In This Issue:

The Death Penalty – turns out Jesus was against it; the Hospital District; Steller, not Stellar, sea lions; honoring Jimmy Matsumoto; rainbows; toons, tunes, and much, much more!



Snowdrops:
Destroying Ge
Bulbs to Re
save them? Ba
Page 8 Pla





Carolyn Cruso, hammered dulcimer at Luna Page 18



THE VASHON COLOR

Vol. 3 #3

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM

February 1, 2006



Photo by Jc & Alex Kindred New Wok In Take Out owner Peggy Linker with chef Ricky working the wok

Linker and Ross Purchase Wok In

Wok In Take Out has been purchased by Peggy Linker and Susan Ross.

Peggy, a long time island resident, and business partner Susan, a recent transplant from Mercer Island, will retain the Thai theme and casual ambiance that new as well as steady customers enjoy. For those customers who have favorites they expect and prefer, Peggy and Susan offer reassurance that the current menu will remain. They also intend to include menu options, over time, which can accommodate various dietary and health preferences.

Peggy will manage the restaurant and cook; Ricky Labador, who has been the head cook since the inception of the restaurant will remain in his position. Peggy states that "innumerable customers have commented they appreciate the consistently reliable quality of Ricky's cooking. His work gives me the confidence to enter this new venture."

Peggy and Susan encourage everyone to come, eat, enjoy and offer suggestions. One change currently in the works is the acceptance of credit cards to expedite your purchases. Another is the availability of pre-paid cards. Both will take effect soon.

Consider Wok In Take Out for any event: meetings, celebrations or special occasions. Catering is provided on short notice and can be tailored to meet your needs. "We look forward to providing our community with food that is

Continued on page 2



Champions!

By Anders Blomgren

Vashon Island Pirate wrestlers defeated Klahowya 44-27 to finish the dual meet season undefeated (in league) and thus winning their 4th straight Nisqually League Championship! Klahowya previously had only one loss and finished 3rd in the league. Highlights include: Travis Eberle's 1st round pin, A. Gateman's pin, R. Lopez's major decision, T. Gateman's tech fall and MJ Sohl's tech fall, Stemer's win, and Masta's and Scissors's forfeits.

And, lastly, Duncan Mayshark's dominating one point victory. Coming Soon: Districts at Klahowya (Feb. 4th), Regionals at Mountlake Terrace (Feb. 11), and the State Tournament in the Tacoma Dome (Feb. 17 and 18).

There's a Hole in Glenacres

On Tuesday, January 17, a sinkhole opened in Glenacres Road, just south of Glen Landing. Heights Water District Manager Derrick Reed said, "It was pretty big. It would have swallowed a car, no problem."

The concrete culvert under the road had collapsed, and all the uncontained rain water washed out the ground under the pavement. A King County road crew came out to repair the sinkhole, but the culvert was 15 to 20 feet down, and the new culvert had to go in at the same level, which meant major excavation.

The only utility they had to deal with was the Heights Water line, but it was several feet higher than the culvert and had to be supported



Photo by Derrick Reed

Backfilling the sinkhole over trees holding up the water line

while the dig was open. The crew used standard procedure: they felled a tree, put it across the hole, and strapped the water pipe to it. The first tree wasn't long enough, so they cut a second, and that one held.

By the end of last week the culvert was replaced and the hole filled.

"I was pleased with the way everything went," said Reed. "They did it right and it worked well."

Don't Miss Jan Barrett at Blue Heron

Come laugh with Vashon's prodigal daughter! This **Saturday**, **February 4**. Tickets are still available. Call 463-5131. Seating is limited.





Donna Donnelly and Mimi Walker with EPA Award

School Board: Award, Levy, Basketball, Sex Ed

By Mary Litchfield Tuel

EPA Award: School Board Chair Susan Stackhouse spoke at the Board meeting on January 26 about going to Washington, D.C., to attend the 6th Annual Indoor Air Quality Tools for Schools (IAQ TfS) National Symposium in early January to accept the U.S. Environmental Protection Agency's (EPA) 2006 IAQ TfS Excellence Award.

"It was great! There were six awards given, and we were the smallest district with 1500 students, and the next bigger district had something like 30,000 students. Big districts have people whose job it is to oversee compliance and environmental quality in schools. We had our principals and the facilities manager taking it on top of their jobs."

Stackhouse attended the Symposium along with District Superintendent Mimi Walker, Walker's Administrative Assistant Donna Donnelly, and Director of Facilities and Safety Janine Ducharme early in January. They were there to accept the award, and for Walker to speak about the District's experience with building problems and how to deal with them.

"There were people from all over the USA," Stackhouse said. "We are ahead of the curve here. When we came up on stage to accept the award, we were four women, and

Continued on page 2

Get in The Loop

VashonBePrepared§

Free CERT training starts March 17!
Eight Fridays, 6 to 10 pm plus one
Saturday drill
For info contact
Catherine or Michael Cochrane
certvashon@yahoo.com or 463-4558



June 2005 CERT Graduating Class

CERT Training Coming Up

The next Community Emergency Response Team Training (CERT) will start on **Friday, March 17**, from 6 to 10 p.m. It will run for eight Fridays in a row, ending on May 5, 2006. In addition, the class includes an all day drill on Saturday, April 29.

The class is free. Vashon CERT training prepares volunteers to act as interim first responders in the event of a disaster. For more information, or to sign up, please contact certvashon@yahoo.com or call Catherine and Mike Cochrane at 463-4558. Pictures of former Vashon attendees can be found on the www.VashonBePrepared website.

Seeking Outstanding Seniors

Brainstorming begins February 2 at 11 a.m. at the Senior Center on Bank Road to help identify islanders age 55 and better who have played a significant role in this community's development! If you have lived on the Island for over 20 years, surely you know individuals who have made a difference here in the arts, social and business matters. The Senior Center Marketing Committee will be partnering with *The Vashon Beachcomber* to highlight these islanders this year.

Winter Cooking Classes at PCC

The Season of Roots and Rest Cooking Classes taught by Emily the Whole Foods Chef of Vashon will be given at the following days, times, and places:

Thursday, February 2nd, 6:30 to 9 p.m. at the West Seattle PCC Store; Thursday, February 16th, 6:30 to 9 p.m., at the University District Co-op office; Wednesday, March 8th, 6:30 to 9 p.m. at the Issaquah PCC Store.

Call 545-7112 or register online at www.pcccooks.com.



Emma Amiad

Amiad to Speak to LWV

The League of Women Voters (LWV) has the good fortune of having Emma Amiad, a member of the Vashon Interfaith Council on Homelessness, speak at their monthly meeting on **Thursday**, **February 16** at 2:30 p.m. in the Vashon Library meeting room. The community is invited to attend.

Do we have a problem? How widespread is it? Where do these people eat and sleep? What is Vashon doing about the lack of affordable housing? What can you, as a homeowner do about this problem? What are the churches doing? After Ms. Amiad's presentation, there will be ample time for questions and the LWV will discussing what they can do to help reduce homelessness on Vashon.

The League of Women Voters, a nonpartisan political organization, encourages the informed and active participation of citizens in government, works to increase understanding of major public policy issues and influences public policy through education and advocacy. You are welcome to join or to just come to the public meeting on February 16.

DOIT Board Meeting

The next regular board meeting of Development of Island Teens (DOIT) will take place at 6 p.m. on **Thursday**, **February 2** at Maryam Steffen's house, 20705 Monument Road SW. Youth and interested adults are invited. Reasonable accommodations for people with disabilities and directions are available by calling Stephen Silha at 567-4363.

Some people can't tell a lie, some can't tell the truth, some can't tell the difference.

School Board

Continued from page 1

most of the people accepting awards were guys in suits!"

M & O Levy: The Board briefly discussed the upcoming Maintenance and Operations levy (March). "We want people to understand that this is about teachers and pencils, not buildings," said Director Gene Lipitz.

When Superintendent Walker was asked directly, "Will we lose teachers if the levy fails to pass?" she answered directly: "Yes. If it fails, there will be deep cuts in staffing." Later in the meeting she noted that bus service would also be affected by a failed levy.

The District will hos

meetings about the levy over the next few weeks (see box on this page).

PTSA Auction:
The PTSA is collecting donations for its annual auction, which will be on



John Gage and Mimi Walker

March 11 this year. John Gage, resplendent in his Scout uniform and badges, presented his troop's donation to the auction: two car wash tickets and a package of greeting cards.

Basketball: The Vashon basketball teams are having winning seasons. Jimmy Matsumoto will be honored at the February 8 basketball game here. Matsumoto played on the undefeated Vashon basketball team of 1941.

Sex Ed: Parent Joe Pringle expressed his outrage that an inappropriate handout was given to his daughter's 7th grade class. He called the handout, "borderline porn."

Superintendent Walker and McMurray Principal Greg Allison responded. Walker said that the school had received other parent protests; they had reviewed the material, and it was not meant for that young an age group. The District takes full responsibility for purchasing the material, as well as for pulling it. She repeated several times that the material would not

Wok In Changes Hands

Continued from page 1

healthy as well as nurturing. In conjunction with that goal, we will donate a portion of our monthly profits to the Vashon Food Bank," says Peggy. "I raised my daughters on Vashon and developed close-knit ties to the community. I know that the community of Vashon is unique in its dedication to support and give to all residents. As a previous volunteer at the Food Bank I have seen first hand the generosity of our citizens. Now, by assisting the Food Bank in this way, I will give back to the community the sense of care and belonging that I have so generously received.'

www.vashonloop.com



Adopt-A-Cat Day

Vashon Island Pet Protectors will host 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 206-389-1085.

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.

be used again, and that she and others considered it inappropriate. She also noted that some parents had contacted her to say they had no problem with it.

She said that a letter has been sent to all 7th grade parents saying that the material would not be used again, and informing them of a public meeting on January 31 to discuss the FLASH curriculum.

Levy Info Meetings

Dates and locations for public to meet with Board members and School District administrative staff in order to learn more about the M & O Levy:

February 16, 2006: 6:30-7:00 p.m. at Vashon High School Library

March 2: 2:30-3:30 p.m. at Chautauqua Elementary Multi-purpose room

March 2: 7:00-8:00 p.m. at Chautauqua Elementary Multi-purpose room

March 9: 2:30-7:00 p.m. at Vashon High School Library



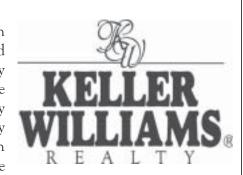
February 1, 06

The Vashon Loop, p. 3



Troy and Marie Test the Water

Water quality is one of those subjects that city slickers think about only when a news story comes out about people getting sick from drinking contaminated water. Here on Vashon where so many people have private wells we tend to pay a little more attention. If you are selling your home, a buyer will want to be assured that the water is fit to drink, and even if you're not selling, you'll probably sleep better knowing that your water is OK. You can easily have it tested by calling Bob Seibold of Island Pump and Water System Service, who has been specializing in water system service and installation on Vashon for ten years. We recently talked to Bob about common water quality problems.



Troy: Bob, I have a doozy of a story I could tell you about drinking contaminated water. I was hitchhiking through Mexico...

Marie: Troy, this already sounds like Too Much Information and not something our readers really need to know about. But I'm sure it's a wonderfully disgusting story, and I'd love to hear it some other time. For now, let's ask Bob about more local water quality issues. Bob, what kinds of problems do you find when you test people's well water?

Bob: Water quality problems found on the Island can be bacteriological or chemical. For example, wells might be contaminated with coliform bacteria, which is generally harmless and normally doesn't cause disease.

Troy: If coliform is harmless, what's the point in testing for it?

Bob: Because it's not normally found in groundwater, so if it's present, that's a good indication that there is a pathway for harmful bacteria to enter the water source. A bacterial problem is usually caused by poor protection of the wellhead or storage tank, not by a problem with the underlying aquifer. If there is a positive result on a coliform test, then additional testing is done to check for disease causing E. coli bacteria and possibly fecal matter.

Marie: Yuk. Besides bacteria, what other problems might there be?

Getting ready to sell your home? Give us a call at (206) 463-LIST (5478) or send an email to marie@kwvashon.com. We'd love to work for you

Bob: Some wells have problems with chemical contamination. My experience is mainly limited to those that cause aesthetic problems like staining, taste and odor. Iron, manganese and hydrogen sulfide are the most common.

Troy: How do you treat the problems you find?

Bob: Shock treating the system with chlorine will generally eliminate the bacteria. Persistent bacterial problems can also be treated by installing filtration and UV light, or by chlorination. Problems with iron, manganese, and hydrogen sulfide can be treated with softener type equipment.

Marie: How frequently should a homeowner have his or her water tested?

Bob: Public water systems are required to do routine testing. It is generally suggested that homeowners with their own systems have their water checked for bacteria annually. However, it really depends on how comfortable people are with how well their system is protected and constructed. Shallow wells and springs are more susceptible to contamination than deeper drilled wells. Any source should be inspected regularly to be sure it is properly sealed and screened.

Troy: Thanks, Bob. We'll let our readers know that besides water testing, you are the guy to call for installation and service of well pumps, booster pumps, storage tanks, pressure tanks and controls, and that you install water lines and do utility trenching, too. Bob can be reached at 463-1650, or via email at Islandpump@hotmail.com.

Just Listed on Vashon!



Acreage With a View!

6320 SW Luana Beach Road

Every day is a vacation day in this beautiful, quality built Lindal Cedar home on a shy two acres of gorgeous rolling land with an incredible panoramic view of the Puget Sound shipping lanes, the Seattle skyline, the ferries, the Cascades, and Whidbey Island. On a clear day you can even see Mount Baker! Three bedrooms, two baths, fenced pasture, landscaped gardens, a sauna, an atrium with a hot tub, outbuildings—it's the Island Dream come true. **\$599,000**.

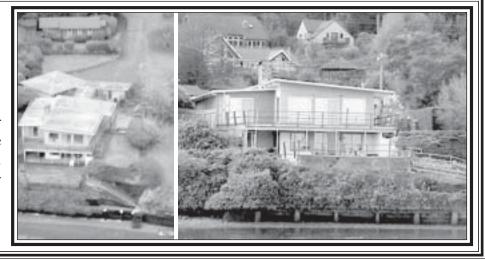
Check out the virtual tour on this property at www.kwvashon.com

Clambakes and Cocktails!

22908 Vashon Hwy SW

This retro chic house calls for clambakes, cocktails, and cabin cruisers! It's 3200 square feet of living space on 80 feet of low bank inner Quartermaster Harbor waterfront. It's picture windows from the floor to the high ceiling to take full advantage of the light and the view of the busy harbor. It's a home for entertaining guests and family, with two large decks practically over the water, plenty of bedrooms and bathrooms, and a separate guest cabin. \$1,049,000.

Your Home Team Realty (206) 463-LIST (5478)



FLAGATPHOTO

Mon-Fri 10 - 6

Sat 10 - 4

Your Photo Source ~ Traditional or Digital
Thriftway Plaza
463-3311
We do passport photos

Closed Sunday

Olympic Instruments, Inc.

*Custom Manufacturing, Machining, Welding, Fabrication, Repairs

*Short & long run production

*Preletyping

*Length Meters for Wire & Cardage

*Cunningham Air Whistles

Your Vashon Neighbor Since 1946

Monday - Thursday, 7:00 AM - 5:30 PM

Phone (206) 463-3604

www.cunninghamairwhistles.com

www.cunninghamairwhistles.com

LoOp-Ed

Vote for On-Island Access to Health Care for All Islanders!

The Public Hospital District is the best mechanism for keeping key health-care services on-island and expanding access for low-income Islanders. Islanders are voting on whether or not they support a property tax to meet these and other health-care goals. The law does not allow the specific tax rate to be part of the vote to establish the PHD. I believe that we can accomplish the most important objectives with a relatively low rate of .25 per \$1000 (\$75 per year for a \$300,000 valuation). All of the candidates have stated that the tax rate would be under .50 per \$1000.

The Commissioners will lead an open, Island-wide process to determine which services are essential and how to support them. All Islanders and healthcare providers will be encouraged to propose and participate in solutions.

If the PHD does not pass now, we could lose the Vashon Community Care Center. The Sisters of Providence no longer subsidize them and they cannot continue to rely on a few very generous donors. The Federal Government just cut Medicaid by \$50 billion that will result in deficits for Vashon Youth and Family Services and others who may need our help urgently to continue providing vital services. Island health-care providers provide some free care, yet many lowincome Islanders get huge bills and are sent to collections. Fear of these bills causes others to put off life-saving care. The results are bad health outcomes and expensive care that raises everyone's insurance premiums. A sliding-scale program that would help those with proven need can relieve this crisis within the limits of a low tax rate.

I am unbiased, not connected to anyone seeking funding.

-- Brad Roter, M.D. Candidate for Commission Position 2 Letters to the Editor: editor@vashonloop.com Have mercy: keep it to 300 words or less. The paper is only 20 pages long. Thanks.

The Last Word (I Hope)

If the Hospital District proposal is approved now, it is up to the Commissioners and community members who get involved in the process of determining health care needs on the Island to get it right.

The District was presented as a *fait accompli* by a group of people with the goal of funding two organizations. Good people, good intentions, but unwilling to listen, and they didn't make a good case.

They said that if the Hospital District wasn't passed, the Island would lose all medical care. Not true.

They said that the Health Center provides urgent care to 100% of the Island's population. Also not true.

They implied that if you didn't vote for the Hospital District you were morally derelict and didn't care about health care on the Island. Not true, and insulting.

They claimed that the Health Center never refuses to treat anyone. *So* not true.

They claimed that we might lose Vashon Community Care Center. This *is* true, and an issue that is going to have to be addressed by the community no matter how the election goes.

Underneath the debate are human stories. Some people have had consistently fine experiences with both the Clinic and the Care Center, and some people haven't. I believe that emotional reasons will play a large role in how people vote.

However the election goes, this is the beginning, not the end, of the discussion.

Your mind's probably made up and I'm not going to tell you how to vote on the District, but I will recommend one vote.

Commissioners: Brad Roter for Position #2. He's a good listener, has a grasp of the complexities of the situation, and he's willing to fight the good fight.

The election is **Tuesday**, **February 7**. Get out there and vote.

— M. L. Tuel

The Death Penalty

By Bill Dorn

Governor Mark Warner of Virginia, a Democrat who supports the death penalty and who seems to be running for President, called for DNA testing of an executed man who had been convicted of rape and murder and who had maintained his innocence until his execution in 1992. The Governor wanted to know if newer technology would prove an innocent man had been executed.

While proponents of the death penalty held their breath for fear that proof of a mistake would fuel a new round of anti-death penalty sentiment across the country, opponents were ready to begin a renewed crusade to once and for all abolish such an archaic and barbarian practice.

Opponents have been sorely disappointed by the recently released results, which seem to have provided conclusive evidence of guilt. And proponents have issued a collective sigh of relief. They have been vindicated. The system works. There is no need to feel guiltay. The death penalty is both a just punishment and useful deterrent to hideous crimes. Most of those supporting the death penalty are even now thanking the Lord for having proved them right.

Both sides were wrong to have hung so much hope on the outcome of this reevaluation of the DNA.

There is no evidence whatsoever to support the belief that capital punishment decreases crime. Most crimes that end in murder are crimes of deranged people or crimes of passion, and neither group is deterred by the possibility of being executed. In fact, there is some evidence that violent crime increases right after an execution because some deranged people get excited b the attention the execution draws.

We are the only North American/ Western European country that has a death penalty, and we have far and away the highest rate of violent crime, further proof that the death penalty is not a deterrent to crime and is not what makes the rest of us safe.

There is scant evidence in the New Testament to support the death penalty, and since most of those who vigorously defend it are Christians, what the New Testament has to say about capital punishment is relevant to the discussion. And since most of the Christians who support capital punishment are fundamentalist or evangelical, and, therefore, literalists about the scriptural text, it is not enough to infer that some passage hints are or could be interpreted or extrapolated into an endorsement of capital punishment. You cannot be a strict interpreter of the New Testament and uphold the death penalty.

At the same time opponents who so hoped that this case would prove

Trigg Insurance Agency & NW Ocean Marine Insurance

Call Us for a Quote On Your Home and Auto

Lowest rates in Puget Sound through the Grange Insurance

17425 Vashon Hwy. www.trigginsurance.com

ph: 206-463-7411 fax: 206-463-7414

Loop Letters

Editor, The Loop:

The Vashon Health Center (non-profit) takes all Medicare patients. Private providers are allowed to limit the number of Medicare patients, as they would go out of business otherwise. This is one reason private doctors are "in the black" and non-profits are "in the red". Medicare establishes an approved amount of the bill that the health provider sends. Sometimes there is no "approved amount" and then the patient is responsible for the total amount of the bill. For VHC, on average Medicare approves 60% of the bill, therefore, 40% is revenue not received for each Medicare patient.

VHC might last for a while, but with the rapidly increasing cost of delivering healthcare, inevitable compromises will occur. VHC operates 24/7 with a minimum number of doctors, a "skeleton crew" which becomes over-extended if a doctor becomes unable to work. I have observed the waiting room, as it runneth over when drop-in patients without appointments need to be seen immediately. Every physical aspect of the facility appears taxed, worn and crowded. It is a visual turnoff.

The doctors are superb, giving excellent care as well as referrals to top specialists (not just Highline!). It is vital this health facility receives support to keep it viable for our Island. We accept other high levies without question. Isn't good accessible health care as important? As a Medicare Senior I welcome the chance to help make up the Medicare affecting deficit with a small additional levy on my tax bill. To me it's a moral obligation that I will afford.

Mary Lou Harlander

Final Public Hospital District Informational Meeting

There will be a meeting at **7 p.m.**, **Thursday**, **February 2**, at Courthouse Square, for the public to ask questions of the supporters of the Hospital District.

Editor, The Loop:

Despite attempts by the *Beachcomber* to paint the KCLS Children's Computers Issue as contentious or easy to solve with polite behavior, I assure you neither is true.

Hester spent two months working with me to develop a possible solution and KCLS policy interfered. Any solution will need to come from the King County Library System, and then our local librarians will be empowered to act.

Noise is NOT the problem. The computers are VISUALLY dominant/unavoidable, and this awareness of *them* distracts from awareness/enjoyment of the *books*. Think about it — when no one is on the computers they still distract children!

It is a value judgment by those gathering/signing the petition and writing letters that computers/games should NOT be prioritized over books. While unintentional, the current placement/programming of the kid computers does exactly this. Families have worked for over a year to rectify this situation *soon*, for the sake of *today's* young children. Waiting 4+ years will greatly increase the damage caused.

The argument that computer skills are important is somewhat moot for this issue. We do support these computers remaining easily accessible and readily available...in a different location. A library is a place of quiet relaxation, literacy promotion, and public access to certain resources. Relocating the computers allows us to support both computer education and an affinity for reading books.

We're Vashonites...we can come together on this. Let us offer computers to families that want them while preserving the traditional library experience with a children's space that fosters a true love of books!

Sincerely, March Twisdale

proponents wrong are misguided. If the death penalty is wrong it is absolutely wrong, regardless of the guilt or innocence of the accused. It is wrong because it is not moral for human beings to take the life of other human beings no matter how evil they seem to be. It is wrong because it does not make us safer. If safety is the issue, life in prison keeps us safe. It is wrong because all life is sacred even if we cannot understand how in this particular case that can be true. It is wrong, if you choose to operate in a world view shaped by the Christian tradition, because every human being is a child of God created in the divine image...even violent and loathsome criminals, no matter how veiled that reflection may be from our human point of view.

Capital punishment really is not about keeping us safe. It is about vengeance and retribution. It is about placating our anger and grief and making us feel better. While those are very human traits, they are unsupportable by any honest reading of the New Testament as justification for capital punishment.

Finally, it is beyond reason how taking a life as punishment – no matter how anticseptically that is done in our modern death chamber of sedatives and injection – teaches anyone that life is ultimately precious and sacred and needs at all costs to be valued and protected.

"Ultimately, 'an eye for an eye' only leaves the whole world blind." – Henry Norfolk **coco**

But not the same year, right? Annie Jane Giddens, Hohira, GA, was born the same hour of the same day of the same week of the same month in the same room of the same house as her mother was, and she was attended by the same doctor.

Hospital District Commission Candidates for Position 2 David Sunstrom Brad Roter

David Sunstrom is a CPA and is the Treasurer for the Vashon Health Center Board. He has lived on Vashon for 17 years.

"Calling it a 'Hospital District' is confusing. It would make more sense to call it a 'Public Health Care District.'"

"I am bonded with the community, and on board to understand and support

health care for the whole Island.



David Sunstrom

"When I joined the Board of Directors of the Vashon Health Center and looked at the financial condition they were in, and saw how the Care Center was constantly fund

raising, it was pretty obvious that there are financial hurdles for all caregivers on the Island."

"Assuming the Hospital District passes, in the first year we should do a needs assessment. We need input from the public and from providers. What services do we need to provide?"

"It will be at least a year after the election before the Commission could go to King County and say, 'Here is our dollar need.' So there would be no new tax until 2007 sometime."

"There are financial needs, especially for seniors and low income people. The health care industry wants to make money for fixing problems, and it would be wiser to spend money on prevention and education."

"We can't fix the national (health care system) problems, but I would like to get public support for health care on the Island. We need the community. We need people to attend meetings and give input to the Commissioners. We're all new at this."

"The process must be transparent, which is the law as well as what is necessary to gain public trust. People feel health care is too expensive already."

Brad Roter found, at age 21, "...that it was a lot more gratifying to help people than be a laboratory animal." He decided he wanted to do community service, and that led to his training as a family doctor.

"My commitment is to an all-Island view and the lowest possible property tax. Anyone funded by the District has to be accountable to the whole community."



Brad Roter, M.D.

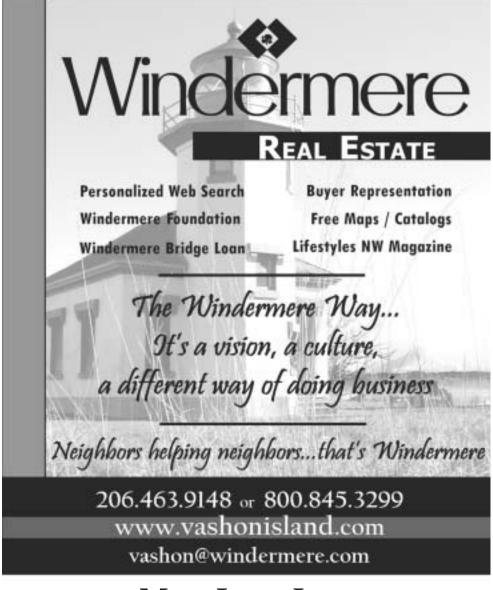
"The Hospital Commissioners would have to do 'hard headed' funding. I understand the reality of low income people. Our values shouldn't change, and if you're values driven, you need to help the vulnerable."

"The Hospital District hinges on the Commissioners elected. It is imperative we have an inclusive process, with everyone at the table. The original premise of raising money through property taxes and splitting it two ways was naïve."

"We need to define essential services, and provide essential services, on the Island. Essential needs clearly include primary health care, long term care, complementary and alternative medicine. Access to mental health care is the toughest one to get. The Island needs chemical dependency counseling, and geriatric psychiatry. Disabled youth on the Island lose state support when they turn 18. That's a gap the Hospital District might be able to fill."

"The Hospital District is not meant to support specific entities, and it should be service and values oriented, not provider oriented."

"Many people don't realize that the Health Center has a generous discount program for people with an income up to 200% of the Federal Poverty level. The money from Granny's is now specifically funding access to care for low income people. I want to expand care, and promote the existing program."



More Loop Letters

Editor. The Loop:

Thank you everyone who was involved in the saving of Smoky (Naatoowapee Ponokamita) Sun's Own Horse.

Linda, thank you for your wonderful ambulance service! W and J for your support in time of crisis! Thank you Dr. Mark! You are a Saint!

And all other horse and animal lovers from Vashon to Europe who called, sent donations and thought positively about our wonder horse!

Smoke is a buffalo pony stallion that was raised wild on the plains of the rez in Browning, Montana. He was there stolen and terribly mistreated by some wacko. Bob Blackbull sent Smoke to Wolftown to be rehabilitated. It took us four years. But Smoke has shown more than one child how to come back into a kinder world when you have had things go terribly wrong.

Smoke is doing much better. And hopefully is on his way to a complete recovery. Thank you!

Wolftown T and Smokeman!

It is a wonderful thing that war is so terrible, lest we become too fond of it. -- Robert E. Lee





\$8.95 Domain Registration 1/yr
Hosting, E-mail & Tools to Build your
Web Site On-Line as low as \$2.49/mo
http://www.RegisterExp.com
*Discounted rates available for Non-profits
www.DomainDiscountProgram.com*



I went to hear Bill Ameling speak about property taxes. I've known Bill and his wife Lynn since I commuted with Bill back in the 70s. I marveled that a guy could be as excited about accounting as I was about songwriting. I don't know if he remembers it that way, but in my perception accounting was an art for

One of the things he said the other night was that the American middle class was a brief anomaly in human history. "If you study history and how long things last, the middle class hasn't been here long, and it's on the way out. Instead we have a 'technointelligence class.' They can earn a decent living."

"The middle class is sinking. \$15 an hour is considered a big wage. We're all off to Walmart."

Why? After World War II, the United States was the only industrial country left standing. England, Europe, the USSR, and Japan were devastated. China? Also wrecked. From the mid-1940s, the United States became a pretty sweet place to live. Jobs, benefits, pensions — as Bill says, "A job, a family, a house in the suburbs, a camper, vacations, benefits, a pension, work 30 years, retire for 5 years, die."

The American Dream. The great middle class.

Kiss it good-bye.

My husband and I were talking the other night about how ordinary people in America — not the poor, but the middle class — have been living in a style that was enjoyed by royalty alone for centuries. Let's face it — if you were royalty and had servants galore, you didn't have many of the amenities we Americans take for granted, even if you did have strawberries in snow that a runner brought up from the south. There

were no antibiotics; no electric lights; no refrigerators. It was normal for children and mothers giving birth to die right up until the 1950s.

From the mid-1940s on, we in the United States have had an abundant life, unimaginably rich for a much greater portion of the population than at any other time in human history. Strawberries all year 'round, if you could afford them, and many people

My husband and I have bobbed around at the bottom of the middle class most of our lives. We have a run-down house, electric power, clean water, indoor plumbing, heat, telephone, cable, internet, appliances. I have a car and my husband has a truck. This is a not very fancy middle class existence. Do you have any concept what kind of wealth this is compared to many places in the world? To some people in the USA? To people right here on Vashon Island?

We keep animals that we don't intend to eat!

Outsourcing, downsizing, cutting of pensions and benefits, owing money to other countries — sound familiar? The rest of the world has finally recovered from World War II, and we are not the only functioning industrial or technical country anymore. What's hard for us is that we and our children have to learn to make do with less. It isn't exactly the American way to lower your expectations, and it makes me understand, slightly, why the wealthy want to have more and more and more. Perhaps they think that gross wealth will make them immune from want. Foolish wealthy people.

Time for a new American dream, folks. I'll try to write something funny for the next issue.

യയയ





VSK IN TAKE OUT 206-463-7980



463-7980 New Owner ~ Same great taste! 9925 SW Bank Rd Open Mon-Fri 11:30 am till 8:00 pm



Wilson Challenges Cantwell

mounting a campaign to challenge will include a "marriage ceremony" talk with people interested in his contra dance, and kids' activities. candidacy.

Wilson is a former Marine, the the believes that Cantwell's position is 1. vulnerable because she has not stood up to the current administration.

The Wilsons have been busy since last April traveling around the state from Vancouver to Spokane to Vashon speaking to Democratic meetings. "The response has been pretty warm," he said. They will be campaigning until the primary election, and definitely will be back on Vashon.

Backbone Campaign: Gettin' Hitched! You're Invited!

By Robyn Landis

The Backbone Campaign marks its official alliance with Progressive Government Institute (PGI) by holding a "wedding" celebration on February 12, 2006 from 4 p.m. to 8 p.m. at the VFW Hall on Vashon Island

The Valentine-themed Democrat Mark Wilson, who is community event and fundraiser Maria Cantwell for her seat in the which will inform people about the Senate, came out to the Island on merger in an entertaining manner. Sunday, January 22, to meet and There will be food, live music, a

Bill Moyer, Executive Director of Vashon-based Backbone son and father of vets, and one of Campaign, also became Executive the founders of Vets for Peace. He Director of PGI beginning January

> The two organizations hope that by working together they will be more than twice as effective.

> For more information, contact Bill Moyer, Executive Director, 206-408-8058.

Too many people offer God prayers with claw marks all over them.

Don't Forget the Birds

By Ed Swan

Studying Our Nearshore Terrestrial Habitat

Two biologists, Don Norman and of riparian forest to terrestrial Sherry Hudson, recently started a wildlife, many of which also depend volunteer-based project to study on nearshore habitat for foraging, nearshore terrestrial habitats in the as well as for roosting, food, cover, central Puget Sound area. At least and nesting. Because so much one study site will be on Vashon or information and media coverage Maury Island. The project will has focused on salmon recovery, it

evaluate the importance of marine riparian buffers to sustaining native bird diversity and persistence in coastal areas of King County, while simultaneously educating county residents of the connections between riparian areas, wildlife use, and marine habitats. Norman and Hudson are working with the King County Department of



White-throated sparrow in spring plumage

Natural Resources and Parks is (DNRP) to complete this project. King County DNRP ecologists are of the impacts of their actions on working with them to design the project in order that the information collected will be useful to the county for future projects.

Marine riparian buffers provide areas of vegetation along shorelines. They play a critical role in the protection of nearshore fish habitat, especially for forage fish. Research demonstrates that the presence of trees along the shoreline improves fish habitat in many ways. For example, recent studies indicate that terrestrial insects falling from shoreline vegetation make up an important part of the diet of juvenile salmon, especially chum. Shaded beach areas apparently affect temperatures to the benefit of surf smelt eggs. Other advantages to marine riparian buffers continue to come to light but more research is

3. Discharge

4. Hibernate

7. Honey maker

9. Dorothy's dog

10. Famous cookies

11. Representatives

5. Roar

6. Want

8. Tapestry

assumed that shoreline landowners are increasingly aware salmon and the marine environment. However, it is suspected that far fewer landowners are aware of the effects of their land development and management choices on the terrestrial species that depend on the riparian and nearshore habitats.

Norman's and Hudson's project has two goals. First, the project examines the importance of marine riparian buffers to birds. Then they plan to educate the public about the connection between shoreline forests, birds and other terrestrial wildlife, and salmon recovery. Norman and Hudson will compare bird use during all seasons in madrone and non-madrone dominated forests. The focus will be on songbirds and other forest birds such as woodpeckers and

39. Hiss

47. Sign

49. Watery

55. Coffee

42. Possessive pronoun

43. Cow sound

50. Deer relative

52. Groundhog

57. Deteriorate

Tom Wallace Farrier Licensed Massage Therapist Practicing on both humans and equines (206) 463-9689 Gift Certificates Available bloomin@centurytel.net

We know Vashon Island; it's who we are

of bird surveys including bird counts and bird feeder watches. The field data collection will begin in April 2006 and end in March 2007.

Alan M. Mendel

Vashon

Island

Realty

Sales Associate

AMMendel@comcast.net

(206) 567-4411 Cell: (206) 818-0748

This is a volunteer-based project. That means it will depend on volunteers to help collect the data. All volunteers will receive training on a common data collection protocol. Both experienced and non-experienced birders are encouraged to volunteer as there are many different types of assistance In addition, less required. experienced birders might be paired with people with more experience and thus learn their birds better by volunteering. Feeder watches will be a big component of this study, so anyone who can sit and watch a bird feeder for 2 hours is also encouraged to volunteer.

If you want to volunteer or learn more about the project, please contact Sherry Hudson pugetsoundbird@gmail.com.

In local birding news, Joy Nelsen re-found the Snow Bunting at Pt. Robinson. Then a Seattle area birder visited and discovered two buntings were present. Another off-island birder came to see the buntings and saw a White-throated Sparrow along Pt. Robinson Road. Gary Shugart saw a Peregrine Falcon chasing the pigeons at the Tahlequah dock and also noted a Western Gull there. I spotted another Western Gull the same day at the Ellisport pilings. Western Gulls are rare in winter for Vashon. More unusual Canada Geese showed up at the new pond by the monument on Monument Road but I am still getting help on identifying what sub-species they are. If you have an unusual sighting to report or a question about local birds, call me at 463-7976 or email

A few copies of Ed Swan's book, The Birds of Vashon Island, are still available at Books by the Way, the Vashon Book shop, or directly from the author.

needed in many areas. Little raptors. Volunteers will monitor attention has been paid to the value birds by conducting different types Across 25. Asian dress 53. Our sattelite 1. Pastry 28. Really cool 54. Tree 4. Cat food brand 31. Chest muscles 56. Brew 9. Sticky black substance 34. Me 58. Capital of Mali 12. Writer Bombeck 36. Ocean 61. Boughs 14. Someone with no friends 38. Bone 66. Native ruler 15. Arrive 40. Trigger 67. Winner 16. Revile 69. U.S. President 41. CDS 17. Eel 70. Dinghy 43. Business note 18. A spinning toy (2 wds.) 44. By way of 71. Tramps 19. Said of death 45. Dined 72. Single 21. On the opposite side 46. Voodoo 73. Welkin 23. Baboon 74. Multi-colored rock 48. Wager 24. Our star 51. Short-term memory 75. Church bench 13. Boxer Muhammad **Down** 35. Food and drug 1. South American country 15. Chili con _ administration (abbr.) 2. Iraq's neighbor 20. Put in a mail box 37. Tree

22. Glass

25. Asian country

27. Representative

30. Christmas month

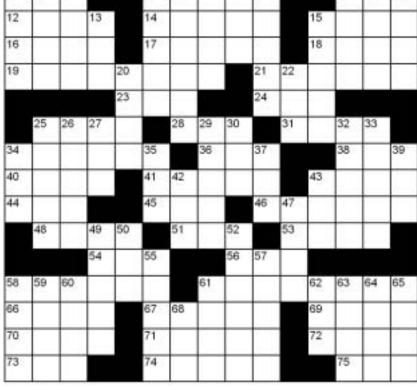
33. Game "__ Says"

34. I want my ____

26. From Asia

29. Property

32. Creed



Solution on Page 17

- 58. Sleeping places
- 59. Frenzied
- 60. Mucky
- 61. Baby's "ball"
- 62. Hertz
- 63. Hula ___
- 64. Women's magazine
- 65. Alter
- 68. Really large pig

The Vashon Loop, p. 8

Island Life

Text & photos by Peter Ray



Galanthus 'Hippolyta'

Hands and Knees

It sounds quite inviting, doesn't it? Slipping into those duck shoes and rubber coated garden gloves that are still slightly damp from yesterday's outdoor activities. Then donning some sort of weather resistant coat and hat and perhaps, on the way out, strapping on a pair of rubberized kneepads. One must also remember to bring along those reading glasses or perhaps a magnifier — man, I hate that. As we wait for the rain to subside just a little bit, we scope out those white dots dancing just a few inches above the ground out beneath the trees. Once you get out to the masses and clusters of white flowers bobbing gently at your feet, you get down on all fours and crawl around looking for slight variations in petal form, as well as quirks and oddities in the type, shape and placement of the usually green markings on the inner petals. If this sounds like fun to you then you are more than likely British, perhaps a British gardener, maybe even an obsessed American gardener, or just a Seahawks fan looking for anything to do to pass the time till next week's game.

There is something about a Winter-flowering plant that just requires a little more effort in order for it to be appreciated. Most of the aromatic Winter bloomers need a hint of warmth in the air to really bring out the best in the fragrance they have to offer. If it weren't for their fragrance, there would be little to recommend many of these scented wonders, since their flowers are mostly hidden and in general they are hardly something to get excited about in the shape and color department. Even the first real technicolor display of late Winter that is put on by the Hellebore gang needs a careful cup and twist of the hand in order to see something other than the backsides of the normally downward facing flowers. I guess what it is that can bring an avid gardener to his or her knees in the presence of a snowdrop is not so much its dazzling beauty, but rather the fact that something simple, elegant and somewhat delicate is pretty much the first flower of the year to stand up to whatever the Winter in progress has to offer.

In truth, even if they were so inclined, the average Seahawk fan would be hard pressed to find a stand of snowdrops (Galanthus sp.) around these parts since they are not native to this area. My first real exposure to them was on a brief Winter plant hunting trip to England a number of years back, when we did manage to stop in on nursery specializing in snowdrops. It may come as a surprise to find out that there were no throngs of people crawling about in their Wellies and slickers, poking and prodding at the dainty blooms, at least not from a prone position at ground level. There was a small crowd in attendance on that cold and dreary day and the only dirt groveling that was going on had to do with the proprietor digging up clumps of the blooming bulbs to sell to those who asked for them. It was impressive to gaze across the expanse of lawn and see large drifts of small white snowdrop flowers spread out beneath ancient oak trees and mixed with the yellow dots of Winter aconites and the silver mottled foliage of hardy cyclamen. We did manage to get a few varieties there, as well as some at a few other nurseries. The interesting part was getting them home.

The rules have changed a bit concerning bringing plants back into the country, but what we had to do then was wash every speck of soil off the roots of every plant and make sure there were no bugs on board for the trip back. While we thought we had done a good job in that regard, and had, there was something that we had failed to

PANDORA'S BOX

Rain, rain go away - do not come again for many days. My feet are wet, my hair's a mess, I wish to wear my new spring dress. Ark-building workshop was a success, room for all water-logged pets! Don't you think they deserve a treat?

Horus' Pick of the Week:

The great new bargain basket on the front porch.

There is a lot of cool stuff in it.

463-3401

\$5. nail trimming with no appointment.

17321 Vashon Hwy. Big Red Building w/Animal Stuff on the porch





Galanthus 'John Gray'

notice in the pages of paper spelling out the various rules and regulations on plant importation, and that was a little something known as the Convention on International Trade in Endangered Species, or CITES as it is known. From its beginnings in 1973, this group meets every other year as a watchdog on the potential depletion or extinction through reckless harvesting or collection of rare and endangered species of both plants and animals. While everything else passed muster with the inspectors once we got back in the States, we were informed that they were confiscating the snowdrops because they were on the CITES list, even though all of the bulbs had nursery labels in the same, corresponding bags. In one case it was even one of those commercially printed labels with a color photo of the flower.

Galanthus had been included on the CITES list because of the amount of wild collecting it had been subjected to over the years. As I understand it, snowdrops were all the rage back in the seventeen and eighteen hundreds, and many of the wild populations from eastern Europe and the Caucasus mountain region had been depleted because of uncontrolled wild collecting in many areas. In true squeaky wheel fashion however, incessant phone calls on my part finally convinced the forces that were that it made no sense to destroy these bulbs. Actually, it doesn't make much sense to destroy something that's endangered to teach the perpetrator a lesson, but in some cases that's what they do.

It would be nice to say that these few bulbs have now become large sweeps and drifts of cheery bits of botanical Winter white throughout the property, but that would not quite be the truth. In fact, the bulbs have been multiplying, but at the slow pace that a pot-bound existence can afford. We are planning to change that this year so that hopefully by this time in 2007, the abnormally larger blooms of Galanthus Comet and G. John Gray might be available for someone else to spread around. I could make the excuse that having Galanthus Hippolyta in a pot makes it so much easier to enjoy a peek at the underside, where the wonder of this double-flowered form can only be appreciated, but that would only be a partial truth — no, it's a cop out.

It's not raining that hard. I'd better get out there and start planting.

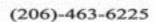
Black Dog Plants

www.blackdogplants.com peter@blackdogplants.com (206) 567-4542 February 1, 06

Vashon Island Bicycle Much more than just a bike store.

Breeze on in and ride out, same day service Check out

Www.vashonislandbicycles.com



Downtown Vashon next to the Post Office

We've Got a Lot of Kids

By Kevin Pottinger

My wife and I weaned our twins a couple weeks ago, closing a continuous six-year loop of pregnancy and nursing: pregnancy, nursing, another pregnancy, more nursing, more pregnancy, and so on. Today, Maria's not pregnant, and she's not nursing. Her body and blood stream are her own again. Her breasts are public spectacle no longer. Her prenatal vitamins ran out, and we're not getting any more.

She celebrated with a double mocha breve, made with real coffee, with actual caffeine in it. Now that her chemistry is her own, the sky's the limit, isn't it? In addition to coffee, she could now have green tea, or cold medicine, or several girls-night-out Margaritas without worrying about passing it to the babies in her breast milk. All the things Maria has had to avoid are now fair game: diet pop, obscure vegetables with lingering metallic after-tastes, botox, peyote. It's a great big world now.

So, we had to cut them off. (The babies from nursing, that is.) They howled for days. With our older kids, we'd gradually reduced the frequency and length of the nursing and when it got down to almost nothing, we cut them off with little trouble. But with our twins, it was more complicated.

When one baby got on, the other would scream and howl until they both got on, then they'd punch each other in the head and jostle for position like midget wrestlers until Maria would push them both away, then they'd both scream and howl even louder. So reducing the frequency didn't work very well. It had to be a clean break, cold turkey, no lending our boobaholics a fiver, for old time's sake, on their last bender. When we cut them off for good, they ranted and raved like Ray Milland in *The Lost Weekend*

cracker factory until the monkeys climbed off their tiny little backs.

We're already nostalgic about the unbroken pregnancy and nursing chain. But that nostalgic feeling passes pretty quickly, like the lifting of some terrible amnesiac fog, when we realize there are still lots of diapers to change, bodily secretions in muted grays and earth tones to clean up, sticky faces to wash, and loads more sleep to miss.

Friends and acquaintances sometimes ask, when making conversation, "Are you getting enough sleep?" It's a sincere question, and a fair question, and a good topic for light conversation because of its relative conversational safety.

Sleep can't be given outright, contracted for, loaned out, or traded to another, unlike other human needs like food, cash or sex. "Are you getting enough sex?" would give one pause to ascertain the questioner's motives, the same as "Are you getting enough food? How about cash, are you getting enough cash?" But asking about another's sleep is a safe question, and the questioner isn't committing to some form of assistance merely by asking the question.

The real answer to the sleep question is: of course we're not getting enough sleep. We haven't had enough sleep for a little more than five years. Frankly, weaning or no weaning, we won't likely be getting much more sleep in the foreseeable future. And our friends with small kids aren't getting much sleep either. It won't get us any more sleep to complain about it, when there's nothing that can be done about it anyway.

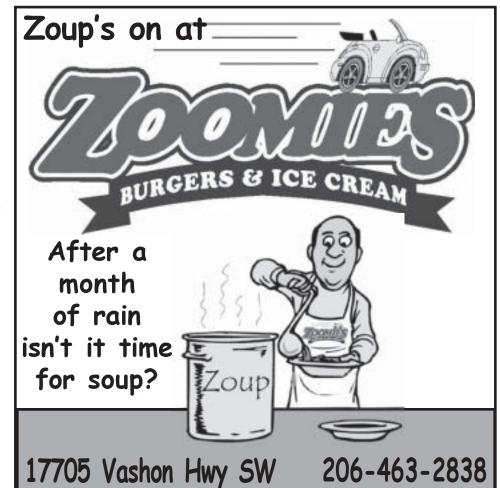
Sure, it's the end of an era, but mostly just a symbolic end. All four kids still need plenty of mothering and fathering and are still very dependent on Maria especially. There's been a subtle shift in the babies' thinking. They actually let me put them down to sleep now, and then they actually go to sleep, instead of playing their usual nighttime games of Sippy-Cup-Toss and Squib-Kick-the-Daddy-Head.

യയയ

User Friendly

Technical support for non-technical people (206) 463-1364 (206) 714-7839





Mattress Makers

Quality mattresses made to order in our factory; half the price of department stores, guaranteed comfort.

We make standard sized mattresses, including pillowtops, latex, memory foam by Thermopedic, and adjustable beds.

We specialize in custom sizes for RVs, boats, and antique beds.

Come see us at 8208 Tacoma Mall Boulevard South, just a

Loop Online:
www.vashonloop.com
Email:
editor@vashonloop.com
ads@vashonloop.com

few blocks south of the mall.

253-984-1730

A skeptic is a person who, when he sees the handwriting on the wall, claims it's a forgery.

PRE-PAID LEGAL SERVICES ®, INC.
AND SUBSIDIARIES
IDENTIFY THEFT SHIELD
NEED WILL WRITTEN OR REVISED?

Hand credit card to server at restaurant? Sign your credit card? Supply personal info over the net? Keep S.S. card in your wallet or purse? HAVEYOUEVER...

DO YOU...

Been audited by the IRS?
Purchased a home?
Signed a contract of any kind?
Had a traffic ticket that was unjustified?
Had any type of legal question?

IFYOUANSWERED YES EVEN ONCE CALL WITTMAN AND ASSOCIATES

Independent associates
Everett: 567-5776, Flo Ann: 567-5006
Lauralee: 235-7015, Joe: 265-9321
Christine: 290-3941, or Josh: 356-9525
Everett Wittman

Subscribe to *The Loop*!

Hey, now you can get your *Loop* in the mail! \$50 will cover the cost of postage and handling for a year. Send your check with your name and address to: *The Vashon Loop*, *PO Box 253, Vashon, WA 98070*.

Deadline for next issue of *The Loop* is Friday, February 10. Email editor@vashonloop.com or drop off at Flash Photo and call us at 463-3327.

Vashon Loop Staff

Writers: Kathy Abascal, Deborah Anderson, Marie Browne, Eric Francis, Jeff Hoyt, Troy Kindred, Melissa McCann, Orca Annie, Rex Morris, Peter Ray, Jonathan Shipley, Ed Swan, Mary L. Tuel

Guest writers: Rachel Bard, Marj Watkins

Photographers: T Kindred, P Ray Jc Kindred, Alex Kindred

Original art, comics, cartoons: Ed Frohning, Rick Tuel, Jeff Hawley

Ad sales and design: Troy Kindred and Marie Browne; ads@vashonloop.com; (206) 463-9207

Editor: Mary L. Tuel Publishers: Marie Browne and Troy Kindred

PO Box 253, Vashon, WA 98070 editor@vashonloop.com; (206) 463-3327

Paid advertisements in *The Vashon Loop* in no way express the opinions of the publisher, editor, or staff. We reserve the right to edit or not even print stuff. Deal with it.

Published every two weeks
Paradise Valley Press
© February 1, 2006
Volume III, Issue 3

SCC

Sound Contracting & Consulting

(206) 463-2055

Michael O. Bradley Contracting & Consulting Services

- Detailed, cost effective building plans
- · Liaison with DDES for permits, land use issues
- · DDES dispute resolutions
- Remodeling ideas and installations

The Vashon Loop, p. 10 February 1, 06

The Dorsal Spin: Musings of the Twelfth Whale

by Orca Annie Stateler

Endangered whales have been appearing in unusual places. I ponder the symbolism of the Thames whale floundering in distress and dying at the door of Parliament. This is the equivalent of a whale swimming up the Potomac. I think the take-home message from the whales to world governments is, "Hey, you're making it really something in Colvos Pass. They

difficult for us to survive in the oceans!"

A necropsy on 19-foot-long female Northern Bottlenose whale revealed that she was dehydrated and had not eaten for three days. Her kidneys failed. Preliminary results did not find damage consistent with exposure to military sonar, a factor in other recent whale strandings. Brain parasites, disease,

disoriented and strand. Further tests are pending.

In mid-January, a North Atlantic Right whale mother and her newborn wandered into the Gulf of Mexico near Corpus Christi, 'way off course from the normal migratory path. Despite the Coast Guard's effort to alert local boaters, the baby whale sustained propeller gashes on his back.

With a population of only 300, North Atlantic Right whales are critically endangered. Because they travel slowly along the busy Atlantic coast, they are highly vulnerable to ship strikes and entanglement in fishing gear.

On an encouraging note, the mother and baby Right whales were last seen heading toward the Atlantic. As for the tragedy of the examined her commented that she did not die in vain. When whales surface in bizarre places, the public's curiosity and sympathy are aroused. Think Springer. Whales benefit from increased concern for their welfare.

If you are interested in learning more about a major threat to all whales, attend the ACS/PS Speaker Series presentation on February 15, 7:30 p.m., at the Phinney Ridge Neighborhood Center, 6532 Phinney Ave. North, Seattle. Gina Ylitalo, a research chemist for Northwest Fisheries Science Center, will discuss toxins in marine mammals and fish. The talk is free. however donations are always much appreciated. Call 206-781-4860 or check



www.acspugetsound.org directions and more information.

Please report local whale sightings ASAP to 463-9041. National Geographic channel has been the only place on Vashon to see killer whales lately. On January 25, a Dall's porpoise mom and calf looked really excited about



toxins, and trauma from injuries can were semi-breaching, which is rare also cause whales to become for these porpoises. I saw a blunt, black snout and a little black and white body clear the water a few times. Junior had a gray dorsal cape and a pointed, triangular fin, indicating he could be a hybrid of a harbor porpoise and a Dall's porpoise. It pays to look carefully at your porpoise neighbors. You might get lucky and see one with exotic coloration, a sign of a hybrid.

The robust, golden brown sea lions in our waters are Steller, not "stellar," * sea lions. In the last Dorsal Spin, my spelling of Steller was inadvertently changed to "stellar."* Steller sea lions are so-named for the German naturalist Wilhelm Steller, who encountered and described these pinnipeds at Bering Island in 1742. Another name for the Steller sea lion is Northern sea lion.

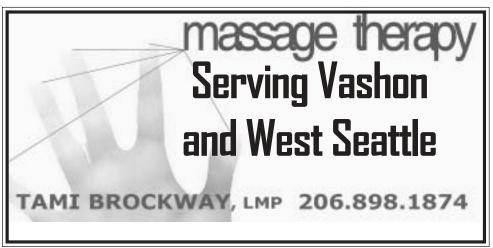
Local Steller sea lions are listed Thames whale, the veterinarian who as threatened under the Endangered Species Act. In Western Alaska, Steller sea lions are endangered. Several weeks ago, a Steller sea lion hauled out on the roof of a Prius in the parking lot at Salty's on Alki. Stellers do not bark like California sea lions.

I am not really a follower of football, but I could be considered a twelfth whale. From the stands, I root for my home team, J, K and L Pods, in an attempt to generate enthusiasm and "team spirit" for whale conservation. If only more people could be as passionate about whales as they are about sports teams. Go, Southern Residents!

Contact Orca Annie at 463-9041

*Editor's Note: Mea culpa. We also have Steller blue jays.





Breast Cancer

By Weslie Rogers

Soy, Vitamin D & Omega-3, and More New Words

So we go onto another food that is often talked about in respect to breast cancer, but with even less definite recommendations than antioxidants, and that is soy. Because cancer mortality rates in China and Japan are the lowest of all countries, and the consumption of soy is higher in those countries than in others, a connection between soy and less cancer (more apoptosis — I love that word!) has been assumed. To say "assumed" here keeps this connection in perspective, because claims have been made, and then withdrawn, about the great benefit soy products may have on reducing cancer risks. "Isoflavones" (yet another new word), the main constituent in soy, some studies say, block estrogen from reaching the estrogen receptors on cells; the connection of estrogen and breast cells may stimulate breast cell growth But, this may happen only in post-menopausal women. And then again I've read that in postmenopausal women, concentrated soy products may add estrogen (soy becomes pro-estrogen) and increase breast cancer risk.

Two thoughts here: the adjective of "concentrated" describing soy here may be the difference between the benefits of soy in the East and soy in the West! Soy eaten in the US is more highly processed than in China or Japan, and even perhaps overdone. I eat tempeh, a product using whole soy beans, and edamame, the whole soy bean, leaving soy milk and tofu behind, and limit my intake, just in case! And products with "isolated soy protein," which seem to be multiplying, are even the most processed and probably have the least to do with the East, and the most to do with breast cancer. Second thought, deciding how to deal with breast cancer is a process, with a lot of potential adjectives!

What about Vitamin D? It is considered both a hormone and a

vitamin and has shown some promise in treating breast cancer. But most interesting that I have found is that of all the US states, the ones with the higher rate of breast cancer, are all the northern states. Less sun, less vitamin D absorption. But again, beware the magic pill! Because vitamin D is fat soluble, it can build up in the body, having the potential to cause toxicity.

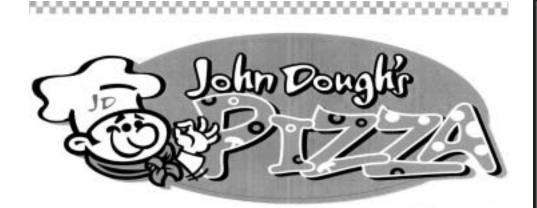
And talking about fat, (a popular subject, along with breast cancer!), and again to compare the West with the East, many/most? Americans are said to obtain 40-45% of their calories from fat, while those in Japan have lower rates of 10-25%. Both the American Cancer Society and the National Cancer Institute recommend a diet with 30% of one's calories derived from fat. Again, the recommendation is not easy/does not stop here. The type of fat is most important also, especially increasing one's intake of omega-3 fatty acids monounsaturated fatty acids while decreasing total fat intake. And again, Japan may shine here again because the diet there consists of more fish (a good source of omega-3) and less meat (a source of saturated fat in the SAD: StandardAmericanDiet — some more fun, but serious, words!).

As with much information on the internet or anyplace, there's sometimes too much to sift through. The best sources that I've found are Dr. Susan Love's Breast Book (and I've been using the third, year 2000 edition; the fourth edition just was published), and How to Prevent and Treat Cancer with Natural Medicine by Dr. Murray, Dr. Birdsall, Dr. Pizzorno, and Dr. Reilley. Other information I've found just by googling (what!) "breast cancer" with the subject included in these parentheses. Interesting? And a lot of words...it's helpful to find some funny ones! Keep trying!

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

Feed your faith and your doubts will starve to death.

February 1, 06



Free Delivery Call 56-PIZZA

Come in and view local artists work.

Original oils by Lyman Burk

Showcasing new items weekly.

Now Open Every Day Noon- 8pm Fri-Sat till 9pm



Planet Waxes



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

Happy Birthday Aquarius!

You've never been one to hold back, but you've reached a time in your life when you not only must say what you mean, but when you will profit substantially by doing so. Most people try to go halfway, which only delivers half of the message. You need to go for the whole pineapple. While I would not suggest you be diplomatic — which means two-faced — I would say that a bit of style and originality will go a long way for you. But strive to be real and the rest will come naturally.

Aries (March 20-April 19): You are nearing the end of a long and complicated process, but you're not there yet. There may be an issue that remains unresolved, or information that you need that you're currently working without. What you're seeking will function on the level of a missing piece that allows the rest of what you've assembled to suddenly make sense. You've crossed a great distance on your search — and gone back and done it again — and the journey was not for the work alone. Make sure you end up with the one discovery you were seeking. For a clue, remember what was happening in early October.

Taurus (April 19-May 20): I am well aware that for Taurus during these days and these years, it never seems like the riproaring changes are over. If it's not one thing, it's another. But you're in a process that is working in levels, and you are coming to completion on one of the more meaningful ones. Others will follow more steadily than you may imagine, but for now, I suggest you take it one layer at a time. Each will offer you a level of freedom, resolution and relief. You may not get answers right away, but the questions will seem less difficult and demanding.

Gemini (May 20-June 21): If you're not noticing the state of uncertainty in your life, I suggest you look closer. In any event, I would suggest that you give important decisions a little more time, anywhere from a few days to a week, because your perspective is likely to shift so much that you'll be in entirely different territory. There seems to be an issue over what is true, whether it could possibly be true, and what you feel is possible. In many respects these are matters of belief — and belief is precisely what's up for grabs. Take it slow, get the facts, and use them well.

Cancer (June 21-July 22): The pressure is on; it seems that at every turn, there is a new commitment or obligation to fulfill. You're in a position that many could not

understand precisely because you understand commitment and obligation so differently than others. What develops later this week will give you a good indication of how you're handling certain long-term developments and changes that have, it works out, allowed you to be more effective and bring a lot more energy to meeting those commitments. I know it's a lot of work — but as you will soon see, it's truly worth it

Leo (July 22-Aug. 23): Events this week represent a change in the level of a relationship. It's not exactly a turning point; the players are the same, and the general direction of things is likely to continue in a predictable direction. But what is different is the sense of where you're at, what you're doing and moreover, the meaning of it all. Of all the qualities that shift when something moves to a new level, the sense of meaning is the most definite among them. Often when we observe change, the contrast and heightened perspective make things all the more obvious.

Virgo (Aug. 23-Sep. 22): Whatever pressures you've been under lately, you seem to be getting accustomed to them. You thrive on demands because you thrive on being in service, and we are certainly living through high times in that regard. People such as yourself are the ones who will in fact help the world through its current mess, because you have the vision, you have the energy and you have the completely overdeveloped sense of responsibility that doing anything with integrity demands in these strange years. Just make sure you take care of yourself; get away from the structure from time to time, and give yourself space.

Libra (Sep. 22-Oct. 23): The word "creativity" has all kinds of misunderstandings draped on it, but in astrology, the concept can be conveyed as any passionate, daring act that leads to something new. This is a state of mind more than it is an action, and this state of mind is coming on strong in your life right now. As the current days progress, the matching opportunities will present themselves, and you may find yourself with the chance to go beyond any prior idea about what it means to explore life. Really embracing creativity means taking on more than sweetness and starlight, but it's clear that you're ready.

Scorpio (Oct. 23-Nov. 22): You're normally one of those people with boundless energy, and these days you may not know when to quit. At the moment, pumping your electric brain muscle and keeping in the stream of constant activity is providing you with both the feeling of

SPECIAL

18 x 21 Steel Buildings 30 x 40 Steel Buildings 40 x 60 Steel Buildings 60 x 120 Steel Buildings Factory Priced

BLOWOUT!

Call:
BERGIN CONSTRUCTION
463-6232

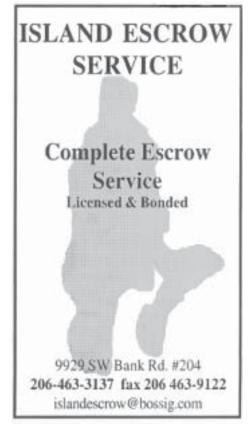


safety and a measure of actual security. But make sure that you don't feed the illusion of security and lose sight of the real thing. You're in territory where your most sincere concern needs to be knowing how you actually feel, particularly where certain domestic situations are concerned. At the least, be honest with yourself.

Sagittarius (Nov. 22-Dec. 22): There appears to be an overwhelming level of activity in your environment, or maybe it's just your mental environment. Whatever the case may be, the energy is real and you need to harness it in the most constructive possible way. And there is a way, though it's likely to be a new skill or technique you've learned; something that you've recently added to your considerable repertoire of personal gifts. New skills are often not easily accessed and sometimes we forget they are there. But in the midst of the current buzz of activity, stop and remember, and use what you know.

Capricorn (Dec. 22-Jan. 20): By now you're beginning to see the light on a particular business situation, and you may feel like you're the one putting out most of the energy while partners or colleagues are dragging their feet. I don't suggest you spend your time waiting; it's time for you to make as much progress as you can. And if it turns out that there's not much progress to be made through the involvement of others at this particular point, you should be content to go it alone and trust that, when the time is right, you will find the right collaborators. But at the moment, doing nothing is not a wise option.

Aquarius (Jan. 20-Feb. 19): Current aspects may seem to be presenting you with more limits than options, and more obstacles than ways to express yourself. It is a matter of perspective. If you notice that you lack options, that at least can be pointing you in the direction of creating some. While at times this may seem like a pointless exercise, by one way of looking at life it's the most valuable skill you can possibly have. We cannot be free without making decisions; and decisions are based on choices. For those to whom freedom matters, then, options are all you really need.



Pisces (Feb. 19-March 20): Most of the planetary activity is taking place in an angle of your chart where you cannot easily see what is developing. You may sense that something is indeed brewing and the amount of energy involved may have you on edge because the details are, at this time, impossible to discern. Where you can feel the movement, however, is in the angle of your chart where you do your work and live out your dharma, or sacred responsibility and in that house you have Saturn making it seem as if you came to the Earth merely for the purpose of eternally serving others. But you can and indeed must trust that there's something in it for you.

A successful marriage isn't about finding the right person; it's about being the right person.

The Vashon Loop, p. 12 February 1, 06

LIVING WELL WITH PLA

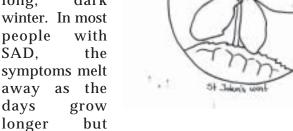
Text and drawings by Kathy Abascal (AHG)



Beating the Winter Blues

We are in the midst of a very gray, rainy winter. Lack of daylight causes SAD (seasonal affective disorder), which expresses itself in with individual variations depression, fatigue, changes in sleep, carbohydrate and alcohol cravings, weight gain, and loss of libido. Some SAD people simply function less efficiently in winter; others experience full blown depression. People who move from more

Southern regions have an increased risk of SAD although will many eventually adapt to the long, dark people SAD, days



away from the sun.

The exact mechanism at play in awakening, SAD is unknown but SAD people do have aberrant melatonin production. Exposure to daytime levels and some researchers suspect that an abnormal melatonin researchers think that low brain cravings during winter. This may be a form self-medication because carbohydrates stimulate the release of serotonin. In one study, people with SAD felt more alert after a high carbohydrate meal while those without SAD felt more tired. Another indication that serotonin is involved is that taking tryptophan (a serotonin precursor) or serotonin reuptake-inhibiting drugs improve SAD symptoms.

Fortunately, there are natural treatments for SAD. The least invasive and best researched is light therapy which had a positive effect on 70% of SAD people. But interestingly, the type of light therapy is not all that important. positive results. The timing is also not critical: There were positive results when light was applied at night or in the morning although there does appear to be a greater benefit from doing the treatment morning and night. And no significant difference was noted whether full spectrum or cool white light was used.

In general, light therapy is administered for an hour or so each day, typically in front of fairly bright lights (3,000 to 10,000 lux). But it is possible that an equivalent amount of daylight exposure may work even better. In one study, patients who walked for an hour a day did better than patients who sat in front of a light for 1/2 hour per day. The walkers' symptoms improved and in addition, they spent less time in bed, got up earlier, and reduced their carbohydrate intake. Of course, the walking itself may also be providing a benefit as studies show that regular exercise can alleviate depression.

Using light to simulate dawn may provide yet more significant

> benefits. This involves slowly increasing the intensity of light in the bedroom for an hour and a half in the early morning. In the studies, lamps produced 250 lux by 6 compared to placebo and very lights. The

return when the earth again tilts dawn light did a better job at improving melatonin levels, and morning drowsiness. You can buy both dawn simulating alarm clocks as well as plug-in devices that convert light can normalize their melatonin your bedside lamp into a gentle summer dawn.

Another way to cope with SAD synthesis causes SAD. Other is to take St. John's wort. This herb, well known for its beneficial effect fish as food, fish oil as a supplement levels of serotonin may cause SAD in depression, has also been studied noting that people with SAD often some in SAD. In one study, patients helpful. for took 900 mg/day of St. John's wort carbohydrates and weight gain along with light therapy (300 or on chilly, rainy days but it really 3000 lux for 2 hours a day). Patient fatigue, depression, anxiety, lethargy, appetite, libido, and sleep improved. Another study tested St. John's wort alone, and it was as effective as fluoxetine, a prescription antidepressant. These studies used capsules but St. John's wort tincture works just as well as long as you take a sufficiently large dose.

St. John's wort is a very safe plant but it does speed up liver detoxification. This means that it affects how quickly certain prescription medicines are cleared from your body and may affect the intended action of those drugs. If you are on prescription medicines, you may do better with some other Bright, medium, and dim light gave supplements that have shown a





a.m., and were benefit in SAD: Tryptophan, I should thank them for keeping the melatonin, or vitamin D3. Tryptophan was banned after a bright Japanese company used genetic engineering to produce tryptophan and ended up with a toxic, contaminated product. 5HTP (5hydroxytryptophan), a precursor to tryptophan, is still available and works just as well. Melatonin has been tested at low doses in the afternoon (0.125 mg) as well as in doses of 2 mg at night. Both improved sleep and vitality in many, but not all, of those studied. Finally, or a good D vitamin can be very

It takes some will power to walk does feel great when you get back home from that walk. I know because my dogs walk me every morning, rain or shine. And maybe winter blues away.



Kathy Abascal professional member of the American Herbalists Guild and is certified by Michael Moore of the Southwest School of Botanical Medicine. She co-authored the book Clinical Botanical Medicine.

You can email her at Anemopsis@yahoo.com if you have questions about herbs, call her to schedule a private consultation (463-9211) or stop by the Roasterie to buy her tinctures.



Once again I am writing to express my 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 they call strawberries now. Thank you!

Visit our website at

www.farmfreshorganic.com



by Rachel Bard

The Case of the **Purloined Parrot**

The Final Solution: a Story of Detection, by Michael Chabon. HarperCollins, 2004

A formerly famous detective has retired in southern England to tend his beehives. He's fairly content, except for the inevitable creakiness and slowing down that come with aging. In 1944 his solitary existence is interrupted when a nine-year-old mute German boy with a parrot on his shoulder strays into the old man's vision, moseying along the railroad tracks in front of his house.

The old man rises jerkily from his chair to "negotiate the shifting piles of ancient-bachelor clutternewspapers both cheap and of quality, trousers, bottles of salve and liver pills, learned annals and quarterlies, plates of crumbs—that made treacherous the crossing of his parlor, to open his front door to the world." Thus does Michael Chabon in these few words show us almost all we need to know about the old

Though the boy is unable to explain who he is and why he's there, and the old man's German is sketchy, the two establish a rapport. Only Bruno the parrot is voluble, softly singing strings of numbers in German: "Zwei eins sieben funf vier sieben drei."

The boy and his parrot wander off. The old man returns to his lair and his bees.

Michael Chabon builds on this opening scene to weave an engrossing tale. Presently we come again on the boy, Linus, in the boardinghouse where he's being sheltered as a war refugee. Key players in the ensuing drama include Mr. and Mrs. Panicker, proprietors of the house: he a black Indian Anglican vicar, she a kindhearted uncomplicated soul; Mr. Shane, a self-confident traveling salesman from Yorkshire; Reggie, the loutish Panicker son; Mr. Parkins, the other lodger, who suspects everybody including the worker who supervises Linus's welfare.

Shane is murdered and Bruno disappears. The police think Shane planned to sell the parrot to a rarebird dealer, that Reggie had the same idea and tried to take the bird from Shane, killing him in the scuffle. The Panickers fear Reggie may be guilty. Parkins is sure it has something to do with Bruno's mysterious strings of numbers: a secret code? We don't know what Linus thinks, except that he's woebegone at the loss of his companion.

And what does the old man think? He thinks about his bees. It's time for the honey harvest. On a late summer morning he goes out to his hives, a row of gabled boxes like a contented city. At the first hive, "a couple of workers loitered outside the round portal of the city. 'Morning, ladies,' he said; or perhaps he merely thought it." Linus chances by and helps the old man with the backbreaking chores of removing trays and carrying them to the honey extractor. The boy manages to convey, by scratching out a name on his notepad, a clue to the mystery of the missing parrot.

Now the old man is energized. He sets out to find the parrot and, incidentally, to solve the murder mystery. The master sleuth gathers the threads of evidence, and we see how it must have been when he solved all those famous cases in the past. "A delicate, inexorable lattice of inferences began to assemble themselves, like a crystal, in the old man's mind, shivering, catching the light in glints and surmises. It was the deepest pleasure life could afford. this deductive crystallization, this paroxysm of guesswork, and one that he had lived without for a terribly long time."

Naïve readers (like your reviewer) who hadn't read the jacket copy may get a glimmer about now that this old detective in his Inverness cape has an uncanny resemblance to Sherlock Holmes. Indeed, Holmes in retirement was Chabon's model, but he gives us a far less steely and calculating man, a man with compassion, if only for bees and little boys. And though this is a detective story, with the requisite suspense and surprising conclusion, it's much more. Chabon, deftly and with economy of words, brings all the disparate characters into focus. We know them, we understand them and we like most of them. Best of all, he writes with such precision, originality and humor that every page is a pleasure. A very good read indeed.

Pause for Commercial

A recent review of *The Elements* of Style assumed, perhaps mistakenly, that most readers would like to be better writers. I still believe that should be the case, even if you write nothing but e-mails. (And we all know what horrors are perpetrated in e-mails, including our own hastily written and imperfectly edited messages.) To those who parrot; and Martin Kalb, the social care, I recommend another little book that could smooth the way to writing proficiency. It's written for students, but aren't we all still learning? Newswriting Guide: A Handbook for Student Reporters, Fourth Edition, by Rachel Bard. The author would be glad to provide information: $\omega\omega\omega$

rachelb@raincity.com

Food Stamps On Vashon

On the first Wednesday of every month, from 10 a.m. to 1:50 p.m., a DSHS worker will be at Vashon Youth & Family Services (463-5511) to take food stamp applications and answer questions about other DSHS services. Clients may also go to the DSHS office in White Center. For more information, please call DSHS at 341-7430.

RECYCLING

The Dirt Yard

At center across the street from LS Cedar next to Central Storage

Accepting Soils

Top Soil Sandy Dirt Gravel No Clay

Accepting Clearing Debris

- ✓ Stumps
- ✓ Brush
- ✓ Landclearing Wood Waste
- ✓ Landscaping Waste

Accepting Concrete

- ✓ Concrete
- Concrete with Rebar
- Asphalt
- Stone
- Brick



Custom Screened Soils Available: Bark, Compost, Top Soil, Rock, Drainfield Cover, Crushed Concrete, Crushed Asphalt and Special Yard and Garden Mixes

☼ 206-999-4541



NO HAZARDOUS OR NON-ORGANIC MATERIALS

Vashon Library Programs February 1 -- 15, 2006

Hilary Emmer, Tax Consultant, Thursdays, January 26 - April 6, 11:30 a.m. to 1:00 p.m.

This is a free service for people who make \$25,000 or less. She will provide help with Property Tax Exemption forms for seniors at least 62 years old with an income under \$35,000, including Social Security. Forms will be provided. Drop in or by appointment. Call Hilary at 206-463-7277.

Tax Assistance from AARP Volunteers Wednesdays, February 1 - April 12, 12:30 to 4 p.m. and 6 to 8 p.m.

AARP volunteers will provide assistance with electronic filing tax return for those over 60 and/or low-income individuals in the Vashon area. Bring last year's tax return and information for 2004. Drop in or by appointment. Call the Vashon Senior Center for appointment 206-463-

JobFind: Employment Help for Adults Thursday, February 2 and 9, 9:15 to 11 a.m.

Your search for employment just got easier! JobFind can help you whether you are unemployed or underemployed. Vashon Youth & Family Services has partnered with WorkSource, as part of the Rural WorkSource Connection project, to help Island residents who are seeking to improve, change or find living wage jobs. Typical discussions include: networking, uncovering the hidden job market, dynamite resumes, marketing yourself with a great cover letter, polish your pitch, road blocks and getting past "no." Registration not required.

> SAT Preparation Saturday, February 4, 1 to 5 p.m. **SAT Practice Test**

Saturday, February 11, 10 to 11:30 a.m. A practice exam is given on one Saturday, then a scoreback session is scheduled for review of scores, to learn test taking tips and to discuss college admissions. For students in high school who are preparing to take PSAT or SAT tests. Website: www.theprincetonreview.com. Preregister at the Vashon Library: 463-2069. Space

Great Books Discussion Group Monday, February 6, 7 p.m.

is limited; you MUST pre-register to participate.

The Great Books Discussion Group has been meeting at the Vashon Library for 30 years! The idea of small groups meeting to discuss great literature was started by the University of Chicago and groups now meet in hundreds of cities around the country. Our book group meets on the first Monday of each month and our discussions include all types of great literature, from ancient to modern times. Please join us for some very stimulating conversations.

Toddler Story Time

Tuesday, February 7, 10:40 a.m. Ages 21 months to 3 years with an adult

A 20-minute program of stories and songs just right for toddlers. No registration required. Talk Time Tuesdays, February 7 and 14

7 to 8:30 p.m.

Practice speaking English in a relaxed setting. All nationalities and skill levels are welcome. Free! No registration required.

Lapsit Story Time

Wednesdays, February 1 and 8, 10:40 a.m. Newborn to 20 months with an adult A 20-minute program of stories, songs,

rhymes and bounces for babies and a caregiver. No registration required.

Preschool Story Time

Wednesdays, February 1 and 8, 11:30 a.m. Ages 3-5 Join us for 30 minutes of stories, songs and

fun! No registration required.

Family Story Time

Thursday, February 2, 7 to 7:45 p.m.

This cozy evening Story Time includes stories, songs and a simple craft for children and parents to enjoy together. No registration required.

LateNight@the Library

Saturday, February 11, 6 to 10 p.m. Create a pop-up valentine for somebody special. Have your fortune told. Participate in the Vashon Library Cyber Café and surf the world wide web or play a game of chess, cards, Magic, or Monopoly. Refreshments! Door Prizes! For students in grades 6-12. Security

will be provided. Opera Previews with Norm Hollingshead: Cosi fan Tutte

Music by Wolfgang Amadeus Mozart, Libretto by Lorenzo da Ponte

Sunday, February 12, 2 p.m.

Join Norm Hollingshead, veteran Seattlearea lecturer for an Opera Preview of Cosi fan tutte. Mozart's final comic opera, first performed in 1790, is a humorous look at the twists and turns of romantic love. The story begins with two young men, Ferrando and Guglielmo, arguing with the older and more skeptical Don Alfonso that their fiancées, the sisters Fiordiligi and Dorabella, would never betray them. Aided by Despina, the sisters' maid, the men hatch a plot to test the women's loyalty. They disguise themselves as soldiers and woo each other's lovers, managing through various tricks to win over the initially reluctant women. As deeper feelings surface, however, the suitors become uneasy with their antics, and once the deception is unmasked, Don Alfonso steps in, and all is resolved. Or is it? Registration not required.

Introduction to the Internet, Level 1 Wednesday, February 15 6:30 to 8:30 p.m.

Learn how to use web pages on the Internet by clicking links, typing web addresses, and printing useful information. Pre-registration is required and begins February 1st. Call 463-2069 to register. $\omega\omega\omega$

A snooze button is a poor substitute for no alarm clock at all.

The Vashon Loop, p. 14 February 1, 06





Island Epicure

by Marj Watkins

Carbonade de Boeuf **Flamande**

two, but our cookbook recipes usually produce dishes large enough to serve four to six or more people. We don't mind eating the same thing twice when it tastes even better warmed the next day than the first time we served it. But we like variety in our meals, too.

Here are some ways you can morph one main dish into another appetizingly different entrée or a hearty soup. Enjoy the adventure of transforming some of your own favorite dishes into new forms. Here's a sample mother recipe, a Belgian top-of-the-stove meat dish that morphs into a Transylvanian

Carbonade de Boeuf Flamande rates five stars! Everyone who has ever eaten this dish at our table has asked for the recipe. Try it and you'll become famous as a gourmet cook.

If there's a portion or two left over, add a few vegetables and you'll have a fabulous beef stew. (See about 2 cups any cooked beef Transylvanian Ragout, below)

Carbonade de Boeuf Flamande (Belgian Beef & Beer Stew)

Prep Time: 35 minutes Cooking time: 1 hour 38 minutes Servings: 4

2 Tablespoons olive oil

1 large onion, wedge sliced

1/2 leek, split lengthwise, cleaned and sliced

2 or 3 cloves garlic, sliced

1 teaspoon dried marjoram leaves

1 bay leaf, broken in pieces

Pinch dried or fresh rosemary leaves

cut in bite-size pieces

1/2 cup flour for dredging beef

1 teaspoon salt, or to taste 1/4 teaspoon coarsely ground black pepper

1 cup Coors or other light beer Water to cover

Heat oil in a Dutch oven or large, heavy skillet. Stir-fry the onion 3 to 5 minutes. Add leek, garlic and herbs. Stir-fry 3 minutes more. Remove and reserve vegetables.

Dredge beef, shaking off excess flour. Brown the meat in the same

Many of us cook for only one or skillet, adding more oil as needed. Sprinkle with salt and pepper. Return the onion mixture to the pan. Add beer and water.

> Reduce heat to medium low. Cover. Simmer until meat is forktender, about 1 1/2 hours.

Carbonade de Boeuf Menu: Flamande; salad of sliced tomatoes, minced fresh parsley and vinaigrette; braised summer squash or zucchini; or frozen peas or beans cooked with a dash of chicken granules and butter; microwaved potatoes, or buttered fettuccini or egg noodles, or rice pilaf; and a platter of sliced apples and oranges for a simple, healthy dessert. Beverage: Merlot, Semillon red, or Cabernet wine; or Cider, cranberryapple juice, or water with a slice of lemon.

Quick Transylvanian Ragout

Prep Time: 10 minutes Cooking time: About 12 minutes Servings: 4

1/2 recipe Carbonade de Boeuf, or

1 medium size onion, chopped

1 carrot, sliced

1/16 teaspoon caraway seeds

2 teaspoons paprika

1/2 teaspoon dried marjoram

¼ pound pre-sliced mushrooms

1 cup water or beef stock

Salt and pepper to taste

Quick thickening, optional

2 teaspoons cornstarch or rice

flour

2 Tablespoons water or sherry 1/2 cup light sour cream or plain yoghurt

Combine all ingredients except the 1 lb. stewing beef or round steak thickening and the sour cream or yoghurt. Bring to boiling. Simmer until mushrooms are done, about 7 minutes. In a small cup, dissolve starch in water or sherry. Stir-cook until sauce thickens and clears. Ladle into soup bowls. Top each serving with a dollop of sour cream or yogurt.

Menu: Transylviania Ragout, salad of leafy green lettuce leaves, washed, patted dry (with paper towels or clean tea towel), garnished with pickled beet slices or grated fresh beet, and quartered boiled eggs, served with ranch-style dressing.



Barber & Beauty Shoppe (206) 463-7212



Family Hair Care ~ Sensible Prices Colors, Perms, Hair Cuts

Parker Plaza 17232 Vashon Highway

Kadame Sonjours

Dear Madame Toujours,

I was out on the nightclub scene last night looking for someone I could really connect with. I saw a really cute girl sitting with her friends. She looked kind of nice and sweet and smiled a lot, so I went over. I told her she was really cute and her friends were kind of ugly, and asked her if she wanted to ditch them and come home with me.

Can you believe, she threw her diet coke in my face, called me some names and told me to take a hike. I can't figure it out. I complimented her, bought her drinks, tried to make her feel special, and she throws a drink at me. Did I do something wrong? Is this like that thing where girls don't like nice guys and they really want some jerk to treat them like dirt?

Sincerely, Hurt and Misunderstood

Cher M. Misunderstood,

Quelle domage. You are indeed having the big misunderstandings with the injured feelings and the pride and so forth. Let me to explain for you the errors. First is the insulting of the friends. Naturellement, you are supposing that she will be pleased to know that she is more attractive than the friends. Oui, you are very correct in this. Unfortunately, you are making the mistake to be damning her with the faint praises. Mlle., she is thinking, "Not only is he insulting for me the bosom friends, but he is finding me to be slightly more attractive than the Hunchback of Notre Dame."

attract the notice of la belle femme in the company of her friends, take the time to remark casually and without much interest, "Your friends, they are unusually attractive. Possibly you are all the models?" Now Mlle., she is understanding that you are finding her to be the superior catch.

Probably, she will assure you that, non, they are not the models. This is excellent. Now you are having the convenient opening to inquire about her career as you are gazing seductively into the eyes. She will find this very attractive. She will go home with you and have the sex. Good for you.

Now I am explaining the unfortunate misconception that the female persons are liking to be

Memoirs of a Geisha **Syriana**

February 1, 2

History of Violence

Underworld

February 3-9



Casanova Second Film to be announced!

February 10-16



Call 463-3232 or check www.vashontheater.com for times

treated with the contempt and the Next time you are attempting to cruelty. This is the big foolishness. What the male persons are noticing is that everybody is liking more the thing that is very valuable and scarce. If you are the big, hairy jerk, then you achieving this by going away as soon as the sex is over and having sex with many other people.

> If you are the sensible person who is the ornament to her life, you are demonstrating for her your value by not following her around like the stalker. What for are you wanting to do that? You are the popular, likeable fellow who is having the life, *n'est pas?*

> Bon Chance, M. Misunderstood. By using the little psychologies, you are not having to make yourself the big jerk.

> > The Loop online: www.vashonloop.com

The Vashon Loop, p. 15 February 1, 06

IF YOU FALL ON YOUR TUSH AND YOU GET A BIG PAIN COME TO DR. BASILE TO GET RID OF YOUR PAIN!



Vashon Family Chiropractic Dr. Thomas Basile 463-1850

The Rainbow Connection is Not Just for Frogs

Rainbow Connection" in my presence one time during a meeting and it caused me to seriously listen with an ear to the "cheese" factor.

Yup, it's got a little hokey dokey to it. I like that about a song. And I liked that scene in the movie where Kermit is strumming away on his banjo in the swamp. That is how it happened right? I'm not going to rewatch the movie. I don't research this column THAT heavily.

I've been waiting for weeks to tell you all what happened while you were watching the Seahawks game three games ago. Not this past Superbowl, not the championship one, but the playoffs one.

While the streets were void of traffic and the world was silent because everyone was listening to what was going on at Quest Stadium, my daughter and I were speeding toward the north end ferry. I don't like football and I never watch it unless it's the ultimate game. Penn State at the Cotton Bowl was my usual annual trek till they changed the configuration of the Pac ten or whatever it was they did that shifted everyone around.

Suddenly there it was in all it's breathtaking beauty: the clearest, most intense density of rainbow colours I've ever seen. "It even has blue" my daughter exclaimed. Blue seems to be the least present colour.

As I bent my head to catch snatches of its arches through the trees, I talked to it. "Please be there when I get to the dock. Please be there when I get to the dock."

proverbial rainbow. I couldn't believe that everyone on the dock wasn't out of their cars shooting pictures or worshiping overwhelming awe at the grandeur.

Perhaps it was a promise of a superbowl win. Perhaps it was just one of those moments that remind you life is bigger than time and space. For me, it said one thing: "Don't Quit."

In the Judeo-Christian tradition, the rainbow is a sign of faith and mercy and starting over on a better foot. To me, it was a reminder of the importance of hanging in there for the long haul. I mean, how many parts or pieces of rainbows have I seen in my lifetime? Many. How

Somebody dissed the song "The many times have the Seahawks tried to win? Many. And this I know without knowing you, how many times have you felt like you wanted to quit? Many.

> Quit what? Whatever. A personal plan, a relationship, a house remodel, a dream, a purchase, a business try. Whatever.

> Life is pretty much solved in a hurry according to TV and movies. The real truth is life takes a lifetime. You try and try and try and try and

> It's important to keep going. It's important to stay the course. Why? Because anything worth doing well is worth doing for a long time. Breakthroughs appear in a moment but happen over the course of many years. We need to live for the long

> I will plug one of my all time favourite movies. It's called Door to Door It's the story of Bill Porter (played by William Macy), a salesman born with cerebal palsy. When refused a sales route because of his disability, he asks for the toughest route that no one else wants. As he sits on a bench eating his lunch that first day, he finds his mother has printed "Patience" on one side of his sandwich and "Persistence" on the other.

> That's what life takes. And cheer while you're working. Do it with a

The rainbow I saw that day will encourage me forever. It was worth waiting for. Whatever it is you have been wanting to quit, don't. If it meant something to you in the It was. Stretching from water's beginning, it is worth seeing it surface to water's surface, it was a through to the end. Last weekend I complete, solid arch of all the colours spent time with friends I hadn't seen supposedly attributed to the in several decades. When last I saw them, I wore a leg brace. Learning to walk without that has been a journey in itself. I'm so glad all the times I looked at my leg or my drooping big toe and said, "I wish they'd cut the damn thing off!" that no one was listening. Next fall I want to take a ballet class just to celebrate. We all have dozens of triumphs waiting to be realized.

Be encouraged. Talk with someone about what they are working on. Remind them, and yourself, slow and steady wins the race. And "look, look for the Rainbow!" Oh. Different song. Different rainbow. Go for the pot'o

യയയ

PERRY'S VASHON BURGERS

17804 Vashon Hwy SW

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



Hoytus Interruptus By Jeff Hoyt

Super Bowl: Been There, **Done That**

As Seattle Seahawk fans across the Northwest rev up for their virginal Super Bowl experience, I'm quick to remind them to enjoy every minute of the ride. There's never any guarantee whatsoever that the experience will be repeated any time soon.

I should know. My favorite team went to the Super Bowl, but only once. In fact, it was twenty years ago and they've never been back since. I made the experience count, though. I actually went to the game. And all I had to do to get there was adopt someone else's identity for the better part of a week while trying not to get caught.

The full story can be heard in glorious mp3 stereo on a computer or music player near you. Hoytus Interruptus, the podcast, is found at http://www.hoytus.com. Or, if you have iTunes, search "hoytus" in the Music Store and you'll get to the podcast that way. From there, you can either play the show right there at your computer, or click on the "subscribe" button to have each new Hoytus podcast downloaded directly to your hard drive whenever a new episode is unleashed.

This story, like all of my podcasts, employs a technique I call "lyrical storytelling." The narrative unfolds over a bed of music and is written to move and flow with the rhythm beneath it. Musical guests in this latest podcast include Queen, Peter Gabriel, and They Might Be Giants.

Financial Planning 101: Don't Get Stung

By Mark Goldman

Now that 2005 is over, it's time to take a fresh look into what lies ahead for 2006. I see a couple of economic speed bumps in the road, particularly for some homeowners:

On January 10, Paul Craig Roberts, Reagan's Assistant Secretary of the Treasury, published an article where he quoted some very disturbing numbers. Roberts reports: "In 2005 for the first time on record consumer, business, and government spending exceeded the total income of the country. Net national savings actually fell." Read that sentence again:"...for the first time on record..."

Now that's not good news. It suggests to me that US consumers should be very conservative now, or at least careful, in their economic outlook. The ship of state is drifting into very shallow water.

The Bush administration reminds me of the proverbial carpenter who only owns one tool: a hammer. To him, everything looks like a nail. Actually, Bush owns two hammers—a military claw and a tax cut mallet. No matter what the problem is, he is likely to address it by either sending in the military or by giving fat cats more tax breaks. It makes life simple for him but very complicated for the rest of us. Hurricane Katrina...no problem: cut taxes. Bird Flu...that's easy: send in the marines.

Consider the potential economic fallout of any of the following: we are in the middle of a constitutional crisis with the Bush administration advancing the theory of the "unitary executive" (in other words, the president is really our elected king) we're engaged in a war in Iraq with expenses now projected to be between one and two \$Trillion (enough money to shore up social security for 75 years), a potential war in Iran, great income differentials between the rich and the poor (more crime and social turmoil), poorly designed tax policies (unintended consequences), a dysfunctional congress (systemic corruption), uncertain oil supplies (inflation and poverty), high deficits (shrinking social safety net), low personal and national savings rates (financial insecurity), a possible currency crisis leading to a spike in interest rates if China and/or others decide to move money from dollars to another currency, and then there's always the threat of another terrorist attack.

None of these are certain to become the next economic nightmare, but the growing probability that any one or two of them might, is troubling to say the least. A downturn in the economy, for example, accompanied by higher interest rates could be very unpleasant.

So what does this mean to you? It means, for one thing, that you should be very careful about how you manage debt. If you recently financed your home with an interest only mortgage, you are skating on thin ice. In fact, any variable rate debt could be a problem.

So how risky is variable interest rate debt? Well, you never really know. Conceivably, as risky as quitting your job at Microsoft to make your fortune in a rock and roll band? Now I'm usually very supportive of people who want to take a chance on their dreams. After all, how do I know you won't become the next Sting? But when it comes to variable rate debt, just make sure that instead of becoming Sting, you don't end up being stung instead.

The Vashon Loop, p. 16

Lop - Sports Ask Ernest The court jester of sport



"You got a little ticklish spot that Stemer slightly flicks every time, don't you, Wildflower?"

Richer Rankings by State Champ Rick Wheeler!

12. Andy Soapbox Sears. He can propose (yes he's getting married) and compose (yes, his basketball team is 13-2 this year) at the same time. Congratulations!

13. Masta' Quang. He's a rising star and a Seahawk fan!

14. Allison Pritchard. The best T/A west of Sioux Falls.

15. Alexis Daniels. Bus Driver, Night Clubber, Bus Driver, Great Hugger.

16. Captain Art Hoggins. A sober captain. This world needs you!

17. Haruki Murakami. He wrote a story about a frog and a worm that was actually readable.



It gets cold waiting for Superbowl tickets to go on sale, but John "I've got friends in Detroit" Murray presents a picture of confidence.

18. Mike Holmgren. A coaching genius and the last four letters of his last name are legendary.

19. Madeline Wolzcko. The meanest looking Mustang so far.

20. Steve Smith. Good try, guy!

Hey Ernest,

Why don't you write about some high school winter sports? The teams are raging in the rain. Rik F. wrote an article about them, so why don't you?

Edward "Scissorhands" Protzeller

(Can you believe I can type with these scissors?)



VHS students prepare for the bright lights sure to be shining on them come playoffs.

Okay Scissorhands, Here goes: Girls Basketball: They are 5-2 in League so far and have a home game on Friday, February 3rd at 5:00 vs. Steilacoom. Come out and show your magic finger spirit.

Boys Basketball: Now 13-2 and running and gunning. Home game on Friday, February 3rd vs. Steilacoom at 7:00. And Shane Davis should be back. (Also, you can check out Soapbox Sears' new ring!)

Wrestling: 7-0 in League and soon to be starting post season. Placed 5th in the (wet) Dream Duals in Spokane last weekend). Undefeated Wrestlers were Duncan Mayshark, Freight Train Gateman (pinned all his opponents), and Micah Jordan Sohl (beat Othello's returning state champ 11-7).

User Friendly

Technical support for non-technical people (206) 463-1364 (206) 714-7839



Michael O Bradley 'GEOMETRA'

The geometra in Italy performs roughly the combined functions of an architect, site foreman, and engineer in charge of buildings and land use issues. He or she is also the person who liaisons with the building authorities, public bodies, and local councils and is expressly authorized to draw up the plans or renovate buildings up to a certain size limit, without calling on the services of an architect. The geometra produces working drawings, deals with building contractors, suppliers, and all the paperwork and building permits. The geometra should know the correct people at the building department that make the important decisions and all the tricks for getting around burdensome regulations. Did I hear 'CAO' anyone?

Let's make your project happen.

scc

Sound Contracting & Consulting

SOUNDCC972K2

(206) 463-2055

Michael O. Bradley

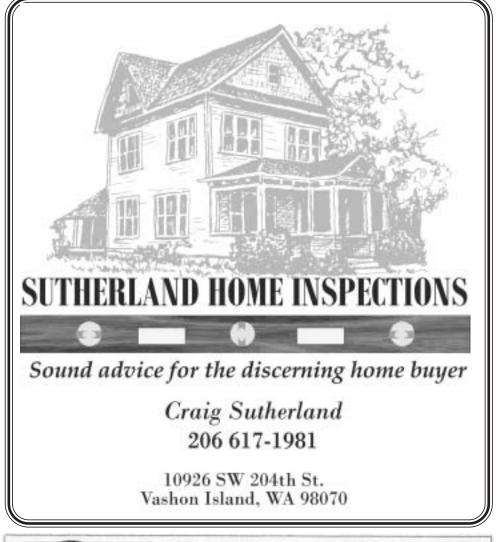
Contracting & Consulting Services

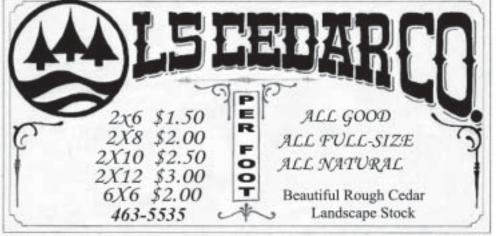
- Detailed, cost effective building plans
- Liaison with DDES for permits, land use issues
- DDES dispute resolutions
- · Remodeling ideas and installations

Zoups on at Zoomies Come give it a try today Cup: \$3.00

Bowl: \$3.75







The Vashon Loop, p. 17 February 1, 06

Lopy Laffs

Never underestimate the power of very stupid people in large groups.

A mother was showing her son how to zip up his coat. "The secret," she said, "is to get the left part of the zipper to fit in the other side before you try to zip it up." The boy looked at her solemnly and asked, "Why does it have to be a secret?"

One - Liners

Hypocracy: Government by Hypocrites Cholesterophobia: Fear of frying

Unless you can create the Never buy a car you can't push. whole universe in 5 days, Then Indecision is the key to flexibility. perhaps giving "advice" to God Are dog biscuits made from collie flour? isn't such a good idea. All I want is a little more than I can spend! Life not only begins at forty, it begins to show. If you can't beat them, arrange to have them beaten. I finally got my head together and my body fell apart. If a parsley farmer is sued, can they garnish his wages? Why do people who know the least say it the loudest? How does it change many dyslexics to take a lightbulb?

This Fall I learned something important about burning leaves—you have to wait until they fall off the trees.

If the grass is greener on the other side of the fence, you can bet the water bill is higher.

> Who is the only woman to appear on the cover of Time magazine 10 times? The Virgin Mary

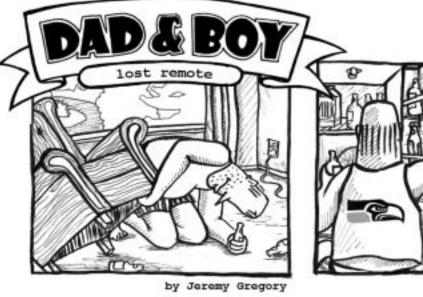
WILD WORLD / Ed Frohning

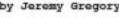


You have to wonder about humans. They think God is dead and Elvis is alive!

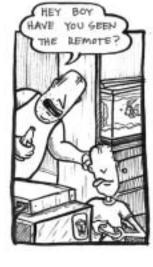
The things that come to those who wait may be the things left by those who got there first.

—Abe Lincoln, when told it wasn't the right time for him to run for president.









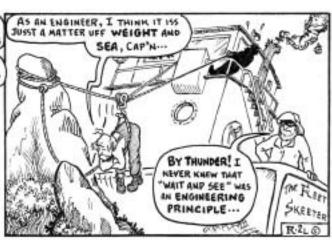


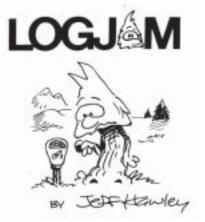


OFFSHORE









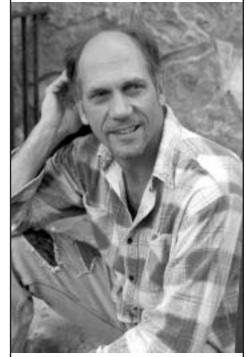








Singer-songwriter Chip Dolan from Austin at Cafe Luna



Austin singer-songwriter Chip Dolan will perform at 5:30 p.m. on **Sunday February 5** at Cafe Luna. Island musicians Noah Dolan and Andre Sapp will join Chip for this Vashon show.

Chip Dolan is currently touring the country to celebrate the release of his CD, *Right Now. Right Now* is his first album. You may have seen him on *Austin City Limits* with Tish Hinojosa, or at the Grand Old Opry.

Dolan has toured internationally, playing keyboards and accordion, and has recorded and performed with some of Texas' finest artists, including Bruce Robison, Charlie Robison, Kelly Willis, The Mavericks, Tish Hinojosa, Greg Trooper, Eliza Gilkyson, Jimmy Lafave, Sara Hickman, and Slaid Cleaves.

Chip and Noah Dolan will also be opening for the Austin Lounge Lizards at the Tractor Tavern in Seattle on Thursday, February 2.



Carolyn Cruso

Cruso Plays Hammered Dulcimer at Luna

Folk Diva Carolyn Cruso casts a spell with her lyrical hammered dulcimer playing, poetic lyrics and intricate guitar playing at Café Luna, this **Saturday**, **February 4**, at 7:30 p.m., by donation. For info call (206) 463-0777, or visit www.cafelunavashon.com

Carolyn Cruso is an "outstanding hammered dulcimer player who has gained local and national acclaim for her wonderful recordings and performances (*The Quarter Note*, Seattle)." She is equally at home on the flute, guitar or vocals. Her dulcimer playing, which is quite adventurous, has been described by reviewers and fans alike as mesmerizing and lyrical.

In recent years she has also emerged as a powerful and evocative songwriter. Fans have been delighted by what Dirty Linen Magazine, San Francisco Bay Guardian and Victory Music Review, respectively, have described as her "splendid guitar playing," "eloquent set of pipes," and "elegant melodies." Open guitar tunings and vivid lyrical images bring rich texture to the music.

At this show she will be celebrating the release of her new solo hammered dulcimer CD, Boundless, an adventurous collection of original pieces that push the boundaries of the instrument. For more information about Carolyn visit her site at www.carolyncruso.com

Elizabeth Conner at Two Wall Gallery
By Nadine Meeker

Vashon artist and arts advocate Elizabeth Conner will create an installation in the Two Wall Gallery for the month of February with an opening reception on February 3, 6:00 to 9:00 p.m. Everyone is invited to the reception and to be part of the art as it evolves throughout the month.

In her recent work, Conner explores how the human body moves through and relates to architectural space. She often begins



Two Wall Gallery Photo by Elizabeth Conner

by photographically recording her physical presence in a specific place. The Two Wall Gallery exhibit will include self-referential evidence of people in a space looking at art about people in that very space. Conner's improvised experiments with her body in this space may influence visitors' experience of their own presence in the gallery.

Conner is fundamentally interested in researching the many dimensions of Vashon's newest old gallery. All the photographic "research" elements of the exhibit will be for sale (and inexpensive), so you will be able to take home the parts of the gallery and the artist, to which you most relate.

Conner has a fifteen-year history as a public artist that includes temporary and permanent sculptural installations throughout the United States. We feel fortunate to exhibit Conner's work and encourage you to join in this unique "performance installation" experience.

Pianist Ann Cummings:

Who says love isn't dangerous?

By Janice Randall

It's Venice in February at Blue Heron Art Center when pianist Ann Cummings merges traditional piano recital with multi-media piano concert. Cummings wears a different exotic mask for each musical selection while playing the dramatic music of 19th Century Romantic composer Franz Liszt. Through spoken word and a journey inside the music, Cummings explores love, loss and its heroic resurrection.

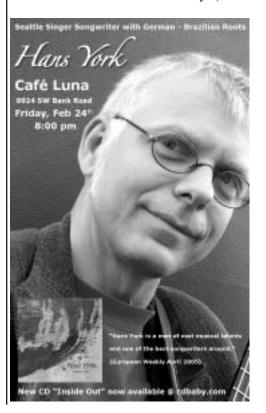
VAA Panache Concert

Inside the Music:
Who Says Love Isn't
Dangerous?
With Pianist Ann Cummings
Opening set by Kelly Wyse
Saturday, February 11, 8 p.m.
at the Blue Heron Art Center
Tickets: \$12/\$15 (Include
Complimentary Champagne
& Hors d'oeuvres)

"I am a classical pianist who began developing multi-media presentations of my concerts back in 1994. The process began with the study of paintings, and evolved from there. Working with visual elements in classical music revealed to me an awareness of creativity that extends beyond music," says Cummings. "If you were to simply ask, 'What is inside the music?' you would discover that classical music is not just created sound, it is human imagination. The adventures are endless."

Cummings' heartfelt program is Romanticism at its best. Her goal is to expose the creative thinking inherent within classical music and explore its relationship to the listener. She says her concerts "are about human consciousness, which beseeches us to express ourselves as individuals and simultaneously discover our relevance as a piece of the whole of life."

Cummings has toured her *Inside* collaboration with fathe *Music* programs nationally and internationally. Local performances year anniversary of include the Seattle Composers performance of Ravel Salon, University of Washington's Wyse may be reconArt Series, Sherman Clay Kelly.Wyse@gmail.com.



Lunchtime Series, COCA, and more. She has released three CDs of *Inside the Music*, and is a featured artist in 2005-2006 Touring Arts roster sponsored by King County's 4Culture. Cummings offers residencies for public schools and maintains an active piano and art studio. For more information check out insidethemusic.com.

Pianist Kelly Wyse has developed a 25-year relationship with the piano. A graduate of Cornish College of the Arts, Vashon resident Wyse is a musician and teacher in Seattle and Vashon. He will play an all-contemporary opening set for Ann Cummings. Works will include reflective pieces by Arvo Pärt, Ravel's romantic Night Moths, Scriabin's Etude, op.65 #2 and more. "I felt these pieces would compliment Ann's program. Scriabin is similar to Liszt, but with his own vocabulary. He was a mystic who blended his senses," said Wyse.

Wyse has received numerous awards and merits. He currently directs music for Vashon High School Theater and performs with two music groups in the Seattle area: rock band, Leuko and acoustic ensemble Novemthree. He also teaches private piano lessons. On March 12th, Kelly will perform at the Asian Art Museum in collaboration with four other pianists to commemorate the 100th year anniversary of the first performance of Ravel's *Miroirs*. Wyse may be reached at Kelly.Wyse@gmail.com.

Calling all dogs: Auditions for *Annie*

There will be open auditions on **Saturday**, **February 18**, at 1 p.m. at Lewis Hall (behind Burton Church) for the right canine to play Annie's dog, Sandy. Sandy is a dog of a "certain color," according to Director Libbie Anthony, but gender non-specific. Sandy must be obedient onstage. There is a small cameo appearance for a second dog, small enough to be easily picked up and carried by the dogcatcher. Yappers OK for cameo. Cast members will be present to work with dogs in auditions. Arf.

Cafe Luna for February 1-15

Friday, 2/3 6:00-9:30 p.m. Artist Reception, Rebecca Douglas, *Halloween on Vashon*, photographs; Alice Larson, origami hearts, mobiles, wall hangings.

Saturday, 2/4. 7:30-10 p.m. Carolyn Cruso: hammered dulcimer w/original & Celtic & Appalachian music

Sunday, 2/5. 5:30-7 p.m. Chip Dolan with Noah Dolan: acoustic, melodic, folk rock Thursday, 2/9 7-8:30 p.m. Open Mic

Friday, 2/10 7:30-10 p.m. 5:01: Island country rock groove music Saturday, 2/11. 7:30-10 p.m. Travis Hartnett: acoustic guitar instrumentals w/looping

Blackberry Bear and the Adventures of buckleberry bollow

©Becky and Maggie Bumgarner © Illustrations by Maggie Bumgarner

Part 2: Enter Maggie



afternoon there was a knock at the door.

"Hello is anyone home?

Hello?" inquired a girl's voice.

Snores could be heard coming from inside the "My name's Maggie

and I'm selling Kookeez. Would you like to buy some? Hello..."

"Huh? What is it?" thought Blackberry Bear to himself, shuffling to the door.

"Oh, hello little girl. Kookeez you say? Maggie wasn't it? Cool shoes! And they're red!"

Blackberry loved red shoes.

"I'm Blackberry Bear and I live here with the Wizard. I'll ask him for some money for Kookeez. He makes these special flying powders for a living. I'll just go and get him."

Hum de dum.

"Hey Wizzy, a nice little girl is Please, please?"

"Oh alright Blackberry." said Wizzy, following Blackberry back to the front door. "Let me meet her."

"OK. Hey Maggie, this is the Wizard, Wizzy," said Blackberry.

Maggie looked skeptical.

"A wizard, huh? I don't believe it. If you are a real Wizard, show me your powers. Do something. Turn me into something!"

"All right. What would you like to be?" inquired Wizzy.

"A Unicorn!" replied Maggie.

Unicorn. "A Well let's see." thought Wizzy. "ALA KA ZAM!"

POOF!

Maggie disappeared and a Unicorn appeared

in her place.



"OK, OK. I believe you," she said, "now turn me back already!"

let's "OK, see..."thought Wizzy. "MAZ AK ALA!"

POOF!

"I'm back, but he's not gone!"

Maggie cried. "Hum de dum, Wizzy!"

"Hmm," Wizzy hmmed, "Let me try again, "ZAM KA ALA!" Nothing happened.

"Hey, doesn't anyone care about what I think about this?" inquired the Unicorn. "I kind of like it here."

"Yeah, Wizzy." said Blackberry, "Why not let the Unicorn stay with us? There's lots of room."

"Well, alright for now." said Wizzy. The Unicorn smiled and took a bite of Kookee.

"I've got to get going. I'm off to selling Kookeez. Can we get some? my dance class uptown," said Maggie.

> "Can I come along? I love to dance! Can Ratty come, too?" asked Blackberry.

> "Sure, Blackberry. There's a ballet class just before my class and we can all watch it."

> > To be continued! Next time: Aloetta and the frog Prince

The Making of a Musical

By M. L. Tuel

Kathy Bonner started creating choreography for Annie before Christmas.

"I start forming dances as soon as I get the music because the longer the cast does these steps, the sooner they can start ignoring their feet and let their muscle memory take over."

"Some of the little girls have had dance, but most people in the show have no dance background. You have to work with people's comfort and ability because singing and dancing at the same time is really tough."

"I have danced since I was a little girl. I gave it up for a few years, then started again when the Blue Heron opened, about 25 years ago, and the ladies were using any round piece of wood they could find for a barre."

Libbie Anthony is teaching the cast their blocking. What's the difference between choreography and blocking?

"Blocking is telling actors where to go, what to do, and how to say what they have to say."

"It's going great. Everyone is happy to be there, and everyone is layering their character onto the blocking I'm giving them."

"I had a vision last night - one lady is going to be sitting off to the really sure!



Photos by Hawk Jones/Kotagraph

Kathy Bonner teaching choreography to Maria Gilmour, who plays the orphan "Molly"

side selling apples instead of dancing, and I have another little consumptive girl off to the side coughing during the 'Hooverville' number, and it's OK with both of them, even though they both thought they'd be dancing.

"I'm spooked, waiting for the first shoe to drop, it's going so well."

Next time: You know, I'm not



An uncommon place at the heart of Vashon Island

READY FOR A GREAT GARDENING SEASON?

Seeds from Territorial Seed Plants of Distinction and More to Come!

GREAT VALENTINE GIFT IDEAS ON DISPLAY! **OUR WINTER SALE CONTINUES:**

Selected Rubber Footwear, Raingear, Filson and more. Pick up a list!

NEW FAX AND COPY SERVICE

BRING THIS AD IN FOR 10% DISCOUNT ON ANY REGULARLY PRICED MERCHANDISE

Good thru February 2006



Oscar Night! Save the Date!



Then 4th-graders Ella McConnell, Valentina Duque, and Emma Hennessey (in a pink boa) arrive at the 2005 Oscars in style. Photo by Lauri Hennessey

Oscar and the Olympics were headed for a scheduling clash, and Oscar blinked

The Academy of Motion Picture Arts and Sciences Thursday said the 2006 edition of Hollywood's highest honors would be moved back by one week to Sunday, March 5, to avoid a conflict with

the 2006 Winter Olympics. So that means that the Vashon Film Society's Oscar Night will be on Sunday, March 5, at the Vashon Theater. This annual event is a chance for famous and not-so-famous Vashonites to put on their most elegant glad rags and come to the Oscars. Stay tuned for more information as the big night approaches.

— Compiled from Reuters and Hennessey Communications (Reuters in The Loop! 'Way cool!)

The Vashon Loop, p. 20

Equestrian Dream \$545,700

- ≫ 2 Bedroom
- 9 1.75 Bath
- ≫ 5.75 Acres
- 9 1920 Sqft
- Vaulted Celings
- Westside Location
- Outbuildings RV Parking
- Shop & Stable



Amazing Sunrise Views



\$499,700

- ≫ 3 bedrooms
- Heated Pool

MLS # 25183987

All the Best, Solid NW Contemporary Home in Private, Mid-Isle Setting. Retro Designer Kitchen. Amazing Sunrise Views of Mt. Rainier and Shipping Lanes. Have Your Friends and Family Over for a Party. Open Floor Plan Upstairs with a Sun Room. Downstairs Features Large Room for Entertaining with 2nd Retro Kitchen. Relax on the Spacious Decks and Patio or in the Hot Tub...Go for a Splash in the Sparkling Heated Pool.

KELLER WILLIAMS. REALTY

SEATTLE METRO WEST



206-463-7677

"We are passionate, focused, and real. Together we have 20 years of real estate experience on Vashon Island. We'd love to help you realize your home owning dreams."

Keller Williams Realty

Local Expertise With a National Presence



Vashon's only National Real Estate Office

Fred and Carolyn Steen

- [~] 5th Largest Real Estate Network in the US
- Over 58,000 Agents in 500 Offices
- ~ Recognized and Respected for Excellence

home_4_you@hotmail.com www.kwseattle.com -Local Listings www.kw.com -National Listings

206-463-7677

17637 Vashon Highway SW

Look For Island Septic Service on Page 30 of the white pages



MEADOW HOUSE
Lovely, furnished one
bedroom apartment
with kitchen, deck, yard, cable.
Great for out of town guests.
Children welcome.
No Smoking or pets.
\$675 per month.
Month to month or
short term lease.
Available January 1
Security deposit Req.
(206) 463 3009

For Sale

Two Walk-up style folding benches, in good shape. \$60 each.

Rex Morris 463-3009

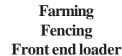
RR Ties \$5.00 - \$22.50 ea Vashon p/u **4 Grades 463 5161**

Build Your Own Home!



You can help build your first home for as little as

\$170,000 for a Craftsman-Style, 3 BR, 2BA. Call 206-463-4880 for more info.



Small backhoe

Doug York (206) 567-4776

Driveway repair Rototilling Brush cutting etc.

For Rent

For Rent: 2 bedroom 1 bath home. \$850 + utilities (power, water, sewer, gas, cable and DSL) Call 206-491-3325

For Rent: Shared office space available on Vashon. Soundproof room, waiting room. Suitable for bodywork, counseling, etc.

Call 206-463-3967.

For Sale: Drum set - Vintage Ludwig, white sparkle, snare, bass, two toms, floor tom, ride, crash, splash, hi-hat. \$500 obo.

HOUSESITTING

Plants, garden and pet care Excellent references

Marie Schlick 567-4030





For Rent: 3 Bedroom 2 bath North- end home. Walk to the ferry! Large Deck, Large Backyard. Woodstove \$1500 per Month first last and damage deposit. Call Troy or Marie (206) 463-5478





9925 SW Bank Rd Open Mon-Fri 11:30 am till 8:00 pm

463-7980

New Owner ~ Same great taste!

Problem Solver

You've got problems, we've got solutions You've got questions, we've got answers Call Nick and Bryce 567-5879