

Majorities have problems, too
Page 5



Seeking the source of the Amazon

Page 11



Odd Couple opens this Friday Other Arts Pages 18 & 19 In this issue: Recycling batteries; purging the urge to surge; driving on ice; hummingbirds; love needs your labor; Native art; preparing for flu; how to love Brussels sprouts; wolves need help; making up snow days; Mother Henna; and more!

THE VASHON COLUMNIA TO THE PART OF THE PAR

Vol. 4, # 2

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM



Barbara Stratton. Loop photo

Introducing Barbara Stratton, Loop's New Ad Exec

"I have a passion and commitment to living and working on Vashon, and helping individuals and organizations do what they do better – I want everybody to move upward, float their boats a little higher," says Barbara Stratton, *The Loop's* new advertising executive.

Continued on page 2



The Beulah Park gang hits the slopes. Loop photo

Ready, Set, Snow!

"The Beulah Park Gang" came out to enjoy the sledding last week after snow fell and school closed. Riding on sleds, boogie boards, and cardboard, they got the job done, on what one of their moms described as, "the best snow day ever!"

Adults were not nearly as amused. Most of one boatload of commuters was taken back to Fauntleroy last Wednesday after the first cars off the boat were unable to make it up the icy hill from the ferry dock. The county eventually came along with snowplow and sand, and ferry traffic resumed almost as usual, except of course for the spinouts, slides, wrecks, and abandoned vehicles. A good week to stay home by a fire, if you were able. If you weren't able, our condolences.



January 17, 2007

Stan Horan. VIFR courtesy photo

Pioneering Paramedic Stan Horan Retires

By Susan Wolf

Before there was a clinic on the Island, before there were doctors serving patients all week, before there was an Advanced Life Support program, Paramedic Stan Horan, along with Kathy Bonner, convinced county and state officials to approve funding for emergency medical equipment for Vashon's residents. Bonner

Continued on page 8



Photo by Lauri Hennessey

"Would you like to buy some Camp Fire candy?"

By Lauri Hennessey

How many times have we all heard that question over the years? Yes, it's that time of year again. **Friday, January 26** is the kick-off of the annual Camp Fire fundraiser. More than 20 Island girls and boys will be selling candy at Thriftway and in the ferry lines from January 26 through February 16. Last week, two Island groups — run by leaders Jeanette Smith and Lauri Hennessey — posed to celebrate the kick-off of the fundraiser. One of these kids, little Sarah Smith in the front right, far right, is wearing a vest darker than the others. That's because Sara is wearing the vest worn by her mother Jeanette when she was a Camp Fire Girl. For information on the sale, call Lisa Bruce at 463-6314.



The Monkey Tree on the south side of the Chevron Station was one of the casualties of the December 14 windstorm. Islander Reed Fitzpatrick caught this image of the tree just before it was taken down. Photo courtesy Vashon Maury Heritage Association

Demise of the Monkey Tree

One of the victims of the December 14 Windstorm was the Monkey Tree just south of the Chevron station in Vashon town. Reed Fitzpatrick happened to come by as the tree was being removed and took some pictures, and told us a little about this tree and other Monkey Trees on Vashon:

"The Monkey Tree history at that site is as follows: the McGowan family (Max Steen's grandparents) moved there in 1916, and may have

Continued on page 6

The Vashon Loop, p. 2 January 17, '07

Get in The Loop

Are you and your family protected by a Neighborhood Emergency Response Organization?

Do you live on a steep hillside, on top of a bluff, at the bottom of a bluff or at the end of a narrow road that could be subject to land slides? Do you live in Magnolia Beach, Glen Acres, Rosehilla, Northilla, Ellisport, Bates Landing, Luana Beach, Madrona West, Manzanita, lower Gold Beach, lower Sandy Shores, Sylvan Beach or along Hake or Burma Roads?

If "YES", Call Joe Ulatoski at 463-1321

about organizing a NERO in your neighborhood.

We are "Neighbors Helping Neighbors" as part of the Vashon Disaster Preparedness Coalition.

VashonBePrepared \$

Henna Healing Body Art at the Tea Shop!!



Photo by Hawk Jones/ KotaGraph.com

Kara Jones will be doing henna body art at the Tea Shop on third Fridays, January 19, **February 16, and March 16** from 3 p.m. to 6 p.m. Sign up sheets are at the Tea Shop counter. Just pick your fifteen minute spot and sign up. The cost is \$15/person per 15 minute session, and Kara can easily henna a hand or foot with a design of medium complexity in 15 minutes!! For more detailed designs or for more than one hand or toot, you can sign up tor several sessions in a row. Come get decorated with Kara of HennaHealing.com! If you are the first 3 p.m. appointment, please come a few minutes early so you have time to look at designs before henna session. P.S.: If you were one of the folks who got cancelled due to the storm/power outages

in December, many apologies. And please grab another session in one of the upcoming months!!

Somatic Movement with Stacey Hinden

Experience yourself — one cell at a time! Somatic movement classes home for about a year now, and focus on releasing tension, awakening sensation, and cultivating deeper body-mind integration for greater spontaneous creative expression.

Breathing and Vocalization meets Bimonthly on Thursday evenings from 5:30-7 p.m., beginning February 8. Eight (8) classes/\$120.

home for about a year now, and am laying the groundwork to do it in a bigger way."

"Working for *The Loop* will allow me to meet a lot more

This course includes the art of cellular breathing; breath and movement of the four diaphragms (cranial, vocal, thoracic, and pelvic); the spatial expression of sound; and explorations of the embodied breath-sound-movement continuum. No dance or voice experience necessary. All classes are facilitated by Stacey Hinden who has over 20 years experience. For more information and to register call Stacey at 227-5534.



Advertise in The Loop!

Thousands of loyal readers -Fourth year of publication FREE distribution - On Vashon - On the ferries In West Seattle Ridiculously reasonable rates

Check out www.vashonloop.com for details or call 206.463.4004



February Is Fix-A-Cat Month

Vashon Island Pet Protectors & Fair Isle Animal Clinic are offering LOW COST spay & neuter for cats during the month of February. Spays are \$25, Neuters \$ 15. Call Fair Isle Animal Clinic 463-3607 for an appointment. Please take advantage of this offer and help VIPP in its goal that there are "no more homeless pets" on Vashon.

VIPP Adopt-A-Cat Days

Vashon Island Pet Protectors will host an Adopt-A-Cat Day on **Saturday, January 27** from 11 a.m. to 2 p.m. and **Sunday, January 28** from 12:30 to 3 p.m. at Pandora's Box. Please stop by or call VIPP at 206-389-1085.

Barbara Stratton

Continued from page 1

Barbara and her husband Rex have lived on Vashon for a little over ten years, and she has been a CPA for much of her working life. The first few years on Vashon she



Barbara Stratton

to Seattle to her job as Chief Financial Officer of a non-profit. She says, "Most of that time I was trying to figure

commuted

out what I could do on Vashon without commuting."

"One day I was eating a Fig Newman® and reading the back of the bag, and learned that Nell Newman, Paul's daughter, was raising money for a non-profit, and that got me thinking about 'value added' food. I researched chocolate on the internet and that led me to the Ecole Chocolat in Vancouver, B.C. I took their online course in chocolate making, which is like learning to play a musical instrument online! I've been making chocolates at am laying the groundwork to do it in a bigger way."

"Working for *The Loop* will allow me to meet a lot more community members, and get me out of the house!"

To advertise in *The Loop*, call Barbara Stratton at (206) 463-4004, or email ads@vashonloop.com.

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All-Island Spelling Bee

By Melanie Salonen

Can you spell "s-u-c-c-e-s-s?" If so, grab two other people and register now for the Vashon Community Scholarship Foundation's First Annual Spelling Bee! On **Sunday**, **February 11** at 7:00 p.m. at the Vashon Theatre, the VCSF is challenging all of Vashon to a new thought-provoking and fundraiser. Sure to be spirited and full of fun, this event will raise scholarship money for this year's Vashon High School graduating class.

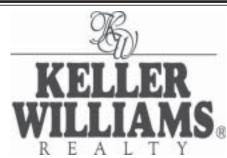
Continued on page 8

We must not confuse dissent with disloyalty. When the loyal opposition dies, I think the soul of America dies with it. – Edward R. Murrow



Troy and Marie Check Their Coverage

The high drama weather this winter might have you thinking about your homeowner's insurance. Are you covered if your neighbor's tree falls on your house? What if the heavy rain finds its way through your roof? For answers, we talked to Tom Trigg, of Trigg Insurance here on Vashon. What we learned might surprise you.



Seattle Metro West

Glendale Business Center

Marie: This cold snap is just another example of the weird weather we've been having this winter. Some of our real estate clients from out of state suspect that the incessant rain we warned them about is the least of the Northwest's weather problems. We've assured them that the Big Blow of December and the current Arctic Blast really are aberrations. We think. But that is a subject for another day. For now, we just want to be sure our homeowner's insurance will cover us if our house suffers any weather related damage. To answer our questions, we talked to Tom Trigg, of Trigg Insurance right here on Vashon. Tom, thanks for taking the time to talk to us. Will you please give our readers some background about you and Trigg Insurance?

You bet. I have been in the insurance business since 1970 and have Tom: been selling insurance on Vashon since 1986. We moved our office to Vashon in 1998. Previously, we were in Federal Way. We sell and service all lines of insurance and bonds. We are the largest insurance agency on the Island, and we are licensed in Washington, Oregon, California and Arizona.

Troy: I didn't realize you had been in the business that long. You've definitely got some street cred. So can you tell our readers when flood damage is covered and when it isn't?

Well, flooding is excluded on the homeowner's policy. Tom:

Marie: So you need a separate policy?

Yes, but you need to understand what "flooding" means in the insurance Tom: business. A flood is defined as "surface water that enters the dwelling." For example, if water from the roof enters the dwelling without crossing the ground, that is not a flood and so it would be covered. It is important how you describe your claim for there to be coverage.

Troy: Oh, OK. So rain pouring through our roof is covered, but if Judd Creek were to overflow its banks and flood our house, that would not be covered. Can we get insurance for the Judd Creek scenario?

On Island Properties

Yes, you can buy flood insurance separately. The rate is determined by the zone you are in. For example, the premium for a flood policy that provides \$250,000 on the dwelling and \$100,000 on its contents, with a \$500 deductible, can range anywhere from \$312 per year to \$1,300 per year. It just depends on which zone you are in.

Marie: What about trees falling on your house? I assume that is covered by a homeowner's policy?

That's a good question. Our recent windstorms have brought to light some coverage issues that need to be addressed. If your neighbor's tree is a potential danger to your property, it is your responsibility to notify him by registered letter of your concerns. If the tree falls on your house or damages your property it is your homeowner policy that will provide coverage, not his, unless it has been documented that you notified him of your concerns.

So I should tell my neighbor – via registered letter – that his 100 foot dying tree that is leaning towards my house is a danger. Then, if the darn thing falls through our bedroom and kills me, my neighbor's insurance will pay to get the house fixed. That is some kind of cold comfort. It's a good thing our neighbors are responsible and don't grow killer trees.

You should also be aware that the cost of cleaning up trees that have fallen on your property is usually limited to \$500 per occurrence unless the falling tree damages your structures. When there is structural damage, the entire cost of the tree removal is paid. Even a broken electrical or phone line is structural damage. A broken utility line can trigger coverage that can save you thousands of dollars.

Marie: Thank you, Tom. This is very valuable information. If people want to talk more about their insurance, they can contact Wendy Middling in your office at 206.463.7411. I remember when Wendy was a cute little Camp Fire girl. Now she is all grown up, and I feel really old.

Spring is just around the corner! If you are thinking of selling, or are just wondering what your house is worth, please give us a call at (206) 463-LIST.

See Our Online Virtual Tours @ www.kwvashon.com

23720 97th Avenue SW

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Rare opportunity to own a darling, single level home on Vashon's highly desirable Burton Peninsula. This pristine three-bedroom rambler is bright and airy, yet cozy and comfortable. Imagine curling up in front of the gas fireplace, watching the snow fall on the Burton Marina. In the summer, enjoy the fully fenced and gated yard and its mature and lovely landscaping. Just steps away from the kitchen door are a two-car garage and a spacious workshop/studio with lots of natural light. Hardwood floors, a large inviting kitchen and beautiful details throughout complete the picture of your perfect Island home. \$629,000



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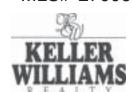


2.5 Bath

2 Car Garage

Hardwood Floors

Mt Rainer View



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\$649,000 MLS # 26070962 The Vashon Loop, p. 4 January 17, '07



Loop Letters



Unsung Heroes of the Windstorm

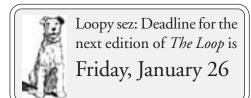
Editor, *The Loop*:

Friday morning, after the BIG WIND, I was checking my driveway to see if I could get out. After climbing over two trees, which I knew my little electric chainsaw couldn't handle even if I had a long extension cord and power, I went over my mental list to see who I could call for help. Joyce Smith came by, checking to see which neighbors needed help, saw my predicament and called Pascal. Pascal, Marie and their young son appeared almost instantly, along with a truck full of tools and Joyce's Grandson.

Well, they made quick work of the trees, removed the branches and debris, raked that part of the drive and were on their way to see else needed their services, willing to accept nothing but thanks. To me that is the definition of "neighbor!"

Yvonne Kuperberg

No Government ought to be without censors and where the press is free, no one ever will. - Thomas Jefferson



To Surge, Or Not to Surge

Editor, The Loop:

A successful outcome in Iraq requires that the American people make a choice between two definitions of success, which is to say, two mutually exclusive definitions:

- 1. Success means that the US will, directly or indirectly, control the flow of oil out of Iraq, or...
- 2. Success means that the US will inspire a legitimate Democracy in Iraq and move closer to peace and security in the world.

Currently, the United States is pursuing a strategy aimed at achieving success under the first definition while telling the world it is most interested in achieving the second. Only people living in the United States believe what their government is telling them.

None of the talking heads in government or in the media are addressing the central issue: can you build, keep, and/or inspire democracy in a first world country, a third world country, or in any country, by lying to and cheating its people, or by undermining their Constitution that state, you are working for and the rule of law?

I believe the answer is No. But this question is still not part of our national dialog even though there is overwhelming evidence that the American people, and a great many others have been egregiously lied to and cheated.

Overwhelming evidence is. I believe that most Americans are still unaware of the incredible dimensions of the deceit and crimes that have been committed in their name — deceit, I might add, that did not begin is afraid to even try to make the with this administration.



considered a hero for what he has attempted to do. One can understand how a person can come to believe that being in control of dwindling natural resources is more important than peace or honor, or even freedom and justice, particularly if that person believes that the wealth and security derived from those resources will accrue personally to himself and/or to members of his own identity group, to insulate them from the trials and tribulations that will befall so many others. The others being the people here and around the world who are outside of his group people who are or will be forced to live in want, insecurity, ignorance, and humiliation.

When you are not striving to build a society that seeks freedom and justice for all, you are experiencing a state consciousness that is willing to accept something less: a society where freedom and justice for yourself at the expense of others. You are competing for your own security while insuring that there will always be a limited and ever dwindling supply for everyone

We all know by personal observation, that the more you have, the easier it is to accumulate even more. With that mindset you will never have enough as you try to remove yourself farther and farther from how "the other half" lives. This is a consciousness that beautiful dream come true... even It is entirely possible that Bush when there's substantial evidence believes one day he will be that everyone could be part of that

dream...even when the only thing keeping us from the dream is our own unwillingness to try.

So the choice is not just a national choice but a critical personal choice: are you going to strive to build a society that seeks justice and freedom for all, where no one is left out; or are you going to strive for your own success and the success of your own group, however you might define it, and leave everyone else to fend for themselves and feed off the remaining scraps?

I believe that capitalism, without universal human rights incorporated into and honorably enforced by the rule of law, is in the process of producing a tyranny degrading less humiliating than any other economic system where a significant number of participants seek wealth and privilege for themselves, but not freedom and justice for all.

That is a system where the fear some, is good enough. While in of being the object of that tyranny, will stalk you every day of your life, no matter who you are, as it does even now.

How do I know that it does? Because we are all members of one family; we are all inexorably connected; and at some level we feel each other's pain. None of us will ever feel wholly at peace and complete until everyone in our family is safe and free.

To make an intelligent choice, we need to understand what it means to strive to build a society that seeks freedom and justice for all, with no one left out. Since we seem to have forgotten, it's a topic now worthy of discussion and debate.

Mark Goldman

February 2007 Programs

Great Books Discussion Group: Stages of Life by Carl Jung Monday, February 5, 7 p.m.

The Great Books Discussion Group has been meeting at the Vashon Library for 30yrs! The idea of small groups meeting to discuss great literature was started by the University of Chicago, and groups now meet in hundreds of cities around the country. Our book group meets on the first Monday of each month and our discussions include all types of great literature, from ancient to modern times. Please join us for some very stimulating conversations. No registration required.

Toddler Story Time Tuesday, February 6 and 13 10:40 a.m.

Ages 21 months to 3 years with an adult. A 20-minute program of stories and songs just right for toddlers. No registration required.

Lapsit Story Time Wednesday, February 7 and 14 10:40 a.m.

Newborn to 20 months with an adult. A 20-minute program of stories, songs, rhymes and bounces for babies and a caregiver. No registration required.

Preschool Story Time Wednesday, February 7 and 14 11:30 a.m.

Ages 3-5. Join us for 30 minutes of stories, songs and fun! No registration required.

Tax Assistance from AARP Volunteers

Wednesdays, February 7-April 11, 12:30 to 4:30 p.m.

AARP volunteers will provide assistance with electronic filing tax return for those over 60 and/or low-income individuals in the Vashon area. Bring last year's tax return and information for 2006. Drop in or by appointment. Call the Vashon Senior Center for appointment 206-463-5173. Co-sponsored by King County Library System.

LateNight @the Library Saturday, February 10 6-10 p.m.

Grades 6-12. Limber up for DDR at the library: Dance Dance Revolution open play will be available. Participate in the Vashon Library Cyber Café and surf the web or play a game! Refreshments! Door prizes! Security will be provided. Sponsored by Friends of the Vashon Library.

Opera Preview: George Frederic Handel's Julius Caesar

Sunday, February 11, 2:00 p.m. Norm Hollingshead, Lecturer

Join opera expert, Norm Hollingshead, for preview of the Seattle Opera Company's next performance. One of Handel's most popular operas, Julius Caesar deals with the Roman general's arrival in Egypt, his affair with Egyptian queen Cleopatra, and Cleopatra's rise to power. No registration required. Sponsored by Friends of the Vashon Library.

Talk is cheap, except when Congress does it. -Anon. Public Meeting: New/Expanded Vashon Library Tuesday, February 13 6:30 p.m.

Join us at a public meeting to discuss the latest plans for the new/expanded Vashon Library. Staff will provide updates regarding the status of the site, and members of the public will be asked to discuss design elements for the new building.

LIBRARY

Basic Computer Skills, Level 1 Saturday, February 17, 9-10:30 a.m.

This is a basic introduction to understanding what a computer is and how it works. Practice the skills necessary for using a computer, including using the mouse, selecting items and text, arranging windows, opening menus, and printing items. Pre-registration is required and begins Saturday, February 1st. Call 463-2069 to register.

George Gershwin: His Life and Music Sunday, February 25, 2:00 p.m. Norm Hollingshead, Lecturer

Join us for a three-part series with Norm Hollingshead as he describes the life and music of one of the most influential and prolific American composers, George Gershwin. Working with several different lyricists, including his brother, Ira, he composed many masterpieces of American theatre, such as Porgy and Bess and An American in Paris. Many of his songs have become popular classics, like *Our Love Is Here to Stay*, and *Someone to Watch Over Me*.

Part 1: The Early Years, 1888- 1924

Part 2: King of Broadway, 1924-1933

Part 3: Porgy and Bess, Hollywood, and tragic early death, 1933-1937

I honestly believe that there's nothing like going to bed with a good book - or a friend who's read one. - Phyllis Diller

Open House

Wednesday, January 24, 6-8 pm Student and Alumni Presentation at 7 pm

"The learning of academics is not made up of worksheets and pencils. It's made up of anything that helps a student achieve their goal. That's what The Harbor School offers to us."

—8th grade student



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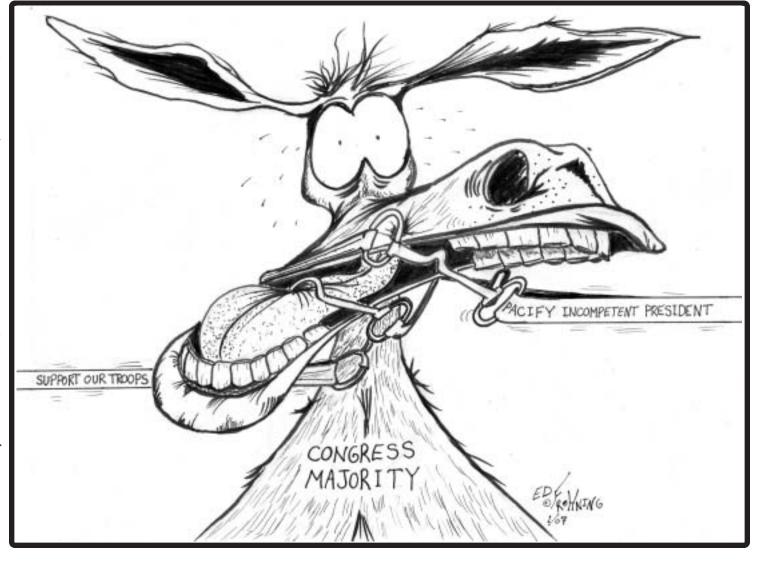
Harbor School is a non-discriminatory institution and welcomes students of any race, religion, gender, nationality, or ethnic background.

Dems to Hear About Cleaning Up Elections

Come to the Vashon Democratic Club meeting this **Saturday**, **January 20**, in the Land Trust building: potluck social at 6 p.m., meeting 6:30-8:30 p.m., to learn how you can help take campaign financing away from big-money special interests and place it in the hands of the public. All are welcome!

Islander Terry Sullivan, President of Washington Public Campaigns (www.washclean.org), will be our guest speaker this month. Washington Public Campaigns is, "a nonprofit organization supporting election reform, trying to get a law passed to allow candidates the option of public funding of campaigns in Washington State elections." Terry will tell us the results of the recent series of Clean Elections forums held in the Puget Sound region. These forums were just the beginning of what will be an exciting year for bringing

Continued on page 6



Spiritual Smart **Aleck**



Vashon Island On Ice

By Mary Litchfield Tuel

As I was lying in bed this morning debating with myself whether I'd go to church, I found that I could remember every time I'd been in a car that was sliding around in snow and/or ice.

Three highlights:

January 4, 1973: I grew up in the Monterey Bay area of California, and it wasn't until the day I moved to Vashon Island that I drove in snow and ice. I was driving my '58 Chevy, and Chris Howie was riding shotgun as we pulled out of the Bay Area and headed up I-5.

In Redding we stopped for dinner and Chris took the wheel. As we headed into southern Oregon, it began to snow. The farther we drove, the thicker it got. Early in the Vancouver, morning in Washington, Chris and I switched places. He immediately went to sleep, and I started driving in snow for the first time in my life. A sensible person would have pulled off the road and waited. I don't know why I even mention that.

I-5 was relatively easy. I set a pace and just kept going. Once I took the offramp in Tacoma, things got interesting. I came to an intersection with a stop light, and I stepped on the brake at the same time I would have on

a clear day in California. We glided right through the intersection, while drivers stopped for the light watched us in fascinated horror. I realized I wasn't in California

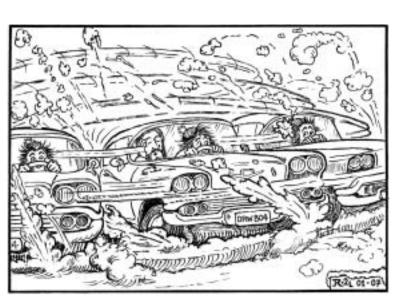
Sometime around 1990: our older son had a January birthday party at Chuck E. Cheese's in Tacoma. It started to snow while we were there, and I drove a van full of children, my own and others, through the snowy streets of Tacoma to the Pt. Defiance ferry. The kids were still partying in the rear of the van, but Rick and I were fairly terrified. The bonus of that day was an expression we picked up from the kids: "beanie weenie farty machiney." Pure poetry.

January 15, 2000: The Big One. It was, about a quarter to eight in the morning. I checked the temperature on the kitchen porch -38 degrees. Good, I thought. No ice. I got into my 1982 Honda station wagon and headed off to work at the hardware store.

I was heading east on Cove Road, same as every morning, and had just crossed 115th Avenue SW when I hit black ice. Suddenly I was on a ski jump, picking up speed. The car edged over into the oncoming lane. Time seemed to slow down and stretch out, and I began to think: let's see, am I supposed to steer in the direction of the skid? Or...

The car leapt into the air like a deer. At that point I wasn't scared: I was thinking, wow, this has never happened before.

The car rolled. It more or less pirouetted on the left front headlight, and after a second revolution landed upright, facing back the way I'd come, and continued sliding out of control at high speed. I could see the edge of the road coming up on my left, and thought, "This is going to hurt." It did. The car slammed into a downed tree, bounced off and kept careening through the tree branches.



Finally, it was over. The car came to rest straddling the ditch at a right angle to the road. I thought, well, my life has changed. Then I turned off the ignition and tried to figure out how I was, and how to get out of there.

Carin Bruce and Penny Anderson stopped to help, called 911, and I was carried out on a back board by the Aid Car crew. I later learned that I had a crushed vertebra, and that has, indeed, changed my life. I'm sure this little reminiscence has brought back horrible memories for those of you who have been in car wrecks. Sorry.

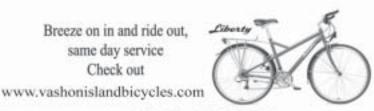
That's why I haven't gone anywhere in my car since last Wednesday, and that's why I'm not going to church this morning. Jesus has enough on his plate without me getting into another car wreck.

I hope you're all staying warm and safe during this oh so interesting winter. Blessings.

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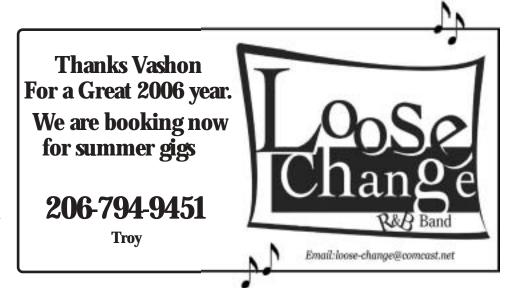
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Monkey Tree Demise

Continued from page 1

built the house. The house was moved in the 70's to Cove Road I believe. The McGowan's lived in the house until 1938. A family by the name of Converse was in it a few years, then it was bought by the Al Spencer family, who owned and operated the Shell service station at the Kimmco Construction site, then built the new station where the Chevron is today. Spencer bought the house in 1941. Wil Spencer says that the Monkey tree was about 12 feet tall when they moved there in '41."

"There are several mature Monkey Trees on the Island. The remaining two up in Vashon are Trees must have been a popular Lake's CPA office, which was Dr. a novelty, semi-tropical." Coots' (Dentist) home. The other is at the old Harmeling place, east of Vashon on the north side just past 96th Place SW. And last there was the big Monkey tree on the Island Lumber property which was the old Eernisse farm, which was taken down when the hit." hardware store was built. Monkey



Photo courtesy of Vashon Maury Heritage Association

on Bank road — one at Peter item in the 'teens here at Vashon,

I got some photos of the tree before it came down; the tree removal equipment had just shown up. That is one gnarly tree, huge heavy spiny limbs 20' long, sure to deal a deadly blow to anyone who might suffer a direct

— Reed Fitzpatrick

Learn How to Clean Up Elections

Continued from page 5

public campaign financing to Washington State. There are several legislative efforts in the works for this year. Terry will inform us about them and tell us how we can become directly involved.

Also at this meeting, we will vote for 2007 Club Officers. We will discuss the focus and direction of the Club, with an eye toward increased activism. For more info, call Roger Fulton, 669-9459.

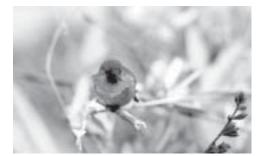
Don't Forget the Birds

So How Do Those Hummingbirds Survive?

By Ed Swan

During this long cold spell, many may be wondering what birds do to survive the cold. Birds utilize a number of adaptations that enables them to regulate their heat and make it through inclement weather. Birds use both physical and behavioral mechanisms to minimize heat loss.

Behaviorally, many species deploy a variety of tactics for keeping warmer. The main areas of heat loss involve their legs and bills, since they lack feathers for



Jim Rosso photo of Rufous Hummingbird

insulation. Birds often stand with one leg tucked up into the feathers, cutting the exposed area in half. Flocks of shorebirds may often be seen resting with their bills inserted into the feathers. One combination includes covering the bill and sitting low to cover both legs. A warmer feeding strategy employed by juncos consists of holding their breast feathers down to cover their legs as they scoot along the ground looking for seeds. In addition, pretty much all bird species might be seen at one time or another puffing themselves up into a ball to hold in heat. Finally, take advantage environmental sources of energy such as the sun to help them out. They orientate their bodies to expose the maximum area to the



Jim Rosso photo of Brant Goose

rump that they turn to the sun for better heat absorption.

Birds have a number of physical adaptations to help them out. Some birds reduce blood flow to and from their legs in order to reduce lowering their



Jim Rosso photo of Rufous Hummingbird

temperature from bringing in cold blood to the center of their body. Others have the veins and arteries touching within their legs so that the warm blood coming out from the body's center heats up the cool blood coming in.

Our hummingbirds use another method to make it through. They seek sheltered areas to rest and become less active to expose themselves less to the cold and use less energy. They may also induce torpor. Torpor reduces their energy requirements. They drop their internal temperature, breathing and heart rates. Active birds stay at around 40 degrees Celsius, birds in torpor drop down to 9-12 degrees Celsius. In one study, an Anna's Hummingbird suspended breathing for up to 5 minutes at a



Jim Rosso photo of Brant Geese

time. Torpor has its price; birds are unable to react quickly to predatory and other threats, taking several minutes to revive. They also require an immediate easy energy boost of food.

The local birding news is that sun. Many possess dark feathers many people seem to have or skin pigments towards their hummingbirds coming to check out those forgotten feeders from the summer time. I usually don't have the wintering Anna's Hummingbird at my house but this cold weather has one coming every day to a feeder with juice from August. When I saw it coming back again, I finally put some new stuff in and now I keep two feeders going so that I can bring one in at night to keep thawed and replace the frozen one at dawn. Other birds of note since the Christmas Bird Count include a Northern Harrier seen by Bent and Marie Blichfeldt at the east end of Cemetery Road and Brant geese coming in to Tramp Harbor

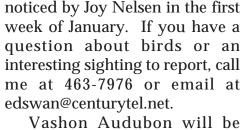




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hosting a great talk about Puget Sound area hawks on **Thursday**, **January 25** at 7 p.m. at the Land Trust Building. Jim Flynn who teaches courses on raptors for Seattle Audubon Society, will be the presenter. This is on the fourth Thursday instead of the usual third Thursday, so don't be surprised.

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Creative Responses to **Disaster Workshop**

By Joe Meeker

In cooperation with Vashon College, the Community Contact Team will sponsor a one-day workshop on Saturday, February 17, 9 a.m. to 5 p.m. on Creative Responses to Disaster. Dr. Richard McGuigan, an expert on conflict resolution, will speak, and workshop sessions led by experienced Islanders will present practical exercises to help people prepare for responding well in times of stress. The workshop will be especially useful to emergency workers (fire, police, CERT volunteers), to mental health workers, and to clergy and members of Vashon

church congregations. workshop will be filmed by Vashon College for future use in training Islanders.

When the Big One comes to Vashon—a quake of 7.2 or larger—experts say that some 70 people will need medical care, and perhaps 10 will be critically injured or may die. More than 100 buildings will be severely damaged and unusable. But far greater numbers will experience emotional or psychological distress from fear, anxiety, and lack of information about family members and loved ones.

To help with these needs, the Vashon Disaster Preparedness Coalition has created the Community Contact Team (CCT). The purpose of the CCT is to provide accurate information in times of disaster, to squelch rumors, to alleviate panic and fear, and to help people find food, shelter, and missing loved ones. The CCT is also responsible for helping the people of Vashon to prepare their inner lives to cope well with a natural disaster.

Further information is online available at VashonBePrepared.org and VashonCollege.org, or from Joe Meeker at 463-9773. For now, just mark February 17, 9-5, as a date to remember, and plan to attend this important event.

The Vashon Loop, p. 8 January 17, '07

Stan Horan Retires

Continued from page 1

had been volunteering for Vashon Island Fire & Rescue (VIFR) for several years, but then persuaded Stan Horan, a co-worker at Medic

One in South King County, to come to Vashon and assist in providing part-

on the Island.

Stan Horan's Retirement Party Monday, January 22, 5 to 8 p.m. Firefighters' Association **Building, 10011 SW Bank Road**

time emergency Bonner on the mainland so that one of them was usually available

service in November after 26 years with VIFR. Stan graduated as a paramedic in 1980 through the University of Washington. Medic One in King County and Light refreshments will be served.

subsequently VIFR, he helped design and instruct ongoing Emergency Medicine classes because King County had no continual training after volunteers became Emergency Medical Technicians. Several years ago, he

> became one of two former **Medical Safety** Officers.

> Many Island residents and

response. Stan agreed, moved their families over the years have here with his family and began experienced Stan Horan's highly working opposite shifts from skilled medical attentions. Because of that, we encouraging the public to join us Monday, January 22, at the Stan retired from active Firefighters Association building at 10011 SW Bank Rd from 5 p.m. to 8 p.m. to thank him for his pioneering efforts to improve the quality of patient care for our After beginning his career with community and to wish him well.

All Island Spelling Bee

Continued from page 2

While this fundraising event is Vashon Community Scholarship Foundation is not a new organization at all. Founded in 1986, this amazing group, along with a very generous community, has been helping high school seniors reach their educational through awarded goals scholarships for twenty years! Last year, over 89 seniors were honored with 160 scholarships totaling over \$115,000. A large majority of the scholarship dollars that are awarded each year are generously donated through individual community members, non-profit businesses, organizations and memorials to honor loved-ones. The remainder of funds used for scholarships are raised through various events put on by the VCSF. This special collaboration between the VCSF and the Vashon community allows all graduating seniors a chance to obtain scholarship help. What a great way to support our graduating seniors!

This February, you will once again be invited to show our high school graduating seniors how important they are to our community and how much we support their future dreams and goals. Don't worry, you don't Labor of Love have to be a great speller to join in and have fun at this spelling bee. Teams will consist of three spellers who will be competing against other teams of three for the coveted title of "Best Vashon Spellers!" There are also opportunities to be a sponsor or to just come by and support your favorite team. The **deadline for** team registration is January 15. Applications can be picked up at the Vashon Public Library,

Vashon Bookshop, Books by the Way, Vashon High School, the Vashon Theatre, or by contacting Mary Margaret Pearson at 463-6622. You can purchase tickets to this event at Vashon Bookshop, Books by the Way, the Vashon Pharmacy and the Vashon Theatre. We invite you all to come out and support this important endeavor. Help fund this year's graduating seniors' own spelling of "s-u-c-c-e-s-s!"

Labor of Love **Auction Donations** Needed!

Now is the time to donate to the Labor of Love Auction, which benefits residents of Vashon's only nonprofit nursing home, Vashon Community Care Center. The Auction is set to begin on **Wednesday January 31** and will conclude two weeks later, on Valentine's Day, Wednesday, February 14, 2007.

N 0 everyone can give money, but many can give of themselves by offering their services, goods they make for sale, through the Auction, explains Linda Milovsoroff, Director

Development VCCC. at Milovsoroff is coordinating the organization and all contributions auction this year. "And now is the time to turn in those donations so we'll be ready for the auction at the end of this month. Our goal is to front desk of Vashon Community have more services and items Care Center, by contacting Linda included in this year's auction than Milovsoroff at VCCC at 567-6164 we had in our last Labor of Love or by donating online at Auction in March, 2005," says www.LaborofLoveVashon.org. Milovsoroff.



Youthful volunteers working in the VCCC garden, an example of a labor of love. Courtesy photo

can pick up a donation form at the

Lavender Duck



16503 Vashon Hwy SW

ም 3.25 bath

MLS# 26187933

- 4 bedrooms
- Cottage
- Close to town

This is a beautiful 1900 vintage farm home that is currently being operated as a Bed and Breakfast on Vashon Island. This beautiful Inn consists of 5 suites; 4 in the main house and 1 in the cottage. Each suite has a private bath and a sitting area. The cottage is steps from the main home and has 2 bedrooms and 1 bath. If you love lavender this beautiful Inn has a beautiful lavender field in the back.

\$ 525,000.

Stacie A Balelo

Listing Agent (206) 819-4560

New donors are also more than welcome to offer their services or goods they make to this online auction. "We would like to offer a variety of goods and services which Islanders can purchase for Valentine's Day presents," said Linda Milovsoroff.

Auction items and services will be featured online at a new b S i www.LaborofLoveVashon.org. Once the auction begins, people will be able to bid online and check the bidding activity throughout the auction.

VCCC serves Vashon's seniors in a number of ways. Break Time is a program that operates at VCCC and helps seniors who live at home and want to remain at Break Time offers caregivers a respite and it offers seniors a chance to socialize and stay active and healthy. VCCC also offers both assisted-living care and skilled-nursing care.

"Vashon Community Care Center strives to offer the very best, state-of-the-art care in a loving, supportive manner but the costs for providing this care continue to increase at a rapid pace. Meanwhile, Medicaid payments only cover 72% of the cost of providing the care

residents receive. VCCC must make up the difference with private donations. That's where the Labor of Love service auction comes help," to Milovsoroffsaid.

VCCC is a (c)

are tax-deductible. Islanders wishing to donate to this cause

The Crisis of **Culture: the Genius** of Youth

Youth-Adult Dialogue February 6 with storyteller and mythologist Michael Meade

By Annie Brulé

What is my gift to the world, and what can the world give to me?

Once we as young people find that out, what do we do? What is our job as adults in recognizing and responding to the hidden genius of our youth? Are we creating a world and a culture that is able to give back?

"A culture that rejects the spirit of its youth will come to lack spirit and imagination when faced with life's almost impossible challenges. A culture that forgets the necessity of converting "olders" into genuine elders will have leaders who can't learn from the past and, therefore, can't imagine a meaningful future."

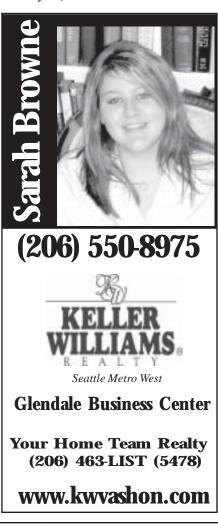
So writes storyteller Michael Meade in his recently revised book *The Water of Life*.

The ninth in a series of Youth-Adult Dialogues, to be held on Tuesday, February 6 at the Vashon Presbyterian Church social hall, opens these questions up wide for an evening of food, storytelling, and dynamic discussion between the youngers, the olders, and the elders of Vashon. We will tackle many ideas as they relate to our own lives, among them "the story of the half-boy." All are invited to come consider, question, listen, and be heard. Dinner will be served at 5:30 p.m., and the Dialogue will continue until 8:30 p.m.

Islander and noted mythologist Michael Meade will help facilitate, bringing with him

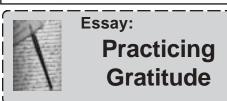
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New At









By Alice Orr

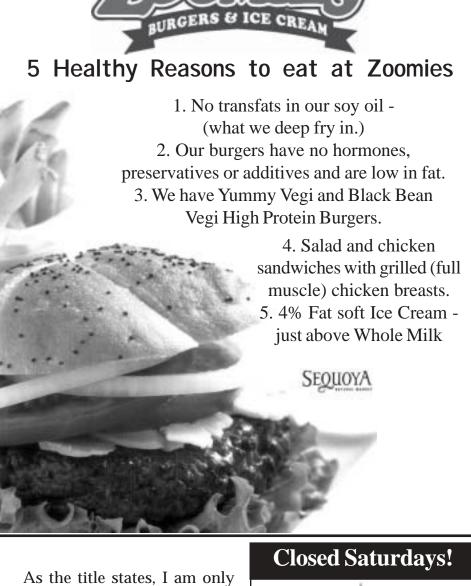
On February 2nd, I will have lived on Vashon for six years. I have sometimes complained, occasionally grown wistful and probably too often waxed anecdotal, as is my habit, about my experience of those years. What I have not done anywhere near enough is express my thankfulness for all this Island and its folk have given me. At this year-mark moment, I correct that omission here.

passage this place has been for me between full-open throttle, which was my only pace before I came here, and the steady gait I have settled into since. The nearly fullstop of retirement did not work for me, but that was okay. At Center Island on Cemetery Road SW a lovely yellow house offered me shelter until I found my way, which I eventually did. Whatever my future may hold, that sheltered space will always be with me and I shall be at home there.

I am grateful for the small wooden church in the woods where I found my faith again, waiting exactly where I had last remembered to look for it, in the

Center Island of my heart. I was flailing toward despair the morning my red Jeep Wrangler took an impulsive turn into the horseshoe driveway in front of Church of the Holy Spirit. I walked inside, sat down in a pew, looked through the wall of glass into the peaceful glen beyond the altar and exhaled fully at last. Whatever my future may hold, that peaceful glen will always be with me and I shall be at home

I am grateful for the acceptance I have felt here. When I first arrived six years ago, I feared there would never be a niche I I am grateful for the middle settle into with ease. I went back www.aliceorrseminars.com. east for a while and did what a New Yorker does when she stubs her toe against a poser in her path. I asked my shrink about it. She said this: "You have to find a way to be yourself there." She had well as family members, can given me an assignment. I am a writer by instinct, conditioned to fulfill assignments and meet deadlines so that is what I set out to do. Which in this case required re-searching for the Center Island haven't been to the Senior Center of my self and resuming residence there. The rest simply came to me, as a gift, from the warm-hearted people of this place. Whatever my future may hold, that warmth will always be with me and I shall be at home there.



practicing gratitude. I don't have it down pat yet so there is much I have left out here I am sure. For example, I have not mentioned my gratitude to Mary Litchfield Tuel for motivating me to put my thoughts into words, for being my editorial guide and deadline guru and for publishing the result. Nor have I thanked you for spending your precious time reading my words. My thanks I give to you, and my thanks I give to Vashon from the Center Island of my soul.

Alice welcomes your e-mail comments on her essays and, if you wish, your additions to her practices in gratitude, at aorrtalk@comcast.net. If you would like to find out more about Alice's work with writers and could fit into with comfort or publishers, visit her website at

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Senior Center Potluck Set

Old friends and new ones, as create good food and good company at the Senior Center potluck, 2-4 p.m. Sunday, January 21.

All ages are welcome. If you recently, take note of the new Remembering Wall or borrow a book from the book corner.

No man's life, liberty, or property is safe while the Legislature is in session. — Mark Twain (1866)



Crisis of Culture: Genius of Youth

Continued from page 8

a wealth of experience working with youth from all walks of life.

The Youth-Adult Dialogues of Vashon are a safe, exploratory, and encouraging format for lively discussion among Islanders of all ages. Extremely successful sessions over the last three years have explored topics such as communication, alienation and connection, endings transitions. gender, and They are cocommunity. sponsored by Development of Island Teens (DOIT), the Vashon Island Prevention/Intervention Team, and Vashon Youth Council.

Youth who attend will receive a coupon for a free movie or beverage at Movie Magic. For more information or to help out, call Carrie Sikorski at 463-5098.

The Vashon Loop, p. 10 January 17, '07

The Dorsal Spin Killer Whale Pod of **Many Nations Arrives in Seattle**

By Orca Annie Stateler

Plenty of otters, seals, and sea lions are around, but Southern Resident orcas exited lower Puget Sound for destinations unknown in late December. In early January, we watched an adult harbor seal eat a large chum salmon a few feet off our sea wall. That is noteworthy because I have seen seals eating flounders and other fish here before, but never salmon. The seal hugged his prize to his chest with his little fore flipper, trying to deter a pesty sea gull. He peeled the salmon the way bears do and did not thrash it around the way sea lions do.

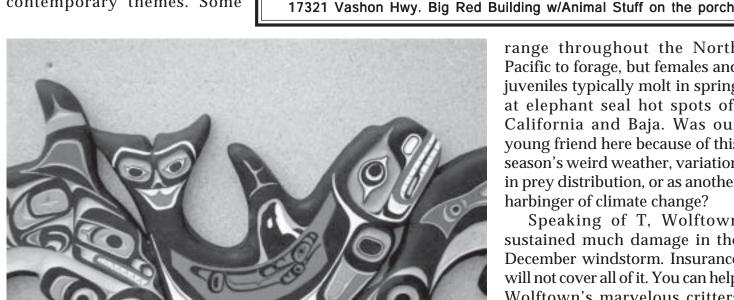
Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO **463-9041.** We appreciate the calls from Mary Frances, Cathy, Robert, and Steve – it is reassuring to know people are scanning the water for fins. For armchair naturalists, the Cetacean Fact Sheets on the ACS web site, www.acsonline.org, are a helpful guide to other species in our waters.

The only pod in town these days is Tlingit artist Odin Lonning's Killer Whale Pod of Many *Nations,* a carved red cedar panel of five killer whales in five Northwest Coast Native art styles. The panel is 81 inches long by 22 inches high. Odin received a Native Arts grant from the Potlatch Fund to create this piece, which will be permanently displayed in the Seattle Aquarium's Puget Sound Orcas Exhibit.

Created as a tribute to our endangered orcas and Coastal tribes from Puget Sound to Alaska, the panel symbolizes the enduring bond between First Nations and killer whales, territory in British Columbia. At pinnipeds is vastly altered or



considered sacred by many Northwest Native peoples. The designs in the five whales represent traditional contemporary themes. Some



Killer Pod of Many Nations detail. © Odin Lonning/Canadian Art Prints

depict ancient tribal stories; some Restaurant caused a slight stir. demonstrated (Luna).

One design is particularly timely. Five years ago on January 14, we met Keetla-Boo-Springer for the first time at the north end ferry dock. The central whale in Odin's accompanying photo shows Springer's legendary reunion with her

pod in Namgis First Nation natural habitat for resting

dedication Thursday, discuss inspiration wish to attend.

Recently,

illustrate living heritage as For pinnipeds (seals and sea recent lions), molting and hauling out on encounters with sociable orcas land to rest are natural processes. Keetla (Springer) and Tsux'iit In urban Puget Sound, most shorelines are developed and



Night Song. © Odin Lonning/Canadian Art Prints

Seattle nonexistent, so they haul out on A q u a r i u m boat ramps, lawns, buoys, and on floating platforms.

Seals come onto land for an January 25, 7 p.m., extended period while molting. Odin and I will They look scruffy and forlorn, but the that is normal. Molting seals are for highly vulnerable to disturbance each whale in his by curious dogs and humans. Be panel. RSVP is courteous and keep a distance of required for this at least 100 yards. This is also the event. Please call law, as pinnipeds are protected 463-9041 for more under the Marine Mammal information if you Protection Act (MMPA).

When I read T Martino's a article, I thought late December young harbor seal was an odd time for a juvenile resting on the boat elephant seal to be molting in ramp by La Playa Puget Sound. Elephant seals

range throughout the North Pacific to forage, but females and juveniles typically molt in spring at elephant seal hot spots off California and Baja. Was our young friend here because of this season's weird weather, variation in prey distribution, or as another harbinger of climate change?

Mom got her way - the annual "Think Snow" campaign

finally paid off! After years of failure, the snow has come

(twice) and stayed!

Horus' pick of the week:

Coming back to his adoring public after spending a few

days at the feline funny farm.

Bored dogs driving you nuts? Come get some new chew toys.

463-3401

\$8 nail trimming with no appointment

Speaking of T, Wolftown sustained much damage in the December windstorm. Insurance will not cover all of it. You can help Wolftown's marvelous critters and score a classy art piece (see photo here) when you purchase Odin's wolf carving, "Night Song," currently on display at the Vashon Island Coffee Roasterie. \$400 of the sale price will go to Wolftown!

Finally, a note about Odin's "Three Orcas" card design in the last Dorsal Spin: in my haste to make the article pretty, I failed to specify that Odin Lonning and Canadian Art Prints own the copyright on that design. The lovely images that appear with my columns are copyrighted, and Odin's permission is required to use any of them. Thank you for respecting his hard work.

Contact Orca Annie at Vashonorcas@aol.com.

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Special Education Parent Meeting

There will be an informational meeting for parents of VISD Special Education Wednesday, January 31, from 7 to 8:30 p.m. The meeting will be at Court House Square, 19001 Vashon Hwy SW. K12 Ventures is bringing Scott Leonard from DDD (Department of Developmental Disabilities) to present information on services offered by DDD and explain the application process. Cathy Lambert, Director of Student Services will present information concerning graduation and diploma options for Special Education students, new WASL and WAAS options, and changes to Special Education based on the 2004 reauthorization of IDEA. There will be informational handouts on Special Olympics and also time for parent comments and questions.



January 17, '07 The Vashon I oon n 11



Adventures in Darkest Amazonas

By Rachel Bard

In Trouble Again: A Journey Between the Orinoco and the Amazon, by Redmond O'Hanlon. Vintage, 1988, Paperback.

Redmond O'Hanlon's idea of a rollicking good time is to explore by dugout canoe the nearly uncharted Amazonas, the vast area in southern Venezuela where the headwaters of the Orinoco and the Amazon arise. He's an experienced explorer and a knowledgeable naturalist, with all a naturalist's curiosity to see more, more. But still — piranhas, fire ants, anacondas that can pull

a man out of a boat, mosquitoes, ticks, blackfly that get into your ears and nose and eyes, scorpions, tarantulas, not to mention drenching rains, searing heat and rapids where you have to drag the boats over the rocks? Some holiday!

O'Hanlon had earned an enviable reputation in the academic world and served for years as natural history editor of the *Times Literary Supplement* when he felt impelled to see what was to be seen in the inner wilds of Borneo. That expedition resulted in his first travel book, *Into the Heart of Borneo*. His most recent was *Congo Journey*, in 1996. In between came this one.

For the journey, the author received wise counsel from Charlie Brewer-Carias, a famous Venezuelan explorer photographer. Besides maps, handbooks and equipment, Charlie recommended the crew members. "You start when they sober up," said Charlie. "Give them a week." Chimo, a huge boisterous Indian who was intimately acquainted with the territory they'd venture into, was motorman, i.e., navigator. Galvis the cook, who could make a stew of anything Pablo the hunter brought in (from curassow to cayman), was also fond of reading and made great progress through an old *Reader's Digest* until it went overboard. Old Valentino knew the rivers and how to camp in the jungle. Culimacaré, Chimo's husky nephew, was an all-round man, strong and reliable. On his own O'Hanlon found Juan



Redmond O'Hanlon inspecting an eyeball in a jar. Photo by Christine Fichera

Saldarriaga, a Colombian ecologist, "dark, small, bearded, wiry and worried," who came along to test his theory that the rainforest had frequently burned and that this accounted for the extraordinary diversity of species. The crew members who were called on to help him dig up soil samples to test for carbon viewed his enthusiasm with amused tolerance.

And then there was Simon. While still in London, O'Hanlon worried about the lack of a "civilized companion" on the journey. He approached the poet James Fenton, who'd been with



him in Borneo. Despite being softened up by a half-bottle of single-malt, Fenton demurred. "I would not come with you to High Wycombe!" Nor would others. Simon Stockton, however, a friend of O'Hanlon's from some years before, jumped at the chance to get out of an unsatisfactory career as a casino supervisor. He wanted to be a photographer. He wanted to become better educated (and indeed got through much of Jane Austen and War and Peace during the journey). But he had a very short fuse and never did learn to like roast spider monkey. He began photographing the wildlife diligently, and O'Hanlon eagerly pointed out prime subjects: toucans with their huge ungainly bills, blue-crowned motmots with their improbably long tails, the oropendula. "On seeing us he would hold his sharp beak open, make a noise like castanets, put his head down as if being sick, glug like a carafe of wine suddenly turned upside-down, rustle his feathers and regain his composure as if nothing had happened." However, O'Hanlon felt some doubts when he noticed that after successfully pointing his lens at one such rarity, Simon carefully wrote in his record, "Bird.")



O'Hanlon had two main objectives, besides observing outlandish flora and fauna. The first was Neblina, highest mountain in South America outside the Andes. They made it and climbed far up its flanks. "Directly opposite, the sharp edges of the southern arm of Neblina gathered themselves up towards the ten-thousand-foot peak, half obscured in plumes of cloud." Simon, who had complained loudly and profanely about the hard climb, had a change of heart. "Magic! Magic, old mate!" he cried.

Nevertheless, he left the party before O'Hanlon went after his second goal: the elusive Yanomami Indians, said to be the most violent people on earth. The journey up the dark, mysterious rivers to their village is like something out of Heart of Darkness. Everyone was nervous and wanted to turn back, but O'Hanlon forced them to press on. They found the village and to their relief were not murdered outright. After doling out combs, mirrors, beads, fish line and hooks and sharing some of their lentil soup, they were more or less accepted and permitted to watch a fearsome ceremonial dance. Then they observed that the young warriors were becoming more menacing. O'Hanlon decided it would be well to go. If he hadn't we might not have had this book.

He writes wonderfully, with a keen sense of graphic detail for sights, sounds and smells. He leavens the natural-history lore with his dry, sharp humor. These days, when unexplored places on our globe are becoming scarcer, O'Hanlon takes us with him to share the glee of discovery in his Amazonian jungle.

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Wine Appreciation Course

On Wednesday evenings starting February 21 and ending May 2, Ron Irvine of Vashon Winery will begin his eleven week wine appreciation course covering the art and science of wine. This will be the first of many courses on wide ranging topics of community interest offered through Vashon College's Center for Exploratory Learning. Similar to the course Ron teaches at South Seattle Community College's Northwest Wine Academy, Vashon College's Wine Appreciation class will meet for eleven weeks from 7:00 - 9:00 pm at Courthouse Square. Topics to be covered include grape composition, viticulture. vinification of red, rose and white wines, maturation and faults, methods and styles (Old World, New World), Washington wine analysis, and wine and food pairing. Each week four to six wines will be sampled. Students must be 21 years of age to taste wine. The cost is \$250 plus an additional fee of \$55 to cover wine tasting. For detailed information, contact info@vashoncollege.org.

Ask your child what he wants for dinner only if he's buying. – Fran Lebowitz



Loopy sez: Deadline for the next edition of *The Loop* is Friday, January 26

The Vashon Loop, p. 12 January 17, '07



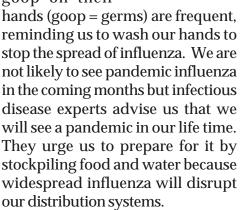
My guess is that you are not prepared...

By Kathy Abascal

Seasonal influenza is appearing late this year. It has been widespread for a while in a few southern states and, perhaps thanks to holiday

travel, is now starting spread. This flu causes fatigue, fever, body aches, and a lingering cough.

News stories about the threat of pandemic influenza appear sporadically. Ads with little penguins dancing and moms returning home with green goop on their



Eupatorium

I wrote a book on how physicians used herbs to treat victims of the 1918 pandemic and prevent complications like pneumonia from developing. They pandemic. Some of their treatments are useful for any type of influenza. The most important is boneset (Eupatorium perfoliatum). This herb relieves the aches and fever of influenza and may, according to those physicians, even prevent some cases of influenza. It can be used as a tea but unfortunately does not make a pleasant tasting beverage. I prefer boneset tincture and recommend taking 30-60 drops in some hot water every 2-4 hours while sick with the flu. I take boneset for a few days if I find myself in close contact with someone who has the flu. Usually, I add 20-30 drops of pleurisy root (Asclepias tuberosa) to my boneset as a flu

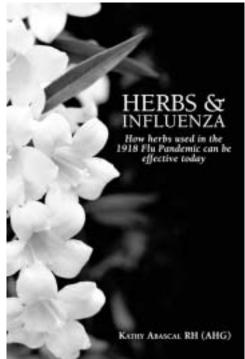
treatment. Pleurisy root, as its name suggests, has a long history of use for lung ailments. It helps soothe the cough that typically accompanies the flu. I also like to add 2-5 drops of fresh lobelia (Lobelia spp.) tincture to the mix. Lobelia is a phenomenal anti-spasmodic and is slightly sedative. I find it actively prevents dry, irritated coughing. It also helps flu patients sleep which is important to recovery. I avoid lobelia as a tea or capsule because it will provoke vomiting if taken in excess and the dried herb can be quite nauseating while a few drops of the tincture is not. Finally, I suggest that people keep some black cohosh (Actea racemosa) on hand. In the pandemic, black cohosh was added if the boneset failed to completely relieve the aching pains of the flu. We think of black cohosh as a menopausal remedy but traditionally it was used as an analgesic. It works best in

> small doses, 10-20 drops every few hours.

In my experience, these tinctures help enormously in easing discomfort of influenza. Based on what I learned while researching treatments used in 1918 pandemic, I also now recommend people use some type of chest

application to help prevent complications like pneumonia from developing. The volatile essential oils in these applications are able to penetrate the skin and reach the lung a preservative. It is easy enough to tissue at times when circulation in the lungs is impaired. That way, antimicrobial and compounds reach the lung even when similar compounds taken orally are not delivered efficiently. If not prepared? I know that most you are at all prone to lung issues, chest applications are important. They can be as simple as applying Vicks Vaporub® to the front and back of the chest, covering the area This tells me that most of you are reported great successes and their with a tee shirt, and applying some not prepared to treat even regular patients had a much lower fatality heat – heating pads can work well. influenza. Instead, you are likely to rate than others did in the great Or they can be as complex as some of those commonly used during the pandemic. My book has the you will help spread influenza this formulas for a variety of applications.

power outages will occur in our area. They could happen tomorrow. Then again, we might not see a pandemic or an earthquake for another 20 years. But, because they may happen sooner rather than later, we need to prepare now and have food, water, and medicines on hand. I strongly believe that our medicines should include the four herbs at Café Luna. Rukwid's original described above and something to use as a chest application. Tinctures Nesbit, who was the original have a long shelf life (5-10 years) supermodel 70 years before the



Kathy Abascal's New **Book Now Available!**

Kathy Abascal's New Book Now Available! You can now buy her book Herbs & Influenza - How herbs used in the 1918 flu pandemic can be effective today at local Vashon stores. For more information on the book and on the 1918 flu pandemic, visit Kathy's website at http:// www.HerbsandInfluenza.com.



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 recently started a blog which you can read at www.herbsandinfluenza.com/blog.

You can email her if you have questions about (Anemopsis@yahoo.com) or you can stop by the Roasterie on Friday afternoons to discuss any aspect of herbal medicine with her in person.

add a few bottles of tinctures and something to use as a chest healing application to your food and battery supplies.

So what makes me think you are people are unfamiliar with boneset, pleurisy root, and lobelia. I also know that these herbs are not flying off the shelves in the Island stores. drag yourself off to find a remedy once you are sick. In a normal year, way. In a pandemic, the stores likely will not have the remedies you need Pandemic flu, earthquakes, and and may not even be open for business. Why not plan ahead instead?

Evelyn Nesbit Subject of Art Show

Evelyn: Original Acrylic Paintings by Island Artist Glenn Rukwid is the show currently up acrylic portraits are of Evelyn because their alcohol content acts as term supermodel was created.



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A government which robs Peter to pay Paul can always depend on the support of Paul. — George Bernard Shaw



Loopy sez: Deadline for the next edition of The Loop is Friday, January 26

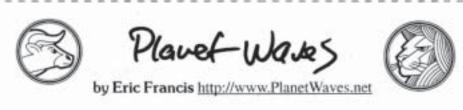
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Aries (March 20-April 19): You are working the line between what is possible and what you believe is possible. Or should I say the wall of belief, or the ruse of belief. Or, perhaps, the magic power of belief. What, exactly is belief? It's nothing at all, compared to faith, particularly faith in yourself. Some may feel the difference is semantic. I would put it simply this way: belief is like tricking yourself into accepting that something is true, whether it is or not. Faith is feeling the situation and responding from a place deep inside yourself, where you know, trust and accept. There is a difference.

Taurus (April 19-May 20): By now, you've had enough of other people's dramas. Yet do you understand that the clearest path to freedom from dramas is being the one and only authority to whom you're ultimately answerable? That is the essence of your life mission, and the story of this phase of your growth. Note, however, that while some people will respond by showing their respect, others will respond with rebellion. This will you provide an excellent opportunity to see who around you is reaching adulthood, and who is still a child in an adult's body. Keep track of who is who, and please treat everyone accordingly.

Gemini (May 20-June 21): Recent planetary action in Aquarius is probably stirring up your wanderlust, and prompting you to explore new friends and new experiences. Given other factors in your solar chart, such as Jupiter in your opposite sign Sagittarius, I am surprised you can sit still for more than half an hour. Are you free to move about the surface of the planet? Or perhaps more to the point, do you feel confident enough to renegotiate your commitments and create some flexibility? You know the answer to that question, and I would say that if you are in doubt, now is a great time to start practicing. Though it's rarely said, freedom does take practice, and plenty of it.

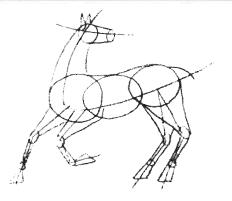
Cancer (June 21-July 22): People are showing you their true colors these days, which is about all you could hope for. You need to know where you stand with people, and your life goes better when you do. So, rather than complaining about the sorry state of the human race, just make sure your scorecard is up to date. Just as important is people knowing where they stand with you. State your expectations in clear, simple terms, and see how people respond. Leave out the emotional material; rather, assess people by their own emotional state and whether they show a shred of sensitivity to your situation. Some will; some will not; thus will you know who your real friends are.

Leo (July 22-Aug. 23): There's an interesting collection of people gathering in your life, and from the look of your solar chart, it's not about to turn boring anytime soon. Make sure you identify all the basic characters: let's see, the smoothtongued lawyer; the pathological liar; the provocative revolutionary: the smart little kid; the person setting an excellent example. As long as you keep track of who is who, your days will go smoothly. If you start confusing these people, it's a little like expecting a dog to act like a cat, only with higher stakes. It will be interesting to see what happens when you get them all in the same room.

Virgo (Aug. 23-Sep. 22): With so much going on at work, you may be feeling like you want to spend a month at a Buddhist retreat center. You've hardly ever had a better opportunity to understand the strange tension that exists between you and your environment when there is a group of any kind around you. My best guess is that on some level you feel like you have to be a different person with everyone, to somehow meet their different expectations of who you are. Can we pretend for a little while that you don't need to do anything of

Libra (Sep. 22-Oct. 23): You have so many options open to you





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taking some kind of risk. The question you need to ask yourself is not how daring do you want to be, but rather, what do you really want to do, create or learn? Your honest desire will guide the level of risk you're willing to take, as will your sense of what is possible if you actually dare to think, feel or respond to your world in a different way. Just to give you a clue, you're likely to discover that the more willing you are to experiment, the more willing people are to be real with you.

Scorpio (Oct. 23-Nov. 22): You have learned something about yourself, something I have a feeling you were never expecting. It relates to your mental attitude and the fluidity of cash. Most people who are good at the money game have this figured out, but they come in two varieties: the ones who cling to the stuff, and the ones who let it flow. You are clearly of the second variety, and as you come into your stride, you may find yourself being a bit repulsed by those of the first. You know instinctively that little fundamental faith in existence.

Sagittarius (Nov. 22-Dec. 22): Beneath the carefree image you sensitive angle of your solar chart project to the world is a person deeply committed to propriety, integrity and knowing what drawer your socks are in. Having suddenly come to the realization of what is supremely important to you, you may now feel the time has arrived to act on that, to take charge and in some way to get others to live up to your values. You don't need to do this aggressively. It would be better if you kept your focus on yourself, and on doing what you know is right. That will send a signal, and part of that signal is an invitation to people who share your values to support your mission.

Capricorn (Dec. 22-Jan. 20): Recent activity in your sign caused **astrology** quite a few people to go into meltdown mode, abandon any sense

right now, but all of them involve of authority, and maybe flake on a few important responsibilities. There are people who get blown around by the plants like a leaf; there are others who cling to their reality like a tree that cannot flex in the wind. The strength you offer others comes from a combination of being flexible and firmly rooted. In order to be an authority, you need to respect authority. These things you know, but now you need to be impeccable about them, because people are responding to your example more than anything.

Aquarius (Jan. 20-Feb. 19): Aquarius is now a potent focus of planetary movement, reminding us that the only constant is change. What most human beings struggle to change is their ideas, and I strongly suggest that you lead the way in revising your notions, beliefs and concepts as quickly as you have reason to do so. You may be concerned what people will think when you do this. You may feel it will cost you respect to change your mind. That is a fixed belief that many people have, and I can think of few green sheets of paper are not the mental habits that block progress issue, but rather a deeper and more more effectively. Let's move on; we need some progress in this world.

Pisces (Feb. 19-March 20): The where your professional fortunes are wagered is hot right now, maybe too hot to handle. The difficulty I've noticed with strong transits to this house, the 10th house to be precise, is that most people either get blown over by the energy, they get scared, or they have no clue what to do with the opportunities it presents. However, you've been preparing for this moment for a long time, far longer than you may recognize. It's often true that the reward of good work is the opportunity to do more work, and for some this has no appeal at all. I trust you feel differently.

Eric Francis has more of your for you PlanetWaves.net.

The Vashon Loop, p. 14 January 17, '07



Island Epicure



A Hot, Hearty and **Healthy Winter Meal**

By Marj Watkins

It's the season for slow cooking that warms the kitchen while creating hearty, mouth-watering, satisfying meals that shore us up against colds, flu, sinus congestion, etc. as well as provide eating pleasure.

Winter vegetables come into their glory now-broccoli, Brussels sprouts, cabbage, cauliflower, kale and collards; onions, leeks, and all the root vegetables. They're all good keepers, too.

With the main dish below, serve baked potatoes, brown rice, or whole-grain noodles, plus a salad of diced oranges, cilantro, and red onion bits on red lettuce.

Pork with Brussels Sprouts

3 servings

3/4 lb. lean pork chunks

2 cups Brussels sprouts, stem ends cut off and x's cut in bottoms

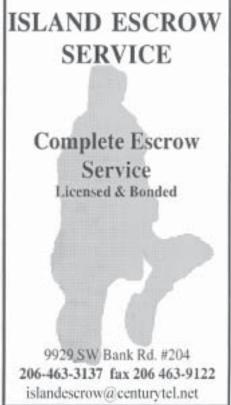
1/2 cup barley or whole wheat flour

3 tablespoons olive or canola oil 1 medium size yellow or white onion, chopped

1 fat garlic clove, chopped Salt and Pepper to taste Dash red pepper flakes Water to cover, about 2 cups. 1/2 cup minced Parsley

Dredge the pork chunks in the flour. Heat the oil in a wide heavy frying pan that has a lid. Fry the pork until golden on one side, turn and golden the other side. Add onion and garlic. Stir-fry until onion is glossy and semi-transparent. Tuck Brussels sprouts among the meat pieces. Sprinkle well with salt and pepper. Sprinkle very lightly with red pepper flakes. Add water. Cover, reduce heat. Simmer until meat is forktender, about 1 and 1/2 hours.

Cooked long with pork and flavorful seasonings, they're melt-inmouth tender, and tasty, and the sauce so delicious you won't let a drop your Brussels sprouts, hold off on tucking them into the pan until the meat is half done.



Every ingredient in this recipe has health benefits: Barley flour lowers cholesterol, and is lowest of flours on the glycemic index (G.I.), and has 15 to 16 grams of protein per cupful. Whole wheat flour: 15 grams of protein, but higher G.I.

Brussels sprouts yield 343 milligrams of potassium per cupful, some calcium and magnesium, 778 IU Vitamin A, and 74 milligrams of Vitamin C, plus phenethyl isothiocyanate which deactivates carcinogens.

Pork is an excellent source of Vitamin B1, the energy vitamin. The cuts with the highest amount of Vitamin B1 are ham, leg, and shoulder.

Onions boost good HDL cholesterol, and protect against cancer. A French comparison study of 345 women with breast cancer and 345 without concluded that eating onions 16 times a week (twice daily and three times a day on weekends would meet their criteria) gave women up to 70% less risk of the disease. Garlic and leeks, also alliums, offer similar protection. Eating onions 7 to 10 times a week halved the risk of breast cancer. Another study showed that eating onions lowered risk of prostate cancer.

Garlic: Potent anti-bacterial. Lowers blood pressure. (Researchers at New York Medical College found that one-half to one clove of garlic daily lowered blood cholesterol 9 percent.) Anti-carcinogenic. Studies done in

China, Europe, and the United States showed that people who eat garlic are less likely to get cancer; especially stomach cancer.

Garlic helps clear your sinuses and gs of mucus. Also makes blood cells slippery, preventing blood clots.

Red hot pepper also works to clear your sinuses and lungs of mucus. (So do mustard, ginger, and horse radish).

Parsley gives you, in 1/4 cupful, the Daily Value of Vitamin K, which helps blood to clot, so you won't bleed too much if you cut yourself, and strengthens bones. Harvard University found through it's Nurse's Health Study, that women with the least Vitamin K were most likely to suffer hip fractures due to osteoporosis. Parsley is a splendid source of Vitamins A and C, and also yields some folate. Use it often. Chew a sprig; its cholophyll purifies your breath.

For more on seasonings that have go uneaten. For a sturdier texture in medicinal uses, see my slim book, Curry Cookery, or Shereluck Ohmes and the Case of the Curried Cookbook, available at the Vashon Book Shop. യയയ

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Solution to Puzzle on page 16

Madame Toujours

Dear Madame Toujours,

I have been out on a few dates with a guy I really like, but I don't think he likes me as much as I like him. Alonzo didn't call me back after our second date. It's been two weeks, and I can't figure out what I did wrong. For our first date, he asked me out to dinner at Chez Luis and a play afterward. I was really impressed, and I tried to let Alonzo know how much I liked him. You know, touching his arm, laughing at his jokes, tilting my head and fluttering my eyelashes. When he dropped me off, I invited him in for coffee, but he declined. I figured he was just being a gentleman. He didn't call me back right away, so a few days later, I called him and invited him to my favorite place for dinner. My treat.

I thought he would be flattered that I was interested enough to call him, but he seemed a little reserved even though he agreed to go out with

This time, I really put myself out to make him feel like a man. I pulled out all the stops, flirting and asking him all about himself, telling him how much I am impressed by his job as a stock analyst. At the end of the evening, he once again declined my invitation to come in for a drink. It's like he knew I planned to show him my naughtiest underwear and do exotic things to him, and he wasn't interested. He left, and I haven't seen or heard from him for two weeks. Is he gay? Is he just a jerk? What could I possibly have done wrong?

Sincerely, Disappointed

Chere Mlle. Disappointed,

Possibly, you are supposing that you are the sexually

independent modern female who is assertively capturing the heart of the desirable mate. What you are not understanding is that the sexually assertive modern female is not needing to flutter the eyelashes and pout the lips. If you are wishing to have the spouse who is the ornament to your life, you are first needing to be the ornament for yourself.

M. Alonzo, he is the desirable mate for everybody. He is not looking for the silly, frivolous female who is hanging on the every word and offering the exotic sexual experiences. He can be having that from practically every woman he is meeting. M. Alonzo, he is holding out for the sensible person with the practical undergarments and the stimulating opinions.

Also, you must be remembering that for the male persons, the competition, it is everything. Always, he is measuring the status. When he sees that you are making the big, obsequious display to win his affections, he is naturally supposing that you are the inferior person rather than the equal for himself.

Bon Chance, Mlle. Disappointed, and for the future, you are remembering that you are the interesting person who is so attractive that you are not having to flirt and flatter the masculine persons. www

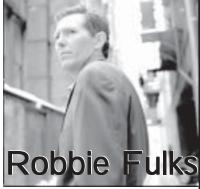
> Read The Loop online: www.vashonloop.com

The Man....

The Myth....

The Sweetheart ???

One Solo Show February 14th **Bishops Cafe**



Tickets to the show are \$10 in advance, \$12 at the door show starts at 8:00pm

Bring Out Your Dead (Batteries, that is)

The Sustainable Committee of the Vashon Maury Island Community Council will recycle these items monthly for a six month trial period. This

is a free service for residential households only. Drop off these hazardous materials on Saturday, **January 27, 2007** from 11 a.m. to 2 p.m. in front of True Value Hardware Store. Recycle your mercury fluorescent light bulbs. This includes compact fluorescent bulbs and straight

Hazardous Waste Recycle Saturday, January 27 11 a.m. to 2 p.m. In front of True Value Hardware

tubes (up to 4 feet long). These products cannot go to the transfer station. **Recycle your household batteries.** This includes lithium and nickel cadmium batteries. For example: button batteries used in watches, hearing aids, cameras, calculators, including all rechargeable batteries and cell phone batteries. If you have small appliances/tools (e.g. tooth brushes, shavers, vacuums, etc.) that are rechargeable, you must remove the battery and discard the remaining appliance.

No alkaline batteries. These can go in the regular trash. For more information contact Hilary Emmer at (206) 463-7277.

Storm Animation Available Online

John Osborne tells us that his animation of how the power went off and came back on here on Vashon after the December 14-15 windstorm will be available starting Wednesday, January 17, at his website, www.oceanatlas.com.

Alternate Routes

By Deborah Anderson

Dear Readers,

It is Saturday morning. I have taken the bus off our icy hill to get a few supplies and send Mary something for you to read in The *Loop.* Because the bus is coming soon, and I must be back in Burton at noon, I've had to skip the Friends of the Library meeting.

Between illness and weather, it has been since November 4th that life has had that hummin' along the highway ease and predictability. I'd been falsely lulled into the rhythm of it.

I'm reminded of when we first moved up from California in the seventies. Our pediatrician reminded me that when it's sunny one ought to stop everything and go on a picnic.

We are greatly rewarded in this life for carrying on no matter what. but as I type words onto a blank screen because the computer I'm using is to slow to keep up, I'm thinking of another important life lesson for all of us high achieving, competitive, courteously adventurous, grab-life-by-thegolden-ring and look for the next mountain to climb enthusiasts.

When life says stop...stop. Enjoy the alternate route. Whether illness, or weather or uncooperative family members or animals whatever...don't waste suffering. Notice, feel it, sink into it.

If one reads the biographies of great people, every single one of them had major obstacles and failures that caused them to pause and observe. Our agenda and accountability and responsibility is certainly important. But so is paying attention to the rhythm of the world.

As we grouse about this winter, as weary as we all are of alternate routes, let us remember to soak in every moment of the alternate route.

Gotta go. The bus is coming. Today I will see Monument Road instead of the highway because the busses are on diverted routes with chains that can go only thirty miles

With two bags of supplies and my long johns discreetly disguised under my dress pants, I will sit back, let someone else do the driving and enjoy a change of scenery.

Love, Deborah

 $\omega\omega\omega$

I'm young at heart. Slightly older in other places.





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Photo courtesy Wolftown. More photos and information at www.wolftown.org

Wolftown Emergency Appeal

By T Martino

the December 14 windstorm. otherwise we'll lose the food. Thankfully, none of our animals were hurt. Pete is OK, but T received some minor injuries from a falling tree, and is doing as OK Mutual at 206-463-9197 to donate as possible with that.

The wolf fencing is now propped up. The arena is in a bad for "Wind Storm 06." way, and the bird mews, horse damage. There are trees down on the house, though it is still sound. Right now we need:

Volunteers to come help with the work.

Cyclone fencing and paddock fencing and related materials.

Roofing materials

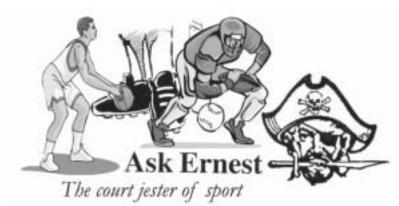
freezers and refrigerators that thank you very much!

Wolftown was hit very hard in contain the food for our animals;

If you can make a financial contribution, please contact the Vashon branch of Washington to the PupPup Fund. Please earmark your special contribution

Funds are especially needed and sheep shelters have some because our insurance company is not going to pay for most of the damage, so our need is much greater than we anticipated.

Our cell phone reception is spotty at best, and our land line is not available to us right now. Anything and everything that you can do to help will be most A big generator to support the appreciated, and we'd like to





Seniors: Check out the Vashon Senior Wrestling Marching Rock Band! Picture and design by the brizilliant Gee Peezy Pendergrastovski.

Ernie.

Could you please define "inscrutable"?

Mick E. Holmgren

Mr. Holmgren,

Inscrutable means not easily understood. Some would say kind of like this column but I would not agree. It all makes sense to me.

—By the way, here are some pictures that are very easily

understood. Especially when you read the handy little sub-text that some call a "caption."

—By the way (part two), sorry about d'Bears.





Under the wise tutelage of Kara Sears, the Vashon Cheerleaders prepare for their next Kabadi match against the Lil' Pinkies. Word on the street is that they also might be letting the dogs out before the match starts!

Free-Running World

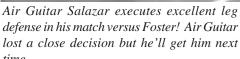
Medalist Wil' Flower

Volker slicks back his

hair in attempt to look

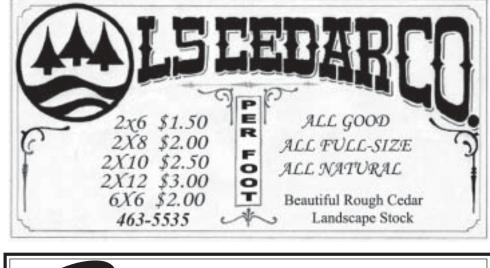
like Johny Depp and

charm the girls!





Senior Wrestlers Act Like They're Tired! Top Row: Rhino Saurus Corliss, Coach Jevon, Timmy Robinson, Coach Efrem Bottom Row: M-Tho Thorn, MJ Sohl, Wil' Flower Volker, Freight Train



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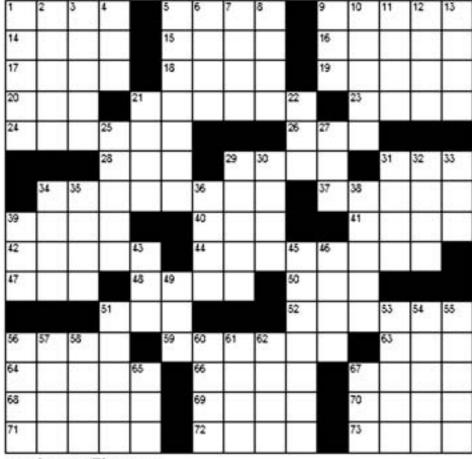
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Across

- 1. Quick
- To aid
- 9. Move toward
- 14. Singing voice
- Sage 16. Trückle
- 17. Space18. Small breed of
- horse
- 19. Water radar 20. Gotcha 21. Puzzle
- 23. Districts of ancient
- Attica
- 24. Pre-Nissan 26. One of your sibs 28. Pd. notices
- 29. Green fruit 31. Traveler's aid
- 34. Born
- 37. Iranian's neighbor
- 39. Hutch 40. Arbitrator, e.g.
- 41. Malaria
- 42. It ain't poetry 44. Formal defense
- of ideas
- 47. Ship initials 48. "You can't eat just one" brand

- 50. Compass point 51. Football assoc.
- 52. European clover
- 56. Munitions (abbr.) 59. Drops (2 wds.) 63. No, to Jacques

- 64. Jacket leather 66. And _____, beside me, singing in the 66. And
- wilderness...
- 67. Hiker's nemesis
- 68. Writings
- 69. Naked 70. Dunking cookies
- 71. Dickens
- of Two Cities"
- $(\overline{2} \text{ wds.})$
- 72. Seaweed
- substance 73. Do business

Down

- 1. Unit of electric
- capacitance 2. Oahu hello
- European ermine Male cat
- Con Small town
- Extremely long
- time periods
- 8. Band instrument
- 9. Possessive
- pronoun 10. Emotional states 11. Window glass

- 12. Cheese13. Stringed

- instrument
- 21. Jujitsu
- 22. Compass point 25. Wise people 27. X VII

- 29. Holds 30. Intelligence
- 31. Wise Man Greenish blue
- 33. Pastry
- 34. Saloons
- 35. Id's counterparts
- 36. Serving dish
- Furors
- 39. Where mother
- bd. is 43. Santa's helper 45. Association member
- 46. A national capital
- 49. Brand of laundry
- detergent 51. Knobby
- 53. Hardeň 54. Asian nation
- 55. Enter
- 56. Sailing
- 57. Have to 58. Tableland
- 60. Bunsen burner
- 61. Criminal 62. Cola 65. Sight organ
- 67. Biochem. Oxygen demand

Solution on page 14

By Ed Frohning

Lopy Laffs

Success is the ability to go from failure to failure without losing your enthusiasm.

- Sir Winston Spencer Churchill

A high-school student came home one night rather depressed. "What's the matter, son," asked his mother. "It's my grades. They're all wet." "What do you mean 'all wet?" she asked. "...below C-level."

I'd rather be strongly wrong than weakly right. —Tallulah Bankhead Just because you do not take an interest in politics doesn't mean politics won't take an interest in you.

— Pericles (430 B.C.)

Giving money and power to government is like giving whiskey and car keys to teenage boys. – P. J. O'Rourke, Civil Libertarian

Aibohphobia: the fear of palindromes

Most truths are so naked that people feel sorry for them and cover them up, at least a little bit. — Edward R. Murrow

One (or so) Liners

If all is not lost, where is it? Memory is the most convincing liar.

I've still got it, but nobody wants to see it.

Bakers trade bread recipes on a knead to know basis.

I took a speed-waiting course and now I can wait an hour in ten minutes.

The mystery of government is not how Washington works but how to make it stop.

'm sick of war for many easons,

It was so cold, the wolves we

Streets flooded. Please advise.

- Robert Benchley, telegram to home on arriving in Venice

The most powerful force in the universe is gossip. - Dave Barry

T SHOULD

HAVE FED MONGO

(HIS MORNING)

I SHOULDN'T HAVE

USED KIWI FRUIT

SHAMPOO ON FLUFFERS

SHAMPOO

If this isn't a Stradivarius, I've been robbed of 110 dollars. – Jack Benny

I'm sick of war for many reasons,
Three of them will do:
It's 1815,
I am French
And this is Waterloo.
– Mel Brooks, song lyric

There is no human problem which could not be solved if people would simply do as I advise. – Gore Vidal

Writing is easy. All you do is sit staring at a blank sheet of paper until the drops of blood form on your forehead. – Gene Fowler

It was so cold, the wolves were eating the sheep just for the wool.

Our Loopy Zen Moment for the Fortnight: If there is no self, whose arthritis is this?

WILD WORLD

OFFSHORE













A man brings a dog into a nightclub to work. The dog is a brilliant piano player. He plays all the standards. He's

sitting there, pounding out the tunes, when all of a sudden, a big dog comes in and drags him out. The nightclub owner asks, "What happened?" The man says, "That's his mother. She wants him to be a doctor."



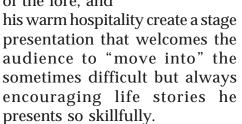
Loop Arts

Charlie King and Rebel Voices in Concert

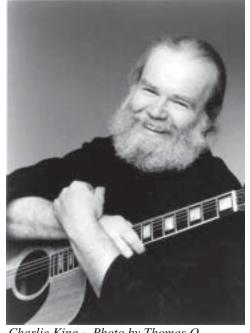
Charlie King and Rebel Voices In Concert Friday, February 9, 2007 at 7:30 p.m. Vashon Co-Housing Common House **10421 SW Bank Rd.** Please park on Bank Road and walk in. Bring a flashlight! Admission: \$14 at the door/\$12 in advance (\$8 low-income & kids)

Charlie King is one of those writers whose songs you've been hearing – or singing – for decades. With an astute political analysis, a compassionate heart and a

melody, Charlie's songs are a mainstay of the political folk liturgy. His masterful ease with both the history and the poetry of his subjects, his insightful Rebel Voices, Island resident Susan Lewis, humor and love left, and Janet Stecher, right. Photo by Erica of the lore, and



heart of American folk music for over 40 years. His songs have been recorded and sung by other performers such as Pete Seeger, Holly Near, Ronnie Gilbert, John McCutcheon, Arlo Guthrie, Peggy Seeger, Chad Mitchell and Judy Small. Honors include an "Indie" award for one of the top three folk recordings of 1984. In May of 1998 the War Resisters League gave their Peacemaker Award to Charlie and to Odetta. Pete Seeger nominated Charlie for the Sacco-Vanzetti Social Justice Award, which he received in of November 1999. Charlie has released a dozen solo albums since 1976. He has also released three albums with the touring ensemble Bright Morning Star, and numerous compilation albums with other artists.



Charlie King ~ Photo by Thomas O.

"With encouraging regularity, Charlie King emerges from his self-reflection to remind us of the happy resilience of the human spirit. His message songs vary brilliant way with lyric and between the funny and the

> frightening, but he pulls them off with unvarying taste, musical skill, and charm." Billboard

Joining Charlie on this 2007 tour northwest's own Rebel Voices. Janet Stecher and

his warm hospitality create a stage Susan Lewis. They will be their usual theatrical selves, bringing you the best social commentary that can be set to music. The thousands of hours they've spent working together and the love of Charlie King has been at the the material they sing are evident in their confident and inspiring performances. Rebel Voices can take a song you think you've heard, and through striking arrangements and uniquely haunting harmonies, make it their own. Their provocative repertoire combines political punch and wry wit with intricate harmony and beginning at 7:30 p.m. dramatic flair.

combined with incisive and penetrating social commentary."

— Bumbershoot Festival, Seattle This trio promises an evening years, through thought provoking, entertaining and reaffirming music to lift the spirit and prick cinematic music. Their music is the conscience.

contact rebelgal@scn.org or call

Cafe Luna This Month

Thurs, Jan 18th. 7-8:30 p.m. Darryl Caldwell. "What's So Funny?" Fri, Jan 19th. 7:30-10 p.m. Turner Down. "Funk w/ spunk" Sat, Jan 20th. 7:30-10 p.m. Short and Sweet. "Award-winning acoustic Folk" Thurs, Jan 25th. 7:00-8:30 p.m. Open Mic. Youth music and poetry.

Fri, Jan 26th. 7:30-10 p.m. Jake. "Solo Singer/Songwriter" Sat, Jan 27th. 7:30-10 p.m. Brendan Wires. "Instrumental Bass Soloist" On display all month at Café Luna: Evelyn: Original Acrylic Paintings by Island Artist Glenn Rukwid. Original acrylic portraits of Evelyn Nesbit.



Vashon Island **Chorale Starts** Rehearsing for **Spring Concert**

The Vashon Island Chorale begins rehearsals on Tuesday, **January 23** to prepare for its next concerts on April 22. Weekly twohour practice sessions take place in the high school band room at 7:30 p.m. The music to be prepared is Zoltán Kodaly's *Missa Brevis* (Latin) and Bach's Cantata BW4 -Christ Lag in Todesbanden (German). Dues are \$35 and music cost is \$15. Membership is without audition and open to persons over the age of 16. David Kappy directs the Chorale and Craig Hanson is the accompanist. For information about the Chorale, contact president Jo Ann Bardeen at 567-5841 or jbardeen@yahoo.com.



pickPocket ensemble. Courtesy photo

pickPocket ensemble at Café Luna

The pickPocket ensemble, an original acoustic world café music ensemble, will appear at Cafe Luna on Saturday February 3,

The pickPocket ensemble is "Exquisite vocal harmonies comprised of accordion, violin, guitar, string bass and percussion. They have garnered a world-wide audience during the past several performances and the release of 4 CD's, with their soulful and soul-stirring, and generates "vivid For tickets or information, imagery and infectious tunes that will instantly transport you to Europe's sidewalk cafes."

You can find more information and listen to some of their music at: http:// www.pickpocketensemble.com.

The inherent vice of capitalism is the unequal sharing of the blessings. The inherent blessing of socialism is the equal sharing of misery. - Winston Churchill

Dinner and a Movie

\$25 every Wednesday night! **Dinner at Sound Food** 5 - 6 p.m. Movie at the Theater 7:30 p.m. **Call Sound Food, 463-0888,** for reservations

Birthday Parties: You can rent the theater for private birthday film showings! Contact Eileen: vashontheater@aol.com Please put "Private Birthday" in subject line

Brad Pitt Cate Blanchett

Babel

Jan. 19 - 25

Sylvester Stallone Rocky Balboa

Jan. 26 - Feb. 1



For show times, check www.vashontheater.com or call (206) 463-3232



Who's Counting?

or call 206.463.4004

http://icasualties.org/oif/



Florence shakes a tidy finger at untidy Olive. Photo by Janice Randall

Female Version of *The Odd Couple* **Brings Humor to Stage**

By Janice Randall

Don't miss Drama Dock's hilarious female rendition of Neil Simon's 1965, Tony Awardwinning Broadway comedy, The Odd Couple at Blue Heron Art Center. Tickets are \$12 VAA members, Drama Dock members, seniors & students/\$15 general admission

The plot involves two mismatched room-mates, uptight neat-freak, Florence (played by Dianna Ammon) and laid-back, messy housekeeper, Olive (played by Gretchen Neffenger). The cast also includes Gaye Detzer, Deborah Brown, Vasa

The Odd Couple Drama Dock Play Friday and Saturday January 19, 20, and 26, 27 8 p.m. Sunday Jan. 21 and 28, 2 p.m.

Seymour, Lisa Breen, David Hackett and Rick Skillman.

Phil Dunn will direct, Elizabeth Dinan-Slack is the producer and Monica Damore is stage manager. Tickets, \$12 VAA members, Drama Dock members, seniors & students, \$15 general admission, are available now at Blue Heron, Heron's Nest and Books by the Way.

Making Up School Snow Days

experienced four school closure days in November and December, and power outages.

Monte Bridges, Sound Educational Service with Instruction informed the Vashon School District that these days must be made up. February and April breaks will not be changed.

A teacher only day on Friday, March 16, may be changed to an early release day and the school year will be extended in June. The date of graduation has not changed as of now; however, if there are more school closures, graduation may have to be rescheduled. Provisions could also be made with seniors if this becomes the case.

On Friday, January 12, the state Office of Superintendent of Public Instruction announced that

Vashon Island School District any school district that canceled classes on the day or days after Gov. Christine Gregoire declared 2006 due to weather conditions a state of emergency may not have to make up those days.

Dr. Mimi Walker, Superintendent of the Puget Superintendent of VISD, will meet Vashon Education District and the State of Association Executive Board Washington Office of the members on January 23 to Superintendent of Public establish the required make-up school attendance days. The plan will be posted on the Vashon Island School District web site (www.vashonsd.org) and will be included in school newsletters. A written communication will also be distributed from the Vashon Island School District Administration office. Questions may be directed to the Superintendent's office at (206) 408-8123.

> Just because your voice reaches halfway around the world doesn't mean you are wiser than when it reached only to the end of the bar. — Edward R. Murrow

Vashon Bookshop

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Design by Kara L. C. Jones. Copyright 2007. Excerpt from 1,000 Faces of Mother Henna

1,000 Faces of Mother Henna

Kara L. C. Jones has made a the idea after reading about the Henna in *The Loop* when Kara to sends them to us.

It is Kara's personal commitment to her life and work Kara's as an artist, and a spiritual commitment in that Kara came to www.hennahealing.com

vow to produce 1,000 pieces of art Jizos for Peace project of the Great during 2007 featuring unique Vow Monastery near Portland, henna-style faces. We'll be which has collected over 400,000 running these faces of Mother artworks. Their original goal was They can be seen at JizosforPeace.org.

You can learn more about project www.motherhenna.com, or at

State Legislators Coming Here to Hear from Islanders Regarding Ferry Fares

The VMICC Transportation Committee will meet tomorrow night,



Quinault

Thursday, January 18, 7 p.m., at the McMurray Middle School library. Note early start time, which is to accommodate off-Island guests.

Those who attend the meeting will be looking at an important report recently issued by the Joint Transportation Committee of the State Legislature. The report analyzes the financing of Washington State Ferries and the

possible future trajectory of ferry fares.

Vashon has a lot of stake in this issue, and is organizing to influence actions by the legislature. This is an opportunity to become informed and discuss what our future options might be. Several off-Island guests will attend. Other island communities share the same concerns. Our legislators are tied up with the early days of the legislative session, but are following the issue and want to hear from us, so please attend if you can.

The Vashon Loop, p. 20 January 17, '07

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