

Vol. 3 #4

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM

February 15, 2006

PTSA Mardi Gras Auction March 11

Donations and Volunteers Needed

By Anne Atwell

It's time to gear up for the fourth annual PTSA Mardi Gras auction which will take place on **Saturday, March 11** at Vashon High School (VHS). Each year this colorful event is a heartwarming



tribute to the strength of our community in w o r k i n g together to make our schools the best they can be.

The money from the auction

will again go to curriculum enhancement (new text books) at all three Vashon Island public schools. For the past three years more than \$99,000 of auction proceeds have gone directly back into our schools: About \$80,000 toward replacing 20-year-old math text books at McMurray as well as aging math books at the high school and elementary schools; and <u>Continued on page 2</u>

We Are Making a Difference! The PTSA Auction has become the major fundraiser for the Vashon School District over the past three years. Here's how the funding was allocated:

> Auction2003 Total:\$44,400 PTSA Programs \$15,000 CES Math: \$ 5,000 McM Math Books: \$15,000 VHS Math Books: \$5,000 Music Programs: \$4,400

School and Parks Levy Elections March 14! [©]See page 4 for details[®]



A few of Vashon's favorite seniors enjoying a lasagna, salad, and garlic bread lunch at the Senior Center. From left to right: Mary Lou Hillendahl, Fred Losornio, Frances Eikenberry, Betty Medisky, Lorraine Oliver, Wally Fletcher, Luella Lodahl.

Old Age Is Too For Wimps

By Deirdre Petree

Woke up this morning, rain pounding on the skylight: "I'm retired, I don't have to go out in this any more and wait 45 minutes for a bus," I thought. Four bed kitties purred back, "We don't have to go out in it, either." "Can't fix the leaky skylight in rain this heavy — I'll go to the Senior Center, where a hot lunch and dessert for \$3 (\$5.75 for you under-60-years-old whippersnappers) and a warm welcome awaits me." How sweet it is on Vashon!

The Senior Center invites you to lunch on Monday, Tuesday, Wednesday, and Friday. The fun starts at 11:45 a.m.

Wolf Management Plan Proposed for Washington State

Response to Federal Plan to Remove Wolves from Endangered Species List

Washington State Senator Bob Morton is pushing for a gray wolf management plan in Washington State (SSB 6778). This is in response to the Federal government's announced intention to de-list gray wolves from the endangered species list. Gray wolves have been reintroduced into the Northern Rocky Mountains and as a protected species have done well in Montana, Idaho, Wyoming, Oregon, and Washington. Conservationists fear that if wolves lose protection they will once more be hunted and destroyed by those who have opposed reintroduction of wolves.



Ferry Fare Meeting Tonight

There will be a meeting tonight, **Wednesday, February 15** at Vashon Island High School, 6:30 to 8 p.m.,so the public can give feedback to representatives of the Washington State Transportation Commission on proposed ferry fare hikes.

Information page 7 on how to comment on ferry fare proposal if you miss this meeting.



Lindsay Hills Hills Solos with Seattle Philharmonic

Lindsay Hills, 17, will perform Ravel's *Tzigane* with the Seattle Philharmonic Orchestra **March 5**.

Auction2004 Total: \$52,714 PTSA Programs \$20,000 CES Math \$20,000 VHS Math Books: \$5,000 Music Programs \$4,775 Art Programs: \$2,939

Auction2005 Total: \$65,325 PTSA Programs \$15,000 CES Math \$20,000 McM Math \$2,500 VHS Math \$5,000 Writing Curriculum \$5,000 Music Programs \$4,400 Art Programs \$1,000 Technology \$425 Grants to Other Programs \$12,000 (This is the recommended allocation for 2005)

If the government does de-list the wolves in the Rocky Mountains, it will be each state's responsibility to manage them effectively so that they do not decline to the point where re-listing is necessary.

States need to have management plans that will continue to maintain wolf populations in a responsible manner. To date, only Montana and Oregon have management plans that will accomplish this, but there are no known wolf populations in Oregon at this time. Other states, including Wyoming, Utah and Washington do not have adequate conservation management plans in place. **2006**.

Hills, a violinist, was one of two winners in the Don Bushell Concerto Competition. The competition is offered each spring to provide professional development and an exclusive concert performance opportunity for outstanding area soloists. Winners of the competition also receive a financial grant for continuing his/her music interests and education as well as the potential for promotional appearances, including print, radio, and publicity events. Immediately following the performance, Ms. Hills will be traveling to New York City where she has been invited to audition at the Manhattan School of Music.

Continued on page 18

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

Preparing for "The Big One"

Free CERT Classes

The Red Cross plans to conduct an eight hour (8 a.m. to 4 p.m.) Shelter Orientation and Shelter Simulation class on **Saturday, February 18**. This is a rare chance for the class to be given on the island. The class will be free but advance registration required. Please call 463-3770 or 567-5274 for more information or to register.

The Vashon-Maury unit of the Red Cross has been helping families devastated by house fires, etc. on the Island for over ten years. Now they are also working with the Vashon Disaster Preparedness Coalition (VDPC) to be able to respond to shelter and feeding needs if we are hit by a major, area-wide disaster.

Red Cross sets up agreements with churches and other organizations around the Island to potentially use these sites as shelters if needed. VDPC estimates that 600 people could be stranded on the Island if a disaster affected the whole region and the ferries were out of commission. There would be an urgent need for help in the shelters. Once people make sure they and their families are OK, many open their hearts and try to help their community. If they had prior Red Cross training, they could be much more effective helpers much sooner.

Free Laughter Class (No Kidding)

There will be a free laughter class facilitated by Weslie Rodgers & Nora Wingate on **Sunday, February 19**, at 3:00 p.m. at Human Touch, the studio behind the Malt Shop in Beck's Plaza.

No humor is involved. Rather we engage the body in silly activities accompanied by a variety of laughs. By learning how to simulate mirthful laughter, we can coax the laughter to show itself more freely and regularly. The physical benefits of such a practice are significant; reduced stress, better circulation, improved digestion, and a feeling of vitality. What's not to like! "We don't laugh because something is funny; something is funny because we laugh." The next Community Emergency Response Team Training (CERT) will start on **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 and includes training in personal preparedness; fire suppression; disaster medical training; search and rescue; disaster psychology; and CERT organization, command and control. Former attendees rave about the classes.

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.

Progressive Book Club Meets

The Vashon-Maury Island Green Party's Progressive Book Club will meet at the Vashon Tea Shop on **Sunday**, **February 26**, from 2:00 to 4:00 p.m. CODEPINK's *Stop the Next War Now* was so well received at the last book club meeting that it will be carried forward for another month as February's book club selection. The book is available at Vashon bookstores and a discount is offered to participants. The public is encouraged to attend. Call Maryrose Asher at 567-0593 or e-mail dmasher@comcast.net for more information.

Young Tree Pruning

Saturday, February 25, Vashon Island Fruit Club is conducting a workshop on the pruning of young trees. The workshop starts at 10 a.m. and goes to 4 p.m. Please bring your own lunch, refreshments, and sharp pruning tools. Dress for the weather. Non-members are welcome and can obtain a membership as late as Saturday morning and then may join the hands-on workshop. The workshop will be held at three locations. The first, at 10 a.m., is at the home of Bruce Jackson, 17920 SE 94th Avenue. The second location, at 11:30 a.m., is at the home of Cathy and Roger Fulton, 9228 SW 209th Street. The third location, at 1:30 p.m., is at the home of Jim and Joyce Hunziker, 13034 SW 220th Street.

Wolves

Continued from page 1

Members of the public wishing to comment on Washington State's wolf management plan can call State Senator Bob Morton, at 360-786-7612 or fax him your comments at 360-786-1999. Also contact Washington state Fish and Wildlife and suggest ways that both interests of Wolves, hunters and ranchers and eco tourists could be provided for: 360-902-2690



PTSA Auction Continued from page 1

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\$19,000 to art and music programs at all three schools.

Every year, the auction gains more support. This year the PTSA has already lined up more than 30 local artists and parents to lead classroom art projects. Island trades people are donating skills and time to help produce and publicize the event. And island musicians will perform, including Vashon Jazz Band, Tate Held on acoustic guitar, as well as additional ensembles.

You can contribute too, by donating items. A sampling from last year's auction includes: a children's garden tea party; a fabulous Greek dinner; a four-night ski vacation at Big White in British Columbia; 16 hours of carpentry expertise from Ed Palmer; artwork by Laura Davidheiser, Caroyn Buehl and Julie Speidel; and a wide variety of valuable and affordable services. This year island artists Hita Von Mende and Janice Wall have already contributed two gorgeous pieces.

Senior Center Membership Drive On Now

If you join the Vashon-Maury Senior Center or renew your membership before February 28, you are entered in a prize drawing at the annual meeting April 21. Membership dues are an important source of support for the center, and members get discounts on trips and a year's subscription to the monthly newsletter, Golden Age Gazette. Please drop by the Senior Center on SW Bank Road to get a form, or call 463-5173. Dues are: active/auxillary, \$20 individual, \$40 a couple; sustaining, \$50 or \$100 a couple; centurian, \$100 or \$200 a couple, and lifetime, \$500. If finances are a challenge, please let our director, Abbie Nielsen, know if you need a reduced or free membership.



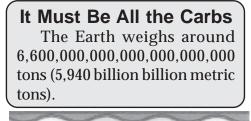
Adopt-A-Cat Day Vashon Island Pet Protectors will host an Adopt-A-Cat Days on Saturday, February 25, from 11 a.m. to 2 p.m., and Sunday, February 26 from 12:30 to 3 p.m. at Pandora's Box. Please stop by or call VIPP at 206-389-1085.

Do you have a business, service, talent or item to donate? Whether it be baking pies, babysitting, or donating a basket of gardening tools, your donations will make a difference.

Please take the time to fill out a procurement form and either mail it or turn it into the front office at your child's school. Procurement forms are available in the lobbies of all the public schools and both John L.Scott offices. Items are needed now and virtually right up until the day of the auction!

Please contact Karen Chachkes at 567-5527 (email: kchachkes@comcast.net) if you have questions.

You can also donate time. Pulling off a successful auction takes many, many people. If you would like to be involved, we'll find you a job to your liking. Please contact Ellen Call at 567-4011.



Questions? Call Weslie 463-5566

Vashon Democratic Club

The Vashon Democratic Club meets this **Saturday, February 18**, in the Land Trust building: potluck social at 6:00 p.m., meeting 6:30 to 8:30 p.m.

The Democratic caucuses are on **March 4**! You are invited to attend this month's special meeting of the Vashon Democratic Club to learn about how caucuses work in a non-Presidential election year. Our panel of experts will answer all your questions.

More information: Jean Young, 463-2461, or Roger Fulton, 463-5652 For further information, please contact Maryrose Asher at 567-0593.

February Irish Ceili Dance at the Grange!

Dance to live, traditional Irish music on **Saturday February 25** at the Grange Hall! The regular monthly ceili dance hosted by the Vashon Celtic Dance Society will be held from 7 to 10 p.m., with a suggested donation of \$8 (\$6 for students and seniors). No partner or experience required. Alicia Guinn from Seattle will teach and call the dances. This promises to be a night of great Irish music and dance! For more information about the Vashon Celtic Dance Society, or to volunteer, call Shannon Seath Meyer at (206) 774-4047 or Lori Malczyk at (206) 463-6917.

Wipe Out Carpet & Upholstery Cleaning Randy Bruce (206) 463-6314 Office (206) 300-5905 Mobile

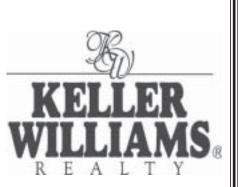
Certified Carpet Technician Adv Truck Mount Equipment (Environmentally friendly Formula)

Certified Upholstery Cleaner

Oriental & Antique Rugs Pet odor control Water Damage Deodorization Carpet Repairs

Troy and Marie Get Warm Feet

There is nothing as nice as stepping out of bed barefoot (or in your sleeping socks) onto a warm floor with in-floor heating. As we learned, it's a luxury that actually saves you money in the long run by dramatically cutting your home heating costs. Matt Hallam-Eames, who works for Schmeets Energy and Plumbing, is positively passionate on the subject. He can be reached at (206) 463-7586.



Marie: Matt, you have a fascinating background. Tell us about yourself.

- Matt: Five years ago I switched careers, from being a systems analyst to a being a commercial plumber's apprentice. I drove my bosses crazy by constantly asking them to teach me about the multiple facets of plumbing, including heating. Early in my plumbing education I worked on several small to medium radiant systems. This was a subject that I became completely absorbed in. I have a keen interest in sustainable living and in finding ways to cut our dependency on fossil fuels. Currently, designing and building highly optimized home heating and hot water systems is my passion.
- Troy: So in-floor heating is an energy efficient system?
- Matt: Yes, it is. Statistics range from 20% to 60% more efficient.
- **Marie:** And it's more cozy! That's just as important as energy efficiency in my book. But how does it work?
- Matt: It's quite simple, really. A radiant floor heating system consists of a series of tubes installed under the floor that circulate warm water. The water can be heated by a solar source, or by a boiler using fossil fuel or electricity. The heat from the water circulating under the floor radiates into the room above.
- **Troy:** I know that some systems use the hot water from a home's hot water tank. Is this a good idea?

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- Matt: Emphatically, no! That kind of system has several problems. For one, the water in a hot water tank has to be heated from ice cold to 160 degrees. This takes a lot of energy. In a closed system (where the water is used only for heating the floor) the temperature varies only by about 10 degrees, requiring much less energy. Plus, using "new" water in an in-floor system means you are circulating things in your system that can potentially cause problems – like oxygen from the water.
- Marie: You've explained that an in-floor system is more energy efficient (and therefore cheaper to run). But does it cost more to install?
- Matt: Yes, the cost to install is usually 20% to 30% more than for a conventional system, but it's paid for by the lower energy bills. The cost of installation is less when there are crawl spaces and when there is the potential for opening ceilings and interior walls. There are also above floor options. Cost really varies depending on the type of floor, and the type or heating system used to heat the water.
- **Troy:** Can you install an in-floor system in an existing house, or is it strictly for new construction?
- **Matt:** New construction is optimal, of course, but it can definitely be installed under an existing floor.
- Marie: I imagine the house would be a lot less dirty, too, without all that dust and dander and nasty stuff being blown through the house. Troy, I think in floor heating is going on my wish list, right after the kitchen remodel. Matt, we'll be in touch.

Just Listed on Vashon!

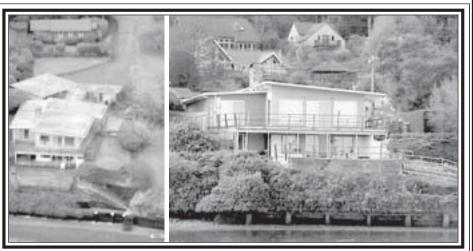
Clambakes and Cocktails!

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**.

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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 tours of these properties at www.kwvashon.com





Keep Vashon's **Parks Alive – Vote** March 14

By Julie Burman, **Friends of the Parks**

"Keep Our Parks" is the theme of the 2006 Park Levy campaign. 4-H kids are making signs to post around town. You'll see the one pictured above in car windows, and we'll be waving recycled signs at the Bank Road Intersection.

This is a grass-roots campaign spearheaded by Islanders who love our Parks and want to keep them alive. We ask you to join us and vote YES again for Parks on March 14!

Is this tax something new?

No. We vote to renew this levy every four years saying YES to keep our parks and community programs alive. The levy is 100 percent of the Park District's operation and maintenance funds. The rate is 45 cents per \$1000 of your property's assessed value. It is the same as Vashon voters approved in 2002. More of the same good Vashon Park stuff. All our money stays right here.

Why does Vashon have its own **Park District?**

Because we want local control and more Parks and fun programs than King County will provide. Jensen Point. Paradise Ridge. Ober Park. Pt. Robinson. Fisher Pond. Lisebuela. Village Green. Tramp

Letters to the Editor: editor@vashonloop.com Have mercy: keep it to 300 words or fewer. Thanks.

dock. Fern Cove. Harbor Wingehaven. These are the crown jewels of the Island and we need a Park District to be able to keep them.

What do we get for the Park Levy money?

Over 700 kids get to play ball, ride horses, and dance -150 of them get scholarships to 50 programs ranging from sailing to baseball to ballet. We get 8 summer concerts at Ober and Village Green. Our fields and community lawns are mowed 1000 times. Trashcans are emptied 3000 times. The list goes on and on. And, the Park District has an impeccable record of fiscal responsibility. Good value for our asked questions: hard earned money.

What if the Levy should fail?

No money to keep the Parks open — over time they'd be gated Our Parks and "mothballed." would look derelict fast. No access to fields for baseball, soccer, and lacrosse. No summer concerts. No skate park. No ability to accept ownership of the Pt. Robinson property from the Coast Guard. No future restroom at the Village Green or covered arena at Paradise Ridge.

Voting YES for Parks is a good bargain. Parks make me proud to live on Vashon. They're good for our kids and our sanity. And they maintain our property values.

So, let's vote YES once again to Keep Our Parks alive. Please vote on March 14.

The Kneejerk Conservative **By Fran Gordon**

You cannot teach those you do not love

You cannot teach those you do not love—you cannot reach those you do not love. If you equate someone with Hitler or Stalin you will be written off if all you do is make the assertion. If you continually mock visual or verbal ticks expect to be ignored or worse, deprecated in return. If you only attend to your particular preacher or choir don't be surprised if you are baffled by those you haven't tried to understand. I am not saying "agree with." I am saying don't make the mistake of always choosing to see the worst of a group or position. We all deal in stereotypes; it makes life easier day-to-day. In the long run it makes it more impossible. You don't have to live in a gated community but most people prefer it. Indeed it would seem that the most extreme of either end of the spectrum mirror each other almost perfectly. It reminds me of my junior and senior years of high school-the rabid extreme Republicans on one side, the radical Students for a Democrat Society on the other and the mass of the rest of us hoping they would kill each other off so we could get on with it. Mind you, Kent State, where National Guard troops opened fire on anti-Vietnam War demonstrators, happened 50 miles from my house; didn't get much I will."

done at school for a couple weeks. And while we're at it, can we stop fighting Vietnam now?

Be thankful for your opponent, yea, even your enemy. They show you your faults, they even show you the questions you should be asking. Disagree with the answers if you must, but choose to stay engaged even if you are hanging on by your fingernails. Personal morality does matter but so does how we deal with the poor. Personal responsibility is a necessity but so is a willingness to see others as fallible human beings with histories that need respectful treatment and dedicated, tactful help to overcome. Recognize that the women's movement is more than abortion and that the family is not simply a patriarchal plot. Morality is not an either/or proposition with the private and public spheres separated. Experts of whatever stripe may be of some help but our genius and task as a people is to, together, work it out and decide for ourselves. Too many people have died without a choice; too many people have given all they have that we might choose or not. And not choosing is a choice but a shameful one. This great experiment of America deserves as much or more. And don't you dare say, "if they will

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School Levy FAQ

By Mary Kay Rauma

On Tuesday, March 14, 2006, Vashon-Maury Island residents will vote on a replacement Maintenance and Operations levy for the Vashon Island School District.

Here are answers to frequently

How is this levy different from the Capital levy we passed in November 2005?

The Levy in November of 2005 was a Capital levy. This is a Maintenance and Operations levy (M & O levy) and provides approximately 19% of our District's funding for its General Fund. The General Fund pays for district expenses such as teacher salaries, textbooks, curriculum supplies, special needs instructional programs, transportation, food services, extracurricular activities, and day-to-day operating costs.

Is this a new levy?

This M & O levy replaces the levy passed 4 years ago and will maintain our school staffing and programs at present levels.

If this is a renewal of the M & O levy passed 4 years ago, why do the projection charts reflect a .30 increase per \$1,000 assessed property value?

The \$1.53 is that amount the Board is requesting to levy over the next 4 years. We will not actually be allowed to collect that rate of tax if property values remain level or increase. The rate of tax is also based on a specific dollar amount that we are allowed to request from voters, determined by levy lid laws. We are requesting \$3.162 million for calendar year 2007.



Editor, *The Loop*:

For three decades Islanders have voted for a better future for our children

What percent of the District's total program is paid for by the M & O Levy?

The levy represents approximately 19% of the District's total expenditures.

Doesn't Washington State fund basic education?

Despite our state's own constitutional mandate that we amply provide for our children's education, our state ranks well below the national average and, based on the U.S. Department of Education, our state is ranked 42nd in per-pupil spending. This degree of funding does not fund class sizes at the level our community desires, athletics, and other activities. Some required services, such as special education, are not completely funded through the State.

What happens if the levy should fail?

The District would need to reduce \$3,003,287 from its 2007-2008 operating budget. Reductions will be necessary in teaching staff, administration, clerical staff, instructional aids, special needs programs, and curriculum supplies. The Vashon community has supported the M & O levy for more than 25 consecutive years.

To learn more about the March 14 levy, go to the Vashon School District website, www.vashonsd.org, attend one of the informational meetings (see box), attend a School Board meeting, or contact one of the School Board Directors listed on the website.

School 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

when we vote to replace the school operation tax levy. We want to buy a better education for our children than the state legislature provides on average.

An additional benefit in recent years is that the replacement levy is at the same rate as the expiring levy. Newcomers building and buying homes here boost the overall value of Island property. This is part of the reason the rate can stay the same despite generally rising costs.

In a way we are selfish. Our children will be making our Social Security payments someday. As a society we've already decided that.

What's more, it's clearer than ever that better educated folks earn more in a lifetime than poorly educated folks overall, so the tax will be less of a burden, relatively, than before. In that light voting for a better education may be viewed as an investment in economic stability and growth.

Jay Becker

March 2: 2:30-3:30 p.m. at McMurray Middle School Library (note change from Chautauqua)

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

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



YES FOR KIDS!

These friends and neighbors know the importance of continuing our strong school district. They are voting YES for smaller class sizes, YES for special education, YES for flexible transportation, YES on their ballots to continue the 25 years of Maintanence and Operations Levys. They know our kids deserve our support!

Donna and Mike Donnelly Judy and Mel Cooley **Melinda and Dick Sontgerath** Linda and Dick Bianchi **Deborah and John Bender Tisha Dennis Stephanie Spencer** Mimi and Jim Walker and Patte and Mike Wagner Family Lee and Norm Ockinga Lauri and Bob Hennessey **Kim Goforth and Eric Gill** Melissa and Tom Bangasser. **Amy Gilman** Cynthia Powell and Mike and Family Zecher **Gini and Steve Ohmert** Sari and Gene Lipitz **Donna and Ken Zaglin Cheryl and Jim English Susan and Craig Hanson Dan Kaufman Leslie Reed & Dennis Levin Rebecca and Bill Rumberg Barb and Rex Stratten Jovce Olson Debbie and Mark Chasteen Nancy and Gary Sipple**

Patte Snyder Carolyn and Don Amick Marian Wachter and Dean Katz Michael Nancy and Kappelman **Denise and Paul Katz Katie Grabow** Laura and Roger **Davidheiser Sue Willingham Beth and Tim Kraabel** Mary Kay and David Rauma **Ted and Vicki Clabaugh Myra and Dave Willingham** Sam Collins **Cathy Rogers** Marie Browne and Troy Kindred Jenny and John Osborne **Cheryl Krown Heide Donner Rebecca and Jeff Raymond Mary and Whit Carhart John Gardiner Charon Goldman Stacy and Shawn Carkonen**

Annette and Phil Spencer Marcy Summers Donna and Greg Nespor Serena Cosgrove Sarah Day and Tim Morrison **Susie Kalhorn** Lisa Marie Crosby Pam Dell Fitzgerald, Ph.D. **Cynthia Pringle Jody and Ken Pritchard Rick Tuel and Mary Litchfield** Tuel Lea Wilson **Rick Sassara** Jenna and Mike Riggs Erin Sheridan and Loren Susan and Shawn DuFresne Dunn **Christie and Matt Penning Connie and Paul Sorensen Donna and Todd Larson Betty and Don Olson Dolly and Jeff Chale Kathy Gilbert Cathy and David West** Marie Stanislaw and Steve Abel **Sherry and Mark Abbott Carol and Mike Maki**

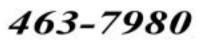
Barbara Steen Margaret and Greg Wessel Barb Henderson Joy and Chai Mann **Becky and Richard Braicks** Lori and John Malczyk **Melanie and Steve Salonen** Mary Ann and Warren **Beardsley Karen and Jay Stendahl RoseEllen and Ron Albers Ivan Weiss** Bailey delongh and Jay Williamson **Vickie and Gary Mercer Cara and Hawk Jones Carrie Van Buren Naomi Goldick and Andrew Davis** Susan Stackhouse and Family **Karen West Sue Harrington** Anjae Vaughan and Jon Weathers **Joan and Jay Becker** Elizabeth and Michael Golen-Johnson **Carol and Jeff Sayre**

Join us in voting YES FOR KIDS and continuing to support the M & O Levy

Paid for by Yes For Kids P O Box 0 Vashon WA 98070



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



Chamber of Commerce Annual Meeting

The annual meeting for the Chamber of Commerce will be Thursday, February 23, at Courthouse Square. All are invited to attend. The meeting will start at 5:30 p.m. with a social time until 6 p.m. For questions or more info contact Lee Ockinga at 206-408-8057.

Open Auditions for Sandy This Saturday Afternoon



Open auditions will be held this Saturday, February 18, at 1 p.m. at Lewis Hall (behind Burton Church) for a canine to play the part of Sandy, Orphan Annie's dog, in the play Annie. Sandy has to be "a certain color," according to director Libbie Anthony, and must be obedient on stage. There is also a cameo role for a second dog, which must be 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. Show up at one o'clock, you and your little dog, too. Oops. Wrong musical. Arf.





The Vashon Loop, p. 6 **Spiritual Smart** Aleck by Mary Litchfield Tuel Bizarro Three-Year-Old

Somewhere in the past I read, or heard it said, that the "terrible twos" (threes, fours, etc.) were rehearsal for having teenagers. The angry defiance, the willfulness, the saying, "No!" to everything – that's the parents, mind you – yes, the very young child can be contrariness personified.

preschooler is as a trilling spring freshet compared to the imaginative exploits of the teenager, which would be more like the rapids of the Colorado River at flood stage. I'm not naming any names here, but I have never known a three-year-old who stole cars or smoked dope or tobacco or got drunk on school of three-year-old yet, but I hope I'm right.

Having said all that, do you remember Bizarro Superman (©DC Comics)? He was Superman's clone, and came from the cubic planet Bizarro World, where everything was the opposite of earth. Bizarro Lois would go to Ugliness the Parlor to get her hair messed up, for example.

The memory of Bizarro emerged recently as our resident three-year-old, grand our daughter, began speak to in opposites.

go home." Seeing my husband's truck in the parking lot, she'd say, "Lolo isn't here." If she looked you straight in the eye and said, "I don't have a camera," you would be safe telling her to hand it over. It has taken me a while to get used to this form of communication, but I think I'm getting the hang of it. If she says she doesn't want a bath, if she says she doesn't want to be read to, if she says she doesn't want to go to bed, the surest way to provoke tears and wails of grief is to believe those assertions. She *does* want the bath, and to be read to, and to go to bed, but for some reason, at this stage, she says she doesn't, and woe unto me if I believe her. One of my greatest failings as a parental unit is my willingness to treat the child as an equal whose

opinions I respect. This is a big mistake. I know that I'm supposed to be the adult and she's supposed to be the child and I'm supposed to set clear boundaries and have a structure that will give her the security of knowing that the adult is in charge. I have learned this, I have learned that saying, "No," is Still, I say unto you, a difficult not child abuse, but I still say witless things like, "Would you like to use the potty?" Or I'll tell her to do something and she'll propose an alternative and I'll say, "Hmm, that sounds like a good idea." This sort of thing confuses children, and gives them the wrong idea, that they have equal power.

I have a little mantra: "Don't ask nights. Maybe I haven't met that sort her, tell her," but I seldom remember to follow through. Consequently I



go through my days being denied at for action can often be more helpful Coming down the driveway to every turn: Are you ready for than purely mental analysis. the house, she would say, "I can't lunch? Do you want to go for a ride Achieving most goals is like climbing in the car? Do you want to go outside and play? Oh well. I like to think that we are both learning and growing, and that Bizarro three-year-old will be a cute memory someday, like the memory of her father going through a phase of wearing his clothes backwards when he was twelve. We thought that was pretty silly, but had no idea what was to come after he turned thirteen.



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Bright Moments: A Life Coaching Minute

By Laura Worth, MSW, Life and Business Coach

Skillful Starting

Do you get confused or stuck before you even start on a goal? Do you spin your wheels trying to find the best way to get started? If you want to put yourself in gear, a bias a mountain: lots of little paths at the bottom will converge at the top.

experience of that nanosecond of decision before action. Practice finding the start-button and initiative becomes easier. Didn't pick up that pencil? Then notice that experience of inertia.

3) Pick one action. Reduce the start of your goal to a ridiculously simple task. Before you find a school's registration deadline you may need to find a phone book or even find paper to write down a phone number. In moments of procrastination the smallest task can become an obstacle. Simplifying and imagining the smallest of tasks helps the brain rehearse saying "yes." 4) Make yourself accountable. Decide when you want to take this one action. Then have a friend ask you how it turned out. Whether this makes you feel accountable to your friend or to yourself, accountable is what you want to be. Goals generally have a beginning, middle, and end. Overcoming the inertia in one phase helps us rehearse "starting skills" for the next phase. Think about it: the very last day of working on your goal, you will be starting on it all over again. തതത

Bizarro thirteen-year-old that requires Zen calm and perspective. തതത

Spread Your Wings this Spring! Laura Worth, MSW, Life and Business Coach (206)463-9283 Email: worthy@coachworth.com www.coachworth.com0

Starting projects is a skill that can be learned and practiced. These four exercises will also improve your ability to start projects.

1) Brainstorm on paper. For example, if you've decided to change jobs, you may be trying to figure out whether to go back to school. For two minutes, write down every step in the process of going back to school Oh yeah. It's the advent of that you can imagine. Do you need to know a registration date? Visit the school? Get advice?

> 2) Practice "starting." Visualize an on-off "start button" in your brain. Try paying attention to the internal experience of pressing that "start" button. Be a bit "Zen" and test the start button by just picking up a pencil right now. Notice your

February 15, 06

Don't Forget the Birds

By Ed Swan



Hutton's Vireo Photo by Jim Rosso

Vireos

Besides Red-winged Blackbirds returning, late February marks the beginning of song for a lot of birds that live here year-round. Juncos and Song Sparrows start singing and an often difficult to find bird, the Hutton's Vireo.

The Hutton's Vireo is almost as common as the Warbling Vireo on the islands but it sings in the late winter and early spring. Though it will sing occasionally at all times of the year, even in the midst of winter, its call pierces the woods from mid-February through April. Its "wheo wheo wheo" call, a two note strong whistle, can be heard all over Vashon.

Without the song, Hutton's Vireo is often hard to find because it often moves singly and slowly through the branches as it gleans for insects. It is usually found in mixed deciduous and coniferous forests, a common habitat on Vashon and Maury Island. Hutton's Vireos look much like the Ruby-crowned Kinglet but have a thicker, vireo bill, blue legs, generally much slower movements and their eye-ring isn't complete as with a kinglet.

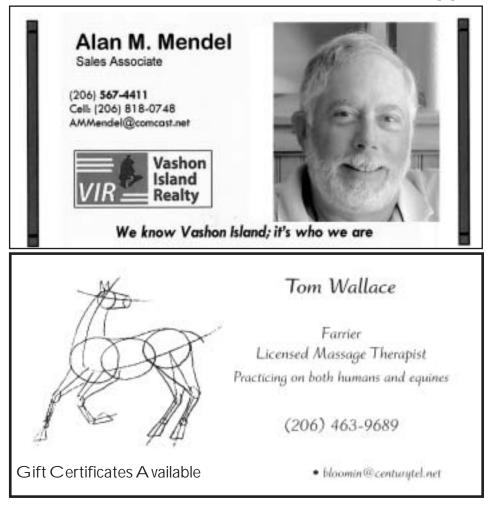
When most of the neotropical migrants have yet to arrive, the Hutton's Vireos already possess a built nest. Rich Siegrist found a nest being built in the first week of April one year. It was placed on an alder branch and he later saw the female sitting on the nest at Maury Island Regional Park.

During the winter they may be found singly or sometimes in the company of mixed species flocks of kinglets, chickadees and nuthatches. Paradise Valley, Pt. Robinson, Westside Highway in the Colvos and Cove areas and the Island Center Wetlands make some of the best places to search.

The first spring migrant arrived recently with a male Rufous Hummingbird driving off an Anna's Hummingbird at Brenda Sestrap's house. To make sure you are seeing a Rufous hummer instead of an Anna's, look for the bright rusty brown on the side of a male Rufous and light brown on the lower side of the female. Anna's males have a red throat similar to a rufous but are only green above and white below otherwise. A recent Rainier Audubon Society field trip found some great birds at Pt. Robinson: a Snow Bunting, a Black Scoter and our earliest recorded Turkey Vulture. The vulture might possibly be one that stayed in the Puget Sound area for the winter but is more likely an early spring migrant.

Kathryn True saw two beautiful Hooded Mergansers in an unusual place, the pond with the miniature church by the highway. Brant geese have been along the shore at Portage in Tramp Harbor almost every day recently. The unusual Canada Geese in the field next to the monument at Monument Road turned out to be six Cackling Canada Geese, two of the Cackling or minima subspecies and four taverni or Taverner's Canada Geese. These are the first confirmed sightings of the smaller Canada Goose species since the species was split into large and small form two years ago. If you have a question about birds or have an interesting sighting, call me at 463-7976 or e-mail at edswan@centurytel.net.

Two events coming up are Steve Caldwell's Birding By Ear class starting this spring (call Steve at



463-5778 to sign up) and the monthly on-island field trip. Identification of birds by vocalization is not only enjoyable but often the only way to know for sure what bird you're seeing in some cases, so Steve's class is great for the beginning or experienced bird watcher. The field trip should be good. Both of the last two month's trips found the Snow Bunting at Pt.

Robinson.

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Comment on Ferry Fare Proposal

Customers may comment at the open house tonight, or via postal mail, email, fax or phone. Email: tariff@wsdot.wa.gov Fax: (206) 515-3773 Phone: (888)808-7977 Postal mail: Tariff Proposal Washington State Ferries 2901 Third Avenue, Suite 500 Seattle, WA 98121-1042

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Text & photos by *Peter Ray*



Bike-to-Work Gets a Bit Easier- Maybe

The sun is out today, or at least it was a few minutes ago, so it is not such a stretch for many of us to think about climbing on that bike and getting out for a bit of a ride. In truth, the rains have never been an overriding deterrent for going out and logging some mileage on two wheels — at least around here. If you let the rain stop you in these parts it might be a long time 'til your next training ride, especially given our most recent string of sodden days and weeks. The thing is, though, that I don't really HAVE to get on my bike, which is why there are times when I feel just a twinge of jealousy towards those who have to go somewhere else to work. I have joked at times about the grand circular faux commute getting up in the morning and getting on the bike and riding out somewhere and then back home to start the workday. But then the practical side kicks in and says hey, you're already at work so let's get to it! There is always the worry, too, that on a nice day, a brief training spin might turn into an all-day distance fest. Sometimes it's just better not to tempt the fates. It is true that I sometimes bike commute in order to train, at times logging eighteen miles each way by bike with an hour swim stuck there in the middle. But the idea of spending an hour in the rain getting wet on the bike followed by an hour of total immersion in the pool followed by another hour of getting even wetter — and more than likely a lot colder — on the way home, somehow loses its appeal back there during the pre-swim soaking. So for me, this is more of a fairer weather option. On the other hand, the other half of this

household rode her bike to work a hundred times last year, and at thirty plus miles a commute that tends to add up. What also adds up is the savings in gas and ferry fares, along with the health and fitness benefits one experiences in the process.

As a part of my connections with the Community Council and the Spokespeople over the past year I have gotten to know another bike commuter, Henry Haselton. In 2005, as in years past, Henry logged thousands of bike miles both in commute time and in training rides. And while he usually prefers to ride the whole distance into work, there are those times when a bus connection is necessary. There were also times when Henry missed that critical bus connection, not because he was late to the boat, but because when he did get on the boat he found that WSF policy kept him from getting to the bow to off load with the foot passengers. Henry missed his bus connection because he had to wait till the cars had finished unloading, and by that time the bus he had wanted to catch was long gone. So, in true Islander fashion, he decided to do something about it, and what follows is an account of the changes in the works for this policy. The Vashon Spokespeople bike advocacy group and Washington State Ferries have worked together to develop a revised bicycle loading policy to better facilitate bicycle-ferry-bus connectivity during normal commuting hours. In the past, when cyclists were loading onto a ferry that was full of cars they had to leave their bikes at the stern, often resulting in missed bike-to-bus connections. Through



We are celebrating Horus' second anniversary (and his happy 9th life) as our official store manager. He can't count, but he sure can sell things. He also makes grumpy people smile, and he is reasonably tolerant of grubby-fisted children. His favorite treat, Bonito Flakes, will be discounted on President's Day!



direct negotiations with WSF, this policy has been revised as follows: Starting February 1, 2006, on Monday through Friday during the hours of 4:00 a.m. to 10:00 a.m. and 2:00 p.m. to 8:00 p.m., deck crews will make every effort to load vehicles in the wings in order to maximize the lane space between vehicles. Cyclists will be allowed to move their bicycles forward through the wing lanes only and will not be required to remain at the stern of the vessel, as they have been in the past. Cyclists may not carry their bikes over their heads, and must keep at least one wheel on the deck to accomplish this move. Ferry captains will be informing all crew members of this change, and these crews will be asked to make every effort to comply with the policy. It must be understood, however, that it may not always

cyclists follow all applicable rules and regulations pertaining to loading, unloading and operating your bike on the ferries. As the Spokespeople's representative for this project, Henry has agreed to work with WSF in educating all bicycle commuters on this new policy. Please help him by informing other cyclists of this policy, following the rules, and being cooperative.

One rule that WSF has specifically asked us to be mindful of is that cyclists wishing to load or off load with walk-on passengers MUST walk their bicycles. Cyclists wishing to ride their bicycles on or off the vessel must wait until the walk on passengers clear the transfer span before loading or departing. Again, this policy will be in a trial phase for six months, and during that time adjustments may be made at WSF's discretion. If successful, this procedure will be entered into the WSF policy manuals at the end of the trial period. Let's make sure that For additional information about this new policy, Henry can be contacted at 463-2098, or through email at Henry.Haselton@gmail.com.

be possible to meet the requirement of maximizing lane space between vehicles, so there may be times when cyclists are asked to remain at the stern.

Part of this effort is aimed at making the bike-on-bus option a more reliable connection, and will hopefully encourage more people to consider bicycling as a viable commuting option. Negotiating this change was not easy, and it will be on a trial only basis for the next six months. Therefore, it is requested that bicyclists be as cooperative and courteous to crews as the crews have been asked to be toward you. As an additional reminder, it is extremely important that all

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by MEarth

Important Food News

Consumer Reports (February
2006): "A growing body of research
shows that pesticides and other
contaminants are more prevalent in
the foods we eat, in our bodies, and
in the environment than we thought.Image: Consumer Reports (February
The Southern Italian town of
Altamura, Apulia is "breaking the
chains" by supporting local
businesses. Five years ago,
McDonald's revealed plans to open
a fast food restaurant in the town.
Area citizens, supported by Italy's
Slow Food movement, campaigned
against the development by

The USDA is getting some heat for inadequately enforcing regulations on genetically engineered (GE) crops, but this time the heat's not from environmental groups, it's from the agency's own auditor. According to a two year long safety audit by the United States Office of Inspector General, the USDA "lacks basic information about the field test sites it approves and is responsible for monitoring, including where and how the crops are being grown, and what becomes of them at the end of the field test."

The government report goes on to say: "Current (USDA) regulations, policies and procedures do not go far enough to ensure the safe introduction of agricultural biotechnology." After 10 years, GE crops now account for 114 million acres in the U.S., one-seventh of all crop acreage. Despite the USDA's negligence in enforcing GE crops regulations, Congress continues to refuse to require mandatory safetytesting and labeling of these experimental food products.

Mixing the common additives aspartame, an artificial sweetener, and monosodium glutamate (MSG) causes nerve cell damage, say researchers at the University of Liverpool. The results from a twoyear study were recently published in the journal Toxicological Sciences. The researchers found the additives were much more potent in combination with each other than on their own. Mice were exposed to concentrations of MSG and aspartame relative to what a child would receive in an average snack and drink. Researchers were surprised to see the additives interfered with nerve signaling systems and actually stopped the nerve cells from growing. Aspartame is commonly found in diet drinks, candies and flavored medicines, while MSG is frequently found in chips, processed cheese and many processed foods.

The Southern Italian town of chains" by supporting local businesses. Five years ago, McDonald's revealed plans to open a fast food restaurant in the town. Area citizens, supported by Italy's Slow Food movement, campaigned against the development by establishing their own group "Friends of Cardoncello" (named after an Italian mushroom). Despite community opposition, McDonald's built a fast food store in town, but struggled over the next few years, as townspeople's shunned the golden arches and supported local baker Luigi Digesù and other community restaurants. Last month, McDonald's closed its doors and left town. "There was no marketing strategy, no advertising promotion, no discounts," Il Giornale, an area resident commented. "It was just that people decided the baker's products were better. David has beaten Goliath."

Some bad ideas should never have taken root. Secretly growing food crops like corn or rice that are genetically engineered to produce powerful drugs and chemicals is a bad idea, no matter how you look at it. Experimental "biopharm" crops have been grown in open fields across the nation. When bees, wind, rain, or birds spread pollen and seeds across the landscape, the drugs and chemicals travel right along with them to pollinate other plants or be eaten by wildlife. They could even end up in your breakfast.

Despite the threat of contamination, the consequences of experimenting with our food supply and environment are being hidden like the crops themselves. The biotech industry downplays the dangers and refuses to share any information — such as the location of test fields. Likewise, the government has been more interested in protecting these companies' profits than in protecting residents, the environment, or our food supply. – Compiled from *EarthJustice* and organicconsumers.org.



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Deadline for next issue of *The Loop* is Friday, February 24. Email editor@vashonloop.com or drop off at Flash Photo and call us at 463-3327.

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Something to Remember While You Plant Your Garden This Spring: Slugs have 4 noses. SOUNDCC972K2

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The Dorsal Spin: Super Whale Sunday

by Orca Annie Stateler

Hallelujah, black blades at last! At February's onset, we endured a power outage and forty hours without running water. We were gravely concerned that our downstairs neighbors might be flooded by the three-foot swells crashing over our bulkhead during the February 4 storm. Then Raven let the sun out of the box on February 5, and Mark Sears called early that morning with joyful news that he spied killer whales by Blake Island.

When Mark arrived at the scene, he found a dozen Transients, a Super Whale Sunday squad. At least six of them were tackling an adult male harbor seal. Like colossal predatory cats, the orcas toyed with the seal for more than an hour, batting him around with their rostrums, flippers, and flukes. Mark was careful to maintain a safe distance while he took ID photos; nevertheless, the terrified seal sought escape by trying to jump in his boat.

The seal was not bleeding and showed no visible wounds. Mark is unsure whether the formidable fins actually killed or ate their beleaguered quarry, who just disappeared into the drink. If the Transients dispatched him underwater, they were exceedingly efficient and left no scraps or telltale "seal slick" to float to the surface. The seal may have simply drowned. Maybe he survived.

From shore, Odin and I caught a distant glimpse of the tumultuous activity. When they were not gathered for the seal hunt, the "wolves of the sea" were spread out, traveling and surfacing unpredictably between Blake Island and Elliott Bay. The Super Whale Sunday pack consisted of mostly females and juveniles, with three



adult males sporting prominent dorsal fins.

Off Bainbridge, they molested a California sea lion for a few minutes, and then released him uninjured. We are mystified why these killer whales expended so much energy capturing potential meals, only to mess around with them. Was this hunting class for the youngsters?

Mark confirmed the identity of male T87, who visited Colvos Pass about ten years ago and Dyes Inlet in May 2003. T87 has a rectangular slot near the top of his dorsal that looks like it was cut for a door hinge, though it is not manmade. The other two males have left-leaning kinks at the tips of their dorsals.

We see Transients so rarely in Vashon-Maury waters that our ID tools quickly become outdated. Moreover, many years can elapse between sightings of individual whales. Unlike Resident orcas, Transients often disperse from their natal groups, so we cannot assume all members of the Super Whale Sunday gang are related. The Center for Whale Research will look at Mark's film to verify additional IDs.

If the orcas passed the Vashon Hydrophone Project (VHP) site, they crept by quietly before daybreak, which is typical for these stealth hunters. Mark heard them vocalizing while they mauled the seal. Transients chat after kills or attempted kills.

Please report local whale sightings ASAP to 463-9041. With Transients boldly prowling the neighborhood, we suspect the Southern Residents are far away. I cling to the faint hope that J Pod might visit us in February or March. They have done so before. **www**

Born in Seattle, on December 25th, 1923 Leo's early years were colorfully influenced by his mother, stage star Sara Reynolds, and his adoptive father, Paul S. Delano, of Naples, Italy and Vatican City.

He entered the navy at the age of 17 and served in the Pacific Theatre throughout WWII. While posted on the USS Neches, he received official commendation for saving the lives of many of his shipmates during its torpedo and sinking. Honorable discharge from the Navy was followed by several years in the Merchant Marine as an AB Seaman, which afforded him the opportunity to visit ports of call all over the world. At the age of 28, he met and married his wife Grace while attending Western Washington State College in Bellingham. Her teaching position brought them to Vashon, where be became employed, and eventually retired from, the Washington State Ferries. After retirement, he devoted a great deal of his time assisting his wife and daughter reclaim and maintain the guesthouse and property known as "Leo's Park."

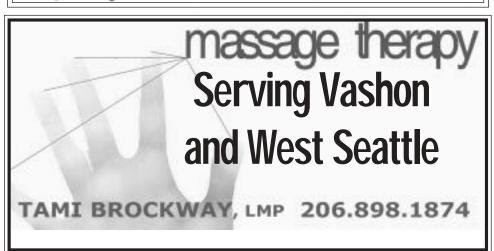


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Tlingit Artist Odin Lonning with his work

Lonning at Chilkat Trader

And now for another type of Super Whale Sunday: **Saturday and Sunday, February 25 – 26 from 11:00 a.m. to 4:00 p.m.** each day, Tlingit artist Odin Lonning presents *From Alaska to Puget Sound: Art Styles of Coastal First Nations,* a

mayor of Nagasaki, Japan in remembrance of the atomic bomb attacks and full sized canvases for a young man who worked as an "oddity" in a traveling circus. He is best known, however for his beautiful land and seascapes that reflect his personal experiences in the Cascades, Alaska, and the ocean. His passion for creativity and the arts also manifested itself through photography, play-writing, and technical appreciation of film production and music. With a stroke of paint, the stroke of a pen, or by freezing rays of light on a piece of film, he was gifted demonstration of carving and designing at The Chilkat Trader, 19505 Vashon Highway, next to the Vashon Island Coffee Roasterie.

Odin will be working on a sevenfoot-long cedar panel called "Killer Whale Pod of Many Nations." He will talk about the different Coastal Native designs and stories integrated in this traditional carving of five killer whales in five tribal styles.

Odin received a Native Arts Grant from the Potlatch Fund (www.potlatchfund.org) to create this panel, which will be displayed at the Seattle Aquarium and serve as a teaching tool in the Puget Sound Orcas Exhibit.

Other Tlingit artwork by Odin will be displayed at the demonstration, such as boxes, drums, masks, and panels. For more information, call 463-9041 or visit www.OdinLonning.com.

at immortalizing a moment in time and capturing the sheer essence of it.

An insatiable learner and avid reader, armed with a quick wit and wild sense of adventure, the once very shy boy lived his life with gusto and deep compassion for those he let into it.

In lieu of flowers, donations in his honor



Leo Virgil Delano (12/25/23 to 1/12/06)

Leo Virgil Delano, long-time resident and artist, passed away January 12th at the Veteran's Hospital in Seattle. He is survived by 3 daughters, Sandra Crawford and Lorna Cunningham of Vashon and Gina Stacey of Enumclaw; eight grandchildren and five great-grandchildren; and niece, Camilla Clawson of Alderwood and her son, Cory.

Leo's interest for drawing and oil painting began as a child. After briefly studying with Bill Cummings while still in his teens, it became a focus point in his life and he continued to paint until a month before his death. He leaves behind a legacy of varied work which includes commissions for the may be sent to: **The Southern Poverty Law Center 400 Washington Ave. Montgomery, AL 36104**





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Plavef W



Happy Birthday Aquarius!

Doors that have long seemed closed or locked are now starting to open up, though you may not trust your own instincts. If you're finding yourself plagued or even mildly annoyed by doubts, I suggest you use them in your favor: see if they add up to anything, such as a picture of your state of mind; an image of the expectations you've come to have from the world; or a map to something better. The approaching Full Moon in your opposite sign Leo will be lighting your way to better places, but once you can see the way ahead, you will need to go forward and not waste time and opportunity hesitating.

Aries (March 20-April 19): You don't need to push as hard as you think to have a breakthrough. It's true that certain factors seem to be preventing you from acting with your usual spontaneous approach to existence, but others are opening entirely different pathways. You may be wondering what is at the root of a particular struggle regarding a personal relationship, and as it turns out, your own personal development is at the moment trumping partnership concerns. Take advantage of it while it lasts. Meanwhile, it's abundantly clear that you need new ideas about your personal relationships — ones that define commitment in a reasonable way, and that allow for a lot more of your individuality than you're accustomed to experiencing.

Taurus (April 19-May 20): For a while there it really did seem like a question of how long you could hold your breath in a cave, but it's nice to see you breathing again. You may be surprised at the extent to which you have room not only to breathe but also to stretch out and feel. Just remember that the problem with feelings is that they break the rules. You can't really control them, and they may be pushing you to open up a lot more than you've been accustomed to the past couple of months. But think back to a time not so long ago when you discovered how good it really feels to experience yourself in a spontaneous way, and that you don't need an excuse for doing so. Gemini (May 20-June 21): Get ready for a series of fast changes, though you'll be the one in the driver's seat if you take note of an idea that arrives over the next few days and put it into action. I recognize that you're in something of a birthing process, and approaching a critical and potentially scary moment of transformation. Your level of fear will rise or fall inversely with your level of creativity. But the surge of energy associated with Mars entering your birth sign later in the month will call for a high level of awareness and dedication to your

own cause. Just remember, you're the one making the decisions.

Cancer (June 21-July 22): Stay tuned for financial news, as someone decides it's finally time to open up the coin bag. Who knows, it could even be love news, and if it is, this will be a development that comes directly on the heels of your stunning breakthrough in conscious self-respect; which came on the heels of a huge crisis of self-respect. If it somehow seems that others are more than you, or have more than you, forget it. What matters now, however, are all questions relating to the willingness to share, and whether the people around you notice the value of something called community. If they don't you're free to leave them behind.

Leo (July 22-Aug. 23): There has been so much pressure and movement around you that you may have forgotten what it feels like to be yourself. That old sensation comes back for a time with the Leo Full Moon, but remember, this is not an opportunity to move back to your old hometown, but rather to visit and take care of some old business. The movement and onrush of progress is likely to continue for the foreseeable future. Given this fact, it will be necessary to feel every day for the new person you have become. You are, however, likely to feel like a new person tomorrow and the day after that, so get used to it.

Virgo (Aug. 23-Sep. 22): Has it occurred to you that you are what you have been resisting? If you don't have irrefutable proof of this within the next week, I'll eat a copy of the Full Moon chart. You tend to define yourself by insisting that you are not something, and then fairly steadily morphing into exactly that. I'm not saying there's anything wrong with this, but you could make your life simpler by allowing your goals, examples or role models to be that, in the positive sense of the action rather than by pushing away. It's really the difference between seeing the world as a child or an adult; that is, with or without the conscious power to choose. Libra (Sep. 22-Oct. 23): You have far more in the way of emotional resources than you've been allowing yourself to believe the past couple of months, as they seem to have slowly dwindled and left you living in rather Spartan conditions. But the thing that you discovered at the bottom of an empty cup was an endless wellspring. Try it out and see. But to do this, you'll need to open up and share. You will discover what you have by offering it to others, which contrary to the usual laws of economics, will give you more for yourself. It's just that this works better in practice than in theory. Scorpio (Oct. 23-Nov. 22): You've had to get over the notion that something can't

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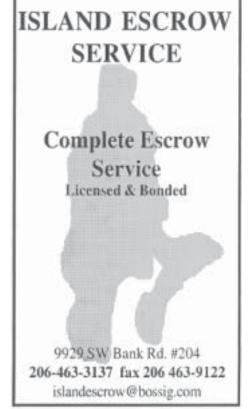
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DRY SECURE SPACE, EZ ACCESS

possibly be true. This is quite a long way from having it actually be true. The same process is working with an idea. It's a really brilliant idea, but it's still a long way from being real, because you're the one who has to give it life. Cultivate enough faith on the emotional level to feel safe in a certain domestic situation, and you'll have enough faith in an idea to actually put it into action. The two situations are not only related, they are one and the same thing. Note that moving toward success will feel like taking a risk too good not to let pass by.

Sagittarius (Nov. 22-Dec. 22): You're always one to dare the unlikely. That seems to be your personal invitation to take action. If it's easy, or likely, or typical, why bother? We usually end up working just as hard for the things we don't like as we do for the things we really do like. You at least have this figured out. Over the next few days a situation will present itself to you. It's not anything that you would typically "go for" but I suggest you give it a close look before remotely considering passing it by. It's not only what you really want, it's something you would be unable or unlikely to pursue or conquer otherwise.

Capricorn (Dec. 22-Jan. 20): Something or someone is having an effect on you, and you're beginning to open up. You do this in stages, and the forthcoming is a peak in a cycle of progress that has gone around and around for perhaps two years. Think back about that far and consider how you would have responded to the current offer, situation or development. Consider how you are responding today. The difference is something called change, but this is deeper than the usual concept that gets attached to this word. You seem fully aware that beyond a certain point, there is no turning back, and that's precisely the point you need to grasp mentally, and reach physically. Aquarius (Jan. 20-Feb. 19): This week's Full Moon in your opposite sign Leo will help you see another person's point of view, and show you how much you've been caught up in your own world. Given the intense concentration of planets in your own birth sign right now there is nearly no way you could avoid being fully self-absorbed, and I'd be concerned if you were not. But what you're about to discover is that the feelings of a person close to you are not nearly as limited or as negative as you may have



(rightfully enough) suspected. You've been busy; they have been quiet. When they start speaking, make sure you're listening. Pisces (Feb. 19-March 20): The rapid series of developments that moves through your life over the next week or so will more than compensate for anything you've felt you've been missing in your life. It's true that your friends have been a little out of sorts, and it wasn't just an act. This has put you under a lot of pressure to be self-sufficient, if only because nobody could really see your point of view. Not only will others be able to see your perspective, it'll seem a lot more obviously desirable to indulge them. Besides which, with one set of pressures or burdens lifted from your shoulders, you'll have a lot more energy available to enjoy the vastly improved pace of progress. თთთ

In space, astronauts cannot cry properly, because there is no gravity, so the tears can't flow down their faces.

LIVING WELL WITH PLANTS

Text and drawings by Kathy Abascal (AHG)



Getting Rid of Allergies

There is probably still a lot of winter weather yet to come but the pollen producing trees are already gearing up for their spring mating dance. If you are allergic to their abundant pollen, you should act now to make your body less reactive this coming spring.

Several of my friends have almost completely eliminated their allergy symptoms by taking probiotic strain Lactobacillus

mushroom products, faithfully and long-term. One friend has asthma and severe pollen allergies. А mushroom tincture containing maitake reduced his symptoms somewhat the

first year. He has now been taking it for three years, and says his allergies are all but gone. Another friend found that a steady course of Hostdefense (made by New Chapter) reduced her symptoms the first year and now seems to have cleared them completely.

It appears that some plant polysaccharides reduce allergy symptoms by acting on the immune system balance. The human for itchy, runny eyes that many Feed your gut bacteria with apples, immune system uses a multitude of people use topically. It is a bitter miso, shoyu, sea weed, and yoghurt chemical messengers to direct its billions of immune cells, and maintain an appropriate balance between two types of T-helper (Th1 and Th2) cells. People with allergies are in a state of Th2 dominance that is likely responsible for their overreaction to harmless but invasive things like pollen. Mushrooms contain a variety of complex sugars (polysaccharides), and clinical studies show that isolated mushroom polysaccharides shift the system back to a better Th1/ Th2 balance. It is likely that other plants rich in polysaccharides, such as astragalus, burdock, dandelion root, and all-heal, also have this ability. They have long been used as tonics to normalize the body,

which is also how medicinal mushrooms have been used traditionally.

Studies also show that maintaining the right mixture of intestinal bacteria can moderate allergy symptoms, and beneficial intestinal bacteria seem to thrive on complex polysaccharides. Studies show that people with diets high in miso, seaweed, and apples have far fewer allergies, and that shoyu (a naturally brewed soy sauce) can reduce allergy symptoms. Each of those foods contains complex sugar molecules. There is also a study showing that eating yoghurt regularly reduces allergies. Yoghurt does not contain polysaccharides but, if it contains live cultures, seeds the intestine with beneficial bacterial strains. These strains can also be taken as probiotic supplements, and studies indicate that probiotics also prevent allergies. One study followed infants who were given a good strain of *E. coli* and found they had significantly fewer allergies 10 years later than controls did. The

> plantarum inhibited allergic responses to house dust mites in rats.

Another distinct approach to quieting seasonal allergies involves using herbs that stimulate the liver so it is more

able to process waste generated by the allergic reaction. These herbal formulas usually include herbs to moderate the immune system's overreaction to pollen as well. This my favorite liver-stimulating herbs. approach has not been studied and its benefit remains an old wife's tale if you will, like so many herbal included in such allergy formulas. Eyebright is a time-honored remedy tasting plant that stimulates the liver, and actually works better for allergy symptoms if taken internally rather than used topically. Unfortunately, eyebright is a tiny North Country plant that is endangered because of its popularity and Michael Moore (the herbalist) recommends using ragweed instead of eyebright in allergy formulas. This may seem counterintuitive as many people are allergic to ragweed pollen but most people are only allergic to the airborne pollen not the plant tincture. I combine ragweed with yerba mansa, Oregon grape root, all heal, and yerba santa to help reduce allergy symptoms if it is taken a month or so before allergy season. All heal, one of the ingredients, is a



206.463.0332 contact us for our brochure and sample menu.

sweet flowering plant that grows all good choice. They come in capsules over the island. It contains polysaccharides, has been studied and fine tasting tinctures. somewhat for its benefits in herpes simplex infections, and has shown some ability to reduce allergic responses in preliminary studies. Oregon grape is another plant that grows well on the island. It is one of

If tree pollen tends to ruin your enjoyment of spring, I highly recommend that you take action at approaches. Eyebright is often once because there is a real chance that you can significantly reduce your pollen allergies if you start now. (but make sure your yoghurt contains live cultures) or a good qualaity probiotic. And start taking a polysaccharide-rich supplement, and keep taking it throughout the year. Medicinal mushrooms are a

but they are also available as teas

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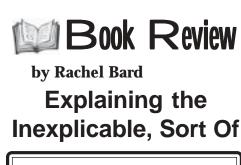


Kathy Abascal is a professional member of the American Herbalists Guild and is certified by Michael Moore of the Southwest School of Botanical Medicine. She co-authored the book Clinical Botanical Medicine.

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 purchase her tinctures.





The Dreams of Dragons, by Lyall Watson. Paperback, Destiny Books, 1992, \$12.95.

A decade ago Lyall Watson found himself pondering such intriguing questions as:

How come no one ever sees unicorns anymore? Why do geese fly in a Vee formation? Why do dragons figure so prominently and fearfully in so many mythologies?

So he wrote a book to shed light on this amazing world we've inhabited for so long, yet still don't fully understand. He's not aiming to provide precise answers to life's persistent questions (to borrow a phrase from Guy Noir, Private Eye). He'd rather encourage a sense of wonder. Hence the book's subtitle: *An Exploration and a Celebration of the Mysteries of Nature.*

An anthropologist, biologist, chemist, geologist and half a dozen other –ists, Watson is basically a scientific snoop with a very open mind. He's fascinated by the incongruous, the unusual belief, the phenomena for which there's scanty scientific evidence. Because, he says, "In the course of human evolution, a change of mind, a new idea, can have as much survival value and adaptive significance as the mutation of a gene."

In one chapter he takes up the way animals can purposefully make their way to places they've never been to reunite with their owners. Those who have studied this behavior call it "psitrailing." It may indicate that other species and organisms use a faculty similar to what we call extra-sensory perception. For example, some Soviet scientists interested in "distant intercellular interactions" took two samples from the same tissue culture, sealed each securely in separate glass containers, placed them next to each other (within "optical distance") and added poison to one of the containers. Naturally the contaminated cells sickened and died. But 12 hours later so did the control sample.

What goes on here? Maybe it's "sympathy" between similar cells even when physically separated. Watson agrees this would be an outrageous idea if we didn't have other evidence of similar occurrences, which he proceeds to cite. Most affecting is the story of Sugar, a Persian cat who became separated from its owners when they moved from California to Oklahoma-where Sugar had never been. Nevertheless, impelled by the bond of love that bound cat and owners, by the "resonance" between them, Sugar traveled 1,920 miles over rough terrain and found its old friends in their new home.

A University of Washington researcher filmed this and found that one bird on the edge of the flock starts the process, the next bird reacts and so on and so on. Reaction time goes from 62 milliseconds down to 15 until the whole flock seems to be one undulating entity. Watson is pleased to compare this with the way a chorus line's reaction time speeds up as it passes from one dancer to the next so when each one sees the wave coming she anticipates its arrival and kicks well ahead of what normal reaction time would be.

"It looks as though birds and chorus girls have more in common than their customary feathers," observes Watson.

Elsewhere Watson considers what makes a place sacred: Delphi in Greece, Ayer's Rock in Australia, Glastonbury Tor in England, Stonehenge, etc. Wherever holy places exist, they have a history and legends tell of their discovery. They're found because of a dream, vision or divine omen that somehow persists. "I am convinced," says Watson, "that the special feel of holy places is real and that in responding to them we are not just being carried along by their reputation."

How would we go about establishing a new holy place? We might pay attention to animals, who seem to sense some quality of the location that escapes us. For instance, when Celtic monks of Lindisfarne were looking for a place to bury their founder they followed a stray cow. Durham Cathedral marks the spot today.

Or we could use *feng-shui*, the Chinese science and art of finding a magical link between man and landscape, pinpointing the exact spot for a temple or a toolshed. Watson brings remarkable clarity to *feng-shui* and the motivating principle of ch'i that links spirit and substance. "It really works," he says. But how? Well, it may have something to do with where Mother Earth's gravity is exceptionally high or low; and with a newly discovered fact that every 12 hours the earth throbs. "Is this ch'i, bubbling up through cracks in the planet?" No matter. Watson believes an awareness of natural rhythm is part of our birthright, a gift from Mother, whatever its source. "With one ear to the ground, you can almost hear her great heart beating. It is a very comforting sound."

He's a graceful writer, wellinformed and curious. The book's crammed with bits you'll want to read aloud to whoever's in the vicinity. "Oho! I never thought of it that way!" pops into the reader's mind on nearly every page, whether the subject is the essential logic of the practices of headhunters in Papua New Guinea, or what happened to all those unicorns. (It may be that we seldom see them because, as a result of persecution by England's Royal College of Heralds, they've become nocturnal.) KCLS doesn't have the book but the Seattle Library does. Or order it through your bookseller; like most of Watson's books, it's still in print. Or e-mail me, rachelb@raincity.com and I'll try to reborrow it from the friend who loaned it to me.

The Vashon Loop, p. 13



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







By Jonathan Shipley 40 Year Old Virgin

The first time you had sex. It happens to all of us at least once. Well, not all of us, or else there wouldn't be a movie about a 40-year-old virgin, a virgin we can laugh at and ridicule! HA! You haven't had sex yet and you're 40! HA! HA! HA! The movie, starring Steve Carrell (Golden Globewinner for The Office and formerly of The Daily Show with Jon Stewart among other great TV shows), is actually pretty funny but a bit, uh, crude, so it's probably not proper viewing at your church's ice cream social. But then again neither is The Passion of the Christ. Who wants to see a guy tortured when you're enjoying rocky road ice cream with little sprinkle winkles on top?

The first time I had sex? It happened on the car deck of the Klahowya ferry boat with a dog groomer. I'm kidding. Not really. It happened in the video game room of The Rock Pizza with an albino girl sixteen years my senior. I kid. She was only fifteen years older. When was the first time you had sex? Regret it? Wished you'd saved yourself for someone a little better? Someone who was, say, clear of acne? Or was it fabulous? Like a romance novel you find at Thriftway that has Fabio on the cover, the title being something along the lines of Destiny's Desire, or Prince at Moonlight? Either way, you had sex which is more than can be said for Andy Stitzer (Carrell), the dorky hero of Judd Apatow's movie. Apatow was once a roommate of Adam Sandler and created the shortlived, yet well-received, TV series "Freaks and Geeks." That gives you some idea to the brand of humor involved in the movie. There's lots of

sex talk, naturally. Poo-poo talk. Mamma' wash your mouth out with Ivory soap-type talk. It's funny though, and through all the crudeness and crassness and blatant innuendo there's a sweet lovely wholesome spot right there in the middle. The story, if you haven't guessed from the title, is about a guy who hasn't had sex and so his buddies at the electronic store they all work at work at getting him in bed with a woman. Might that woman be Academy Award-nominee Catherine Keener (for this year's Capote) who works nearby at an Ebay store?

A sample of the script so you can tell if it's something you want to watch:

"Andy: 'You know how when you grab a woman's breast...it feels like...a bag of sand?'"

"David: 'What?!'"

Poor Andy, but we've all been there. Before we had sex we were just like him, not knowing much of anything, except for those uncomfortable movies they made us watch in seventh grade. And, honestly, that's when I lost my virginity. In seventh grade. With Gwendolyn Rogers before playing our instruments and marching in the prestigious Sequim Irrigation Festival parade. From then on I've never really looked at that word "irrigation" without lusty thoughts.

Then there's the nature of crowds. Crowds of dunlin, for instance, who take flight "like a single wheeling airborne creature, turning from light to dark as the birds pivot in unison."

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Jonathan Shipley's novel, *Odd Harbor:*, is now available as an e-book through Literary Road, http://www.literaryroad.com/ *Odd Harbor* is the decidedly odd tale of a small town trying to make the world's largest pumpkin pie. That's the story, folks, and what better story than one involving a girl being raised by pygmy goats, mental deficients, and polygamists?

Please, won't you order a copy of my ebook? \$4.99 and well worth it. Thanks and happy reading! --Jonathan S. 00000

The Vashon Loop, p. 14



LOOKING FOR AN INVESTMENT PROPERTY?



Island Epicure by Marj Watkins

Food for Lovers

When you think of edibles that put you in the mood for love, you probably don't think first of potatoes, right?

The famous lover and poet, Lord Byron, loved a certain potato casserole more than any other foods. Who invented Lord Byron's favorite dish? Perhaps his sister, Augusta Leigh. When his marriage of one year ended in separation, Harriet Beecher Stowe spread the rumor of an "indecent relationship" between Lord G. G. N. Byron and Augusta as the unstated reason. The scandal caused his downfall as a social idol in England. He left for Italy and Greece.

Perhaps the dish Lord Byron loved came from the kitchen of his later mistress, Contessa Teresa Guccioli, with whom he lived until the end of his life.

Those potatoes the Conquistadors took to home from Peru to Spain between 1534 and 1540 proved inexpensive and filling as European famine food, hospital fare and rations for soldiers and prisoners, but they tasted bland and watery. Reason: the Andeans from whom he got his seed potatoes always ate the biggest and best and saved the rejects for seed. Their potatoes became smaller and more inferior every year. European gardeners merely replicated old and the big russets for boiling or oven baking.

An average potato yields 30 milligrams of Vitamin C and 600 milligrams of potassium. If you boil yours, reserve the cooking water for soup, saving the potassium.

Lord Byron Potatoes

Serves 3 to 4

3 large pink potatoes or medium size Russet potatoes, peeled, cooked and drained

 $1/3 \operatorname{cup} \operatorname{milk}$

- 2 Tablespoons butter
- 1 large egg, beaten
- 1/8 teaspoon pepper
- 1/2 teaspoon salt

2 tablespoons minced fresh parsley or 2 teaspoons dried parsley

l green onion, thinly sliced, tops included

1/4 to 1/2 cup grated cheese, optional

Start preheating your oven to 375 degrees.

Mash potatoes with the hot milk, salt and pepper. Stir in the egg and the greenery. Fold in grated cheese.

Butter a small casserole. Transfer the mashed potato mixture to it. Bake 25 minutes, until a toothpick or sharp knife inserted in the center comes out clean.

Quick Lord Byron Potatoes

2 to 3 servings Preheat oven to 375 degrees 1 cup boiling water 2 tablespoons butter 1/4 to 1/3 cup milk 1 cup dried potato flakes or buds





Colors, Perms, Hair Cuts

Parker Plaza 17232 Vashon Highway

MadameTaijaurs

Dear Madame Toujours,

Yesterday was my twelfth birthday, and it was a totally bad day. My two best friends Becky and Jane and I went out for pizza, and it seemed like it was going to be okay, but then these two guys came in. They didn't pay any attention to me, and they invited my friends to go to a movie with them, and Becky and Jane said they wouldn't go without me, so the guys said, "Whatever," and they left. My friends said the guys were just jerks, but I could tell they really wanted to go out with them.

Anyway, is anybody ever going to think I am cool? I don't have any boobs yet, and my hair always looks gross. When I had to get braces, I cried and yelled until my Mom and Dad paid extra for the invisible kind that don't look dorky, but the mean girls at school just sneered at me and said I was stuck up, which I totally don't get. I mean, they make fun of me 'cause I'm not pretty, but if I try to look better, they don't like that either. Does it ever get any better? If not, I am thinking of moving to Antarctica to be a penguinologist or something, 'cause I just saw March of the Penguins, and if boys aren't ever going to like me, I might as well just do whatever I want.

Sincerely, Feel Like a Dork

Chere Mlle. Penguinologist,

But of course it is getting better. I am assuring you that everybody is having the boobs eventually, and the braces are going away, and the hairs are learning the disciplines, and just teenage boys, they are being usually when all the adorable, popular girls too silly to be the suitable dates for are starting to look tiresome and fat, the mature persons such as yourself you are becoming the graceful, elegant person with the selfassurances. Secretly, the perky, unkind girls, they are knowing this is not being necessary to choose and are resentful. What is more important, things are being already better than you are thinking. *Oui*, the friends were being flattered by the attention from the boy persons and were wanting to have the big, romantic time with the attractive fellows, but they wanted more the loyalty for you. Eh bien, if they are the little bit resentful, well this is only proving they are giving up the very large temptation for your sake. This is very charming, non?



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

and your friends. As for becoming the worldfamous Penguinologist, remember it between the boys and the interesting careers. After all, it is being a few years before you are growing into yourself, and a few years more before the eligible male persons are the ornaments to your life. Bon Chance, Mlle. Penguinologist, In the meantime, the *penguines* are being probably the better company.

varieties by planting sections from the past year's crop for the next harvest.

For over two centuries Europeans scorned potatoes as food, though the pretty little lavender flowers ornamented pottery and flower gardens. Only the poorest people actually ate them. Some people thought potatoes poisonous because they are related to nightshade, and the green-skinned ones contained toxic solanine.

Around 1800 plant scientists began improving the species by growing from seeds of their best potatoes; only then did the vegetable gradually improve. Present day potatoes even if green skinned, contain too little solanine to bother anyone, and come in several colors and flavors. Favorites are the small pink ones, perfect for microwaving,

1 egg, beaten

1/2 cup grated sharp cheddar or crumbled gorgonzola

2 teaspoons dried parsley flakes Put the butter into a small mixing bowl. Pour in the boiling water. Add salt and pepper.

Stir to melt butter and dissolve salt. Stir in dried potato, then beaten egg, then parsley flakes and grated or crumbled cheese if using.

Transfer to buttered casserole. Bake until solidified, about 20-25 minutes. തതത

Rice paper does not have any rice in it.

Also it is being no great loss. You may be assuring your friends that the

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In the year 2000, Pope John Paul II was named an "Honorary Harlem Globetrotter."

From North End to South end From Dockton to Burton Come see Dr. Basile If you'r tired of "hurtin'"



Vashon Family Chiropractic Dr. Thomas Basile 463-1850

By Deborah Anderson For Good, For Jane Part 2: The Opposite of Fear Is Love

On the Tuesday before we were all supposed to gather to remember Jane. I apparently left the burner on low underneath the cast iron skillet in which I cook my eggs while I fix my oatmeal each morning. As I looked in horror at the potential tragedy that had not happened, and realized the house had not burned down, I was overwhelmed with humble gratefulness.

That night I ought to have come home to the charred remains of pictures I couldn't replace and hard copies of handwritten rough drafts of works in progress. I went to bed that night telling God that I could live without going to the reunion to celebrate my friend Jane's life that had been taken by an HMO plan that didn't authorize a defibrillator implant in time to keep her tired heart going. Resting comfortably, knowing I was not looking to the Red Cross for lodging that night having lost everything in a fire, was enough.

As I thought about missing the reunion, I thought about Jane. I wrote about her last June and included the words to the song "For Good" from the musical Wicked. Of all the columns I've written, time and again, that is the one you mention as having touched you most deeply.

But I did end up going. The miracle of the cast iron skillet was second only to three friends stepping in and saying, "You need to be there," and then making it possible. I found myself in a thirtyfourth floor suite that weekend playing the CD of the song to my nine friends (with three of our crowd unable to go for more pressing concerns at home) as we all wept together for the joy of having known Jane. Each of the women who had attended the funeral gave a full report of what it was like. We told Jane stories and laughed until we hurt and couldn't breathe. Jane always had a toothbrush in her mouth it seemed. Jane loved to take baths and then sing to us while playing her guitar. The song she sang every night was Paul McCartney's "Blackbird." It is to this day one my personal anthems. On Friday night we all gathered for our first event, dressed in our matching cheesy elastic pearl bracelets, watching Kenny Rankin opening for Jay Leno. Rankin was sitting alone on a folding chair in the middle of the stage, and said, "This is an oldie," and gently began the hammering on of the chords to "Blackbird." We all gasped, looked at each other and said with smiles on our faces, "Jane!" It was a glorious moment. Greeting each other as the weekend began had been over the top JOY. We kinda sorta recognized each other even, and graciously mentioned our names as wrinkles from too much sun in our adolescences, those ever creeping pounds and new hairstyles framed our physical representations. I had emailed everyone that my body had swelled mightily as I

fought some hard personal battles but that I had just lost sixty pounds. I instructed them they were not to look and gag, but to say "You look mahvalous dahling!!!" They were very gracious, but with once shoulder-length locks that bespoke grace and ease, now shorn somewhat akin to Aslan's hairdo before the White Witch killed Him, it was obvious that I had let life beat me up pretty bad.

Saving the best for last, my closest friend Stacy tackled me and we hugged like we couldn't let go. We hadn't seen each other in thirty years. Some friendships are so God-ordained, they exist even when you aren't in contact with each other. Seeing each other was as if one us had slipped out of the room momentarily and just returned. We had not missed a beat.

We have the kind of honest friendship that nurtures one to higher ground. On Sunday, as the weekend was winding down, she walked beside me and said to me, "Of all of us, you were the last one I thought would get beat up. You were so strong and confident." I told her I was finding my strength again. The motto for our college is "Remember Who You Are and What You Represent." I remember.

There was one last thing she wanted to tell me. Our freshman year in college we had all been sitting around her room with a jug of Gallo playing Truth or Dare. The question was, "When did you lose your virginity," a fairly classic, sensational question for college women at one of those strong all-women college places where they were training us to stand forward in a world where others frequently say, "Stand back." It came to my turn, and because I was so comfortable with them all I decided to tell the truth for the first time in my life. "I didn't have any virginity to lose because I was raped when I was seven."

Ya know...I discovered that's really kind of a conversation stopper. The room got deathly quiet. Stacy had a look of horror on her face. Silence melted into definite discomfort. I vowed right there to never share again. It took twelve years to do so publicly once more. Now, I share freely and lead workshops and retreats for women trying to recover and reclaim themselves. Its nothing to be ashamed of.

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have been if you hadn't been abused AND integrating all the journey of gaining mastery and victory over it. We hugged and over and over again while I affirmed all that she was experiencing and pushing herself into.

I hope your Valentine's Day was a happy one. More than that, I hope you experience the love of a good friend who changes your life. Jane brought us all together and by remembering her example, we all gave each other the gift of timeless and priceless love. If Valentine's Day fell short on romance, forget romance. Call a friend today. Be Loved and Be Loving. It's the only thing that matters. Life is hard, and cruel and ragged around the edges. You are the unconditional acceptance someone is looking for.

Love, Deborah

But Did He Get the Quail?

Vice President Dick Cheney accidentally shot a man during a weekend quail hunting trip in Texas.

Harry Whittington, 78, was "alert and doing fine" after Cheney sprayed him with shotgun pellets at the Armstrong Ranch, said property owner Katharine Armstrong.

Whittington "came up from behind the vice president and the other hunter and didn't signal them...or announce himself. The vice president didn't see him. A covey flushed and the vice president picked out a bird and was following it and shot. And by God, Harry was in the line of fire and got peppered pretty good. This is something that happens from time to time. You know, I've been peppered pretty well myself," said Armstrong.- Associated Press

Financial Planning 101, Part 16: Life Insurance

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By Mark A. Goldman

Maybe it's time to review your life insurance program. It's easy to spend more than necessary on life insurance and end up with less coverage than you need.

Term insurance refers to policies that offer a death benefit for a limited time...sort of like car insurance. You pay a premium each year to insure against the unexpected...in this case, a premature death. Here the cost of the insurance is based on the probability of someone your age dying that year. Think of that as "pure" insurance. Since the probability that a person will die increases as they get older, the premium also goes up over time. Often, policies are designed so that enough to pay off their mortgage, get their premiums can remain level for a number kids educated, and build a nest egg for a of years before they go up. Typically these are referred to as 5, 10, 15, 20, 25, or 30 year renewable level term policies. Premiums stay level until the end of the term...then they go up. The longer the renewable period, the steeper that jump is. People who own a 20, 25, or 30 year level term policy usually don't expect to renew at the end of the term because they don't expect to need it anymore. A lot of insurance sold in the United States is sold to wealthy individuals who buy insurance for estate planning purposes. If set up properly, proceeds from a policy will be paid to beneficiaries not only income tax free, but also not subject to estate taxes. People who buy insurance for these purposes buy what is typically referred to as permanent insurance. Permanent insurance is designed to stay in force until the insured dies no matter how long he or she lives. Premiums for this kind of policy are also usually level but the premium is much higher than it rates on term insurance. So now is a good would be for term coverage. These are also

sometimes referred to as cash value policies. With cash value policies the excess premium you give the company in the early years is set aside in what you might call a "savings account," the value of which will be tapped to cover the higher "pure" cost of coverage in the later years.

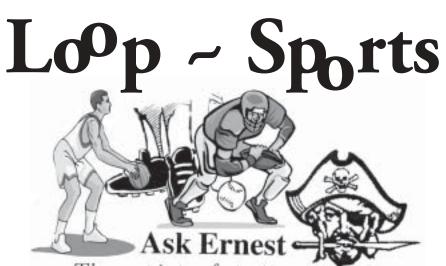
Most people are not wealthy enough to need insurance to offset estate taxes; so most don't have a permanent need. Most people need insurance to replace the income they will earn if they live, but will be lost if they die prematurely. With proper planning it is possible to estimate how much insurance your family will need to complete your family goals. For example, most people expect to work long secure retirement. If a person lives long enough to accomplish these things, presumably they won't need insurance after that. These folks don't need cash value insurance, they need term insurance, with the term ending somewhere around the time they expect to retire. These people probably could not afford to buy the amount of coverage they really need if they purchased cash value policies. So my point is this: you should have an appropriate amount of coverage in force and also the right kind of policy. Unless your estate will be subject to estate taxes, you probably only need term insurance. Permanent insurance is not usually a good tool for funding other financial goals. If you buy the wrong kind of coverage, chances are you will either spend too much money on life insurance and/or not really get the protection you need. Many companies recently reduced time to review.

As Stacy spoke of that moment again, I found myself so healed I had no emotional remembrance of it, only a mental image of all of us sitting around. God is good.

For years I have used the story as an example. What I learned later was that the silence represented the fact that it had happened to someone else. I never knew who until Jane's weekend.

"I owe you an apology" Stacy said, "I let you sit there and I didn't speak up." Three years ago, she decided to start to deal with the unspoken truths in her life. Now her whole message is, "Say it out loud."

I was so proud of her. It's hard work. It's worthy work. It's painful sad work. The reward is becoming who you would



The court jester of sport

So what's up with this winter intellectual b.s.? First I hear that it's been Celebrate good times! raining all winter, then I hear that all the high school sports are she's tuff, she's a gourmet chef, winning. That ain't so normal, but it ain't so bad either. I've been chilling off the coast of South continues to serve up hot coffee, America, swimming with spider monkeys and expanding my mind, man, but I didn't think I'd miss such a stellar winter sports season. I love the island, I really do. Also, did you know that I got a 1390 on my SAT's?

updates.

Owin' Wilson

p.s. Wildcat, whooo, Wildcat! Mr. Wilson,

Here are the results:

Boys Basketball: 17-2. Rocked Klahowya last Friday and will be rocking Steilacoom when this press is becoming official. Post season starts fairly soon and the boys are able and flexing their eye teeth.

Girls Basketball: 12-6 on the year. Finishing off Foster and Klahowya in their last two Friday home games. Watch for them to make a run in the post-season playoffs.

Boys and Girls Wrestling: Finished 2nd in Districts, sending 12 to Regionals on Feb. 11. District Champs: Wil'Flower Volker, Alex Gateman, Freight Train Gateman, Micah Jordan Sohl, and Duncan Mayshark. Runners-up: Rogen Lopez, Alex Steamboat, and Big Bill Olsen.

Hey Rich,

boundaries.

32. B. Shigley. She's gruff, and she loves 'dem Cougs!

33. Coffee Stand Anna. She even when I'm not able to stop by. 12 ounce with cream.

34. The Moldy Peaches. I wanna ride bikes with you, but I'll never mistake steak for chicken.

35. Phoebe. She'll wear Holden's hat, keep broken records, Please, give me more winter and she likes big desks, like me.

36. Ween. Sh*t or Shinola? None of that matters when there's Big Jim, his wandering eye, and chocolate and cheese for Super Bowl snacks.



The Vashon High School Wrestling Team placed 2nd in the Districts. (Orting 213, Vashon 210.5)

And here is a brief breakdown:

Vashon Wrestling Placed 2nd in the District, Crowning 5 Champions and sending 12 to **Regionals!**

1st: Tyler "Freight Train" Gateman, Alex "Gator" Gateman, Wiley "Wil'Flower" Volker, Micah Jordan Sohl, and Duncan "Half Man Half" Mayshark.

2nd: Alex "Steamboat" Stemer, Rogen "the Regulator" Lopez, and Big Will Olsen.

Dpen House

Tuesday, March 7, 6:30-8:30 pm Student and Alumni Presentation at 7 pm

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Sound advice for the discerning home buyer

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Ernest

Ernest.

Consider them added:

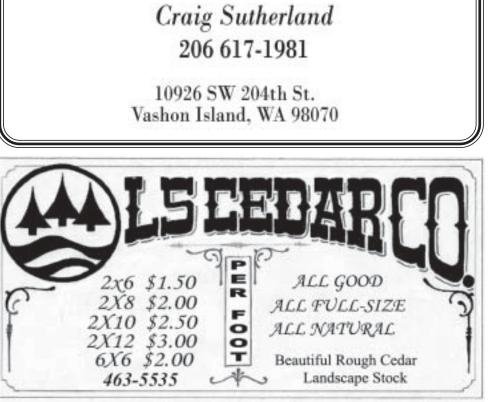
Richer Rankings:31. The Updoggs! What up, dogg, the Updoggs challenge cultural and 3rd: Jose Dousett.

4th: Sylvie "Karate" Shiosaki, Masta' Quang Patrick, Wes Work York.

5th: Edward "Scissorhands" Protzeller. തതത

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February 15, 06



Losing is like fertilizer: it stinks for a while, then you get used to it.

A husband decided to wash his sweatshirt. Seconds after he stepped into the laundry room, he shouted to his wife, "What setting do I use on the washing machine?"

"It depends," she replied. "What does it say on your shirt?" He yelled back, "University of Washington."

Strange Analogies Collected by Various English Teachers:

1. The sun rose over the horizon like a great big radioactive baby's head with a bad sunburn, but then again it might just have been that Lisa was always cranky this early in the morning.

2. Jane was toast, and not the light buttery kind, nay, she was the kind that's been charred and blackened in the bottom of the toaster and has to be thrown a away because no matter how much of the burnt part you scrape off with a knife, there's always more blackened toast beneath, the kind that not even starving birds in winter will eat, that kind of toast.

3. As Fiona slowly drew the heavy velvet curtain aside, her eyes smoldered black, deep, and dark as inside the lungs of a coal miner, although it would be black in anyone's lungs if you could get in there because there wouldn't be any light, even in the pink ones of people who don't smoke.

4. From the attic came an unearthly howl. The whole scene had an eerie, surreal quality, like when you're on vacation in another city and "Jeopardy" comes on at 7 p.m. instead of 7:30.

5. Her hair glistened in the rain like nose hair after a sneeze.

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Forbidden fruits create many jams.

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GLINT

EUROBEE

Many folks want to serve God, but only as advisors.

Some minds are like concrete: thoroughly mixed up and permanently set.

Opportunity may knock once, but temptation bangs on your front door forever.

God loves everyone, but probably prefers "fruits of the spirit" over "religious nuts!" Don't let your worries get the best of you, remember, Moses started out as a basket case.

OFFSHORE

WELL, MATES, THE SHIP IS HARD AGROUND AND WE ARE LIKELY TO

BECOME MAROONED CASTAWAYS

NEVER TO BE FOUND!

ARE YE SURE IT AYE, LAPS. I

HAVE LOOKEP

I'M SORRY

ONG AND HARD!

ISS UNCHARTEP

"It's just too hot to wear clothes today," Jack said as he stepped out of the shower, "Honey, what do you think the neighbors would think if I mowed the lawn like this?"

"Probably that I married you for your money," she replied.

THEN THERE ISS

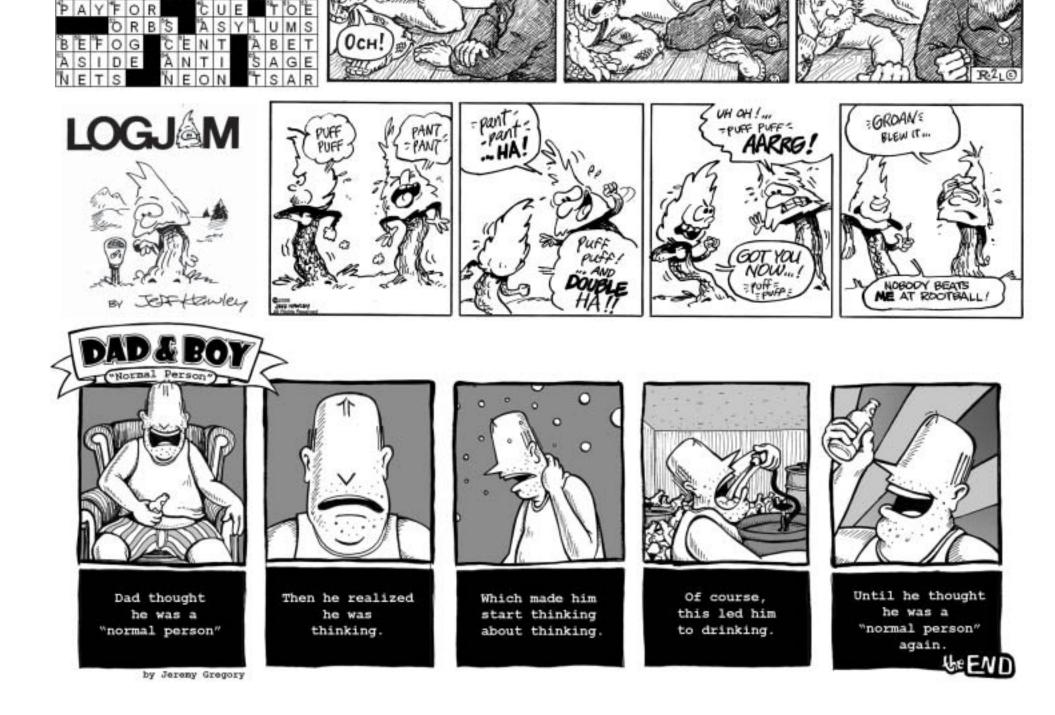
TRULY NO HOPE

NO, NO. THERE

CAN'T FIND IT

ANYWHERE

15 NO CHART! I





The Vashon Loop, p. 17

The Vashon Loop, p. 18

Sanuy

February 15, 06

Garrett has put together a stellar performance ensemble (The Snake Oil Peddlers) for the Blue Heron show, to include Richard Middleton on lead guitar and piano, Will Dowd, percussion and Garey Shelton on bass. Delighting audiences of all ages, the group travels and performs frequently in

> Reggie Garrett & The Snake Oil Peddlers Urban Acoustic Jazz & Blues VAA Panache Series Concert Saturday, March 4, 8 p.m. \$12 VAA Members, seniors, students/\$15 general admission **Complimentary Hors** d'oeuvres & Champagne

Oregon, Idaho, Montana, British Columbia and Washington.

In addition to live performances, Garrett has four CD releases to his credit. Welcome to Mv World (1991. Snake Oil Productions) Time Stands Still (1995, Wonder Dog Records) Seasons (2001 MG Records/Wonder Dog Records) and Kate's Front Porch with Gary Westcott (2002). Garrett's music has received radio play on stations throughout the western U.S.

"After Hendrix and Dylan, is there anything to glean from 'All Along the Watchtower?' Turns out there is: Garrett's flawless, near falsetto delivery coupled with some awesome guitar picking in the break captures the desperation in the song," said Victory Review of Garrett's rendition of the tune.

Don't miss this VAA Panache concert, and bring a friend along for a great evening of music at the Blue Heron Art Center. Free parking. Call to reserve tickets by phone, 463-5131.

David Kappy Brings Trio Beaucastel to Vashon

The Trio Beaucastel from the University of Washington will present a concert of chamber music this Saturday, February 18, at 7:30 p.m. at the United Methodist Church on Vashon. Members of the group are Professor Ronald Patterson, violin; Meade Crane, piano; and David Kappy, French horn.

Reggie Garrett

Performing mostly original

evening of urban acoustic jazz and

blues. The last time he performed on

Vashon was 1993 at the Blue Heron.

"I'm looking forward to playing

there again and sharing my music

rhythm guitar work and stunning

vocal range, Garrett's music leaves

satisfied audiences in his wake. He

has been compared to acoustic

legends Richie Havens and Bill

Withers. As a songwriter Garrett's

magic lies in his ability to create and

hold a mood. Some of his songs and

his songwriting style have been

compared with Bob Dylan.

Known for his percussive style

with Vashon," he said.

By Janice Randall

Ronald Patterson has been a Hills was homeschooled until she member of the UW faculty since entered Vashon High School at the 2000. A student of Jascha Heifetz, has concretized enrolled in the Running Start extensively in the United States and Program at Seattle Central Europe. He has recorded for CRI, Community College. Lindsay began Erato, Orion, and Vox, and was a her violin studies at the age of nine five-time winner of the Coleman Chamber Music Competition. Meade Crane, a student of Leon of Bothell. She has played in the Fleisher, is an honors graduate of Symphony the Interlochen Arts Academy and organization for seven years and the Peabody Conservatory. He is attends the Academy of Music active as pianist, teacher, composer, Northwest. She plans to major in accompanist, studio and chamber violin performance and has musician in the Puget Sound area, completed auditions at Eastman where he is a core member of David Kappy, a Vashon Institute of Music. She is the sister of resident known locally as the Kyla and Riley Hills, and daughter conductor of the Vashon Island of Jim and Micki Hills of Vashon Chorale, has been teaching at UW since 1979. He is a Fulbright





visit family and friends and will be playing at Café Luna this Friday, February 17, starting at 7:30 p.m. It is her birthday celebration, so come on down to wish her many happy returns and have a great evening!



van Spronsen & Super8 Play "Broodcore"

Will van Spronsen will debut his new band, the Super8, at Vashon Island's Cafe Luna on Saturday, February the 18th from 7:30 until 10 p.m. The Super8 plays a moody, cinematic and melodic lyric driven music (!), labeled "broodcore," by the band's founder. Will captivates his audiences with his rich vocal style. He cites Brook Benton, Tim Buckley and Mark Lanegan as his favorites whose influence may sometimes be detected.

This appearance introduces new band members Stuart Hale and Kathleen Shattuck. Kathleen and Stuart are both talented multi instrumental musicians who bring a welcome voice to the band.

Come prepared to close your eyes and be transported.

Lindsay Hills

Continued from page 1 age of 14. She is currently a senior Patterson with Gaye Detzer and she is currently a student of Kent Coleman Seattle Youth School of Music, The Hartt Seattle's Quake ensemble. Conservatory, and the Cleveland Island, WA.



Hans York is **Back in Town**

Award winning national touring singer-songwriter Hans York comes back to Vashon for a solo acoustic show on Friday, February 23, at 8:00 p.m. at Café Luna.

Hans has quickly made himself a name as an extraordinary DADGAD player (open guitar tuning, mostly used in Irish music) and an irrepressibly delightful performer. His intimate and distinctive voice draws comparisons to Paul Simon, Kenny Rankin or Michael Franks and captures the audience instantly with its honesty and clearness.

The April, 2005, European Weekly described him as, "...a man of vast musical talents and one of the best songwriters around.'



Christie Aitken Singer/Songwriter

Singer/songwriter Christie Aiken will be performing at Cafe Luna on Saturday, February 25 from 7:30 to 10:00 p.m. Christie performs regularly around the Seattle area singing her pop-folk originals accented by catchy acoustic guitar rhythms and fingerpicking. Her voice is rich and soulful, her lyrics meaningful and inspiring. Listeners enjoy her engaging personality as she charms them with her music.

Teaching Award recipient, has numerous recordings on the Crystal, Musical Heritage, Delos, and Telarc labels, and has toured worldwide with the Soni Ventorum, NFB Horn Quartet, and the Mannheim Steamroller.

The concert will include the Brahms Horn Trio, a trio arrangement of Mozart's Horn Quintet K. 407, and the Franck Violin Sonata. Tickets are \$15 general/\$12 students and seniors, and will be available at Books by the Way and at the door.

If someone is too tired to give you a smile, leave one of your own, because no one needs a smile as much as those who have none to give.

- Rabbi Samson Raphael Hirsch

Blackberry Bear and the Adventures of Huckleberry Hollow ©Becky and Maggie Bumgarner

© Illustrations by Maggie Bumgarner Part 3: Aloetta and the Prince

of Frogs As they approached the dance class, Maggie gave a caution to Blackberry and Ratty. "Shh...you have to be very quiet while class is on. You mustn't disturb them."

Blackberry looked in through the

glass door at the students in the class and there was one beautiful ballerina that caught his eye. "Huhh...who's

she?" he inquired. Maggie peeked in and said, "Oh, she 's Aloetta. She's a

French dancing Bear and the best student in the class."

"Aloetta," swooned Blackberry as he fell faint to the floor.

Ratty had been gazing at the class when he heard the thud. He turned to see Blackberry laying on the floor out cold. He leaned down over his friend and inquired, "Blackberry, hey Blackberry. Yoo hoo Blackberry. Come on Blackberry. Wake up! What's happened to you?"

Blackberry gazed back up at his friend with glazed eyes and all he could whisper was, "Aloetta!"

"We'd better get you home!" said Ratty.

The next day Blackberry was pacing in the cave muttering to himself. "I've just



got to think of something to win her over. I know. I'll just take a look in Wizzy's Trunk of Magical Props. There must be something here that I can use. Let's see." He read the label on Wizzy's flying

powder. "Bovine Flying Powder Company,

Poetry Open Mike

Your WORDS at the Tea Shop!

By Devon Atkins

Vashon's only spoken word Open Mic will celebrate this month of love with a special evening at Vashon Tea Shop. Folks of all ages, persuasions, and presumptions will gather Thursday, February 23, 7 p.m. to perform and share original and notable love stories, love rants and raves, dialogue from angry and loving plays, blogs, poetry, and sonnets when they sign up for their 5-10 minutes of fame at the Tea Shop. Give Host, Devon Atkins a call, 567-4886, to get the scoop. She'll put you on the monthly emailing list for this regular event and the Bookshop's Poetry Salon, which meets on the First Thursday of each month. Or, you can sign up when you get there, as early as 6:30 p.m. This is a fun, casual evening, and you'll be pretty surprised to see who shows up.

'One sprinkle and you're over the Moon.' Reindeer Flying Powder. No, no that won't do. Hum. Book of the Order of Ancient Spells,

no, no that won't do either. I want her to love me for all by me herself...hum hum de dum. Perhaps one of these other cans of flying powder...Fish,

Fairies Carpets...what else? Wizards' Chart of the Heavens. Herbs for You and Me, an old cauldron, hum...maybe she'd like one of these scarves...no...oh ha! Just the thing...a Frog Prince costume! I'll just try this on. Hey, not a bad fit."

"Oh oh, here comes the Wiz. I'd better hide, um, over here!"

Wizzy was deep in thought and mumbling to himself as he entered the cave. "I've just got to remember that spell and get the Unicorn back where he belongs. How did it go? ALA KA BABA, ALA KA ZOO, make all pretending in this cave become real and true!"

POOF!

"What was that noise I just heard?" thought Wizzy to himself.

Blackberry was hiding in the back and seemed a little dazed. "Huh? What happened? Where am...oh dear ... what am I?! Oh no! It doesn't come off! Help, help, Wizzy! Help!"

"Coming, Blackberry. Was that you I heard? Strange sort of poofing noise. What's this? Who are you and have you seen a bear anywhere about?"

"It's me, Wizzy! Your goofy spell worked for once. Now please undo it!"

"Oh, but Blackberry, I can't. It is you who must undo it. You must fulfill the spell and get a lady to kiss you!"

"But how and who will kiss me?"

"Someone you love with all of your heart.'

"Like Aloetta?"

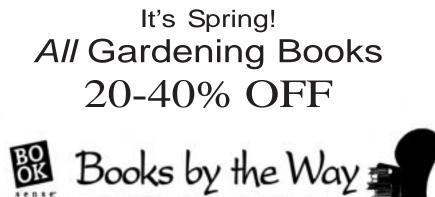
"Yes! Try her, but the kiss has to be the Kiss of Love and if you don't get married to the woman you kiss, you must be a frog forever."

"HELPPP! A, a, a, a, frog forever? Momma Mia I'm fainting! Help me!"

"Blackberry, where are you going?" "To practice my ribbots!"

To Be Continued...

Next Time: Frog Prince Auditions





Annie:

The Making of a Musical By M. L. Tuel

Photographer Hawk Jones **Documenting Annie**

Photographer Hawk Jones decided it was time to document the efforts of a small community to put together a major play.

"People see the finished product. They have no idea what goes into it. There are magic moments. My goal is to capture that magic, those fleeting moments when someone 'gets it,' or you can see the struggle on their faces."

"For the last couple of years, I have shot Drama Dock productions and made photos for the cast members and for promotional use. With *Annie*, we'll shoot all the way from first rehearsal through performances and then the cast party, with an emphasis on 'behind the scenes.' I want to show the dedication and commitment it takes to put on a show like this."

"I don't think most people have ever taken into account the enormous amount of work that goes into a musical. It's akin to childbirth! There's a degree of pain and effort, and then to see the community

Hawk Jones' photography will be the featured at the Vashon Bookshop in March. Next Issue: Rehearsal Pianists and Other Unsung Heroes.

What's Happening at Vashon Bookshop?

By Devon Atkins

Have you noticed? The birds are singing a different tune, and the folks at the Bookshop are, too; spring is definitely on its way! More of us are taking to the streets; so, take a leisurely stroll through Vashon

this LOVE-ly month with a morning of love stories. So grab your sweetie (or, a whole family of sweeties), and gather around the big, green comfy couch for sweet tales from around Town, stop by the Bookshop, and the World. No one can tell a tale

here at the Bookshop, celebrating more? Give me a call (567-4886), or email me, oyuijf@aol.com.

And, to see spring really roar, get ready for March, when the Bookshop is filled with more interesting folks — their art, ideas, beauty, and fun. It begins with the back-by-popular-demand music of Kim Thal and Rick Vanselow, Gallery Cruise Friday, March 3 at 7 p.m. BeSides is the name of their group, and they play some of the best "acoustic groove" music around, ranging from the Rolling Stones to Woodie Guthrie! And, showing his considerable talents throughout the month will be photographer Hawk Jones (see article above), the Bookshop's March artist. And, of course, there's the Poetry Salon, Thursday, March **2** at 7 p.m. (call me for the monthly emailing, 567-4886), and did I mention that March is Small Press Month at the Bookshop?





embrace the end product - well, it's like childbirth. If you've never done it, you don't know what it's like."

"You should see how these people work! Especially the little ones. They are just like troopers, and they put themselves out in every rehearsal as much as they will in performance."

"The finished product, I hope, will be a book."

"One more thing – I have a love of theater that goes back to my high school days. I've worked with a lot of directors, and Libbie is the most amazing director I've ever seen, especially with children." തതത

Ads: ads@vashonloop.com Letters: editor@vashonloop.com find out what spring is bringing!

To begin with, if you haven't seen longtime Islander Robert Faine's amazing photos, now's the time. Faine has lived in Alaska and Japan, but what you'll see in the Bookshop are photographs from South Africa, Turkey, France, Russia, and Vietnam; Faine's definitely a world traveler, and it's pretty incredible seeing our incredible world through his eyes. And, speaking of Island treasures, you won't want to miss Miss Merna Hecht, a nationally known storyteller who just happens to make Vashon her home. It was only last fall when Merna was asked to sit in the big, red chair and read The Polar Express to a Seattle Town Hall full of pajama-d children, and we're lucky enough to have her right

like Merna, so be there, **Saturday** morning, February 18 at 10 o'clock.

And, speaking of LOVE, don't miss my favorite event of the month, Thursday, February 23, at 7:00 p.m., WORDS, Vashon's only spoken word open mic. This month, WORDS will celebrate the joy and hazards of our favorite four-letter word, when Islanders bring original (or, not) love letters, poetry, prose, one-act plays, stories, rants and raves, right next door, at Vashon Tea Shop. Owner Susan Bassett, will put the kettle on, and folks will come out to entertain and be entertained by spouting their favorite words during this evening of impromptu performance. Signups begin at 6:30 p.m., but if you call me ahead of time, I just might sign you up on the spot. Need to know

Which only goes to prove, once again, that there's so much more at the Bookshop than just books!

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The Vashon Loop, p. 20



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