the sharing of personal information as somehow deviant or inappropriate in certain settings. We can't legislate the desire to get to know others as a pleasurable experience.

Discrimination and "isms" are heavily about boxing or dismissing people. The urge to refrain from judgment or invite are what make life rich and wonderful and deep. Stop and get to know someone who looks like someone you wouldn't want to do either with. Read that sentence again.

And remember...I have good ideas because I've been raising my kids to love themselves and others. When you don't stereotype me, those aspects of me are easy to see, and, I believe, enjoy.

Adam and Eve had an ideal marriage. He didn't have to hear about all the men she could have married, and she didn't have to hear about the way his mother cooked. (Kimberley **Broyles**)

## PERRY'S VASHON BURGERS

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#### **Hoytus Interruptus** By Jeff Hoyt

#### Fear Itself

Just a few months after the U.S. invaded Iraq, our family left for a long-planned dream vacation in Egypt. In fact, I wrote about the experience here in *The Loop*. Before our departure, many of the people who care about us expressed their fears for our safety, but any anxiety that I might have felt quickly dissipated soon after our arrival, as the words "welcome to Egypt" tumbled from the mouths of everyone we met.

As we enjoyed a spectacular and fear-free family adventure, along came one shaky, scary moment in Luxor.

Fear Itself tells this story in the form of my latest Hoytus Interruptus podcast. My special guest for this podcast is adventure bicyclist Willie Weir. He's pedaled his bike through parts of the world that are perceived by many to be pretty unsafe, yet he comes home from each trip with wonderful stories of hospitality, warmth and generosity of spirit. He'll tell us a tale about his trek through South Africa, affording me the perfect opportunity to showcase the music of the country's beloved "white Zulu" Johnny Clegg.

You can listen to the show right there at your computer or on your mp3 player by going to http:// www.hoytus.com. There are playback links for both broadband and dial-up listeners.

If you like a more indirect route, Hoytus Interruptus can also be found at the iTunes Music Store (search: Hoytus) and all the major podcast directories out there on the Net. Various bloggers have added links to Hoytus, which has led to listeners in Europe and Australia. Finally, the show can be heard over Voice of Vashon, either online or over cable channel 21 (Mondays at 6:30 p.m. and Thursdays at 9:30

It's just all part of my effort to stick this show into as many ears around the planet as I can get.

Thanks for taking the time.

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#### Vermicomposting

Continued from page 9

pieces—and many sources agree that worms especially love melon, squash and pumpkin rinds. Moisture content is important and tiny amounts of organic lime are sometimes added to keep the mix sweet—a conditions worms prefer to acidic.

Worms have a gizzard like chickens so fine grit should be added to help the them digest food. This gritty material includes cornmeal, the coffee grounds and/or finely crushed egg shells (dry shells and then crush). Some sources feel that a small amount of meat and eggs will provide protein to the worms, but Yelken, and most sources, recommend against it—partially because it is more likely to attract

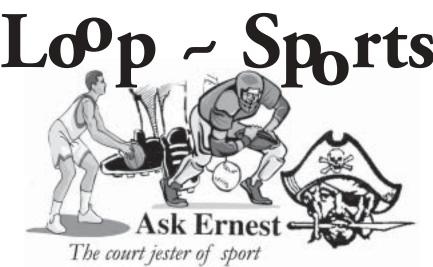
The amount of citrus waste you add should probably be managed as well—again, small amounts do not seem to be a problem but it you were to make home squeezed orange juice for 12 of your closest friends, the acid from that much citrus rind would probably be problematic to a small bin of earthworms. In general, do not try to compost meat, bones, fats, dairy products, rubber bands, plastic bags, dog and cat feces, greasy foods, oils, cheese, butter, fish, or paper with colored inks-which can be

Worms have been called the Earth's intestines and the Earth's plowmen—we can put that fact to work for us in a clean and easy way. We can take responsibility for our own waste and, with the help of the worms, turn it into valuable fertilizer that gives back some of what we take from the world every time we

We may as well get started—I have a feeling we will all have to do it sooner or later. യയയ

Science Marches On: Bats with bigger testicles have smaller brains, according to research published by the U.K.'s Royal Society. No equivalent study is planned for humans. — February, 2006 Discover Magazine

The Vashon Loop, p. 16 January 18, 06



Hey Ernest, Did Rich get time to write a few more rankings? I agree that his 2006 rankings are much richer. Hate to say it, but I can't wait for his rankings in '08 or '12 for that matter. They will be much more complex and crisp, no doubt. That is if he's not picked up by another publisher or on-line ranking system. He's that good. We actually talk about him in our class discussions. Sort of "History before it's really History," if that makes any sense. — Dr. Harrison Lott

Dr. Lott,

#### **Richer Rankings**

kids wish for at Christmas?

drinker, and he took his shirt off at Olsen. last month's poetry reading!

15. Snoop, he sells cars, acts, eats eggplant, and raps. What you think about 'dat?

Ernie,



Disappointed they were not graced with a Wheeler ranking, the VHS wrestling team shut down the Golden Gate and challenged Snoop Dogg and Billy Collins to a dance-off. Bev Skeffington won.

What is up with the wrestling team? Are they still winning? — Andy "Baker's" Dozen

Mr. Dozen,

team has baked up a few wins this year. Currently they are 3-0 in league duals and only garnish one loss on the year, a 33-34 loss to Puyallup. Big winners in that dual match were: Wil'Flower Volker, and Gill Mish.

Also, here are the brief results from the recent Rainshadow



"Wheezy Baby" Hendrix says "You gotta know these hoopster are for real—even Olympia loves them."

Invitational in Sequim, WA, on He hasn't sent any in this week. January 6 and 7: Team 3rd place He's sort of spontaneous that way. out of 20 teams. 1st place: Freight But he did send a few more a couple Train Gateman, Alex "Steamboat" weeks ago, just late for last Stemer, Rogen "Latino Libido" publication. Here they are! — Ernie Lopez, and Duncan "Half Man Half" Mayshark. All won matches 13. Bevie Skeffie, she makes and all received many bonus points nanaimo bars and she yells at (winning by pin or large margins) wrestling matches. What else do to help the team; 2nd place: Alex "Gator" Gateman; 5th place: Wil' 14. Billy Collins, a poet, a coffee Flower Volker; 6th place: Big Bill

Hello Ernie:

I just have one statistical question. When (and not if) the boys basketballers win state, will they be the first ever team from the island to win the title? Thanks a bundle, Greg Martino

Hey Greg:

You know what? There has been little fanfare over the state title that the boys tennis team won in 1991. Hans Blomgreno and Conan Gregory took first, and a coupla others scored some points, so that would be the only official title that the high school has won. But, that being the case, I am still as excited as ever to watch the ballers in Yakima in a couple of months. I know that you know, but we need to get the word out: THIS TEAM IS SO FLIPPING GOOD, I'LL BET THEY COULD BEAT THE **PISTONS!** 

I talked with one of their stars, Zac "Give Me the Ball and I'll Put it Through the Hoop" Andrus, just the other day. "You know what," he told me, "this team is so good that I don't see us not winning every game we play. We dribble, pass, shoot, and defend like no other team that I've ever seen. But, that being said, what puts us over the top The Vashon Island wrestling is our Coach, Mister Andy Sears. He is the real deal." I tried to get Zac to say more, but he had to head off to practice. So, if this column means anything, I will see you at the next basketball game. I will be the one in Alex Gateman, the bright green paint, starting all those incredibly clever chants.

Ernie



Wednesday, January 25, 6:30-8:30 pm Student and Alumni Presentation at 7 pm

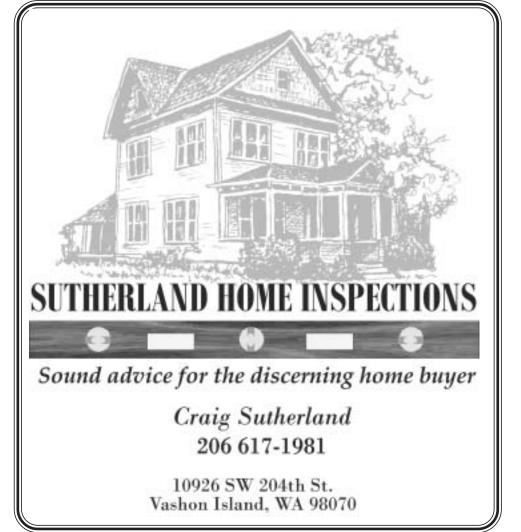


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## Lopy Laffs

#### **One-Liners**

At President Andrew Jackson's funeral in 1845 his pet parrot was removed for swearing.

It doesn't matter who started it.

Veni, Vidi, Vegi: I came, I saw, I had a salad.

I used up all my sick days... so I called in dead.

Could crop-circles be the work of a cereal killer?

A penny saved is a penny you don't have to earn.

Why can't you ever find a fire eater when there's a fire?

He appears to be suffering from Clue Deficiency Disorder.

"He needed killing" is a legal defense in Western Washington.

Even Popeye didn't eat his spinach until he absolutely had to.

I thought I wanted a career; turns out I just wanted paychecks.

The reason there are two senators for each state is so that one can be the designated driver. —Jay Leno

The smartest advice on raising children is to enjoy them while they are still on your side.

I can't come to work today because the EPA has determined that my house is completely surrounded by wetlands and I would have to arrange for helicopter transportation.

WILD WORLD / Ed Frohning



Cowboy wisdom:

Always ride the horse in the direction it's going.

Careful is a naked man climbing a barbed wire fence.

Nobody but cattle knows why they stampede and they ain't talking.

It don't matter how tall your grandfather was—you still have to do your own growing.

The wild horse can see, hear, and smell a man farther than any other animal, except a woman.

I am prepared to meet my Maker. Whether my Maker is prepared for the great ordeal of meeting me is another matter. -- Sir Winston Churchill

I've never understood why women love cats. Cats are independent; they don't listen; they don't come in when you call; they like to stay out all night, come

home and expect to be fed and stroked. Then want to be left alone and sleep. In other words, every quality that women hate in a man, they love in a cat.



My motto is, "Fight fire with fire," which is probably why they won't let me be a volunteer.

A local minister was making a visit to my neighbor's home. He knocked on the door, and the 4-year-old boy who lives there went to the door and saw him,. He called to his dad, "Hey, Dad! That guy that works for God is here!"















Benjamin Franklin issued the first mail order catalog in the United States in 1744.





















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# LoopArts

#### Same Time, Next Year Opens Friday



Heron Theatre as a collaboration between Drama Dock Theatre and Vashon Allied Arts. Starring Fred Albert as George, a neurotic New Jersey accountant, and Susan Harris as Doris, an insecure California housewife, both directed by newcomer Megan

Hastings, it is the story of a chance encounter at an isolated inn in Mendocino, the romance that sparks between them, and an agreement they make to meet on the same weekend every year in the same room, although both are married and have children with their respective spouses.

Rated PG-13 for mature themes and language, the story begins in

1951. The loveable characters then serve as a vehicle of sorts to highlight American history through the 50s, 60s and 70s with cultural changes both physically and emotionally. The audience can't help but cheer for George and Doris as they meet time and time again.

Both Albert and Harris are veterans to the Vashon stage. They performed in Lips Together, Teeth Apart, directed by Mark Sheppard. Albert also played the part of Perchik in Drama Dock's Fiddler on the Roof. Harris, who performed in several high school plays, trains clowns for Clowns Unlimited and clowns for everything from birthday parties to corporate events. She also runs a preschool on the island with her mother. Director Megan Hastings, a former Chicagoan, attended the School of Arts Institute before traveling to Los Angeles where she studied theater at Stella Adler Academy of Acting and worked with Hear Me Roar Productions, an allfemale theater company.

Tickets are \$13 for general admission and \$10 for VAA and Drama Dock Members.



Sean Bendickson, singer, songwriter and drummer, will appear at Cafe Luna

Bendickson's songwriting draws from the influences of traditional country, classic rock, indie and folk. His unique sound is a package of wellstrummed acoustic guitar, husky vocal stylings and earnest lyrics.

His first independently produced solo debut, *Paper Wings*, has allowed him to create a sound and a following all his

own. Themes of unrequited love, spiritual searching and self-discovery run throughout the album in a blend of solidly-strummed and subtly fingerpicked anthems.

"I never really think about the themes of my songs," says Sean about the new album. "They're usually just about whatever is on my mind. I was getting over a relationship while I was writing most of these, and so that definitely colored most of it. But my grandfather had recently died. I had just graduated from college. I had some questions about God. That's all in there, too."

He's a Missoula, Montana native, and has spent the past eight years in the Puget Sound area making a name for himself as a drummer and songwriter/ performer. His original tunes have appeared on the albums he recorded with his brothers: Are We There Yet, and Ordinary Day. Sean's other musical trade, drumming, recently gained him notoriety in a larger arena this last March and April, as he was hired as the touring drummer for Lost Highway artist and former Toad The Wet Sprocket lead singer, Glen Phillips, on his national tour. But now Sean is back in Seattle and continues to perform for whoever will listen. "I'm just driven to write and play," he says. "It's my passion. That's why I do it."

Sean's album, Paper Wings, is available through www.cdbaby.com, iTunes or through his website, www.seanbendickson.com.

#### **Youth Choir Begins** Hans Christian Andersen Fairy Tales

By Lauri Hennessey

Many islanders heard about last month's Charlie Brown Christmas, performed by the Vashon Island Youth Chorus to a full audience. Well, the group is back with more fun in store this winter and spring.

The Vashon Island Youth Chorus is continuing its seventh year, practicing on Tuesday afternoons, through May 6 (tentative concert date). It's not too late to join in the fun! This spring session, the chorus will perform an adaptation of Hans Christian Andersen, based on the 1952 movie which starred Danny Kaye. While the chorus sings, the Vashon Junior Civic Ballet Company, Betsy Frazee, Artistic Director, will recreate through dance Andersen's wonderful tales of Thumbelina, The Ugly Duckling, The Emperor's New Clothes, etc.

Singers will also learn a short program of popular songs such as "The Lion Sleeps Tonight", "You Gotta Be", "Runaway", etc., to present as part of the



Vashon Youth Chorus sings at the Kiwanis Christmas Dinner, December, 2005. Photo

grades. The chorus is offered by the Vashon Park District. The Chorus is made up of youth between first grade and high school seniors.

Marita Ericksen is director of the chorus. For many years she taught music in the University Place School District and she also taught music one year at Chautauqua Elementary before she and her husband moved to Everett. She is also available to teach private voice lessons to all ages.

For more information about this program, contact parent advisor Dianna Ammon at (206) 463-5285 or the Vashon Park District at (206) 463-9602. The session is \$125. Partial scholarships for this program are available.

#### **Barrett Brings Comedy to Blue Heron Stage**

By Janice Randall

from Vashon Island in 1984, but still has Free Ride. I played a cabby who took many friends and fond memories of Island celebrities to famous Seattle places. It was life, the ferries not included.

Two weeks later I went back for a comedy contest and won! I walked out of there with \$50 and a new

career.' Since then, Barrett has traveled the world with the Chippendale infamous Dancers. She has opened for comedians Jerry Seinfeld, Louie Anderson, Margaret Smith and others top names. Barrett has also shared the stage with Randy Travis and country-western band, Sugarland.

She even had her own Emmy Award-winning

Comedienne Jan Barrett moved away television show on PBS. "It was called 'real' TV as opposed to 'reality' TV." She "The clubs I perform in close at two, has appeared and written for late night so I ended up spending 'way too many comedy show Almost Live numerous spring program. The Chorus is open to nights on the ferry dock," she laughs. times. Barrett has also appeared on students from first through twelfth Barrett owned a clothing store called Grin Northwest Afternoon as the soap opera and Barrett, with an art gallery in the back, reporter. She also represented before launching her comedy career. "One Washington on an HBO television special night, my husband and I went to a comedy that featured comedians from across the club in Seattle and he said, 'Bet you 50 country. Barrett spends most of her time bucks you don't have the guts to do that.' these days doing stand up for major cruise lines.

> "Most of the material I will share with Vashon audiences is PG-13; think of it as Erma Bombeck gone bad." she says. "I do a lot of humor on my travels as a comedienne, my family, and cowboys, with a little political humor thrown in. I have a lot of new material to try on Vashon audiences.

> > Jan Barrett, Saturday, February 4, 8 p.m. at the **Blue Heron Art Center. Tickets:** \$12/\$15

#### **Baroque to Britten: VMCO Plays English Music**

By Anna Larson

The debut concert for conductor Jonathan Graber and the new Vashon Maury Chamber Orchestra will be Sunday, January 29, at 7 p.m. at the Vashon Methodist Church.

The program will take listeners on a lively tour through three sweet suites of English dance music, including, Dance Suite from The Fairy Queen by Purcell; The Brook Green Suite by Gustav Holst; and Capriol Suite by Peter Warlock.

Dances from these suites include a hornpipe, jig, pavane, bransles, pieds en *l'air* (feet in the air), and sword dance.

The concluding piece will be Benjamin Britten's Simple Symphony, based on several tuneful melodies the composer wrote as a child. The movements are called, Boisterous Bouree, Playful Pizzicato, Sentimental Saraband, and Frolicsome Finale.

It will be a wonderful family concert - bring the kids and chase away the winter blues. Tickets will be available at the door, \$7 for adults, \$5 for kids under

2000 B.C. - Here, eat this root. 1000 A.D. - That root is heathen. Here, say this prayer.

1850 A.D. - That prayer is superstition. Here, drink this potion.

1940 A.D. - That potion is snake oil. Here, swallow this pill.

1985 A.D. - That pill is ineffective. Here, take this antibiotic.

2000 A.D. - That antibiotic is artificial. Here, eat this root.

### Blackberry Bear and the

Adventures of

#### Huckleberry Hollow

© By Becky and Maggie Bumgarner © Illustrations by Maggie Bumgarner

#### The Prince of Bears

Once upon a time last summer, Blackberry Bear woke up early one morning and decided to go for a swim. It was a lovely morning on the beach of Blake Island and he was careful of the barnacles as he waded in. Oh how he loved his morning baths in the channel. It was nice just to float about and play and practice his backstroke.



All of a sudden a loud "TOOT TOOT!" went off above and he him looked up to see the Ferry Boat almost on top of himself. Blackberry decided to swim

to shore for safety and in all the confusion  $% \left\{ 1\right\} =\left\{ 1\right$ that followed, he found things on the beach to look a little different. As he gazed around, he realized that he was on Vashon Island and a bit hungry, so he decided to go poking around and see what folks over here had to eat.

He headed up the bank and off into the woods. It wasn't long before he was wandering from house to house rummaging in the garbage cans.



"Golly jeepers, you would think that people would have better leftovers than these. I heard this was supposed to be a rather well to do

neighborhood."

Suddenly the bottom of the garbage can began to rustle and a voice called out, "Hey, who's up there messing with my can?"

"Huh? Who are you? Said Blackberry.

"My name is Ratty. This is my can and who might you

"I'm Blackberry Bear and I'm looking something

decent to eat. I heard this was an uppity neighborhood, so I thought there'd be good pickings."

"Ha Ha, that's the rumor, but my friend, the only thing around here that's up is their noses, probably from the smell of this stuff. I know where we can get much better."

"Oh, where's that?" asked Blackberry.

"It's a place called Huckleberry Hollow and we all live down there. You will really like it. It's safe from people and there are all the berries you'd



ever want to eat. There's even a cave that the old Wizard lives in. I bet he'd share it with you if you asked him. Do you snore? I suppose he could cast a spell on you for that. He has a spell for everything."

"Sounds nice. What do you do for

"Oh that's easy. I nip down to the beach at night when there's a low tide and the moon is out so I can see OK. I collect the sand dollars and I bring them up to Mrs. Green's backyard and dip them in her bucket that she has to sterilize her garden tools. That makes them turn bright white. I take them home and paint Ferry Boat pictures on them with green paint and write Vashon Island underneath. I then take them up to the Market on Saturday mornings and sell them to all the tourists. They just love that sort of thing. Lucy the Llama does it too. She gathers up all her wool and her friends' wool and sells

it at their stand in the market. Maybe we can think something for you to sell. I know. Are you any good at gathering honey?"

"I *am* a bear."

"Well then, you get the honey and I'll get the rest of the gang to collect nuts and we'll make honey covered nuts to sell at the market. Tourists just love locally made treats. Let's go and get you settled in."

It only took Blackberry a few days and he was all settled in rather cozily with Wizzy, the Wizard. Blackberry just loved having a real bed of his own and the lovely flower patterned sheets on it seemed to be the best of the "peoples" world that he had had to deal in. Pillows were a nice custom too he thought.

To Be Continued...next issue!!

Editor's Note: Blackberry Bear is a new feature in The Loop. Please read it to your children, or let them read it, and let us know what they and you think: editor@vashonloop.com

#### **Progressive Book Club:** Stop the Next War Now



The Vashon-Maury Island Green Party will be launching a Green Party **Progressive Book** Club. The first meeting will be at the Vashon Tea Shop, located next to the Vashon

Book Shop, on Sunday, January 29, from 2:00 to 4:00 p.m.

This month's selection will be Stop the Next War Now, Effective Responses to Violence and Terrorism. This book is a collection of essays by over 70 experts, scholars, artists, activists, and journalists. Among those included are Congresswoman Barbara Lee, journalist Helen Thomas, radio host Amy Goodman, columnist Arianna Huffington, and environmentalist Wangari Maathai on. Muralist Juana Alicia encourages us to bring art and beauty into our peace work.

Stop the Next War Now is dedicated to all peacemakers of the world and edited by CODEPINK cofounders Medea Benjamin and Jodie Evans.

The Green Party Progressive Book Club is open to the public. Please come and participate in the discussion. We will also solicit feedback on the structure of the book club and future book selections. The Green Party Progressive Book Club is registered with Vashon bookstores where Stop the Next War Now can be purchased. Be sure to let them know you are a book club participant.

For additional information, please contact Maryrose Asher at 567-0593 or email dmasher@comcast.net.

### Annie:

The Making of a Musical By M. L. Tuel

#### **Vocal Director:** Belt It, Honey

The first thing the cast of a musical has to do is learn the music.

If the show you're in is one you love, and you memorized the entire Original Broadway Cast Recording when you were seven, part of the process is unlearning what you thought the music and words were, and then learning them

Teaching the music correctly is the job of the Vocal Director, and the Vocal Director for Annie is Marita Ericksen.

She began leading a children's choir in high school, but says, "I knew I was destined to do this for a living," after doing a production of Hansel and Gretel with children in Chelan, Washington. She has studied voice and choral singing and directing as well as being a singer for all of her adult life. She says, "I learned from the masters."

She got the Vocal Directing job when she went to a Drama Dock meeting to ask for assistance with the Youth Chorus, and Dock president Lisa Breen said, "Oh, by the way, Libbie wants you to do choral directing for Annie."

The Vocal Director begins learning the music weeks before the cast is assembled. She has to know tempos, notes, parts, and she provides input to the director at auditions.



Vocal Director Marita Ericksen

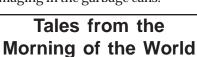
The full cast had a sing-through on Saturday, January 7. Marita started them out with warm ups: "Mini mini mini mini, min min min, maw!" followed by a few rather eerie vocal sirens: "eeeaaaAAAHHHoooooo..." It's a singer thing. You have to make weird and sometimes ugly noises to get your vocal chords warmed up enough to sound

As so often happens in theater, the women in the cast outnumber the men by a large proportion. There was a lot of shuffling of seats and sections before Marita and Libbie were both happy with where everyone was sitting. Then Marita gave Rehearsal Pianist Randy Bruce his cue to begin, and they were off. Right away they came to a triplet, and Marita stopped everyone and had them go over the rhythm (a triplet is when you squeeze three notes into the space of two). A few more lines of music, and a young lady named Elizabeth began to sing her solo in the middle of the chorus. "You've got to belt it, honey!" Marita called to her.

The Vocal Director is the first in, and the first out. Marita's job will be done this week, and from then on the cast will be singing the songs while moving on stage.

Next issue: Choreography with Kathy Bonner, plus the beginning of Blocking.

A cynic is someone who knows the price of everything and the value of nothing. — Oscar Wilde



By Nancy Kappelman

Tales from the Morning of the World: Masks, Music, Dance and Theatre from the Islands of Indonesia is being presented Friday night, January 27, and Saturday night, January 28, in the McMurray multi-purpose room at 7 p.m.

Three plays will be presented, an Indonesian Cinderella story, Grandmother Crocodile and two comic Indonesian folktales, Tales of Trickery and Buffalo Bill.

McMurray drama students under the direction of Nancy Olszewski are involved in all aspects of play production. They make and arrange sets, provide sound effects and lights and are creating masks to represent their Indonesian characters. This year, students Hailey Brock and Kelly Costello are assisting as directors as well.

The Saturday night performance is a benefit to support McMurray's Exploratory Week for 2006. The 8th grade students will supply yummy homemade during intermission. All proceeds from Gustafson, 463-1638.



ticket sales and the auction will support the scholarship fund for Exploratory Week.

Adults are \$5, students and seniors \$3. Tickets are available at the Vashon Bookshop, from any 8th grade student, or at the door. Take this opportunity to support the drama program, Exploratory Week and our hard-working teachers and students. For questions or more information, please contact Nancy desserts to be sold at a silent auction Kappelman, 463-4727 or Barbara

#### **Short and Sweet** at Luna



Short & Sweet, the Vashon acoustic folk duo that is Steve Amsden and Robyn Landis, plays Cafe Luna on Friday, Jan 20, at 7:30 p.m., joined by their sometime bass player Loren Sinner. Short & Sweet won a large handful of songwriting accolades for their first CD, Love and Other Words, in 2005, and are now working on some new material as well as their wide selection of folk-poprock favorites.

www.vashonloop.com Email: editor@Vashonloop.com Ads: ads@vashonloop.com

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