IN THIS ISSUE: Full day kindergarten, VFW essay winners, Lt. Watada takes a stand, kid vid, walkin' the dog, farewell to Doc Eastly, quit smoking, Thai seafood soup, racing emus, wrasslin', and MORE!



Jason Everett: he's a hot cook! Page 8



Orcas by Odin take up residence at the Aquarium Page 10

Saving the world and other arts Pages 18 & 19



Vol. 4, # 3

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM January 31, 2007

## Vashon College Begins Digital Communications Class on Vashon By Bill Cox

On **Sunday, February 18**, at 2 p.m., The Center for Digital Media at Vashon College will be hosting a free showing of the feature film *The Story of Computer Graphics* at Vashon Theatre. This showing will also be the first session of the Center's first class, Introduction to Digital Communications.

Frank Foster, the film's director, will be on hand to talk about his

The Story of Computer Graphics Sun., Feb. 18, 2 p.m. at the Vashon Theater

work and courses offered through The Center for Digital Communications. In addition to directing the film showing Sunday afternoon, Mr. Foster directed and produced the movie Thru the Moebius Strip, one of the first computeranimated films to be made in Mainland China. Before that he was a Senior Vice President at Sony Pictures for over 8 years and one of founders of the Sony the

Continued on page 11

## February is Fix-A-Cat Month!

#### By Jeff Hawley

You feed and water your cat. You cuddle it. You play with it, take it in for its



"Kate and Tasha." Photo by Ric Peterson Family Portrait Event Benefits Vashon Allied Arts By Japice Bandall DAWN: You Are Not Alone Tu Eres No Solamente

**By Mary Litchfield Tuel** 

The Domestic Abuse Women's Network (DAWN) began providing services to victims of domestic violence on Vashon two months ago.

"Sadly, it is a going concern," said Vashon's full time Victim Advocate, Joanna.

DAWN on Vashon (206) 450-018624 Hour Emergency Line:(425) 656-7867Online: www.dawnonline.orgEn Español:www.dawnonline.org/espanol.htm

The number one concern of the agency is the safety of its clients, so confidentiality is paramount, and that's why we will not reveal Joanna's last name.

"We have a support group for survivors that meets once a week," Joanna said. "We do a phone screening of callers, and if callers are interested in the group, they do

Continued on page 8

## Creative Responses to Disaster

annual shots, change its litter, and brush it. You even spent a lot of time thinking up the world's most adorable



most adorable *Kiwi* name for that graceful and loving kitty. And, the most important of all the caring

most important of all the caring things you have done for your beloved cat, was to get it spayed or neutered! Wait...what's that you say?? Your cat has not been "fixed?" Don't despair, there is an easy remedy and your title as Loving Cat Owner will remain secure. During

#### By Janice Randall

The Fine Art of Portraiture, a benefit for Vashon Allied Arts, will take place **Saturday and Sunday, February 10 and 11**, 9 a.m. to 5 p.m., at the Fireman's Association Building, 10011 SW Bank Road. For a \$150 donation, participants will receive a sitting and \$75 worth of prints.

Individuals, couples, families and pets are welcome. Participating photographers include:

Ric Peterson, Rondi Lightmark, John Sage, John de Groen, Rick Dahms, Michelle Bates, Anne Gordon, Robert Teagardin and Kim Farrell. All proceeds benefit Vashon Allied Arts.

## Labor of Love Auction Begins

The much loved "Labor of Love Auction" begins at **12 Noon today**, **January 31, and runs for two weeks, ending at 12 Noon on Valentine's Day, February 14.** Included in this auction are items, and services that will be performed by Islanders for Islanders, all to



A Holland America Cruise for two people to the Caribbean is in the auction.

#### By Joe Meeker

V a s h o n Islanders will be able to learn new knowledge during a one-day workshop, " C r e a t i v e Responses to Disaster," that will be co-sponsored by the Community Contact Team, a



Dr. Richard McGuigan

part of Vashon Be Prepared, and Vashon College. On **Saturday**, **February 17**, from 9 a.m. to 5 p.m., the workshop will convene at Courthouse Square to hear keynote speaker Dr. Richard McGuigan present an integral model of disaster response based upon the latest

Continued on page 11

Continued on page 6

Continued on page 15

## 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

## Medical Open House Next Wednesday

The Vashon Disaster Medical Unit is holding an Open House on Wednesday, February 7, from 7 to 8:30 p.m. at the Vashon Fireman's Association Building, across from the Land Trust on Bank Road. Beverages and Hors d'oeuvres will be served. The Penny Farcy Building will be set up as a Trauma Center so you can see how it will actually operate during there is capacity (class size an emergency.

RSVP to Carol Ireland Mclean at 463-1400 or to Kathy Bonner at 567-4135.

## What Did We Learn from Windstorm?

There will be a special presentation at the regular VMICC meeting at

## **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, February 10, from 11 a.m. to 2 p.m. and Sunday, February 11, from 12:30 to 3 p.m. at Pandora's Box. Please stop by or call VIPP at 206-389-1085.

## **Register for Full-Day Kindergarten**

We are pleased to announce the continuation of the Full-Day Kindergarten Program! We will accept applications beginning February 28 through March 9 at 4 p.m.

Applicants will be considered if completed application was received before 4:00 on March 9; your child will be five years old by August 31, 2007; application is accompanied by a completed enrollment packet including copy of birth certificate and completed immunization form.

The Full-Day Kindergarten program is a tuition based option to the half-day program. Your child may be a good match for the program if: he/she has been in daycare or preschool prior; he/she is no longer napping; he/she is comfortable in a large group setting for an extended amount of time; he/ she can stay engaged in activities for the entire day.

The Full-Day Kindergarten program is 4 days a week (Monday-Thursday) from 9:00 a.m. to 3:10 We also have half-day p.m. kindergarten programs, for which registration and information will be available in late March.

If more students apply than maximum is 20) a lottery will take place on March 12. For more information please call the Office at 463-2882 or visit our website at www.vashonsd.org/chautauqua.

Wet Whiskers Grooming Sal on

**Professional International Trained Groomer Certified** We Offer: Wash and Go Bath and Brushout Thin and Trim and Full Grooming Call today for an Appointment! (206) 463-2200 17321 Vashon Highway SW Conveniently located inside Pandora's Box

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## 463-3682

### The Vashon Loop

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by Paradise Valley Press

7:30 p.m. on **Monday, February 19** in the Courtroom at Courthouse square. Rick Wallace, president of Vashon Preparedness Coalition, in his capacity as a member of the Public Safety Committee of the Vashon Maury Island Community Council, will be leading an examination of what we as an Island learned in the December storm about our readiness for "the big one." Everyone is urged to attend.

Although we will not have a regular meeting in February, Chair Jennie Hodgson will be on hand at the Courthouse from 10 to 11 a.m. on Friday, February 2 for anyone who wishes to drop by to discuss particular issues related to Public Safety.

## **Progressive Film Series: Life and Debt**

The Progressive/Green Party film series will be showing Life and Debt on February 8, at 7 p.m. at Café Luna. This is the film that was supposed to play last month, but was cancelled due to bad weather. This powerful documentary examines how the policies of the International Monetary Fund, the World Bank and other aid organizations have changed the Jamaican economy over the past quarter of a century. The filmmakers have created an excellent and comprehensive treatment of how these policies really work on the ground in a developing economy. Author Jamaica Kincaid narrates with Belinda Becker. The reggae soundtrack includes work by Bob Marley, Ziggy Marley, Mutubaruka, and Peter Tosh. is cordially invited. Meet near the

## **Dedication of Joel's Knoll This Saturday**

On a cold, wet February 5, 2005, a group gathered at Agren Park to watch John Browne plant a dogwood tree in memory of Joel Kuperberg. At that time, Forest Stewards promised a bench for the site, the Community Council promised a plaque and Vashon Park District promised a large rock to hold the plaque. All the pieces have now come together.

Thursday, February 1, 2007,11 a.m. at the same place we will complete the dedication of Joel's Knoll. (Feb. 1 would have been Joel's 80th birthday.)

Anyone interested in attending

• © Jan. 31, 2007 - Volume IV, Issue 3 Don't miss an issue! Subscribe to The Loop! \$50 a year gets The Loop delivered to your • mailbox every two weeks. Call (463-3327) or write (PO Box 253, Vashon) or email editor@vashonloop.com! baseball diamond at Agren Park and

we'll walk back to the Knoll from there.

For more information, contact Yvonne Kuperberg, 567-4005, or Rayna Holtz, 463-3153.



John Osborne's animated map of the December power outage is now available at: http:// /www.oceanatlas.com/Storm/ Storm\_2006.html



## **Troy and Marie** and the Website

Talk about a busy year ahead! We are excited about spring, and looking forward to launching some new services that we hope our clients will find helpful. One of these is a re-vamped website, at www.kwvashon.com.

- Marie: Troy, I think we should remind people that our website at www.kwvashon.com is a terrific resource for all things real estate.
- Good idea. I'm especially proud of our new map search. It opens right Troy: up to a picture of Vashon Island, so you can instantly see every house for sale on the Island. And if you move your mouse around, it pops up little thumbnail pictures and a few details, including the price. If you're interested, you can click on the picture to see more pictures and information, including the exact location.
- Marie: And no website registration is required! I always find it so annoying when I just want to check out something on a site but get stopped by some stupid form demanding my name, rank and serial number.
- Right. People can search all day long without registering, and without Troy: Big Real Estate Brother watching. They also have the option of setting up a search by price or location or whatever, and having the website send them an email any time a matching property comes up. That part does require registration, but we'll be the only ones who know.

- Marie: And we won't tell. Of course, if someone wants to see a property, then they also have the option of emailing or calling us to arrange a showing.
- Troy: Right. A lot of people may not know that any property listed on the Multiple Listing System can be shown by any agent, not just by the agent who is listing the property for sale.
- Marie: Let's tell people about some of the other cool features on www.kwvashon.com.
- Troy: Well, there are links to our wildly popular Tips for Homeowners newsletters.
- Marie: Wildly popular? I know people read and enjoy them, but they are not exactly topping the NY Times bestseller list. Although the issue on mold was definitely a crowd pleaser. Go figure.
- Troy: There are links to all kinds of useful and interesting stuff. But I guess we can let people check it out for themselves.

If you have suggestions for topics to cover in Tips For Homeowners, or if you want to receive your copy via email, please write marie @kwvashon.com. If you are thinking of buying or selling, either on Vashon or elsewhere, please give us a call. We would love to help! 206.463.LIST (5478).

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### Winners of VFW Essay Contest Receive Awards

#### By Olde John Croan

All photos courtesy McMurray Middle School

Veterans of Foreign Wars (VFW) Post 2826 sponsored an Awards Banquet to honor 106 students that participated in the Youth Essay and the Voice of Democracy (VOD) programs. The Awards Banquet was conducted at the Veterans Hall on Saturday, January 6, 2007.

Before presenting the students their awards, the following people



who made the Banquet happen were recognized: Two Essay Judges were present, Burdell Hollis and Tommy Lorentzen. The following were kitchen crew and providers of food and beverage: Chris and Paul Gaynor, Patti Fitzpatrick, Sue Knight, Clarice Walgren, Flo Ann Wittman, and Ruriko Croan; and the Boy Scouts of Troop 294. Teachers Kay Borrell, Larry DuBois, Cindy O'Brien and Karen Person were recognized for their significant role in helping the parents to prepare the students for their future tasks; Ted Walgren, who provided the 110 beautiful certificates, and the Speaker, McMurray Principal Greg Allison, were awarded framed certificates by the moderator. Olde John Croan. Allison provided a humorous presentation and a challenge for each student to be what they are capable of being. Each student was awarded a Certificate of Accomplishment with the 1st, 2nd and 3rd place winners and the two VOD contestants received Framed Certificates and Cash. The first place winners in each class read their essays and it



demonstrated that the students were being prepared for and are working hard at being ready for their leadership role.

The 1st, 2nd and 3rd place winners are: Fifth Grade, Meg Sayre, 1st, Teddy Atwell, 2nd & Madeline Cowen, 3rd. Sixth Grade, Hunter Mask, 1st, Van Ralston, 2nd & Evan Schueler, 3rd. Seventh Grade, Carlie-Sue Anderson, 1st, Christina Gleb, 2nd & Jacob Gateman, 3rd. Eighth Grade, Siira Rieschl, 1st, Courtney Moore, 2nd & Gianna Giusti, 3rd. VOD, Elaine Canavor, 1st & Vivian Lyons, 2nd. The students' teachers, with Flo Ann Wittman, presented the awards very





## How School Bus Schedule Decisions Are Made in Bad Weather

To whom it may concern: In the past two months I've been

approached by a number of parents who had concerns and questions about how choices are made regarding school cancellations, snow routes, and late starts. I realize the impact that these changes have on all students and their parents and realize, also, that very few people understand the process. Past practices also serve to cloud the picture.

Let me begin by saying that NO decision is made without people physically getting in their cars and driving the Island roads. Sometimes we start at 4:00 a.m. and try to hit as many areas of Vashon/Maury Island as is humanly possible. Knowing the "danger spots" after driving school buses for 30 years on Vashon, we tend to start with those. We also maintain contact with the King County Road crew who are willing to take copies of our snow routes and spend all night sanding those areas as they did on Monday night. It was because of that sanding that I felt traction for the buses under the loose snow that we found on Tuesday morning and we were able to run routes with chains on all the buses. We use the years of driving experience and professional knowledge of key people in our very peculiar weather-related Island before recommending anything to the Vashon School District. With these recommendations and suggestions, Mimi Walker, our Superintendent VISD, makes a very difficult decision. Knowing she will get complaints whatever she does,

she puts the safety of the students and staff first and makes the call.

Let me explain a little about Vashon weather patterns. It's seldom the same from one spot to another. Several years ago it was spring-like weather on all of Vashon – Dockton had five inches of snow that was blowing sideways simulating a pretty strong blizzard.

It's also sometimes a call made because of live power lines down, with possibly no power at one or more of the schools, and/or dangerous trees down requiring students to walk in areas that are definitely a safety hazard. These were the conditions we had after the recent wind storm. Dr. Walker makes those decisions keeping that safety factor for her students at the highest priority.

In conversations with Dr. Walker, I am thankful that all I have worry about are to the transportation issues. She has to think about making a decision early enough to allow off-Island staff and students to get to school. She worries about how long students will be waiting in possibly freezing temperatures; whether it will be safe for them to even walk to the bus stop or the emergency bus stop which is further away; if they will be home alone if school is cancelled; or if it's an early dismissal because of weather. Now, about the bus drivers themselves. I won't describe in detail the many, many years of experience that this group of drivers has driving school buses and the exhaustive training they undergo all year to keep current with the requirements for their job. Half the members of our group are experienced ski bus drivers who have been driving bus loads of kids to the mountain passes every weekend for years. When I make a

efficiently and with an obvious proud attitude that the students had done so very well. I believe the Banquet was enjoyed by all and the Veterans thanks, from the bottom of our old hearts, go out to all who participated in preparing for and conducting the Banquet You all did good.

Teach a child to be polite and courteous in the home and, when he grows up, he'll never be able to merge his car onto the freeway.

Continued on page 10

## **A**Loop Letters **Citizen's Tribunal for** Lt. Ehren Watada

Editor, *The Loop:* 

Is Lt. Ehren Watada, who stands trial next month at Fort Lewis, a criminal for refusing to return to Iraq, or a hero? It is his conclusion that the war is illegal and by continuing to participate in it, he would be committing war crimes and crimes against peace and humanity. His belief is based upon his experiences in Iraq and his understanding of international law

including the Geneva Conventions, The Nuremberg Principles and the United Nations Charter; the U.S. Constitution: and the U.S. Army Field Manual, 27-10: The Law of Land Warfare.

During the weekend of January 20 and 21, а Citizen's Tribunal was held in Tacoma at the Evergreen The College.

Tribunal of twelve

expert witnesses. They were charged with obtaining answers to the following questions:

war of aggression and a crime against peace?

2. Does the on-going occupation of Iraq constitute crimes against humanity?

3. Have U.S. actions in Iraq constituted war crimes? Is there a pattern of crimes?

4. Does a member of the armed forces have a responsibility to refuse to obey illegal orders?

Lt. Watada is not being allowed to use international law as a defense. He is charged by the military with not following orders and that by publicly speaking out against the war has conducted himself in a manner unbecoming an officer. The Tribunal was held to give testimony in his defense that is not being allowed at his trial. Expert testimony ranged from knowledge

torture of innocent civilian Iragis. According to Ann Wright, a former Army Colonel and US diplomat for three and a half decades, President Bush, Vice President Cheney, Secretary of Defense Rumsfeld and Secretary of State Powell created the preconditions that led to torture. She added: "We must ensure that members of the US military are not put in the position of being ordered to carry out crimes against humanity."

At the end of the day, the moderator asked the panel for a straw poll: would you say the answer to the four questions is Yes? The panelists all affirmed. Daniel

> Ellsberg, who spoke the first day, quoted Henry David Thoreau: "Cast your whole vote, not just a paper vote." 'What I see in Ehren casting his whole vote to bring an end to the Iraq war." He challenged the audience to follow Watada's example in whatever way we One able. are said

he was member citizens heard from sixteen considering withholding his taxes as a way for him to cast his full vote against the continuation of the war.

Darrell Anderson, who served in 1. Is the war in Iraq illegal as a the 1st Armored Division in Baghdad and Najaf in 2004 and went AWOL to Canada in 2005-06, told Lt. Watada, who will likely go to prison, "You can come back from prison, but you cant come back from the war."

> A complete transcript of the Tribunal, a summary, and videos will all become available in the near future. For more information and links to relevant web sites, check out www.wartribunal.org

Kate Hunter

No to NAIS

Editor, *The Loop:* 

If you like Farm Fresh Eggs...look out! They may go up in price or disappear if you don't act now. For those of you with children (AND WITHOUT) who can appreciate local governance and will benefit from exposure to how our political system works...I encourage you to discuss the National Animal Identification System (NAIS) over dinner and talk about what will happen if people do nothing to express themselves.

You can look up NAIS and get loads of info via Google. If you want to buy a rabbit for your kids or get a few chickens of your own or EVER own a horse...this DOES affect you!

Emmy McAllister, Volunteer Chapter Leader of the Weston A. Price Foundation in Snohomish, tells you how NAIS will affect you: "In general, NAIS would require that Watada," he said, every person who owns even one "is one who is horse, cow, pig, chicken, sheep, or any livestock animal, without exception, identify them with RFID tags or chips so that they can be monitored by a giant data base. Third parties, such as veterinarians will be required to report any irregularities."

It is important to SPEAK UP Tribunal member NOW! Here's how to find your three legislators: 1) Click on this link: http://www.leg.wa.gov/ legislature/; 2) Click on "Find Your District;" 3)Enter your address; and 4) The next screen will give you the names of your legislators. Click on their names for phone numbers and email addresses.

March Twisdale

## Let's Celebrate the **Tree Of Life**

Please join us at our Tu B'Shvat Seder at 6 p.m., Saturday February 3, at Havurat Es Shalom. Please feel free to bring a variety of fruit (the more exotic, the better), musical





instruments and your voices to share in the celebration. Tu B'Shvat, the 15th day of the Jewish month of Shevat, is a holiday known as the New Year for Trees.

Rabbi Itzchak Marmorstein will lead this celebration. Rabbi Marmorstein has been offering services, teaching classes in Jewish history, kabbala and Zohar to members of the Vashon community for the past year. This Tu B'Shvat will be his one year anniversary in coming to Vashon Island. Rabbi Itzchak, who makes his home in Victoria, B.C., will come from Canada to lead the group in stories, music and cosmic repair!

Please join us at 6 p.m., Saturday February 3, at Havurat Es Shalom, 15401 West Side Highway SW, Vashon, WA 98070. Call 206-567-1608 for information and directions.

The cost of living hasn't affected its popularity.





Lt. Ehren Watada. Courtesy photo

of international law, military law, military experience in Iraq, and U.S. foreign policy.

Law professors Benjamin G. Davis and Richard Falk agreed that there are clear legal grounds on which to base a conclusion that the war is illegal. Falk, citing sections of the US Army Field Manual, emphasized that international law is applicable to the behavior of US soldiers in times of war and that soldiers have the *duty* to refuse unlawful commands. Davis sharply criticized the decision of the military judge to not hear Watada's full defense.

Compelling testimony came from former members of the US military, including five veterans of Iraq who described harrowing personal experiences of killing and

# **Spiritual Smart**



Ever since our Doberman, Sadie, died, our other dog, the (somewhat) Labrador Jive, has been in a decline. We can tell he misses his buddy, even if she lay on the couch most of the time in long suffering silence while he bounced off the walls trying to get her to play.

It's hard to imagine a depressed Labrador, but you only had to look at him to know he was sad. The first few days he looked for her, walking around the house, sniffing



in all the places where she used to hang out. He began behaving more calmly and quietly, and when we let him out he usually came right back and begged to come in. This was different.

I haven't been feeling that well myself, and everyone from my doctor to my friends to the still, small voice inside that simply won't shut up has been telling me that I need to get some exercise.

So I got out the leash, put on my

Aleck Walkies

**By Mary Litchfield Tuel** 

willful, and given to sudden dashes. I gave up walking her after the day she saw something off to the left and bolted, yanking me sideways. Something had to give, and it was my left knee. That was that for walking Sadie, and if you think I could have taken the dogs out one at a time, leaving one home, you've never had two dogs.

So Sadie spent the rest of her life trotting around in our large fenced yard (once we had the fence high

> enough to keep her in), and Jive had to settle for chasing tennis balls in the yard.

But now – now it's just me and the little black dog, and we both need a little exercise and rejuvenation.

The first day we headed south, walking down to the tree which I know is one-half mile from our driveway. I was amazed at how easy it is to walk a dog when he's not trying to chew on another dog's hind leg. He paid attention to me, and we practiced heeling and sitting and it all went pretty well and I felt energized the rest of the day.

Today we went north, which is the way I used to walk back in the day.

When you live in one place for thirty years, you get

to see it in all seasons and all weathers, and to some of us that is unending entertainment. You watch trees grow, and leaves turn green and then turn colors and fall. You see the purse seiners down in the West Side Passage and know the salmon must be running. You see the geese flying in their awesome veeformations, making that incredible honking noise. You know every dog that barks at you or greets you in friendship, and you know which whatever reason. You might not have conversations with goats and sheep, but I do. I've been speaking to goats since I was child. Baaa. You have your old dog by your side, grinning with joy, or tugging at the leash to check out some smell or sight, or stopping to graze on the roadside grass, but mostly looking at you like he's saying, "This was a great idea! You have the greatest ideas! Wow! Taking a walk! You ROCK!" Then I remember why I wanted a dog in the first place, and why I used to take walks. And I wonder how my wonky knees are going to hold up if I do this regularly. I hope to find out. Stay tuned.

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## **Fix-a-Cat Month**

Continued from page 1

the month of February, Vashon Island Pet Protectors (VIPP) and the staff at Fair Isle Animal Clinic are partnering to provide spay and neuter procedures for prices so low, an ant would have to look down to see them. The usual price of \$135 for spaying and \$75 for neutering roaming cats often become lost cats, will be reduced during the entire but a fixed cat has a greater

month of February to the prices of \$25 and \$15, respectively. But still, you may ask yourself, why bother to get my cat fixed? Read on.

When nonspayed females and non-neutered males are allowed to

Mandy

far

nervous or have behavioral problems, such spraying as urine to mark their territory. Unfixed cats are also more



**ChuckyLG** 

prone to develop cancers. And, as VIPP volunteers are fully aware,

tendency to stay close to home.

Sometimes, people think it better their that cat remains unfixed, so they may witness the "miracle of birth," but a better miracle to achieve would be to know there is not

wander and breed as the instinct a single unwanted cat on Vashon moves them, they do just that, and Island, and there is only one way to too do that! Here are a few more prolifically. reasons to take advantage of Fix-A Cat Month: Spay and neutering procedures are quick and safe! Fixed cats enjoy а r e d u c e d impulse to roam and mate, and are happier when close to home. А fixed cat's life Muffin expectancy and overall health is increased. Make an appointment to bring your cat in during the month of February! Call Fair Isle Animal Clinic at 463-3607.



Banjo and Bingo

coat and hat, and took the dog for a houses you'd rather not walk by for walk. After the wind, rain, snow, and ice of the last month or so, the weather right now seems downright spring-like, so a walk seemed like a good idea.

We went about a mile, a slow ambling mile on my part, and a grinning, happy (albeit restrained because he was on a leash) mile on the part of the dog.

It felt good to be walking again. I used to walk quite a lot when I was younger, but let the habit slide over the years. I thought I'd do a lot of walking with the dogs, but the fact is that walking Sadie was dangerous for me. People would say, "Are you walking her or is she walking you?" Har de har har. She was large, and muscular, and

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Animal shelters across the nation are

overrun with unwanted kittens who r e

euthanized for lack of

homes. VIPP, of course, takes in cats and has a no-kill policy, but the rising population of felines makes it more difficult for VIPP to find homes for them all. There are other problems, too. Unfixed cats who wander outdoors often get into noisy, dangerous battles with other cats and wildlife, resulting in minor to life-threatening injuries, and an increase in diseases. Unfixed cats, whether indoors or out, can be more



## We've Got a Lot of Kids **Two Wrinkly Thumbs Up**

#### **By Kevin Pottinger**

They sit in a row like birds on a branch on the old green couch in the TV room, staring round-eyed at the screen. In the darkened room the reflected light from the TV dances across their faces and on the wall behind them. Two-year-old Gracie has her thumb plugged into her mouth, wearing her underwear on her head like a hat. Her older brother Colin is breathing through his mouth because of a cold, his lips dry and cracked. Two-year-old Alec is naked, standing on the couch hanging on his older sister Meredith as if she were a lamppost in a Gene Kelly dance routine.

My wife Maria has bought hundreds of children's videos from garage sales and thrift stores, for a dime apiece, or a dollar or two a box. Videocassettes are starting to clog the shelves and card tables of thrift stores and garage sales along with the usual hot-air popcorn makers, blow dryers and cassette decks. Apparently a lot of people are jettisoning their videocassettes in favor of DVDs. Maria has assembled complete, or nearly complete sets of

Dora the Explorer, the Wiggles, a tantrum to watch Dora, in which classic Blues Clues (with Steve before he left for college), and VeggieTales as well as scores of other assorted titles.

rainy day (or week), when the kids can't play outside and have run out of fun things to do, it's a great feeling know that should to an entertainment disaster strike, such as PBS Kids going off the air permanently, or lego.com turning into a Lego-porn site, we have enough narcotizing kiddy videos stored around the premises to keep the kids enchanted for a full year.

We store all those videos in a gigantic second-hand hotel/motel dresser we bought just for the purpose. It's made of inch-thick vinyl-veneered particle board, and it's by far the heaviest piece of furniture we have ever moved. It's really unlike any dresser we've seen. It may have been made in Soviet Russia, perhaps in a political prison. We purchased it for a few bucks, in broad daylight, from a guy that claimed to own it.

The kids have developed video favorites, apparently so they can fight about what to watch. Gracie loves Dora the Explorer: thumbsucking Gracie gives Dora two wrinkly thumbs up. Her first choice of what to watch is always Dora. Alec always wants to watch the Wiggles.

So, the other kids will willingly watch Dora, unless Gracie throws

case Meredith will refuse to watch Dora. Blues Clues is often given as the opposition candidate. Gracie will watch Blues Clues, unless it's We're video survivalists. On a Colin's choice, in which case Gracie and Meredith and Alec will all band together pragmatically and demand to watch the Wiggles. You see how it unfolds.

> Arbitration of the video choice is rather like a high-stakes game of pick-up-sticks. The settlements always include mutual concessions, trading of future selection rights, furtive bites of fingers, shouts and covert punches to the head, and the aggravated involvement of one or both parents, but eventually a tense detente is achieved. We pull open the impossibly deep drawers of our gigantic, possibly-Soviet dresser to easily select the negotiated video, as they're grouped by theme and alphabetized by title. We love our new life with the gigantic dresser.

> We limit the amount of screen time our kids get to a couple hours or less a day. As I write this, three of our four kids are watching a Winnie the Pooh cartoon in the TV room, standing eight inches away from the TV. Their eyes are glazed and they follow the action with their eyes, their heads moving together like a school of fish when the action moves to the other side of the screen. The reflected light of the TV plays across their faces, as the story onscreen knits itself into their thoughts and dreams. തതത



## **Esthetician Gets** Your Glow On

The padded table you're lying on is heated and so are the blankets you're swaddled in. A soft light streams through the etched windows, there's a scent of lavender in the air and soothing music slips you into a relaxed and receptive state. It only takes a few minutes before you're thinking that this may be the best thing you've done for yourself in years, and the treatment you've come for hasn't even begun yet.

No, you're not meditating in a Zen retreat, or sweating the cost of an expensive spa-you're about to experience an incredibly luxurious facial from esthetician Candy Jennings.

Glow is a natural outgrowth of Candy's knowledge and experience as a medical assistant on the Island for 10 years. Her medical background

Continued on page 18

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Four rooms with views to Inner and Outer Quartermaster. Check out our Website www.backbayinn.net for more pictures, rates, and specials.





### **Bio-Fuels**

#### **By MEarth**

President Bush's State of the Onion speech meant we got our semi-annual oblique mention of switch-grass as bio-fuel on TV but, due to the powerful



interest of the oil companies, that is pretty much as far as it will go during this administration. I mean, did you see the sour look on Cheney's face while Bush was talking about that?

Fortunately, there is real progress in the rest of the world in the field. Biodiesel is making its inroads, even in the US - backed by Willy Nelson, no less — but there is news on other fronts as well.

First of all, one of the most exciting things on Earth is the way Latin America is embracing biofuels. It is my prediction that, as America's forced dependence on oil further drains away our money and other resources, Latin America will emerge as the new economic giant of the western hemisphere. Not only are they moving swiftly and smartly into bio-fuels, they are taking steps to ensure their oil reserves remain under their control as well — which is the one of the reasons Venezuela's Chavez is being painted as a "thug."

Local, small bio-diesel plants are going in all over Central America — I know, because this year I met a coffee grower from Costa Rica who is deeply involved in the process.

Brazil is also rapidly increasing its demand for flex-fuel vehicles cars, trucks and buses — and, in the process, is beginning to change the auto industry world-wide. Their use of sugar-cane waste as an ethanol source in nothing short of brilliant — using the waste from another of America's big addictions to power improves.

their trucks and buses? How smart is that?

I have been a supporter of biodiesel in this column and elsewhere and, at the same time, firmly stuck believing the myths and misconceptions about ethanol. Recent research has cured me of that, however, and, in that vein, I would like to help debunk some of the misconceptions that, until recently, even I bought into.

It takes more energy to make ethanol than the fuel itself produces.

Okay, I believed it too. Not true. The study quoted was written, in part, by an oil company exec. The fact is, the cost is only going to decrease as we get better at producing it and by economies of scale.

It is expensive to produce.

Sort of an offshoot of the first one. The fact is, it currently costs about a dollar a gallon to make and was selling for less than two dollars when gas on the Island was \$3.50 a gallon.

There is not enough land to grow sufficient crops for ethanol production.

Some very conservative people estimate that 30 billion acres of ethanol-dedicated crops would replace half our oil at current efficiencies and that number (half) will only increase as we get better at it.

Switching to ethanol is expensive

It didn't break Brazil's bank. I have seen estimates that it costs an auto manufacturer less than \$50 to make a car a flex-fuel car, that is, able to use both gas and ethanol.

Ethanol is unfairly subsidized

It is subsidized but to no where near the extent of gasoline. Subsidies are needed to get the industry off the ground - especially with the amount of money the oil companies pour into fighting it.

Cars using ethanol get worse mileage

True so far. But that will change when as much time and money is spent on R and D for the new engines as have been spent on gas engines and as ethanol itself ത്തത



#### Continued from page 1

client of DAWN, and then they can start attending the support group." The paperwork to apply for services is online, Joanna said, at www.dawnonline.org. Their website also has many helpful tips, such as how to keep the abuser from tracing internet use. The website also has a section en Español, www.dawnonline.org/ espanol.htm "We offer advice on legal issues - only advice, because I am not a lawyer! I do legal advocacy. I can give people basic information on how to get a protection order, give guidance on how to word legal documents, and I can go to court with victims and stand with them." "They have to see their abusers in court, and the abuser can say anything, true or not. The advocate helps the victim to stay focused on keeping herself safe."

"DAWN also does education paperwork with me to become a and outreach, in order to prevent domestic violence from happening in the first place. We try to make people aware of the reality of their situation." "We've been getting the word out, posting flyers around the Island, and we are planning to have a community event in the spring which will include a 'relationship checkup,' as well as discussing the healthy sides of relationships.' "Domestic violence has no class boundaries. It happens at all economic levels and to all ages. We might not see it so much in the upper class, because victims might have more money and other resources to get themselves out of a bad situation."





Jason Everett, hot cook. Courtesy photo.

### Jason Everett Competes to Be Named "America's Hottest Firehouse Cook"

Has a Shot at \$10,000 in National Tabasco® Cook & Ladder Competition

Sound the alarms! Did you know that Vashon Island, Wash. and Puyallup, Wash. are home to two of America's most talented firehouse cooks? Jason Everett, a firefighter with the Vashon Island Fire and Rescue, and Dana Tissue, a firefighter with the Central Pierce Fire and Rescue, are trading in their turnout coats and Scott packs for chance to cook their way to a



## Winter Sale 20% off

Men's Wool & Chamois Shirts Women's Winter Underwear & Sweaters All Antique Items **Pendleton Blankets** Early Garden Supplies (not seeds) Now through February

New Stock of Lamps & Parts At regular prices

most creative dishes in a firehouse kitchen.

Grand prize is \$10,000; second prize is \$5,000; and third prize is \$2,000. All prize money is divided evenly between the winning aprons and spice racks, and a firefighters and their affiliated firehouses. Contestants will prepare their recipes for a judging panel composed of chefs, journalists, firefighters, and fiery food experts from McIlhenny Company, maker of Tabasco brand products. The first Tabasco Cook & Ladder Competition took place in New York City in 1994, evolving into regional competitions in 1995 and 1996. In 2000, McIlhenny Company held the first-ever national Tabasco Cook & Ladder Competition in New York City at The Institute of Culinary Education.

"I cannot reveal a concrete number of people served on Vashon, but I can say that the need for our services exists, and we are serving clients here."

\$10,000 grand prize in the fourth national Tabasco® Cook & Ladder Competition to be held in New York City on February 6, 2007.

Everett and Tissue will go headto-head with the culinary talent of eight other firefighters from across the country and serve up their favorite recipes - Blazin' Hot Chicken and Smoky Salmon Chowder respectively - to vie for the title of "America's Hottest Firehouse Cook."

A panel of food industry judges selected Everett and Tissue to participate in the heated cook-off based on their fiery recipe submissions, which each include one of the six Tabasco pepper sauces, and brief essays describing why their recipes are hottest and

For more information, please visit www.TABASCO.com.

If the world was a logical place, men would be the ones who ride horses sidesaddle.





#### A Story Waiting to Be Told **By Alice Orr**

I've known Emily since college. We shared intimate details of our personal lives on many occasions, both being storytellers at heart. Yet, I'd never heard one of Emily's most moving tales, the story of the struggle she had experienced in her spiritual life. Finally, last June in one of my workshops, she spoke about being raised a Christian Scientist and how that community behaved when her

mother became seriously ill and did not respond to prayer alone. It was a story she had never told before. I was not as surprised by that as I might once have been. By the time I heard what

The Testament of You: Telling the Story of God and Struggle in Your Life A Free Workshop Led by Alice Orr Saturday, March 17 ~ 9 a.m. to 4 p.m. at Church of the Holy Spirit Call Margaret Rothschild at 463-4266 to register.



Which meant that when I experienced my own crisis of faith, I struggled in silence. I walked away from the spiritual tradition of my upbringing to sample a smorgasbord of alternatives. When none of those stuck, I tried to ignore the issue altogether but found no peace in that either. Eventually, I wandered back to the place where I began. I joked about writing my spiritual biography and calling it *Stumbling* Down the Path, but that was not really a joke. It was a story I needed to share.

> Any situation characterized by struggle has the makings of a good story. Creating that story, especially if it comes from

exclusion and adult struggles to reconnect with his heritage. An ex-nun told of turbulent transitions from worldly life to convent then back again and how she had grappled with those shocks ever since. A woman from Christian а conservative background brought us to tears with her recreation of the scene that convinced her she was unworthy of God's love. None of these stories had ever been written down, much less spoken aloud before.

I have long believed in stories as catharsis, but I never truly comprehended how powerful that catharsis can be until I began guiding groups through this kind of storytelling. I have witnessed release in the faces of those reading their stories and heard relief in their voices. I have felt the debris being cleared away, one sentence at a time, from the paths ahead of them, and I have been humbled by it all.

I will present this workshop on your personal Saturday, March 17, at Church of experience, can the Holy Spirit on Vashon. I invite be a revelation. you to come and put your own A story takes a story into words. You may not jumble of events think of yourself as a writer. For and sensations this work, that doesn't matter. This work is about telling your story whatever way you can. It is about giving your story the voice it deserves at last. This full-day event is free of charge. Call Margaret Rothschild at (206) 463-4266 to register for Alice Orr's workshop, The Testament According to You: Telling the Story of God and Struggle In Your Life. തതത

# **Imagine This:**

Al Bradley, lvonne Escobar de Kommer, Terri Fletcher, Donna Romero JiJi Saunders.

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## **Island Sculptor in** Two Shows in India

**By Margaret Heffelfinger** 

Sculptor S. Paramasivam has recently concluded two landmark group exhibitions in his native country, India.

Paramasivam, known as Sivam to his Island friends and patrons, spends half of his time as a resident of the Vashon community, and half in the Cholamandal Artist's Village in India, an artist's colony he helped found.

He has worked in copper and bronze for over 25 years, and is in collections in the U.S., India, Japan, Canada and Europe.

One of the shows was with his old friends in Chennai, a group of exceptional artists and sculptors including Mr. Paramasivam, who all attended the Government College of Art and Crafts either as students or teachers, and went on to establish what is known today as the Madras Metaphor, an recognized internationally movement which started in the 1950s. The second show was in New Delhi at Espace, a leading sculptors' gallery, which also produced a catalogue of the artist's work. On Vashon, Mr. Paramasivam exhibits at Silverwood Gallery, and regularly participates in the VAA Auction.

had Emily written about

this painful and bewildering episode in her life, I'd been coaxing such stories out of people for a couple of years. I knew these were stories they seldom told, just as I had never told my own.

My mother was actively angry with God. Happiness seemed always to elude her and happen for others instead, and God was to blame. Unlike Emily, my mother was far from reticent about her feelings. Her litany of complaints against God and faith was a predominant theme of her daily discourse. I understand

and shapes them into а comprehensible whole with a beginning, middle and end. My spiritual experience was ripe for transformation from jumble into story, and I sensed this might be true for lots of other people as well. Thus, The Testament According to You Workshop: Telling the Story of God and Struggle in Your *Life* was born.

Since then, many stories have been told for the first time. A young man who grew up in a nonobservant Jewish home in a Jewish neighborhood wrote of childhood



### **Political History** Moment

The first Republican candidate for President was John C. Fremont in 1856. His Vice-presidential running mate was William L. Dayton. They lost to James Buchanan and John C. Breckinridge. Millard Fillmore and A. J. Donelson ran on the American Party platform in 1856. Their party was also known as the "Know Nothing Party."

## The Dorsal Spin "Pod of Many Nations" Makes a **Big Splash**

#### By Orca Annie Stateler

Odin's killer whale panel dedication at the Seattle Aquarium was spectacular. The RSVP list was January 25. Suffice it to say we had an excellent turnout of Coastal Natives, Odin's clients, Aquarium patrons. whale researchers, conservationists, and Vashon Islanders. We were thrilled to have a large, vocal contingent of "Springer's Peeps," who cheered (and even squealed) enthusiastically for the Kwakwaka'wakw whale with Springer spyhopping.

photos were not yet available, so I included more shots here of the panel. From left to right, the whales exemplify Tlingit, Haida, Nuu-chahnulth, Kwakwaka'wakw, and Coast Salish motifs.

Seattle Aquarium staff and the the richness and complexity of develops with our young visitor at Potlatch Fund. The success of this project, from conception to dedication, was contingent on their unwavering support. Tim Kuniholm the Southern and Becky Bingham of the Aquarium were outstanding, attentive contact people. The graphics team did amazing work on everything. Aquarium director John initially Braden bestowed praise on Odin's sparked the panel at the dedication and ribbon- idea for a cutting ceremony in the Puget fitting Sound Orcas Exhibit. We blushed. Killer Whale Pod of Many Nations tribute is near the Orca Heroes display that includes Mark Sears.

Odin and I staged our "portable pod" of formline orcas — fin drum, button robe, and cutout whale — for a presentation in the Life on the Edge Exhibit area. Our dear friend Sweetwater, who is Killer Whale Clan, classed up our act by donning her gorgeous killer whale regalia to join us for an honor song and dance. After the song and a bit of Tlingit oratory, we described the inspiration for our work and the five designs in Killer Whale Pod of Many Nations.

a crest originates in the story of Natsiclané, or Creation of the Killer Whale. The Haida whale embodies two stories about the Raven-Finned Killer Whale and the adventures of Nanasimgit and His Wife. The Nuuchah-nulth whale signifies the wolf-killer timeless whale



connection in their culture and commemorates Tsux'iit (Luna).

The Kwakwaka'wakw whale at 165 when we last checked it on celebrates the triumphant reunion of Keetla (Springer) with her pod in Namgis First Nation territory in British Columbia. The Coast Salish whale pays homage to the indigenous peoples and Southern Resident orcas of the Salish Sea." With our text, the Aquarium's Marguerite Hargrave made a fabulous interpretive plaque to accompany the panel.

As of Loop deadline, event Native artists is lacking on the Fisheries "Do Not Disturb" sign as ancestral Duwamish land of Seattle's a reminder. waterfront. Witness the Olympic

Coastal art and cultures.

Meeting and Northern Resident orcas fifteen years ago Coastal to them. Killer

Many

enduring love and appreciation for these extraordinary beings. It feels most sacred creatures in the sea:" venerated killer whale elders and teachers who have enriched our lives immeasurably.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. Thanks to Lesley for the gray whale "The Tlingit whale denotes how report. In mid-January, another concerned caller reported a young harbor seal on the boat ramp by La Playa Restaurant. We did a welfare check and found the little gal/guy resting on the ramp. La Playa's owner said the seal had been hauling out there regularly for several weeks.



**Celebrate Ground Hog's Day in style!** Your dog needs a new collar, your cat needs a new bowl!

Horus' pick of the week:

His upcoming birthday party! Watch this space next issue for details! You won't want to miss it!



463-3401

\$8 nail trimming with no appointment 17321 Vashon Hwy. Big Red Building w/Animal Stuff on the porch

From a respectful distance, we took photos and observed the seal for 30 minutes, looking for abnormal behavior. You can see from our photo here that Chiquidita the Weaner Seal appears plump and Northwest Coast Native art by healthy. We posted a NOAA

Perhaps because they are young Sculpture Park, which is screaming and naïve, recently weaned seals for a Coast Salish welcome figure. may choose odd resting places. With Killer Whale Pod of Many Sometimes they use the boat ramp Nations, we aim to instill Native at The Cove. Wolftown is the local We are deeply grateful to the Pride and educate the public about contact if anything alarming



Whale Pod of "I'm OK — just resting." Photo by Orca Annie Stateler

Nations is a manifestation of our the north end. "Chiquidita" loosely translates as "cute little one."

I must clarify copyright like the least we could do for "the information on Odin's art photos in the last Dorsal Spin. He is the sole owner of the copyright on his carvings. Contact Orca Annie at Vashonorcas@aol.com. തതത





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#### Continued from page 4

recommendation to the school superintendent to start school late, or use snow routes, it is with complete confidence in my staff and their ability to drive safely in the given conditions. I heard many reports of buses in ditches, sliding crosswise in streets, etc. ALL of the Laidlaw school buses completed their routes Tuesday without any problems with the exception of one who was prevented from completing the route because of cars blocking the road. She simply stopped and we had to send another bus to pick up the kids from the other side of the mess. Not one bus ended up in the ditch or sliding crosswise or hitting anything. These are professional drivers who drove without fault and were capable of avoiding those hazards created by other drivers. Hopefully, we can finish this school year without experiencing any further delay of school or bus routes. Please be assured that if there is any need for such delays, your School District Superintendent, Dr. Mimi Walker, will make good decisions for the utmost safety of your children. Ann Murray **Operations Supervisor** Laidlaw Vashon

Odin Lonning with his work. Photo by Orca Annie Stateler



Odin Lonning's "Killer Whale Pod of Many Nations" panel. Photo courtesy of Odin Lonning and Vashon Hydrophone Project

January 31, '07

### Doc Eastly in a Word

The Unitarian Fellowship, of which Doc Eastly was a member, was gracious enough to share this article from their newsletter with The Loop.

#### **By Beth Bordner**

In a word, Doc was BIG. A bulking bear of a man physically, he lived every day the largeness that life offers.

His immensely strong hands were BIG - and always contained the prize of a piece of bubble gum for any kid who would squeal their way through prying open his massive fingers. With my kids, the method was for me to try and tickle Doc while they worked furiously to unclamp his iron grip on the treasure. Only problem was, Doc was not particularly susceptible to tickling.

His gentle-giant Shires were BIG — being with horses all my life still was not preparation for the first time Doc handed me Tiny's lead line and instructed me to manage the powerful stallion while we worked together to harness the team for a drive into town.

His creations were BIG – a thrill of visiting Doc and Pat's house was to ride with my kids on the oversized hewn-timber teeter-totter that he had built for his family. And the impressively forged candelabra that Doc made for the Unitarian Fellowship (his chosen spiritual community for the past 8 or so years) must have weighed in at 100 lbs of crafted metalwork.

His voice was BIG - I can hear Doc booming out, "What'd you say?" when his hearing limitations meant that he hadn't caught

## **Creative Responses** to Disaster

#### Continued from page 1

discoveries of effective methods for coping with community emergencies.

Much has been learned in recent decades about how complex systems such as human communities actually respond to crisis situations, and how they may be restored to order. Recent studies of events such as Hurricane Katrina, Seattle's WTO riots, the Indonesian tsunami, and many other disasters have shed new light upon the psychology of crowd dynamics in times of peril. The combination of computerassisted systems science, social psychology, and conflict studies has created fresh perspectives on the process of recovering from disasters. Fire and police professionals do an excellent job of dealing with threats to persons and property such as fires, rescues, and violence, but their training does not prepare them to address the emotional problems caused by disaster, or for recovering from them. Vashon's most likely disaster, a major earthquake, is not a malicious enemy. It is merely a sign that the Earth, like us, is alive and struggling toward change and growth. We can help ourselves in its aftermath without going to war with it, or families in times of stress.

something said. No one ever missed hearing Doc's words, however.

His inventory of poetry was BIG will we ever know just how many poems he knew, ready to recite the perfect one to fit any moment? I hold precious my moments of being soothed and inspired by poems Doc chose for me when I needed them.

His hugs were BIG – crushing embraces that lifted me effortlessly off the ground. I so relished his bear hugs - they left me literally breathless.

His philosophies were BIG – we talked often of the mysteries of life and death, of love, of relationships, the places of men and women in the world, of truth and resilience in adversity, of loyalty and friendship, of beauty and pain. In his view on life he was both tough and tender, and deeply thoughtful.

His marriage was BIG – he never took for granted the 53 years of a fully shared life with his beloved Pat.

His heart was HUGE - as one of his many adopted daughters, I was blessed with frequent doses of his signature expression of, "You are so beautiful! I think you're amazing and I love you!" There was so much of him, that he always had enough to give to so many – the children, the community, his extended Island "family" — and he did so freely. We adored him for it.

And the hole left in his absence...is BIG beyond measure. Thank you, Doc, for touching my life in such a BIG way. I love you.

 By Beth Bordner, who first kissed Doc about 8 years ago, and has since laughed, cried, driven the team, debated, fished, danced, shared stories, sung and smiled with her dear friend.

with one another. By using the new knowledge that is available, we can find creative responses to disaster.

Dr. McGuigan is director of the Institute of Conflict Analysis and Management in Victoria, B.C. He has long experience in disaster research, and has worked for years to resolve the sometimes violent disputes between indigenous peoples and the Canadian Government over fishing rights in the Fraser River. He has also worked analysis relevant to disaster planning and response. He brings strong theoretical and practical expertise to help with preparations for disaster recovery on Vashon Island. Dr. McGuigan's presentation will be augmented by the contributions of Vashon Island professionals who are experienced in practical responses to disaster events. Carol Ireland-McLean, a nurse and hospital administrator, will discuss medical responses to disaster based upon her experience while helping survivors of Hurricane Katrina. Carol Ellis of Vashon Youth and Family Services will speak from her extensive experience with the dynamics of young people and



### Digital Communications Continued from page 1

Imageworks digital division. His credits include movies such as: Speed; Jumanji; Contact; and Staying Alive. He is currently in Guatemala, shooting AquaLiteracy, one of the first films to be produced by Vashon College's new Center for Digital Communications.

While the movie is open to the public, it is required of students in Center's first the Digital Communications class, Introduction to Digital Communications. The class will begin on Wednesday, February 21, 7 to 9 p.m., and run through May 2. The cost for twelve sessions is \$250. The class is limited to twelve students and computer equipment and software during class time is provided; students will need their own equipment to complete homework assignments.

Father Tryphon of All-Merciful Savior Orthodox Monastery on closely with contemporary systems Vashon will address the role of churches in the event of Vashon disasters, and will speak of the spiritual dimensions of crisis recovery. Dr. Tag Gornall, an Island veterinarian, will draw from his extensive experience of the needs of wild and domesticated animals and pets during disasters, and of their roles in recovery afterwards. "Creative Responses to Disaster" will present a synthesis of theory and practice designed to help Islanders to understand disasters better and to respond to them effectively. Tuition cost for the workshop is \$100, payable to Vashon College. A complimentary lunch will be provided during the day. Registration information is at the Vashon Library or call Joe Meeker at 463-9773.

This introductory class recognizes digital communication as a foundation skill today, as more people become involved in some form of conceptualizing, producing, delivering, and receiving such communications in their jobs and lives. Students will gain an understanding of a variety of digital tools ranging from cameras and scanners through Adobe software for digital editing. Digital storytelling relies on traditional storytelling skills, and also makes use of computer techniques in video and digital photography and sound editing.

To find out more about the class please send an email bill.cox@vashoncollege.org and plan on attending the film screening on February 18.



Quartermaster Harbor is iced over. Photo by Daniel Brown, January 15, 2007

### **QM Harbor Froze in** January Cold Spell

Dan Brown sent this photo and said, "Glen McCormick and I both never remember seeing it frozen that far out into inner Quartermaster Harbor before. Glen has lived on his boat in the harbor for approximately twenty years, and been building/ around boats here his whole life. His uncle owned/started the Vashon Hardware store, so he's been here his whole life."

"I've lived here, in this house, since 1973. I remember many times when it was much colder for several days, into the teens, and we had freezing pipe problems much worse."



## Time to Quit Smoking

#### $By\,Kathy\,Abascal$

If you have decided it is time to quit smoking, you are probably wondering if there any herbs that will help you resist the impulse to go buy just one more pack. Willpower and perseverance will ultimately carry the day but herbs can definitely help you reach your goal.

Prescription antidepressants have been shown to help people quit smoking. Unfortunately, most of them have many side effects and, depending on your insurance coverage, can be quite expensive. A group of researchers recently

decided to investigate whether St. John's wort (*Hypericum spp.*), often used as an antidepressant, might help people quit as well. Because it typically takes a while for St. John's wort to have an effect on mood, they gave the participants 450

mg capsules twice daily for a week before their quit date. Of course, they continued taking the herb throughout the study. Twelve weeks later, almost 40% were still not smoking. Without some type of crutch, most studies show that only about 20% are able to quit cold turkey.

The study is too small to prove that St. John's wort will help you quit smoking. But it makes sense that it might. While there is a physical addiction to nicotine that makes quitting difficult, it seems that emotional factors are much more involved in why it sometimes seems impossible to maintain the resolve to quit. The physical addiction to nicotine is said to last for about two weeks. During those first weeks, herbs that bind to the nicotine receptors in your body can be helpful. Theory suggests addicts may find it soothing to have those receptors occupied by something, even if it is not nicotine. Oat seed (Avena spp.) and lobelia (Lobelia spp.) both have alkaloids that bind to these receptors. Both herbs also have a soothing effect. Almost every herbal non-smoking mixture on the market combines them, and they

work well for some. Fresh plant tinctures are best because both herbs lose some of their qualities when dried but capsules can also work on occasion.

When I quit smoking, I kept a nervine tincture in my pocket at all times. Nervine herbs help relieve the tension of the moment. Instead of rushing out to buy cigarettes, the herb calms you down until the urge passes – which it eventually does. On good days, you won't need any but other days you will reach for the bottle frequently. It is best to take small doses so you can take the herb more often on bad days. I found oat seed tincture calming although studies do not validate its benefit in smoking cessation. Passionflower (Passiflora incarnata) has more scientific support because it helped mice shed their addiction to nicotine. Kava (Piper methysticum) or valerian (Valeriana spp.) might work better where anxiety is a more dominant emotion. If I had to go through all that again, I would use St. John's wort.

The other big helpers are adaptogens. Addictions usually reflect a pattern of self-medicating with something – food, alcohol, cigarettes, drugs, whatever – in response to stress. Adaptogens are

herbs that "reset" centers in our brains so we react less to stress triggers. These herbs work slowly and their effect builds over weeks. One of my f a v o r i t e adaptogens is rhodiola (*Rhodiola rosea*). It was

studied in people dealing with mental stress

such as medical students preparing for finals. Rhodiola helped them sleep better, manage with less sleep, and kept them more motivated to study. As a result, they got better grades than students taking a placebo. Another nice adaptogen is Eleuthero (*Eleutherococcus senticosus*, formerly known as Siberian ginseng). It is a good choice for those with a lot of physical stress in their lives.

In order to really benefit from an adaptogen, however, you neeα ιο take a full dose several times a day for at least 4-6 weeks. These herbs can be taken as teas, capsules or tinctures. Tea herbs are less expensive but only work if you make and drink several cups of tea a day. In my experience, most Americans want to, but don't, drink their teas often enough and end up doing better with tinctures or capsules. St. John's wort also tends to work better after 4-6 weeks as well. So, I would suggest picking a quit date at least a month away, and immediately begin taking St. John's wort and an adaptogen. When the actual quit date comes, you can try some of the herbal antismoking mixtures to help ease you



## 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.

. . . . .



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

through the physical addiction. You might also want to get some licorice sticks. Licorice (Glycyrrhiza spp.) sticks are similar in size to cigarettes and give your restless hands something to do. They also give you something to put in your mouth. And that sweet taste that develops as you chew on the sticks is soothing to your lungs and your mind. Or perhaps you will be like the 40% in the St. John's wort study, who did not need any additional help whatsoever. Finally, try to remember when you are in the thick of it all that someday you will be glad you quit. It really is worth the trouble. ത്തത

January 31, '07





## Library Meeting Moves to Courthouse

The Public Meeting to be held on **Tuesday, February 13**, at 6:30 p.m. has been moved to the Vashon-Maury Island Community Service Center, Courthouse Square, 19021 Vashon Hwy. S.W.

Anyone having questions or needing directions can call Hester Kremer at the Vashon Library, 463-2069. Gift Certificates Available Candy Jennings – 463-3571



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





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

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

Aries (March 20-April 19): Make sure you know the difference between the present and the past when handling important business matters, particularly ones that can have an impact on your reputation. Certain points of history that have come up repeatedly are no longer factors you need to consider, whereas one or two new developments surely are. A hunch or intuitive message that may come from a friend or arise in a group meeting of some kind holds the key to this situation, though it may not be obvious at first, and the idea may seem to have pitfalls. You can work through those problems and get the benefits of this idea — if someone bothers to remember it. Eric Francis has more of your astrology for you at PlanetWaves.net.

Taurus (April 19-May 20): You need to keep careful track of the many diverse threads developing on the work front, though what counts more than anything at this point is that you see and feel the common theme. Theme is not plot; it's not the story itself. Rather, it is the message of the story, which is often subtle. Part of that involves learning the art of diplomacy, which is another way of saying that you have to treat everyone in a way that is specific to them and not count yourself a hypocrite. Really, it involves having confidence in your ideas. As you're learning, even when you think you're wrong, you're usually right. Eric Francis has more of your astrology for you at PlanetWaves.net. Gemini (May 20-June 21): You are making contact with an aspect of yourself that is always there, but which often hides. Indeed, you may experience something of a common phenomenon along the spiritual path this week, which you should recognize when you see. First you have this transcendent revelation that seems like it can change your life or your whole idea of your existence. Then, it fades and you start to wonder whether it was real, or if it's possible, and maybe on some level deny that the whole thing even happened, or was meaningful. Eric Francis has more of your astrology for you at PlanetWaves.net.

of some kind is concerned. From the look of your charts, you are opening up your psychic doors to being on the receiving end of collective resources, which is more about your own state of mind than about anything else. What you have going for you at the moment is a certain penetrating quality to the message you're delivering, which will be like water that soaks into the Earth and gets some seeds growing. The roots will grow first, then the leaves, then the flowers. Eric Francis has more of your astrology for you at PlanetWaves.net.

Leo (July 22-Aug. 23): Listen between the notes and read between the lines for the message or information you're looking for. It may be that you don't quite see the reward in one particular situation, or don't feel actually and truly appreciated by the people who you're with. However, just remember that everyone is coming from their own place, dreaming their own dream, and finally the opinion or perspective of others doesn't really matter to you. It would appear that the moment you start to practice detachment, the rewards will show up, and in somewhat typical fashion of an upside-down world, people will notice how much they really do love you. Eric Francis has more of your astrology for you at PlanetWaves.net.

always like it when life doesn't add up to something perfectly sensible, but every now and then, senselessness works for you. If nothing else, it should come as a relief that you don't need to think so hard about what you're doing, and just do it. At times, allowing oneself to be guided by invisible or seemingly irrational forces has no appeal due to pride in one's intelligence. However, given the choice between being proud of myself and finding out exactly what I need to know by some method I could not take credit for, I would go with the second option but that's just me. Eric Francis has more of your astrology for you at PlanetWaves.net.

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your relationships when you do; notice the impact of letting your inspiration flow in a tangible, constructive direction. Then, observe yourself responding to them. This is a feedback loop you need to study, I think, if you really want to be the master of your own creative power. Inspiration is from within — but what we get to do with it is all about how we relate. Eric Francis has more of your astrology for you at PlanetWaves.net.

Scorpio (Oct. 23-Nov. 22): You have two basic modes of operation: logical and psychic. Trust me, I don't expect to win a big award from an astrological association for that statement, and I know I've left out the one quality about you that everyone thinks they notice all the time, which is "emotional." Yes, that's always there, but it's more like an energy source than a way of approaching the world. Indeed, your world is emotional, and you have two ways of approaching that. Both are going at about full throttle right now. Make sure you apply the right mode to the right situation, and when in doubt, follow what you just know — because you do just know. Eric Francis has more of your astrology for you at PlanetWaves.net.

Sagittarius (Nov. 22-Dec. 22): Two **Virgo (Aug. 23-Sep. 22):** You don't voices are speaking at the moment, and one almost has a paranoid edge, while the other seems extremely idealistic. But this is not just another Day in the Life of Sagittarius. The chatter in your mind and the dreams you have are floating in the background; leave them there. Something much more significant has surfaced, both a creative breakthrough and a personal revelation that seems to have changed the substance and structure of your soul. This is more than an illusion; it is a fact, and the implications are deep — and they suggest that you have a new degree of freedom and have struck a deep well of self-respect. These are the same thing, in truth, as you will soon enough discover. Eric Francis has more of your astrology for you at PlanetWaves.net. Capricorn (Dec. 22-Jan. 20): The practical side of the equation will dawn on you soon enough; don't start with it. Keep the inspiration part hot, and practice keeping it hot. You are discovering you have a talent you did not know about. In

fact, you may have specifically denied that you were gifted in this way, all the while, building that particular gift. As a personal resource, it can't really be summed up so easily, but at the moment it's working as an ability to see through the illusion of lack, and to be able to see the way that working with a group is more than about adding things together. It's about having the right combination of ingredients that can compensate nicely for anything that seems to be missing. Eric Francis has more of your astrology for you at PlanetWaves.net.

Aquarius (Jan. 20-Feb. 19): Basically, you're a magnet right now, and who and what you draw to you will be meaningful for a long time to come. While you're attracting so much, though, you have access to a special gift of discernment. Look at everyone and everything carefully; sense yourself carefully, and assess your motives, methods and goals. Clarify these things, and make a few notso-dramatic but important choices based on actually noticing what you observe. What matters the very most right now may seem to matter least; the truth will not scream, it will whisper. Listen carefully and whisper back — it will be a great dialog. Eric Francis has more of your astrology for you at PlanetWaves.net.

Pisces (Feb. 19-March 20): Your normal awareness is soaking in a dimension of which most people lack any sense. For you, it's so ordinary that you barely notice. However, at the moment, it's worth noticing. One possible interpretation of your chart is that someone is trying to communicate something meaningful and vital to you but not saying it directly. You are supposed to just know. It is sometimes annoying when people do this, but at the moment, what they are saying is not easily put into words, and in truth, it's too good for words. It will be more fun if you figure it out, and you're well on the way. However, at the moment, consider that the entire universe is attempting to get your attention using this method. Eric Francis has more of your astrology for you at PlanetWaves.net.

Cancer (June 21-July 22): You are currently in rare form when it comes to making business arrangements, and this is the time to make forays into the future, particularly where a group partnership

Libra (Sep. 22-Oct. 23): I suggest you set aside as much regular business as you can the next few days, through the weekend, and follow your creative inspiration — which seems to be rather abundant at the moment. But please do something else: watch what happens in

I like you just the way you are. – Fred Rogers



**A Timely Taste** of Thai

#### **By Marj Watkins**

Spring is almost here, say the heather and the camellias in our yard as they tentatively offer their first blossoms of this Year of our Lord 2007. They remind us of the armfuls of garlands of blossoms offered in the markets and displayed at the shrines around Bangkok at and garlic until fragrant and shiny. this time of year.

Thai and Taiwanese chefs also excel in carving vegetables for decorative garnishes. It's easy to transform a palm-size strip of Drop gently into simmering broth. cucumber peel into a dragon, or peel a tomato in one long strip and arrange it into a fairly good likeness of a red rose. A few of those tomato roses, a small handful of cilantro leaves, and your platter of salmon fillet poached with lemon slices on top, or chicken breasts teriyaki, becomes a presentation.

For a delicious close relative of the famous Thai chicken and coconut milk soup, Tom Yam Kau 1/2 teaspoon ginger powder Kai, try this Thai seafood soup. Though some of the ingredients our Thai nephew-by-marriage, Yik Kontong, puts in his soup cannot be found here, we can get the most important ones and create a superb dish to warm us in the still-chilly, often cloudy weather the camellias bravely ignore.



shoot strips 1 fat, or 2 slimmer, garlic cloves 1/2 pound large cooked, shelled

1/2 pound boneless white fish fillet (cod works; so would turbot,

1 can Thai coconut milk, divided

Beat sprouts and/or cilantro leaves for garnish

them in separate small dishes next to your stove or cook top, and make the curry paste using 2 to 3 Tablespoons of the coconut milk; reserve the rest.

Heat the oil and stir-fry the onion Add remaining vegetables and water. Add shiitakes, cut in strips (discard tough stems).

Cut fish into 1-inch squares. Cover and cook until fish is opaque, 12 to 15 minutes. Add the prawns.

Stir. Reheat just to steaming. Don't let the coconut milk boil or it will curdle. Remove from heat.

Squeeze the lime into the soup. Stir. Serve steaming hot.

#### **Curry Paste:**

1 teaspoon curry powder

2 teaspoons galangal powder or 2 teaspoons lemongrass paste 1/4 teaspoon black pepper Dash red pepper flakes 2 to 3 Tablespoons coconut milk Stir all ingredients to make a paste about the consistency of heavy cream. Thai Seafood Soup may be served as is for a first course, or over steamed rice for a main dish. Complete the menu with a salad plate, possibly decorated with tomato roses. Dessert in Thailand is usually fresh fruit. തതത

## PERRY'S VASHON BURGERS

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Dear Madame Toujours,

My husband Lloyd is about to get on my last nerve. God knows I love the man, but to call him a pessimist would be an optimistic appraisal of his temperament. We've been talking about starting own business raising thoroughbred emus and taking them on the racing circuit. I am a trained ornithologist and have been following the emu racing circuit for several years, and I am convinced that with our savings we can make a go of it. About half the time, Lloyd is all in favor of the plan. Then there are the days he comes home from work at the office of statistical disorientation and announces that he's read that emus are prone to knee and ankle injuries, and it's too

Solution to Puzzle on page 16

behind me resisting all the way? What can I do? Sincerely,

Birdlady

Chere Mme. Birdlady,

First, *M*. Lloyd, he is not objecting to the clever plan for the breeding of the emus. What M. Lloyd is doing, it is the cry for the help. He is coming home from the tiresome work and he is wishing for someone to be greeting him with the glass of wine and the soothing words. When M. Lloyd, he is making the troublesome remarks, simply bite the tongue very hard, smile sweetly, hand over the glass of the wine and say, "You must be having the very difficult day at the place of employment, mon cher. I am longing to hear everything." Shortly, he will be feeling confident for the emus again. More importantly, M. Lloyd, he is the secret weapon in the negotiations for the emu farm. M. Lloyd, he will be pointing out every flaw in the barns and the fences. He will worry aloud about the spindly legs and the high-strung temperaments. He will be convinced it is all too expensive and you can never make the profits. You will explain to the breeders and so forth that, while you are anxious to buy the emus, *M.* Lloyd, he is not being easily convinced. This is the excellent negotiating tool. Bon Chance, Mme. Birdlady. With time and success, M. Lloyd, he will forget the worries about the emus and find for himself something else for the worrying. ത്തത

#### Marj's Thai Seafood Soup Serves 3 to 4

3 fresh shiitake mushrooms, or 3 large dried shiitake, soaked 30 minutes

1 Tablespoon light olive oil or canola oil

1/2 cup chopped yellow onion 1/2 cup peapods, de-stringed 1/2 cup chopped green bell pepper

Knock, knock. Who's there? Aardvark. Aardvark who? Aardvark a million miles for one of your smiles.

hard to make a living.

This absolutely drives me nuts. Of course badly bred racing emus are given to leg problems. That's why you make a point of breeding for strong legs. It's not a reason to completely abandon the whole project. I don't know what he wants me to say when he does this. I can't agree with his ridiculous objections, and I can argue until my head falls off, but he just keeps repeating that emus have leg problems (or they're hard to breed or they are too expensive or whatever his argument is that day).

The emu farm is our ticket out of our humdrum, day-to-day handto-mouth existence. Why can't he see that? Should I just give up? Am I going to have to drag him along

The Vashon Loop, p. 15



#### If the Value Village in the old REI had a public bathroom, I would not have had that very interesting conversation with the PETA people and returned later to the store to find the biggest 'atta girl' I've gotten in a long time.

I just wanted to see if I could find a cheap black dress or skirt for a musical performance.

Nature called and I anxiously drove around the block to see what free toilet I could use. Kentucky Fried Chicken was a block away. Mission accomplished, I really couldn't make myself walk out without a purchase. I don't eat fried chicken but there were some other items I could consume. It was, after all, straight up noon. My shopping could wait fifteen minutes. Order in and I

turn to find a table. There they were. Just my luck. First Kentucky Fried Chicken I walk into in about ten years and PETA is picketing.

I had had an interesting conversation with someone over the holidays about the curious fact that most animal rights people are pro choice. So, after I consumed my coleslaw and milk and corn on the cob and

barbecue sandwich, I sauntered out and asked the guy with the black leather jacket (?? does he get it??) what his thoughts on abortion were. He wouldn't tell me. The guy next to him jumped in. "A fetus isn't a child".

"Yes it is. That's why women have a difficult time choosing. If it was just cells, it would be like mouthwash after too much garlic.'

"You don't understand."

"Yes I do. I'm an animal rights person as well. And I come from Vashon. We have deeply deeply committed people to both animal rights and children's rights.

I thought of how wonderful it is that we all engage in calm, literate ways all the time on disparate issues here on Vashon. We need to accentuate the blessing of being poor, with the least little bit of effort, you eventually dig yourself out. Maybe it's because I come from a family of good business people, but getting, having and keeping money is not rocket science. There's no mystery or magic. There are certain principles to follow. Make sure you earn your money from reliable people. Work hard at the most menial task. Do your best as often as you can. Spend less than you make. Pay your taxes. Save at least five percent out of every paycheck.

Poor was a mystery. Getting out of poor was not. Eventually it was going to happen if I kept following the good principles.

We are a community in many ways defined by money whether by revenue or charity. We have people on this Island who

are very good at making money. We have people on this Island who are generous beyond measure.

It is fitting, as 2007 begins, that I was blessed by the wonderful Weejuns I now wear as my "house shoes." They embody all that I've learned about being poor and being rich and living wealthy in the last ten years.

First...I didn't pay retail. Never pay retail if you can help it. The people who are selling it to you got it for the lowest price they could.

Second...the shoes are a treasure because they remind me of my own personal values, which in America I get to live out visibly. Make sure your lifestyle reflects who you are. It's one of our best freedoms.

Third...hard work is rewarded and timing is everything. Never give up. Work and wait.

Fourth...I gave Weejuns up for so many years, that I internalized all they meant to me. Now I'm ready to live from the inside out and they are the decoration, not the definition of who I am.



## Labor of Love

Continued from page 1

benefit the residents of Vashon Community Care Center (VCCC).

To view the auction items and make а bid, go to www.laboroflovevashon.org and click on the "Enter Auction" button. Once on the next page, you will need to register and create a password, then you can view all the items in the auction by clicking on the categories in the left side bar.

There are some great items to bid artwork, on this year, including a gourmet dinner for 20 at the home and lavender farm of Katy Jo Steward and Steve Paschal. This dinner will happen in June, when the days are long and the fragrant lavender fields are in full bloom. It is hosted by the labor, Vashon Island Lavender Growers Association. Along with the delicious dinner prepared by Chef Kris Dews of Sook Enterprises and pastry diva Denise Kitchel, you will be serenaded by the charming duo of Kim Cronin and Pat Reardon. For this dinner, you Tile from Irene's Tiles. bid can on Irene Otis is donating purchasing an a personalized 6" x 6" individual seat tile to the Labor of Love or on Auction. purchasing the entire dinner for 20. Either way, you will enjoy a magical evening you will remember forever. Another unique item you can bid on is having lunch with Vashon School District Superintendent Dr. Mimi Walker at the Hardware Store

Restaurant. Here's your chance to have a personal lunch with Mimi, who is a mother of five (four under 8 years old), foster parent, marathon runner (35 completed marathons) and leader of our 1600 student school system. No shortage of topics for this most interesting lunch!

Other items included in the Labor



certificates, John de Groen and his foura n d passenger Cessna 182 Skylane. y o u John is donating an airplane ride for three people for the a n Labor of Love Auction. e v e n



dialogue we enjoy here, as well as the lack of crime.

But enough of this. I want to get back to the Value Village story and my terrific find.

Refreshed, I return to the twice loved treasures and there "they" were, shining like Dorothy's ruby red slippers. I found a brand new pair of Bass Weejuns with the vaguest of scuff marks on the soles, in my size for \$9.99 and...get this...they had a blue tag which meant they were 50% off.

Bass Weejuns are my favorite shoes in the world, bar none. They mean that life is stable and civilized and ordered and genteel and relaxed and cheerful. When I wear them, I swear it lowers my blood pressure and gives me a will to live.

I have not been able to afford to buy a pair for over ten years. In fact I haven't been able to buy any clothes that truly reflected my personality for over ten years.

Clothes and hair and make up and appearances are very important to me. I'm a visual person.

But in 1991 I made a deep commitment to challenge the authenticity of my life for spiritual reasons. I wanted a deep life not

Lastly...I have come to appreciate quality as a promotion of doing one's best. They are shoes that are so well constructed; they last for years, even through several resoles.

As you work with your dollars this year, may the definition of who you are financially begin on the inside. Take the high road. Be blessed to be a blessing. Never mind about the people who deal with money and finances in illegal and unethical ways. It always catches up with them somehow. Learn everything you can about good financial principles. Lots of people thought I was poor because I was stupid. Look for the moments you can put that knowledge in action.

I don't ever want to be poor again. But it taught me a lot of good lessons. And I click my heels and say, "There's no place like home. There's no place like home.' These will be the most meticulously cared for shoes anyone ever had. They are my diploma.

> Love, Deborah

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#### bid on

С

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Love

Auction

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goods,

tractor

work,

massage,

garden

gift

f

a large condo in Orlando, Florida that sleeps up to 16 people, perfect for a family reunion.

Besides all the fun involved in bidding on some unique Vashon Island items and services, there's the added benefit of knowing that all the money raised by this auction will benefit the residents and program participants at Vashon Community Care Center, the only non-profit senior living facility on Vashon Island. Let the bidding begin!

Hard work spotlights the character of people: some turn up their sleeves, some turn up their noses, and some don't turn up at all. – Sam Ewing



The court jester of sport



The Vashon Pirate Wrestlers finish 5th in the Dream Duals in Spokane after beating Tonasket 60-22. Most contributed the win to the wrestlers intimidating physiques.

The following are some random blurbs about Vashon High School Winter Sports. View them as a scrapbook, a potpouri of VERY important sporting facts and pictures. Many of which are more important (I know, hard to believe!) than the brizilliant monologue by Dr. Lottle (played by Harrison Levinson) in The Cure.

Get lost in the details. Life's more fun that way!

Honestly,

Mr. Ernest

Vashon High School Boys Basketball Team is currently ranked 1st in the state and beat Seattle Christian 68-50 to stay atop the Nisqually League Standings. "We play hard, fast, and sometimes, but not always, our sweat stinks. Come out and watch us!" said coaching mastermind, Andy "Soapbox" Sears.

The Vashon Pirate Girls Basketball Team is currently in 2nd Place in the League. Freshman Kelly "not Elvis" Costello is 2nd in the League in scoring, followed by Zelda "4 quarters" Porter in 3rd. Liz "Queen of the" Hill is leading the team in rebounds with an average of 8 per game.

All Ye Wrestling Groupies, Fans, Alumni, and Grapplin' Fanatics!

Come see the Pirates take on Cascade Christian this Friday, Jan. 26th. JV 6:00 and Varsity at 7:00. Email this message to anyone interested, and call them too.

The Pirate Wrestling team can secure 2nd place in the Nisqually League with victories this week vs. Eatonville and THIS FRIDAY VS. CASCADE **CHRISTIAN!** 

#### A Brief Update of the past week in wrestling:

Pirate Grapplers placed 5th in the Dream Duals (basically a Dual Meet State Tournament) this weekend in Spokane. After losing to Royal and Lake Roosevelt, the Pirates dominated Tonasket 60-22 to secure 5th place. Top records for the weekend were: Freight Train (3-0), Rogen Lopez (3-0), Steamboat Stemer (3-0), MJ Sohl (3-0), Scissorshands Protzeller (2-1), Volker (2-1), Wolzcko (2-1). Sylvie Shiosaki was also undefeated versus female competition.

The Dream Dual tournament consisted of the top teams in the state. What team was missing? Orting.

(That, for you English Majors, ESPN Producers, and Conversation Specialists, is a perfect link to the next paragraph!)

Vashon took on 2nd ranked Orting on January 18th, losing a close fought decision 38-25. Many of the matches taking place that night will take place in the District, Regional, and State finals this post-season. **Upcoming wrestling events:** Districts at Orting, Feb. 2nd and 3rd. Regionals at Castle Rock, Feb. 9th and 10th. State Tournament in the Tacoma Dome, Feb. 16th and 17th.



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Across

9 Nibbled upon

14 Boxer Muhammad

15 Jewish last name

16 Harvest

- 1 What time it is in Chicago
- 4 Beginning of Greek alphabet
  - 62 Snooped
    - 65 Picnic visitor

57 Seize a hostage

- 66 Glass kitchenware
- 67 Run away and
- - 36 What time it is in Denver
- 59 Thin pancake
  - 29 Chunk 30 Terminal abbr.
    - 32 Merited
      - 35 Also known as (abbr.)

26 Hellos

28 Advise

Wrestlers Sylvie "Senorita Headlock" and Dom "Timmy Robinson Wolzcko were both undefeated against female competition at the Duals! A big bravo to the two of them.



17 Profit
18 Giant in 'Princess Bride'
19 Glower
20 Mislead
22 Ruminate
24 Kiln
25 Not one
27 Christmas log
31 Cincinnati baseball team
32 Clear the wings
33 Furrow
34 Totes
36 Lava
38 Aquiline
40 Part of the foot
42 Orange cheese
43 Anger
44 Negative
45 Fable writer
47 Swiss mountains
51 Battle fatigue (abbr.)
53 Daybreak
54 Egyptian river
55 Former Sup. Power

68 "To the right!" 69 Squalid 70 Airline 71 What time it is in New York Down 1 Truthfulness 2 Arm covering 3 Blue-blooded 4 Prep sch. 5 Sole 6 Doctoral degree 7 Possessive pronoun 8 Pale 9 Omelette ingredient 10 Bowling \_\_\_\_ 11 Drink 12 Hearing part 13 Compass pt. 21 Shoeless 23 Shoshonean 25 Join metal

37 Nigh (2 wds.) 38 Whoop 39 Not ins 40 Take the wrinkles out 41 Drowse 42 Gross national product (abbr.) 43 Compass pt. 45 Spots 46 Made money 48 Number of lines 49 Smoothes, in woodworking 50 Seven singing 52 Gulled 56 Hot looking 57 Not shabby 58 Whim 59 Cycles per sec. 60 Grain 61 Bard's before 63 Roberto's cheer 64 Sun's name Solution on page 14 January 31, '07



I told my wife I was going to take a walk. She asked me how long I'd be gone. I said, "The whole time."

When fish jump in the air, do they take a deep breath and close their eyes?

In 1882, David Jacks began shipping cheese from his dairies in Monterey, CA. Eventually, the cheese became known as simply Monterey Jack.

My wife told me her mother is a travel agent for guilt trips.

Love conquers all things except poverty and toothache. – Mae West

## One (or so) Liners

Life isn't fair but neither is death. Relax; otherwise you might die all tensed up. Mediocrity always succeeds over originality. Find out what you don't do well and don't do it. Never use a felt-tipped pen to clean your ears.

We could handle life's stress if we could find the handles.

Secrets are what we tell everybody else not to tell anybody.

I'm paranoid. On my stationary bike, I have a rearview mirror.

One of the good things about propaganda is that it's easy to understand.

Civilization makes it possible for you to live off other persons instead of off the land.

In infancy blue whales gain weight at the rate of 10 pounds an hour.

Liberty means responsibility. That is why most men dread it. — George Bernard Shaw

If one is not going to take the necessary precautions to avoid having parents, one must undertake to bring them up. – Quentin Crisp

If love is the answer, could you rephrase the question? – Lily Tomlin

Anyone who has ever struggled with poverty knows how extremely expensive it is to be poor. – James Baldwin

What's the difference between a musician and a fourteen-inch pizza? A pizza can feed a family of four.

Love is like playing checkers. You have to know which man to move. – Jackie "Moms" Mabley

I was in the town of Mercy, Australia and I was served tea made from the hair of a koala." "You're kidding! The music business is a cruel and shallow money trench, a long plastic hallway where thieves and pimps run free, all while many good men die like dogs. There's also a negative side. —Hunter S. Thompson

> A brain goes into a pub and says to the bartender, "I'll have a pint, please." The bartender says, "Sorry, I can't serve you. You're out of your head."

### WILD WORLD



I wanted to make it really special on Valentine's Day, so I tied my boyfriend up. And for three solid hours I watched whatever I wanted on TV. – Tracey Smith

A police officer sees a car weaving back and forth down the highway, and takes off after it. He pulls up alongside and sees the driver is a little old lady, and she's knitting as she drives. He can't believe it, and he yells, "Pull over! Pull over!" And she yells back, "No! It's a scarf!"

Loopy Zen: Be here now. Be someplace else later. Is that so complicated?

### OFFSHORE



By Ed Frohning

How was it?" "It was awful. It was filled with koala hair." "Well, you know, the koala tea of Mercy is not strained."







Robbie Fulks. Photo courtesy Lisa Shively.

## **Robbie Fulks to Play** Valentine's Show on Vashon

One of Vashon Island's favorite musical sweethearts, Robbie Fulks, will appear on Valentine's Day on Vashon. Fulks will return to Bishop's Cafe on Wednesday, February 14, at 8 p.m.

Though Fulks has appeared on Vashon Island several times, this is a rare opportunity to see him solo. "I hope everyone will grab a date or make their own solo appearance for this show," says Liz Shepherd, who is organizing the concert as a Valentine's Day gift for the Island. "This is a great chance to see Robbie really strut his sizeable stuff as a guitar picker and master balladeer. It's amazing how Robbie can hold an audience in the palm of his hand and take you on an incredible journey through his songs."

Says Don Slack (of KEXP Radio), "Fulks is a master craftsman whose songs can tickle the funny bone, inspire reflection, stir deep emotions, and get right to the heart of the cold hard truth."

by way of North Carolina, is a rare triple threat: a great singer, a masterful songwriter, and a flatpick guitar wizard. He has released seven critically acclaimed albums, and he has appeared on the Grand Ole Opry, Austin City Limits, and countless venues across the United States. Recently, Robbie has opened shows for Merle Haggard and Dwight Yoakum. He is also the host of Robbie's Secret Country, a radio program (broadcast on XM Radio) on which he has hosted and performed with such iconic guests as Ray Price, Connie Smith, Billy Joe Shaver, and others.



Rebel Voices: Island resident Susan Lewis, left, and Janet Stecher, right. Photo by Erica Rado

## **Charlie King and Rebel Voices**

Charlie King and Rebel Voices will appear in concert next Friday, February 9, at 7:30 p.m. at the Vashon Co-Housing Common Kriegsman House, 10421 SW Bank Rd. Please



Charlie King ~ Photo by Thomas O.

park on Bank Road and walk in. Bring a flashlight! Admission: \$14 at the door/\$12 in advance (\$8 low-income & kids)



The Geezers, left to right: Dick Gordon, Peter Larsen, Paul Billingsley, Dick Paulsen. Courtesy photo.

## **Geezers Play Uptown**

Vashon's own Geezers will be playing at Café Luna on Friday, February 9, starting at 7:30 p.m. The Geezers have a varying lineup on any given night, but usually feature Peter Larsen, guitar; Dick Paulsen, bass; Paul Billingsley, banjo; and Dick Gordon, fiddle and mandolin. Everyone sings. The group plays Bluegrass and Oldtime country, and so will you if you come by.

Robbie's bio on YepRoc Record's website sums it up perfectly: "Eighty years ago, when country music was first recorded, it was rude, funny, soulful and political, and not chest-thumping, far-right political, either. [Robbie's Fulks, who hails from Chicago music] takes us back to those forgotten values, and reintroduces us to the literacy and warped humor of songwriters like Shel Silverstein, Bob McDill and Roger Miller." Tickets to the Robbie Fulks show on February 14 are \$10 in advance, \$12 at the door. Music will start at 8 p.m. Tickets for the show may be purchased in advance at Vashon Island Music or Bishop's. Bishop's, which recently refurbished its pub area, features a full bar and dinner menu.

## Get Your Glow On

Continued from page 7

comes into full play in her new profession, treating her clients with the same caring competence.

"The basis of looking good is feeling good—and healthy skin is one of your most important physical assets," she asserts. "The treatments I use do more than just make your skin look and feel wonderful-your general health benefits too. The treatments increase circulation, help detoxify your body, stimulate skin functions and metabolism, and relax the senses, nerves and muscles." A sample of the services she provides include facials, waxing, paraffin dips for your hands, and body wraps using mineral rich Hungarian mud and back facials/ treatments. Beginning with an initial skin examination and analysis, Candy will discuss what concerns or skin conditions you'd like her to address. What follows is pure pleasure. Her private studio is located at 11808 SW Cove Rd. All you need to do is call (206) 463-3571 to get your own Glow started. You'll be ever so glad you did.





For show times and info on theater rentals for birthdays. check www.vashontheater.com or call (206) 463-3232



Courtesy photo

## pickPocket Ensemble at Luna this Saturday

The pickPocket ensemble, an original acoustic world café music ensemble, will appear at Cafe Luna on Saturday February 3, beginning at 7:30 p.m.

A Day of Homecoming You are invited to a retreat that will take place at a private Island sanctuary and residence on Saturday, February 17 from 10 a.m. to 4 p.m. The group will be limited to ten. Cost for the day is \$35.00. Hosts and facilitators are Jane Valencia and Carol Spangler. Jane is a Celtic harpist, composer, storyteller, Reiki healing artist and teacher who adventures with the magic of the natural world. Carol is a graduate of the Shalem Institute for Spiritual Formation and is an experienced leader of contemplative groups and retreats. For further information or to reserve a space, contact Jane (206) 349-4284 or Carol (206) 567-5302.

Love is a fire. But whether it is going to warm your heart or burn down your house, you can never tell. - Joan Crawford





Mortuary Poles. Photo by Elsie Hulsizer

## **Return to Nature:** Photographs by Elsie Hulsizer at VCCC

Elsie Hulsizer, Seattle photographer and writer is showing her work at Vashon Community Care Center during the months of January and February. She will be presenting a slide show of additional images at VCCC during the February Gallery Walk at 7 p.m., Friday, February 2. Islanders are invited to stop by VCCC, have a sip of wine, meet Hulsizer and Geri Peterson, who will also be showing her work, view the charcoals and photographs, and stay for the slide show.



Hulsizer's work includes striking hand-colored black and white images of totem poles and abandoned industrial sites in British Columbia and Alaska. Local artist Geri Peterson's works are charcoal tributes to the native artists of southeast Alaska.

Elsie Hulsizer holds a certificate in fine art photography from the Photographic Center Northwest and has exhibited her art at various galleries in Seattle including the Odyssey Maritime Center on

Fallen Totem, Friendly Cove. Photo by Elsie Hulsizer

Seattle's Waterfront.

She is the author of Voyages to Windward: Sailing Adventures on Vancouver Island's West Coast (Harbour Publishing, 2005), a book of stories and photographs about her experiences in 25 years of sailing on the West Coast of Vancouver Island.

The exhibit at the Vashon Care Center is Hulsizer's first on Vashon Island. She is thrilled at the opportunity. "As a child growing up on Three Tree Point, across Puget Sound from Vashon and Maury Islands, I came here often with my parents. I have fond memories of those trips; in fact, I began my book with those memories. We sailed across on a small sailboat that my father built. I remember picking blackberries at Pt. Robinson, finding sand dollars on the beach at Tramp Harbor, and buying Popsicles at the old general store at Portage."









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

"Share the Love" Valentine Gift Fair

## **Good News from** Wolftown!

Editor, *The Loop:* 

Thanks to all of you Wolftown has raised over \$17,000 and we will be fine! We still will need MANY volunteers! And some funds to cover animal expenses while we are closed!

Thank you all so much!!! And thanks to all the volunteers who have come out and worked so hard to help your wildlife sanctuary!

And...

A Warning from Wolftown: Never **Touch a Bat!** 

Vashon Voices courtesy photo

## Croon a Tune with Vashon Voices

Vashon Voices, the Island's pop and light classics choral ensemble, will hold group auditions for its spring concert An American Quilt on Monday, February 5 and Monday, February 12 from 7:00 to 9:30 p.m. at Vashon United Methodist Church. New singers have an opportunity to sing with the group and meet current and prospective members. If you're interested in singing with a small chorus of friendly, music-loving folks, come join the fun!

The Voices' upcoming concert celebrates the great American folk song, past and present. From folk song standards "Oh Susanna" and "Skip to my Lou" to the familiar strains of Carole King, this concert will weave the fabric of American folk music into a colorful tapestry of music and fun. Concert dates are Saturday, May 19 and Sunday, May 20.

For more information about joining the group, contact music director Joe Farmer at 567-5640, or email info@vashonvoices.org.

On Saturday, February 10, Vashon Community Care Center (VCCC) will be hosting a "Share the Love" Valentine Gift Fair, from 10 a.m. to 3 p.m. All sorts of gift ideas for Valentine's Day presents will be available, including hand dipped chocolates, jewelry, greeting cards, scarves, glass plates and baked goods. Be sure to stop by to pick up some Valentines for your loved ones. Each participating artist is donating a portion of their proceeds to VCCC.

I planted some bird seed. A bird came up. Now I don't know what to feed it.

PLEASE! If you find an injured bat DO NOT TOUCH IT! Bats carry rabies! RABIES IS FATAL! You can be bitten without knowing it or rub the bat's saliva in a cut by accident! Call us if you find an injured bat! 463-9113

If you have touched a bat, call your doctor right away!

T Martino Wolftown

> **Read The Loop online:** www.vashonloop.com



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## The Man....

The Myth....

The Sweetheart ???

One Solo Show February 14th Bishops Cafe



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

