



VASHON

# THE LOOP

Vol. 5, #25

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

December 19, 2008

## Spelling Bee Supports Senior Scholarships

By Deborah H. Anderson

**Deliquesce** – Those struggling hikers began to feel more confident of rescue as the ice began to **deliquesce**. (Jeff Hoyt's example of a great word from 2008 Spelling Bee.)

New Venue! New Time! Same Fun! That's the word from the Vashon Community Scholarship Foundation planning committee announcing "The Bee is Back!" for "Spell It 2009."

This third year of the Spelling Bee benefiting the Scholarship Fund which, according to Ginnie Nichols, treasurer, disbursed \$121,000 in scholarships to 86 students, will be held

Sunday, February 8, 2009 @3PM @ Vashon High School Theater.

As in previous years when teams ranged from Vashon Island Community Care Center to the Parks Department and local business and service groups, community members can purchase an opportunity to be participants, sponsors, advertisers or audience members or multiple combinations of the above. Flyers are

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Photo by Hawk Jones/Kotagraph

## LITTLE WOMEN

*Little Women*, the musical, plays January 16, 17, 18, 23 and 24 (the 18th at 4 p.m., all other shows at 7 p.m.) Tickets will be available at the Vashon Bookshop, Vashon Island

Music, and Books by the Way and are \$10 general admission, \$8 for students and seniors. The show will be presented at Bethel Church, 14736 Bethel Lane SW. Get the story behind the production in the next issue of *The Loop*.

## Orcas Return



The families of Samish (J14) and Oreo (J22) in East Passage. For the first time this fall, nearly 40 orcas from J, K, and L Pods returned to Island waters on December 2. Photo by Mark Sears.

## Help the Loop!

Thank you to the dozen or so Islanders who sent checks in response to our plea for contributions in the last issue. (If you missed it, we are running in the red and we owe our printer a substantial amount. They need to get paid to continue to print the paper, and we need your financial help. We also want to hire Ed back!) We'd sure love to hear from a dozen or so more of you this week! Please send your check to PO Box 253 Vashon WA 98070 or donate via Paypay at [www.vashonloop.com](http://www.vashonloop.com). Thanks so much, Vashon. ☺☺☺☺

## A Home for Jacob's Mother

by Kevin Joyce

Jacob Acier is a "Lost Boy of Sudan" currently living on Vashon. He works at Sawbones (Pacific Research), has an apartment in town, and has been getting his life more and more together since arriving on the island about a year ago. There is a small group of islanders who formed an organization called the Jacob Acier Group, whose function is to support



Jacob in having a successful life on Vashon, and finding ways to support his family in Sudan.

*Continued on page 4*

## Christmas Caroling at Vashon Theater

A favorite Island tradition continues! On Sunday, December 21 the Vashon Theater is opening its doors to the community for some old fashioned Christmas fun completely free of charge. At noon, bring the family to see *A Christmas Story* (that's the one where Ralphie wants a Red Ryder BB gun). The movie is followed by four flautists flauting. (Really.) At 2:00, we'll all sing Christmas carols and cheery holiday songs in truly Norman Rockwell-esque style. Bring your jingle bells, and some food for the Food Bank if you have any to spare. Also on the 21st, K-Jo Farms sponsors Paradise Valley's famous solstice luminaria lighting. You haven't lived if you haven't seen this. Is this a great island, or what?



## Bring in 2009 With Vashon's Favorite Dance Band

We don't know about you, but we are more than ready to say goodbye to 2008 and party like it's... well, you know. The Vashon Sportsmen's Club is once again holding its all out New Year's Eve party, and Loose Change will be rocking the moose heads starting at 8:30 pm. Inspired by the big R&B soul sound of the 60's—and the classic movie *The Commitments*—Loose Change aims to entertain

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# Get in *The Loop*

## Submissions to the Loop

Do you have an event or Public Service Announcement? Do you have something to say about a Vashon issue or topic affecting the Island? If so, please email questions or submissions to Marie, editor of the *Loop*, at [editor@vashonloop.com](mailto:editor@vashonloop.com). Photos are welcome as jpeg or pdf attachments.

## Dems Party Hearty

Get your appetite ready for good food and witty conversation! Everyone is invited to the Vashon Democratic Club annual holiday party/potluck on Saturday, December 20, at 6:30 in the Land Trust building. We'll reminisce about our successes over this year and discuss our challenges for the next. Jason Osgood, who ran for Secretary of State last month, will speak to us about his candidacy for the Director of King County Elections. This election will be held on February 3, 2009.

For this year's party, we will collect donations for the Vashon Maury Community Food Bank. For donations, money goes farther than food for the food bank (they can buy wholesale), so we encourage you to donate checks made out to "Vashon

Food Bank." For those who prefer to make food donations instead of (or in addition to) monetary donations, the food bank can use the following: canned fruits and vegetables, canned whole meals (pork & beans, soups, etc.), and canned/jarred proteins (peanut butter, tuna).

We already have a number of dishes lined up for the potluck. Items we can still use include white potatoes, vegetable dishes, casseroles, bread, salads, vegetarian fare, desserts, and beverages.

Please help us accomplish our goal of a no-trash potluck by bringing your own, non-disposable dinnerware!

If you or your group would like to make a presentation at one of our meetings, or for general information, please contact Roger Fulton at 463-0079

## Christmas Season Schedule For Episcopal Church:

Sunday, December 21st, Fourth Sunday of Advent: Greening of the Church following the 10:15 service. Bring greens if you have them; or just bring yourself and lend a hand.

Wednesday, December 24th, Christmas Eve: 12:30 pm Holy Eucharist 7 pm Christmas Pageant with Holy Eucharist 10:30 pm Christmas Eucharist Thursday, December 25th, Christmas Day: 10:15 am Holy Eucharist

Sunday, December 28th: 7:45 am Morning Prayer 10:15am Lessons & Carols Wednesday, December 31st 12:30 pm Holy Eucharist 5-7 pm New Year's Eve Labyrinth Walk

Tuesday, January 6th 6 pm Epiphany service, potluck, degreening of church and bonfire

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## Christmas Lessons and Carols Service at St John Vianney

The parish of St John Mary Vianney Catholic Church is presenting a Lessons and Carols service at 5:00 PM Sunday, December 21st, at the church.

A Lessons and Carols service is a series of Scripture readings paired with matching Christmas carols, selected to trace the story of Christ's birth from the book of Genesis, through the Nativity story in the Gospel according to John.

There will be a varied program of Christmas music presented by the

## Unitarians and Burton Christmas Service:

On Sunday December 21, at 11am, the Vashon Island Unitarian Fellowship will join with the Burton Congregation in a Christmas Service led by Rev Marcus Walker of the Burton Community Church 23905 Vashon Highway. Religious exploration will feature a celebration of the Winter Solstice. Join us for a special coffee hour in Lewis Hall following the service. For additional information contact Stan Merrell 463-7670.

Sunday, December 28, the Unitarian Fellowship will anticipate 2009 by singing IN the new year and singing OUT the old. The singing and snacks will start at 9:30 in Lewis Hall, behind the Burton Community Church 23905 Vashon Highway. Religious Exploration will be offered for the children. For more information or to volunteer goodies, call Ramona Anderson 463-4104

## Worship Schedule for Vashon Lutheran Church:

Tuesday, December 23 at 7 PM: Ecumenical Christmas service in German.Wednesday, December 24 at 5 PM: Christmas Candlelight service, with skit by Sunday School

Wednesday, December 24 at 11 PM: Christmas Candlelight service, with Communion Thursday, December 25 at 3 PM: Christmas Day devotionsVashon Lutheran Church is located at 18623 Vashon Hwy SW. For more information, call 463.2655.

Holden Vespers will be sung on Sunday, December 21st, 5:30 pm at the Episcopal Church (the church across from Vashon Community Care Center.)

The service runs about 20 minutes; those who attend are welcome to sing along (music is provided) or simply allow the words and music to surround them.

All are welcome.

## Cold Weather Tips to Keep Your Pet Safe

Here are some suggested cold weather tips for pet owners, courtesy of King County Animal Care. Your tax dollars at work!

1. Wipe pets' paws after a walk through the snow. They can have frozen fur in between their foot pads and track in chemicals from deicing fluid that can make them sick if ingested.

2. Check outdoor water bowls, as they may freeze and prevent your pet from drinking.

3. Make sure pets are wearing at least two forms of current identification. This could be any combination, such as a pet license and microchip or a pet license and personal identification tag.

4. Ensure your emergency disaster kits include at least three days of pet food, supplies and medications for all the animals in your household. For more information on pet disaster preparedness, visit <http://www.petfinder.com/disaster> or, contact KCACC for their brochure on disaster preparedness.

By following these simple steps, you can make sure animal members of your family will be safe and comfortable during an extreme weather event.

## VIPP ADOPT-A-CAT DAY

Vashon Island Pet Protectors will host an Adopt-A-Cat Day EVERY Saturday from 11:30-2:30 at our NEW VIPP ADOPTION CENTER at 12200 SW 243rd St. Please go to [vipp.org](http://vipp.org) for directions or call VIPP at 206-389-1085.

## German Language Christmas Service

The community is invited to come to an ecumenical Christmas service in German language at Vashon Lutheran Church (located at 18623 Vashon Hwy SW) on Tuesday, December 23 at 7 PM. For more information, call 463.2655.

## Growing Through Grief

A bereavement support group for adults coping with the death of a loved one, sponsored by Providence Hospice of Seattle. This new Vashon-located group, facilitated by a grief specialist, focuses on general tasks of grieving, considers ways of providing self-care, and creates an environment for mutual learning as group members share their experiences of loss. The group will meet for six weeks beginning on Wednesday, January 7, 2009. Please call 206-749-7704 for pre-registration and further information, including location.

**The Vashon Loop**

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Publishers: Marie Browne and Troy Kindred (Its my birthday today!)

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# HOME TEAM REALTY

## Troy and Marie Look Forward to the New Year

*Call us crazy, but we are really excited to be jumping into a brand new year of real estate sales! This year was not all that much fun, to tell the truth. The entire industry has been in a huge slump, and Vashon has not been immune. But we are optimistic, and are encouraging people to buy, for heaven's sake- especially first time buyers who may wait for years to see a buyer's market like this. There is plenty of mortgage money for borrowers with a modest down payment and a decent credit score. And rates are low, low, low! So what did happen in our market? Read on...*

**Troy:** Wow. It's almost year-end already. December is always such a blur. There are just too many fun and important things to do during the month. All the community events, and then all the birthdays in our family, and Christmas, followed by our rocking New Year's Eve party at the Sportsmen's Club. Hey, maybe if we tell our readers that's it's my birthday on December 19 they'll send me lots of presents!

**Marie:** Maybe so. Stranger things have happened.

**Troy:** And maybe if we tell them about your birthday....

**Marie:** If you do, you'll be lucky to see yours. I want it quiet and low key, even if it is a Milestone.

**Troy:** OK, quiet and low key it is. So what are we going to do in January?

**Marie:** We're going to provide excellent service to our listing clients so we can sell their houses. And we are going to help buyers find great houses at incredible prices.

**Troy:** What were the final numbers for sales on Vashon?

*Hey, readers! Want to get on our newsletter list and get fun and easy to digest real estate information as well as valuable perks? (Last month, subscribers got a \$10 coupon off dinner at the All India Restaurant!) Email us at [marie@yourHTR.com](mailto:marie@yourHTR.com). Or call us at 206.463.LIST (5478). If you decide you don't want it, it's easy to unsubscribe.*



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**A Home for Jacob's Mother**

*Continued from page 1*

Jacob ran away from his village at the age of 8 or 9, along with hundreds of other young men, in the midst of a civil war. His father was killed, and he assumed the same for his mother and siblings. Along with thousands of others, he walked hundreds of miles, in constant danger from the elements, animals and soldiers. Many of the boys and men died over the course of the next several months, and many thousands eventually made their way to Ugandan refugee camps. Jacob spent the next 15 years living and growing up in refugee camps.

Just over a year ago, Jacob discovered, through another lost boy who traveled to a Ugandan camp, that his mother and siblings were still alive! With the help of the Group, Jacob has applied for travel documents to go and see them. As a refugee, Jacob needs very specific travel papers in order to go and then return to the US, which is his intention. In this political climate, receiving refugee travel documents to African countries is a long, unpredictable process.

Over the course of the year, the Group has raised and contributed money both for some of Jacob's needs, as well as the successful transport of his mother and several siblings from the Ugandan camp back to their village in Sudan. Small monthly payments have also been made through wire transfer for their ongoing support. They are living in the homes of friends and relatives; they still do not have a home of their own. One of Jacob's primary goals is to help build a simple home for his mother, the same type that is common in their village.

Until now, the Group has had a very hard time knowing for certain the any money sent to Sudan would arrive in the right hands and how it would be managed. The same concern has existed for the efforts to

build a house. We have been researching local NGO's (non-government agencies), church groups, UN, etc that might be near there, but because of the many difficulties in that part of Sudan, there are very few groups "on the ground."

But there is a great new development: One of Jacob's best friends, Madit Arop, another Lost Boy from the Seattle area, just went to Sudan, and plans to be in a town very near Jacob's family for the next 2 to 3 months. Madit is a very mature and responsible young man, who's very interested in helping support the effort to build Jacob's mother a house - setting up the project, receiving the funds, managing the beginning of the process etc. This is a great opportunity to accomplish Jacob's goal, and have the process handled by someone "on the ground" whom Jacob knows and trusts.

The Jacob Acier Group would like to invite Islanders to contribute to this exciting and worthwhile cause. We hope to raise enough money (somewhere in the \$6-10K range) over the course of the next several weeks, to be able to take advantage of Madit's presence and offer to help. Anyone who would like to donate can do so to the Jacob Acier Group account at the Bank of America, 9710 Bank Road, PO Box 857, Vashon, WA 98070. For more information, call Kevin Joyce at 463 0002, or Jim Walker at 463 9871.

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# Back Bay Inn Sounds



December 19 Riverbend

December 20 La La Family Cajun Band

December 26 Backroads

December 27 Sarah Church

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# The Dorsal Spin

## Killer Whales Come Lately

by Orca Annie Stateler, VHP Coordinator

Southern Resident orcas finally returned to Vashon-Maury waters on December 2. Historically, they first appear in late October or early November. The orcas’ late arrival this year is unprecedented. Migrating chum salmon attract these killer whales to lower Puget Sound in fall and winter.

Mark Sears, Odin, and I observed approximately 40 whales from J, K, and L Pods foraging and socializing between Dolphin Point and the Vashon-Fauntleroy ferry lanes. That day, the orcas meandered between Vashon and Bainbridge Islands, so ferry riders got an eyeful of fins and flukes.

Mark Sears and other NOAA researchers obtained ID photos and collected samples of fish scales and orca scat. The samples provide invaluable clues about diet, stress, disease, and parasite loads in our endangered Southern Residents.

Odin and I watched a determined sprouter (adolescent male) swimming in a tight circle around a research boat, presumably because he chased a chum salmon under the hull. At the stern, he rolled his large head sideways to gaze up at the crew. Orca thought balloon: “Why are you two-leggeds scooping our poop and food scraps?”

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. Our underwater microphone in Colvos Pass identifies killer whale pods by their distinctive vocalizations. The VHP aids in Southern Resident recovery by recording orca calls to supplement photo-identification and other data. Follow the links at [www.vashonorcas.org](http://www.vashonorcas.org) to learn more. We are grateful to Islanders and ferry commuters who phoned in sightings on December 2 and December 7!

On December 3, Mark Sears had another productive encounter with the Southern Residents north of the Kitsap peninsula, but they did not return to Vashon waters for several days. Remarkably, on December 7, the orcas slipped into lower Puget Sound undetected. Thanks to Ruth, an alert spotter at Luana Beach, the VHP was first to notify researchers that morning of Southern Residents in East Passage.

Odin and I did not catch up to them until they were approaching Brown’s Point. Members of J, K, and L Pods foraged outside of Commencement Bay for more than an hour, providing better viewing for folks in Tacoma. The orcas dallied about in Dalco Pass and then returned to East Passage late in the day.

More than a dozen recreational boats noticed the killer whales off the Tacoma waterfront and near Point Defiance. From our distant vantage point, boaters



“Raven and the Box of Daylight” carved in yellow cedar, © 2008 Odin Lonning, Tlingit artist. Buy this piece and proceeds benefit worthy causes on Vashon.



Young adult male Blackberry (J27) with podmates near Piner Point. Photo by Mark Sears.

### Seattle Ski Shuttle

Based in West Seattle, the Seattle Ski Shuttle provides transportation for skiers, snowboarders, and adventurers to our nearby ski areas. We have a safe, comfortable van which helps us all keep it green by reducing the number of vehicles driving to the mountain. We can shuttle islanders up to the mountain with a pickup in Fautleroy. For now the target is adults, but kids can come along if accompanied. Check us out at [www.seattleskishuttle.com](http://www.seattleskishuttle.com) or e-mail us at [tours@kayakalki.com](mailto:tours@kayakalki.com) or by calling (206) 953-0237.

appeared to be complying with the Marine Mammal Protection Act (MMPA). The only boats allowed close to the Southern Residents are small research vessels, which are clearly marked. Report other boats harassing whales to NOAA Enforcement at 1-800-853-1964. As of mid-December, orcas have not returned to Island waters.

Times are tough on Vashon and it seems no one is immune to the recession. Thus, Odin and I are having a “Spirit of the Potlatch” holiday art sale to benefit good causes on the Island. Odin has several pieces on display at the Vashon Island Coffee Roasterie - Minglemint, such as the pierced, carved “Raven and the Box of Daylight” in yellow cedar, shown in a photo here. For added convenience, you can buy a piece on layaway. We are grateful to J. and M., who bought pieces as holiday gifts.

One good cause we donated to is The Loop, and dear readers, we urge you to do the same. We truly enjoy the fine work of our fellow Loop writers and we always get a chuckle out of Loopy Laffs. Vashon Island needs the diversity of thought and opinion expressed in this paper. We would feel sad and diminished without it. Dear Santa: please help us save The Loop!

Contact Orca Annie [Vashonorcas@aol.com](mailto:Vashonorcas@aol.com).

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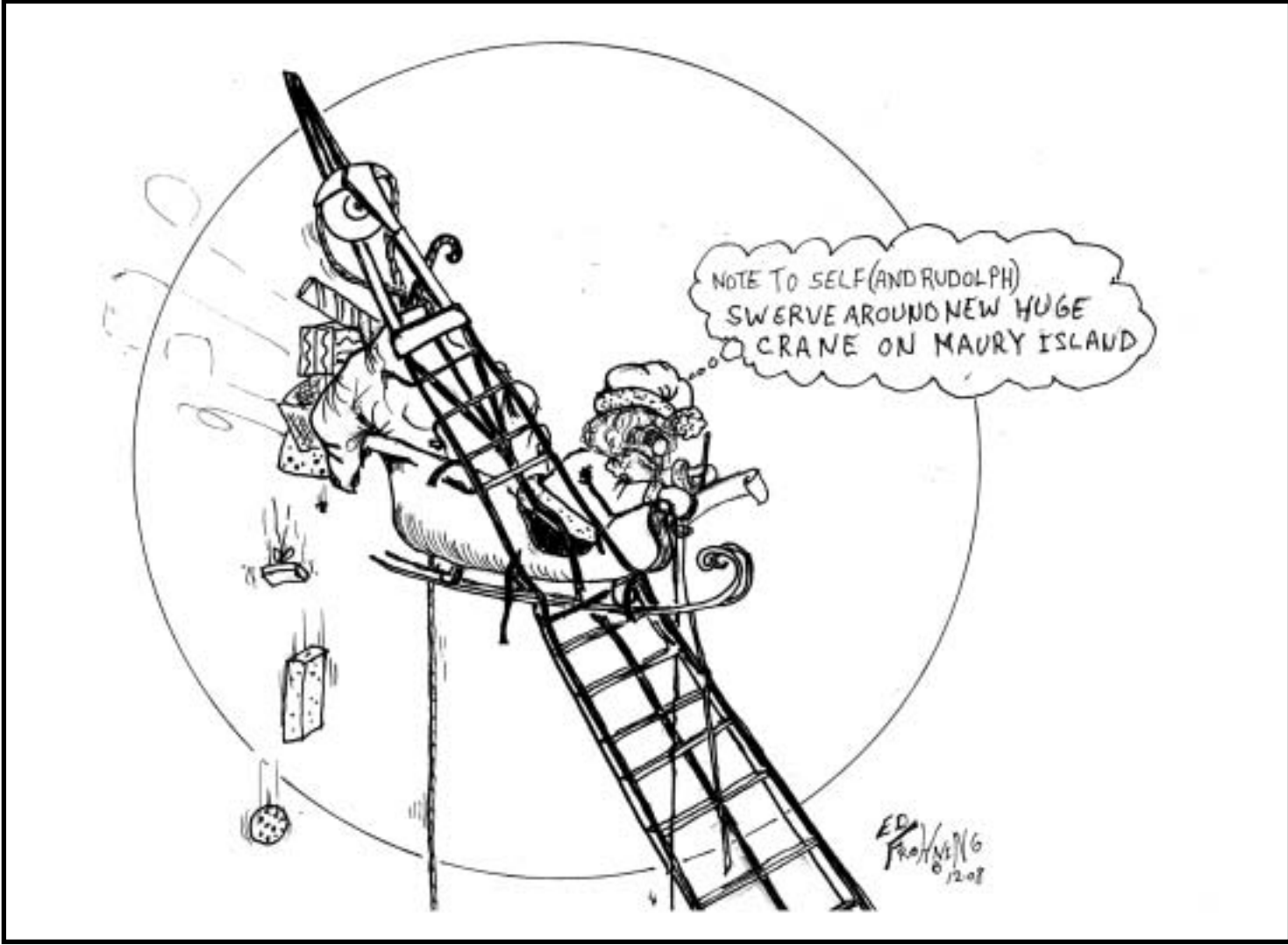
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Planet Waves  
by Eric Francis <http://www.PlanetWaves.net>



**Aries (March 20-April 19)**

The big question for you is this: do you have ample time and space in your life to shine like you want to? You seem to be experiencing an increase in ego-centered “Me” energy. The advantage of this is being able to truthfully assess whether or not you are happy with how you are progressing in the world. Do you like your job? Does what you do and who you are at home line up? Do you like the people you work with? These questions are important to you because the career of your choice is really the outlet by which you choose to operate with society. Right now it seems as though you are experiencing a powerful tug in a new direction. How willing you are to change and if you feel it’s necessary are part of this process. Eric Francis has more to say at PlanetWaves.net.

**Taurus (April 19-May 20)**

Your energy has been crackling lately. You need to stand alone and interact with the world as a singular entity has shown itself in the realm of your life’s vision. It seems that the time is right for you to pick an area of study, an art form to learn about, a place to go: anything that broadens your horizons and gets your juices flowing. It seems to me that your situation may be a call to honor the self by feeding your mind with as much knowledge and experience of your choice as possible. Luckily, you have more than enough energy to do that right now. On the flip side, you have the ability to become more aware than ever of the things which hold you back or make you hesitate. Take note of them. They are like the little dotted lines around the coupons, telling you exactly where to snip. Eric Francis has more to say at PlanetWaves.net.

**Gemini (May 20-June 21)**

Powerfully intimate exchanges seem to be revealing a lot about who you are and what you are made of recently. It seems to me as though there has been a lot of social activity lately. It is part of the process of your transformation, as well as the gauge by which you can measure it. You have a lot of energy right now as far as relationships are concerned — it looks to me as though there is a lot of involvement and a lot of contemplation about the self going on at the same time. Your values, as well as your valuables, may be serving as a palpable symbol of where your power is going and coming from. Take note of these things. If you do not like what you see, you have the power to make the changes that best nourish the self. Eric Francis has more to say at PlanetWaves.net.

**Cancer (June 21-July 22)**

A test of lowering the ego-drive seems to be developing. You may be experiencing a feeling of being buried beneath a pile of work and wasting your energy on mundane tasks. This increase of strength and endurance you may be experiencing can help you figure out all the kinks in the system you have been operating with for some time. It seems to me as though there are some resources, exchanges and experiences waiting in line to be sorted out, but they are being avoided because of misplaced pride. It is not a question of lowering the self in a demeaning way, but rather undertaking tasks that take a long time to be done well. Eric Francis has more to say at PlanetWaves.net.

**Leo (July 22-Aug. 23)**

Your creative processes seem to be linked very closely with your health and well-being lately. Have you had enough time to go outside and play? It seems to me that there is a process of self-denial

going on in or around you, coupled with a powerful need to let loose and get funky for no one’s gratification but your own. What is stopping you? Perhaps there is something going on where you feel as though you need to be an adult and that has become equated with being very serious. Usually when a person gets the urge to enjoy themselves, the inner child is trying to make an appointment with the outer adult. Eric Francis has more to say at PlanetWaves.net.

**Virgo (Aug. 23-Sep. 22)**

It seems as though your family, your parents, your heritage are coming to the forefront of your mind. A specific urge for a base of operations seems to be developing. A search for the best, safest place to carry on your creative self-discovery may be at the base of this feeling for “home”. Issues of independence and the relationships that have/are transforming you may be coming to the surface, enabling you to get a closer look at yourself and your attachments. An important gauge by which you can measure your progress in relationship is how safe you feel within them. Do you feel weighted down by a sense of someone else’s seriousness? Who? Where? Why? Eric Francis has more to say at PlanetWaves.net.

**Libra (Sep. 22-Oct. 23)**

It seems there is a lot of emphasis on siblings lately and if you are an only child, on those you have known the longest. There is a specific kind of energy that is transferred between two people who go back a long way. Through these encounters you’ve been having, you may be getting the feeling that you are beginning to understand a specific part of your family’s story-line and how it affects you. Everyone has a different reaction to the same stimuli and when you talk to someone you trust regarding this shared experience, you can begin to understand how you are different from the other. The more you can understand yourself as a singular entity, the more power you have at your disposal. Eric Francis has more to say at PlanetWaves.net.

**Scorpio (Oct. 23-Nov. 22)**

A shift in your value system and a new dynamic at home seems to begin a true reassessment of life’s purpose. Put another way, something is going on that is forcing you to question what you own and what owns you. This includes forces from your past, things you have been taught and the ways which you believed were best suited for your needs. Perhaps you have found yourself in the same old situation and it seems unfamiliar somehow. Ask yourself at this moment what it was that used to be there and if you can still find it. Do your values fully represent what you are capable of and do they push you to do so or not? Eric Francis has more to say at PlanetWaves.net.

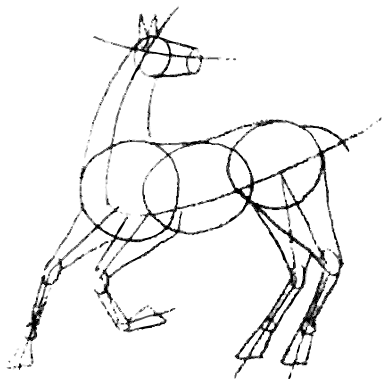
**Sagittarius (Nov. 22-Dec. 22)**

It may have become very obvious to you this week that it is time for some self-assessment. Perhaps you feel the need to take a sweeping look around at your circumstances as well and try to figure out if you are okay with them. Your values seems to be metamorphosing and with that sweeping change may come a feeling of wanting to block the change in the name of duty to your relationships or environment. I know you can handle the honesty, Sagittarius, so I will leave you with this: if you are not good to yourself, it will be very hard for you to be good to others. Now is one time when it’s good to pay closer attention to yourself than at other times, if not for the purposes of

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action than certainly for the purposes of contemplation. Eric Francis has more to say at PlanetWaves.net.

**Capricorn (Dec. 22-Jan. 20)**

I have read that there are two types of signals that occur simultaneously in everything we do as communicative beings. One is the signal of what we are trying to do The other is the stuff we are not aware of that tells other people what we really want. It seems that most of your energy and your force has been drawn into the realm of the unconscious these days, leaving you perhaps with a feeling similar to a kitten in a burlap sack. It is not like you to hesitate from a mere episode of wonder, but perhaps now is the time to change the routine. The more aligned you are with your purposes and desires, the more power is at your command. Eric Francis has more to say at PlanetWaves.net.

**Aquarius (Jan. 20-Feb. 19)**

It seems that the challenge of this week is about accepting what others have to offer without getting discouraged about your own ability. For some reason, being receptive has been confused with being needy. This isn’t always the case, and it doesn’t have to be the case this time. Your life is in the process of taking on a new dimension — the things you

are feeling now are the things which will be processed tomorrow and the day after. A more encouraging situation for the things you value may be in the offing. You may be able to make it easier on yourself by listening to those around you and seeing if the help they can offer is indeed helpful. Eric Francis has more to say at PlanetWaves.net.

**Pisces (Feb. 19-March 20)**

It looks to me as though you have come into a situation where what you truly desire and what you are headed for both seem very confusing. I would say you are in a process of trying to understand what gets you going and you are finding it’s a lot more complicated than perhaps you would like. How is a person as complicated as you are ever going to find more serious standing with others and with yourself? It’s almost as though you have been thinking too much about what is right for the long run, and in the process, have run yourself down. There will be times when those around you seem unresponsive. It’s never a stroke of good luck when those times coincide with your most progressive suggestions. Consider this a test of patience and a time for you to participate in some deep inner listening. Eric Francis has more to say at PlanetWaves.net.



# MadameToujours

Dear Madame Toujours,

My name is Shelby Quarters, and I am a Sophomore at State. Last year, I was really sweating a Lambda Nu named T. D. Hostika, but he was engaged to Marla Phillips. I did everything I could to get him to notice me. I baked cookies, I lent him my Chem 201 notes, I even offered to help him with his laundry when I was doing mine. Marla doesn't do any of those things. In fact, she's kind of a -itch. She's always really sweet to me like I'm just some sad little dork. I don't even know why he likes her. My sorority sisters said I was wasting my time, but T. D. flirted with me all the time whenever Marla wasn't around. I thought maybe he had fallen out of love with her and just didn't know how to end it.

This year, it finally happened; T.D. invited me to the Christmas Festival. I thought he must have broken up with Marla finally, so I said yes. When I told my sorority sisters, they all said that T.D. and Marla hadn't broken up. They are still together, and they are planning to get married in the summer. I went back and asked T.D. why he wasn't going to the festival with Marla. He said she had to go to her uncle's house for Christmas, so she told him to take *me* to the festival. I don't get it. Why would she do that? Why would *he* do that? What is going on? Is she trying to get rid of him by hooking him up with me? I don't get it

Sincerely, Confused Co-ed  
*Chere Mlle.* Co-ed,

Let me to be explaining: *Mlle.* Marla, she is encouraging the *fiancé* to be going out on the date with you because she is knowing that you are not being any sort of the threat to her. How is she knowing this? It is because you are baking for him the cookies and the homeworks and the laundries. *She* is never washing for him the laundries. She would not stoop to wash the laundries of *M. T.D.* She would be extremely scornful of the suggestion.

Instruct *M. T.D.* to be kissing your *derriere*. He is the selfish, person who is exceedingly vain and in love mostly with himself. This is the very tiresome behavior, and he will never be the ornament to your life. *Bien sur*, he will have the flirtings and go with you to the festivals and possibly engage in the lustful cavortings, but always, he is going back to *Mlle.* Marla because she is not begging for the admirations. Possibly, he may be the ornament to the life of *Mlle.* Marla if she is keeping him very firmly under the heel with the crushings and the punishings, but mostly he is probably never being the perfectly faithful husband. *Eh bien*, I am thinking that perhaps he is exceedingly pretty, *non?* Sometimes this is the compensation.

*Bon Chance, Mlle.* Co-ed. Eat the cookies yourself and tell the male persons to go wash their own laundries and do for themselves the studies. Laugh at them for being the helpless little boy persons. The sensible male persons will find this very attractive.



Pirate Wrestlers take a moment to celebrate after beating Nooksack Valley, Meridian, and Bellevue Christian at a Triple Dual Meet at Bellevue Christian. After the first weekend, the Pirates have a 4-0 record. Photo by Brigitte Webb

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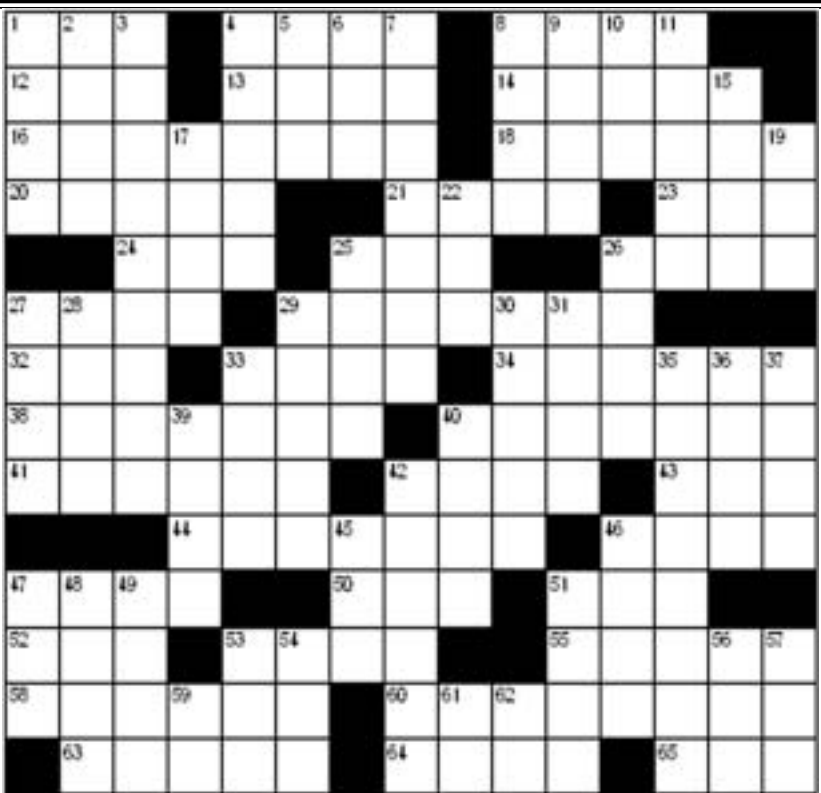
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|---------------|--------------------------------|---------------------------|-------------------------------|-------------------------------|
| <b>Across</b> | 1. Expression of surprise      | 21. Large African river   | 40. Recurs often              | 53. Gemini                    |
|               | 4. Pokey                       | 23. East northeast        | 41. Hanker                    | 55. Moral principles          |
|               | 8. Soviet Union                | 24. “Raven” author        | 42. Desert                    | 58. U.S. President            |
|               | 12. December                   | 25. Cation                | 43. Hubbub                    | 60. County in Western England |
|               | 13. European monetary unit     | 26. Grub                  | 44. Bears                     | 63. Many months               |
|               | 14. Jarred                     | 27. Duces                 | 46. Small bird                | 64. Direction                 |
|               | 16. One who formats            | 29. Giant wave            | 47. Fairy tale opener         | 65. __ Francisco              |
|               | 18. File’s need                | 32. Movie 2001’s          | 50. Lout                      | 66. Cut open                  |
|               | 20. House parts                | 33. Rhythm                | 51. Pen brand                 | 67. Potato sprouts            |
|               |                                | 34. Expedition            | 52. Chum                      | 68. Trinitrotoluene           |
| <b>Down</b>   | 1. 6th month (Jewish calendar) | 11. Cowboy show           | 33. Greek stringed instrument | 49. Hints                     |
|               | 2. Celebrity                   | 15. Beano                 | 35. Lawlessness promoter      | 51. Tops                      |
|               | 3. Hill around the Parthenon   | 17. Famous cookies        | 36. Sit in a car              | 53. Frock                     |
|               | 4. Feel                        | 19. Scarlet               | 37. Computer “button”         | 54. Institution (abbr.)       |
|               | 5. Tote                        | 22. Hotel                 | 39. Refer to                  | 56. Persia                    |
|               | 6. Lode yield                  | 25. Island                | 40. Musical notation          |                               |
|               | 7. Tired (2 wds.)              | 26. “First in, first out” | 42. Step above girlfriend     |                               |
|               | 8. Defunct football league     | 27. Sound                 | 45. Canine                    |                               |
|               | 9. Oxford                      | 28. Become smaller        | 46. Among                     |                               |
|               | 10. Sun’s name                 | 29. Covered floor         | 47. Choose                    |                               |
|               |                                | 30. Fire residue          | 48. Not any                   |                               |
|               |                                | 31. Horse                 |                               |                               |



49. Hints

51. Tops

53. Frock

54. Institution (abbr.)

56. Persia
57. Coin

59. Bad (prefix)

61. Fodder

62. Compass point



# Spiritual Smart Aleck

By Mary Litchfield Tuel  
www.spiritualsmartaleck.blogspot.com

Living the Boring Life

Winter weather makes me a little nervous. This house I’m living in has no wood stove, so if the electricity goes off, it will get cold, and stay that way. When I asked the owner of the house what she did when the power was out, she told me that her kind neighbors took her in for a day or two, and after that she flew to California.

I am considering whether I shall follow her sensible course of action if the electricity goes off for an extended period of time. I haven’t been to California for a while.

California is where I was born and where I grew up until my early 20s, when I moved to Vashon Island. I was born in a little town called Watsonville, a farming community on the southern end of Santa Cruz County.

Today at the store I stood in front of a large Martinelli’s Sparkling Cider display, picking up bottles and looking at the pictures from Martinelli’s history on the labels, trying to see if I could recognize anything in them.

The Martinelli’s plant was across the street from my high school. I remember sitting in Mr. Plummer’s freshman English class in the basement of the old high school building (built in 1903, now long gone), staring out the ground level windows at Martinelli’s on the other side of Beach Street. I was waiting for life to begin, waiting to be free from school, and bells, and petty tyrants, of which there seemed to be so many, both adult and student.

One day a man who looked like Gabby Hayes, or a prospector straight out of the Gold Rush, came walking down Beach Street leading a donkey that was carrying a pack. This would have been in 1962 or so. I was curious, but I never found out who he was or why he and his donkey walked by the high school. He was a character, no doubt, one of the people at whom we rolled our eyes and twirled our fingers around our ears to indicate, “crazy.” In 1962 there weren’t many characters. Characters came in a few years later when we all decided to let our hair grow.

I wish I could say that I saw other interesting things while

gazing out the windows of my high school classes, but that was pretty much it, just that one guy and his donkey. Other than that it was four years of boredom.

Growing up in California in the fifties and sixties felt pretty boring. I know now that I was living a comfortable life in a place where the temperature stayed between 50 and 70 degrees Fahrenheit all year ‘round. I guess that being safe and comfortable can seem boring to a kid.

My cousin and I are planning a road trip to California next spring. We’ll drive out to Green Valley to see the ranches, both my grandfather’s and my father’s. My father’s apple trees are gone, replaced by dwarf varieties that produce more apples. Also gone are the peach, apricot, fig, and lemon trees that we had for our personal use. Once the place was sold and became a part of agribusiness, no longer a family farm, those oddities had to go. Too bad. I remember how happy my dad looked when he sat down

to a bowl of fresh peach slices drenched in cream.

Now when I go up to the top of the hill and look at the views I so loved as a child, I am trespassing on someone else’s land. But I go, anyway, so I can look at the flat orchard-covered floor of Green Valley to the north, and the long vista over the Pajaro Valley and off to Fremont Peak in the hazy distance to the south, and drink the view in.

I must be getting old, to mourn times and people that are no more. Makes me wonder why we want long life, when the older we get, the more losses we carry. Still, you know I wouldn’t miss it for the world.

I wish you all a warm and wonderful Christmas, or whatever the heck you celebrate. May it be safe, and comfortable, and boring. You know: enough to eat, clothes to wear, a roof over your head, family and friends, no sickness or death or other catastrophes. Boring. Let’s hear it for boring.



## DISASTER PREPAREDNESS CHECKLIST



Page 1

☒ **TOOLS**

☐ Flashlights (keep one by bed)  
☐ Portable, battery, and/or crank radio  
☐ Extra batteries  
☐ Loud whistle (signal for help)  
☐ Multipurpose pocketknife  
☐ Goggles  
☐ Dust face masks  
☐ 1/2" Rope   ☐ coils of bailing wire  
☐ Duct tape  
☐ Fire extinguisher  
☐ Candles  
☐ Waterproof matches  
☐ Crescent wrench (turn off gas)  
☐ Crowbar  
☐ Handsaw  
☐ Sledgehammer  
☐ Screwdriver, pliers, hammer  
☐ Garden hose (siphoning & firefighting)  
☐ Can of fluorescent spray paint

☒ **COOKING**

☐ Manual can opener  
☐ Paper plates & eating utensils  
☐ Pots & heavy-duty aluminum foil  
☐ Camp stove & fuel (**Do not** use indoors)

☒ **PERSONAL ITEMS**

☐ Cash  
☐ Copies of key personal documents  
    ☐ Birth certificates   ☐ property deeds,  
    ☐ credit cards   ☐ insurance policies, etc.  
☐ Plastic tape  
☐ Pens and paper  
☐ Eyeglasses, hearing aids and batteries  
☐ Cell phone and charger

☒ **HOME & FAMILY PREPARATION**

☐ Create a family communications plan, including an out-of-state person to contact  
☐ Learn how and where to shut off utilities  
    ☐ electricity   ☐ gas   ☐ water  
☐ Strap water heater to studs in wall or floor  
☐ Secure heavy furniture, especially bookshelves, to wall studs  
☐ Provide strong support & flexible connections on gas appliances  
☐ Install clips, latches on cabinet doors

☒ **SHELTER/CLOTHING**

☐ Cold weather clothing  
☐ Sturdy shoes (keep by bed)  
☐ Heavy work gloves  
☐ One complete change of clothing  
☐ Hat (rain, sun, cold protection)  
☐ Sleeping bags/blankets  
☐ Plastic sheeting or tarps  
☐ Tent

For further information, before and during a disaster, consult:

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# DISASTER PREPAREDNESS CHECKLIST



Page 2

**WATER: If you do nothing else, stock water & encourage your neighbors to do likewise!**

☐ **1 GALLON OF WATER PER PERSON PER DAY.**  
(Store a minimum 3-day and preferably a 10-day to 2-week supply. **Do not** use milk jugs; 2-liter pop bottles can be used or food-grade plastic drums. Rotate every six months OR purify immediately before use, as described below.)

☐ **WATER PURIFICATION PRODUCT OR BOTTLE OF UNSCENTED LIQUID CHLORINE BLEACH TO PURIFY WATER.**  
(Use only regular household liquid bleach that contains 5.25 percent sodium hypo chlorite. **Do not** use scented bleaches, color-safe bleaches or bleaches with added cleaners. Add 16 drops of bleach per gallon or 8 drops of bleach per 2-liter bottle right before you use it, **NOT** before you store it. Add drops, stir and let stand for 30 minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand another 15 minutes.)

**Both water and bleach must be changed out every year; strength of bleach deteriorates over time.**

Store a minimum of a 3-day supply (and preferably a 10-day supply-2 weeks supply) of foods requiring no refrigeration and little to no preparation or cooking. Be careful of high salt content, increasing thirst. Use a marker to date items. Inspect regularly for spoilage.

☒ **NON-PERISHABLE FOOD**

- ☐ Manual can opener
- ☐ Ready to eat canned meat, fruit & vegetables
- ☐ Canned fruit & vegetable juices
- ☐ Boxed milk or powdered (in nitrogen-packed cans)
- ☐ High protein diet shakes
- ☐ Compressed nutrition bars
- ☐ Granola bars
- ☐ Trail mix
- ☐ Ready-to-eat cereals (in metal containers)
- ☐ Nuts (in jars or cans)
- ☐ Peanut butter
- ☐ Jelly
- ☐ Cookies, crackers (in plastic bags & tight containers)
- ☐ Dried fruit (in metal container)
- ☐ Candy bars
- ☐ Hard candy
- ☐ Instant coffee, tea & cocoa
- ☐ Ready-to-feed baby formula
- ☐ Dried pet food
- ☐ Salt & pepper, sugar

☒ **SANITATION**

- ☐ Large trash bags
- ☐ Sealable plastic bags
- ☐ Hand soap & liquid soap
- ☐ Personal hygiene products
- ☐ Feminine hygiene products
- ☐ Infant supplies
- ☐ Toilet paper
- ☐ Paper towels
- ☐ Pre-moistened towelettes
- ☐ Hand-sanitizing gel

☒ **FIRST AID KIT**

- ☐ First aid booklet
- ☐ Prescription medicines & medical supplies
- ☐ Two pairs of latex/sterile gloves
- ☐ Sterile & adhesive bandages
- ☐ Eyewash solution
- ☐ Antibiotic & burn ointments
- ☐ Thermometer
- ☐ Aspirin or non-aspirin pain reliever
- ☐ Anti-diarrhea medicine
- ☐ Antacid

- Keep in a bin, duffle bag, or back pack.
- Keep smaller, portable kits of supplies in your car and at work.

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# Spelling Bee Supports Senior Scholarships

*Continued from page 1*

circulating around town with the financial details of each level and the registration information necessary. Can't find a flyer? Call Barb Gustafson at 463.1638 with questions. Interested in advertising in the program? Contact Shirley Ferris at Shirley.ferris@gmail.com .For those interested in sponsoring a new scholarship contact Pam Held president or anyone of the t-shirt wearing committee members on the night of the Bee.

The brainchild of Mary Margaret Pearson, who previously brought the Great Books Jr. program and Math Night to Chautauqua, along with Kris Sovde, out of a commitment "to find whatever way to engage a student in learning... for the sake of learning ... to know it can be fun... to think deductively" wanted something that would be fun, appeal to a wide age range, and represent the work and character of the scholarship fund.

Each year seniors who wish to participate enter notebooks with resumes, community and academic references, a personal essay and pictures or other printed material about themselves. The committee then matches them to a scholarship. Everyone is awarded at least one scholarship.

The evolution of the Bee, which now includes costume competition judged by the audience members, and a need to keep the lights on in the audience so members can write down words teams are spelling, will include the same Emcee team of Jeannie Dougherty and Jeff Hoyt. Working from official spelling bee lists from a national organization that ranks the words 'easy, medium and hard', their spouses will also, again participate behind the scenes. Bill Wood and Cindy Hoyt are the creative team writing the sentences in which the words are used in context to help participants understand them.

Jeannie and Jeff both say the highlight of last years event was

Jeannie's double flub in the elimination final where twice, Jeannie repeated the correct spelling of the given word, which was to be passed on to the second of the top two teams for a chance to win. Ultimately the VHS teacher team, which was defending it's first year crown, was defeated by the Allied Arts Team spelling the third given word correctly after Jeannie was able to remain quiet during that round. The reaction of the audience to her mistake, twice, showed how seriously everyone was taking it. The intensity was actually part of the fun they both agreed.

Jeannie loves the costumes. Jeff loves the hush of the audience when he announces, "The word is..." "I think I could whisper and everyone would hear me," he concludes.

Liz Loveness, new to the committee this year says, "With (the scholarship program) you feel the value of each and every person. It's real important to get behind the kids and say, 'these are hard times, but you can do it!'"

Whether sponsor, team member, advertiser, or audience member, to Be at the Bee, does just that.

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NUTCRACKER DANCES ONTO  
STAGE FOR FINAL WEEKEND

A joyous celebration of the holiday season, the 17<sup>th</sup> annual presentation of The Nutcracker Ballet will dance onto the Vashon High Theatre stage for its final weekend, December 19, Friday night, at 7:30pm. Presented by the community's ballet troupe, Vashon Junior Civic Ballet, it is a colorful, lively and uplifting evening filled with charm and warmth. Three shows remain of this year's 6 season program: December 19-20. Friday and Saturday evenings at 7:30pm and a matinee at 2:30 on Saturday the 20<sup>th</sup>. That final day, the 20<sup>th</sup>, there are two shows available at 2:30 and at 7:30.

This is the island's most affordable holiday show with modest prices held low this year so all can attend: Adults \$8, Seniors over 60 \$5, and children 5-12 \$4. Children under 5 are admitted free. Vashon Junior Civic Ballet is a unique dance company, sponsored by Vashon Park District, and open to any dancer who wishes to audition, regardless of prior experience or dance school affiliation. Dancers range in age from 3 to 30 and all are swept up into the joy of the music and staging.

From the opening Party scene to the final Dance of the Sugar Plum Fairy, this story is meant to charm and enchant the audience. The tiny mice always steal the audience's heart, and the tots in animal costumes have been known to give spontaneous performances that bring laughter and warmth to all who watch. The Everlasting Snow scene is beautiful, and features highly skilled dancers in the lead roles of Snow Queen, Snow Prince, and North Wind. You'll be amazed watching the antics of the Arabian Magician and Guards, the fast-paced Flamenco themed Spanish Chocolate and the thrilling Russian Candy dancers.

Dancing the starring role of Clara this year are Lily Syfers, Victoria Trujillo, Talia Roybal, Rosemary Hoogen and Jane Oswald. With six performances, the unique casting of this company allows multiple dancers to portray the main characters. VJCB has done this to give as many dancers as possible the chance to learn and grow into the main parts, creating a very strong dance company. Many of the VJCB dancers have been

accepted into and attended summer dance intensive programs around the country. Jarrod Swenson and Erik Hansen will be the principal male dancers, partnering with the Snow Queen, Rose Queen and Sugar Plum Fairy as well as other roles. Both seniors, they have been dancing with VJCB for 5 years now, and have developed the strength, timing and agility that make a difficult partnering role look simple.

Graduating seniors in this year's cast include Alexis Carleton, appearing as Snow Queen and Sugar Plum Fairy in this year's cast as well as multiple other roles. Alexis began dance with Betsy Frazee and the Dance Institute of Vashon, at age 6. This will be her 11<sup>th</sup> Nutcracker. From a mouse to a principal, Alexis has become a polished dancer and beautiful to watch. Carrie Chunn, with roles including Mother, Spanish Chocolate, Russian Princess and Christmas Angel,

began with Alexis at age 5. The two have grown up in this dance company and become the mentors and inspiration now for younger dancers just starting out. Jarrod Swenson and Erik Hansen, as mentioned before, have been part of this company for 5 years and are a strong, important part of the success VJCB enjoys.

Eliza Holmes is in her 4th year dancing with VJCB and this year can be seen as Rose Queen. Also sharing the role of Rose Queen is another senior, Caitlin Willing who has been a part of VJCB for six years.

Meredith Wade has only done one other Nutcracker, but is also sharing the colorful role of Rose Queen.

Vashon Junior Civic Ballet was invited to perform at the annual Mary Bridge Hospital Festival of Trees, in the Tacoma Convention Center on December 4. VJCB dancers have

travelled to Mary Bridge to visit patients and perform dance vignettes for 5 years. They also have performed at the Vashon Community Care Center, and the Town Open House parade, Strawberry Festival and more.

Giving back to the community is a core principal of this dance group. This year, in addition to Mary Bridge, they will perform at the Santa Breakfast on Sunday, December 14 at the Back Bay Inn. Some of the ticket proceeds from that event will fund the VJCB summer dance scholarships, which allow dancers to attend dance intensives across the country.

Come enjoy the color and delightful dancing of the community's ballet company as



Jane Oswald and  
Brianna Aldrich as  
Snowflakes



Annelise Bogue as the  
Sugar Plum Fairy



Alexis Carleton as the Snow Queen



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# We've Got a Lot of Kids

by Kevin Pottinger

## Santa Feeling the Pinch

I've heard reports that the current state of the economy has caused even Santa, who is normally immune from cyclical economic pressures, to resort to extreme measures to remain competitive in the global economic downturn.

According to reports, Santa has decided to lay off most of his domestic reindeer staff and replace them with undocumented Siberian huskies. Santa is quoted as saying, "They'll work three times as hard as the reindeers, for twice as long, without paid vacation or health insurance, and they'll work, well, like dogs, for a few pounds of reindeer meat. They make the reindeer run faster, too. It's a no-brainer."


Santa held a news conference last week, where he cited competitive pressure from a consortium of Korean businessmen who have been quietly building a state-of-the-art automated toy factory at the South Pole. "They've got a Santa they found somewhere in Romania and a shop full of non-union elves ready to rock and roll," lamented the aging cherub. "Unless we streamline our operation we can't compete."

Santa is widely expected to ask for significant wage and pension cuts from the United Elves at bargaining sessions next fall, citing increased operating costs and overseas competition. Snowball, spokes-elf for the 1,100-member toymaker's union recently said in a tiny squeaky voice, "If Mr. Man wants to go mano a mano, hey, Santa, bring it on." Ruling out the possibility of a total work stoppage on moral grounds, the spokes-elf outlined disruptive strategies designed to send the Jolly One a message, such as manufacturing nothing but Cabbage Patch and Tickle Me Elmo dolls, or substituting Zune media players for iPods.

The South Pole group has planned a pre-holiday ad campaign for third quarter 2009 to convince children to send their Christmas wish lists to the South Pole at Christmastime next year. In the campaign designed by prestigious ad firm McCann Erickson, the new South Pole Santa re-brands Santa as a hipper, edgier Santa. The jolly paunch, white beard and the frumpy red and white fur-trimmed suit: gone. In its place, a tanned and athletic, decidedly younger Santa dressed in a full-length faux fur coat, with spiked hair and sunglasses.

According to a spokesperson for The South Pole group, plans are to

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monetize the image with lucrative tie-ins to toys recommended by the new Santa, using sophisticated data mining techniques to create "Naughty or Nice" lists of children's toy choices.

Asked for comment on the North Pole/South Pole controversy, President-elect Barack Obama says he believes there can only be one Santa at a time. "There can be only one Santa. That's what I'm saying." Mr. Obama declined further comment, but sources close to the President-elect say that the incoming administration has opened tentative channels of communication with the South Pole group.

There are unconfirmed reports that Mr. Obama is considering appointing outgoing President George W. Bush as Ambassador to the Nations of the North Pole. Obama was reportedly seen in Washington with Mr. Bush last week, trying to convince Mr. Bush of the strategic importance of the post. If the rumors prove true, it would be the second appointment of a retired president by the Obama transition team, joining President Bill Clinton, who has been named Under Secretary of the White House Coat Closet.

But regardless of what happens next year with Santa, I can report our eldest son has filed his extensive and annotated Christmas list with Santa this year. Most of the toys on it are more than a hundred bucks each. Long gone are the years where Santa could squeak by with a handful of alphabet blocks and a three-pack of Fruit-of-the-Loom underpants.

I can confirm he's asked for military night-vision goggles, a basketball court, a video-game console and a Cadillac Escalade. His younger sister has not yet shared her list with Santa, but when she does, we're sure it will be well-thought out and sensitive, keeping her family's well-being closest to her heart. Our twins, God bless them, aren't yet old enough to know what they want from Santa.

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## SORE THROAT TIME IS HERE AGAIN.

by Kathy Abascal

As winter and cold weather settles in, more and more people are complaining of being tired and have sore throats. If those sore throats are not taken care of quickly, most end up with a cold. Most colds begin with early symptoms of fatigue and a slight scratchy, dryness in the throat that soon evolves to a seriously sore throat, followed by the usual cold symptoms. There are good herbs for sore throat-type colds.

When I wake up a bit cranky or have a slightly scratchy sore throat, I always turn to echinacea to prod my immune system into action. This herb works best if you take small, frequent doses and if you taste the herb rather than swallowing it in a capsule. The lymph tissue in the back of your throat keeps track of what is coming in to the body and sounds an early alert to the rest of the system when something seems amiss. Your immune system will respond more quickly if these tissues are directly exposed to echinacea and other plant remedies you are taking.

Another great throat herb is red root (*Ceanothus spp.*). The Eastern version of this plant is called New Jersey tea and its leaves were substituted for true tea in the aftermath of the Boston tea party. The root is very red (hence its name) and very astringent. It tonifies lymphatic tissue and improves the flow of lymph. Red root is helpful in ailments that involve lymphatic congestion ranging from hemorrhoids and varicose veins to fluid-filled, tender breasts. It is stellar for the throat's lymphatic tissue. The eclectic physicians favored red root for the swellings of mumps and tonsillitis.

I add hyssop (*Hyssopus officinalis*) to my sore throat mixture because it has very strong anti-viral properties that are needed to fight off a cold effectively. I also use yerba mansa (*Anemopsis californica*) because it draws out fluid from boggy throat tissue and is very antimicrobial. I have people gargle the mixture and then swallow it every hour or so. It is an amazingly effective combination.

But not all sore throats signal a cold. Some sore throats instead follow in the wake of a cold. These sore throats are usually secondary bacterial infections. We have all sorts of bacteria in our mouth, and for the most part our immune system and our structural barricades keep these bacteria from moving

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deeper into the body. However, after a viral onslaught, the immune system and the structural barricades are weakened, making it easier for bacteria to move in. That is why some people end up with strep throat after a cold.

Our mouths and throats are covered with a layer of mucus. The mucus is a barrier that helps keep bacteria out — the bacteria get stuck in the muck. Viral infections often damage the mucus-secreting cells and, while they are in recovery, the mucus membranes are not as functional, making it easier for bacteria to gain access into the body. In addition, our bodies use hyaluronic acid to 'glue' our cells together in tissue layers. Some bacteria produce hyaluronidase, an enzyme that dissolves hyaluronic acid so they can more easily squeeze between cells and move more deeply into the body. Echinacea has an anti-hyaluronidase action and helps off-set the bacterial hyaluronidase. It is one of the ways echinacea works in the body and one of the reasons why echinacea can help prevent secondary throat infections after a cold.

Another very simple way to help the body is to drink a cold infusion of marshmallow root during a cold. Marshmallow root used to be the main ingredient in marshmallows and contains long-chained sugars that turn gooey and gelatinous when heated. A cold infusion is an extraction without heat, so the marshmallow drink is not thick and icky to drink. However, once in the body, its sugars coat the mucus membranes damaged by the cold virus and create a false mucus barrier that helps keep bacteria from invading the throat and bronchi. Marshmallow also somewhat stimulates white blood cells. It is a very safe, inexpensive medicine that can be used during a cold to prevent secondary bacterial infections from developing.

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And remember, you will heal faster if you curl up, stay warm, and drink lots of hot tea with a little honey and lemon to soothe and help heal those damaged membranes.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Jan. 2**



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## Positively Speaking

by Deborah H. Anderson

### “The Universe Has a Name”

The voices of the young boys descended in increments. First I heard them by the orange cones with the yellow danger barrier tape strung across between the three. They warn of the deep ravine edge sitting only a few yards beyond them.

Although the words were indistinct, the conversation was animated. Somehow I knew their discussion. There was only one that could be had. Would they go down to the bottom and follow the creek out to the cove waters?

Whoever was in favor won the argument. The voices grew tinier and tinier and finally my curiosity about the appearance of the boys who dared to crawl down the steep fauna covered edge grasping tree trunks that looked like fully extended swan necks got the better of me. I stepped to the window. They were almost at the bottom. Soon the tiny voices disappeared as they made their way to the bottom of the ravine and out to the Sound.

How very reassuring. If youth is not daring to whimsically heed the caution signs and be more drawn than repelled to the wonder of what lies beyond, there is no hope for the future. Is that not their job to dare to try what seems unreasonable and safe in order to view the viewable?

Is that not why older people are considered measured and refined and well thought out?

Youth are happy in their own hearts. They are secure in plan B and plan C. They are not intimidated by the possibility of failure. Consequences means, another chance to try again or do something different.

Picture this. You are seated in your favorite place. Maybe it's a chair. Maybe it's a couch. Maybe it's a rock. And you are perfectly warmed needing neither outer wrap nor greater sun. There is a deep peace in you. Nothing that is troubling seems more powerful than this you are experiencing. No cold. No War. No relational violence defined only by words and attention or lack of it. No physical need or excess.

And you know within the depths of your being you are experiencing this because you are Loved. It is a Love beyond this world and simultaneously all inclusive of this world. Because of the

knowledge of this Love there is a relaxation that comes knowing everything and anything that could go wrong will be turned to good.

In the world now, when things benefit a person for the good of themselves and humanity in some way, we say “The stars have aligned themselves” or “The Universe smiled on me”.

In my world I know the Universe has a name. His name is Jesus.

Once a year, I take the cloak off and show the shape of my life underneath the words of this column. It's always December in which I speak of these things. I would be more bold if it was Eastertime which drew these words out. But as it is, I rest on the beginning of the story.

There are two platitudes of faith I hold as the keystone to meaning in my life: “Love Came Down at Christmas”. And “Learn to Live the Joy of Jesus Risen” This season I would like to ask you to give Jesus another try.

Jesus keeps me going. Jesus taught me about evil, kept me going, and breathes new life into me everyday.

Look at what he said, “Come to me all ye who are weary and heaven laden and I will give you rest. “

He means it. He will. His yoke IS easy. His burden IS light. It IS by Grace we are saved and not what we do ourselves. Stewardship is not redemption.

Surely there are critics who tell us Christianity has a violent and patriarchal (and they don't mean that in a complimentary way) history and tradition that stifles and kills. People hated it that Mel Gibson showed the actual forty lashes realistically and were wholeheartedly relieved when he was arrested for drunkenness and showed himself a bigot when under the influence.

People say, if God is so great why does he allow evil? How could he allow his own son to be killed?

I say why do we allow evil? Why don't more people stand up with the little evils they see? God is constantly overturning evil. We are the ones who get in God's way.

It's that cave at Christmas that becomes the tomb at Easter that tells me God hates evil and never lets it continue. God never lets evil win. God does allow us to live on this

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earth and think and behave any old way we want to. Sometimes that gets in the way of evil being overturned. God's preference is Love.

Let me tell you an odd thing that just happened. I've been thinking about this column for weeks, of course. The Jesus thing can stop people cold in their tracks and every good writer depends on bonding through the word to be read. How do I write these words without alienating someone? I am especially wary because I've heard so many times, “And she calls herself a Christian...” That faith talk and walk can cause sparks when people are feeling guilty.

I sit down to write this, and start pouring out my heart about my love for Jesus and just when I get to addressing how the critics of Christianity who say it's too violent and patristic, there is a 'pop', the screen goes blank and deathly silence ensues. I have not saved it to disc. So focused was I on the courage to speak of my real

relationship with Jesus, I dove right in without following my usual routine of placing the title on a floppy first after entering my “a” drive. Drat. Evil strikes again. Every time I speak of Jesus something happens.

The whirr and grind of the computer startled me as the computer rebooted on it's own. I had touched nothing. Suddenly there were my words on the screen. Ah! Jesus! Great save!

This holiday season follow Jesus' instructions to become like a little child. Move past the orange cones and caution tape of the deep ravines in your life and let him guide you into the beauty of the world and out to the vast waters of Love. Open a Bible and find his words. They're printed in red in the back section. You will find yourself blessed beyond measure in ways you couldn't imagine. That baby has one powerful smile!

Love

Deborah

ooooo



# Lopy Laffs

What do you get if you divide the circumference of a pumpkin by its diameter?  
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If you get to it and you can't do it, well there you jolly well are, aren't you.

## One Liners

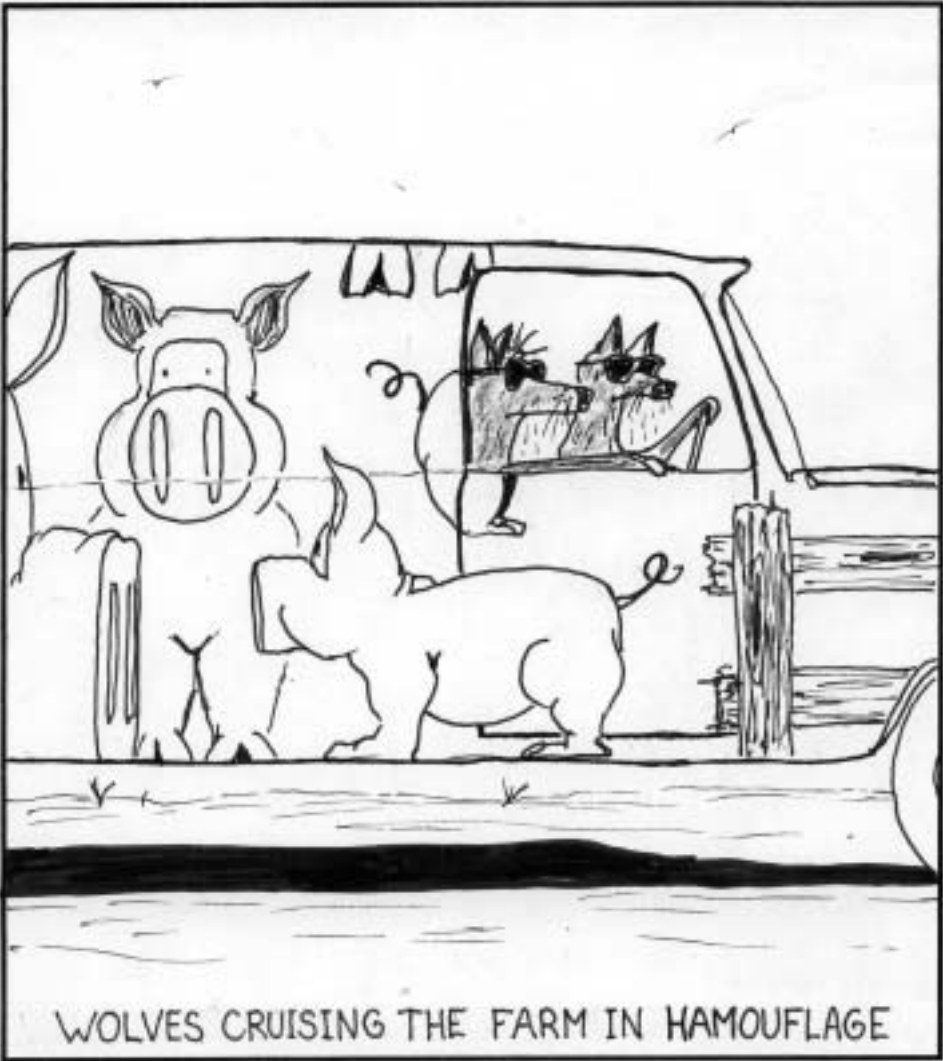
I'm sorry I apologize too much.  
You stereotypers are all the same.  
As I said before, I never repeat myself.  
Always try to be modest – and be proud of it!  
Do you remember when we used to be nostalgic?  
I won't rise to the occasion, but I'll slide over to it.  
Forget world peace. Visualize using your turn signal.  
Better to understand a little than to misunderstand a lot.  
For every action there is an equal and opposite criticism.  
The more you complain, the longer God makes you live.  
Why is the third hand on the watch called the second hand?  
All I want is a warm bed, a kind word and unlimited power.  
If a word is misspelled in the dictionary, how would we ever know?

Dain  
Bramaged.

|  |   |  |  |   |
|--|---|--|--|---|
| My hometown is so tough, gun shops have "Back to School" sales.                              | Damned if you don, damned if you don't –fact it, you're damned. | May a weird customs inspector discover a secret compartment in your sister. —Johnny Carson | Forgive your enemies but remember their names. | If at first you do succeed, try not to look astonished. |
| Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon. |   |  |  |   |

## WILD WORLD

By Ed Frohning



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A man had been a compulsive worrier for years until he found a way to overcome this problem.  
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"I hired a professional worrier for \$1000.00 a week, Tom replied. "I haven't had a single problem since."  
"A thousand a week," said his friend.  
"How are you going to pay him?"  
"That's his problem."

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# Loop Arts

## New Year’s Bash

*Continued from page 1*

with non-stop danceable tunes and a fun to watch stage show.

The band’s leader and powerful front man Troy Kindred is backed by a tight nine-piece band that includes the big organ sound of keyboards, an inspired lead guitar, solid bass and drums, a dynamic three-piece horn section, and the lovely chick singers, Miss MeriMichael Collins and Miss Adrienne Mildon. Both will be singing lead and backup, and showing off their fancy dance moves.



The Sportsmen know how to throw a party. Drinks are stiff and cheap, and there will be plenty of great food included in the \$15 price of admission (for dancing stamina and soaking up the alcohol). Grilled oysters and steamers, too! But wait - there’s more: door prizes, cash winning games, champagne, balloons, and silly party hats. Contact

Stephan Lang at 777.5449 or stop by Keller Williams Realty in the Glendale Business Center for tickets. The Sportmen’s Club is located at 19720 Singer Road (just off Cemetery Road). Check out [www.vashonsportsmensclub.com](http://www.vashonsportsmensclub.com)

### “The Ball is Rolling at ‘O’ – Save the Date!”

|                         |   |
|-------------------------|---|
| What:                   | Vashon’s 1 <sup>st</sup> Inaugural Ball   |
| When:                   | 6:30 – 10:30pm  |
| Date:                   | Tuesday, January 20 ( <i>Inauguration Day!</i> )  |
| Why:                    | Here’s a chance to come together as a community on this very historic day to celebrate, have fun, and dance! Enjoy the hoppin’ tunes of the Portage Philharmonic sixteen-piece swing band, followed up by some live DJ action! Plus, there will be wine, beer, memorabilia and “All-American” food for purchase! And besides, when was the last time you went to a Ball that was actually a Ball? Or got really dressed up for fun? Or went out dancing on a Tuesday? |
| Where:                  | The Grand Hall at ‘O’<br>Open Space for Arts & Community<br>18870 SW 103 <sup>rd</sup> Street (next to Sheffield Building)<br>Vashon, WA 98070  |
| Who:                    | Presented by Open Space for Arts & Community, with music from the Portage Philharmonic sixteen-piece swing band and some live DJ action   |
| Cost:                   | \$20–\$15 sliding scale; \$15/seniors and students, children under 10 free<br>Tickets – at the door, or in advance at Books by the Way  |
| Additional Information: | •Everyone is invited to wear your best Vashon Fashion! Break out those dusty party gowns and tuxedos; start looking now at Granny’s, Luna Bella and Wendy’s Weathered Wear or beg, borrow and steal from friends!<br>•Child care available on-site for a small fee, so the big folks can still boogie even if the little ones don’t want to!<br>•Some “limited income” tickets are available – please call the O office   |
| Contact:                | Karen Biondo at Open Space (206) 408-7241<br>Website: <a href="http://www.Ospacevashon.com">www.Ospacevashon.com</a>  |

## Long Lost at the Red Bicycle Friday, December 26<sup>th</sup>, at 9pm.

Island drummer Todd Zimberg will reunite with two of his closest musician friends, guitarist Michael Gotz and bass player Keith Lowe for this show at the Red Bicycle. It should prove to be a great a night of jazz, rock and blues.

The three worked together in the Michael Gotz Quartet back in the mid ‘80s and have since played the occasional outing. This date at the Red Bicycle is an opportunity for the three of them to kick off new incarnation of the group. They plan to record in January.

Michael Gotz has been performing as a Guitarist and Pianist for 35 years. He has performed in a variety of genres including reggae, pop and country. Keith Lowe, in over thirty years of playing music, has yet to meet a musical style that



he doesn’t like. He has played and recorded in many different genres, including orchestral, rock, electronic ambient, folk, bluegrass, jazz roots and country. Some artists he has worked with include, David Sylvian, Wayne Horvitz, Skerik, Fiona Apple, the list goes on.....

Zimberg is a music educator and performer and has a long history in jazz, blues and rock. His credits range from reggae with Jumbalassy, to blues rock with Sam Andrew and Big Brother & The Holding Co. and 10 years with Northwest blues icon Tom McFarland. He has also played timpani for 18 seasons with the Federal Way Symphony, Todd is a member of island blues rockers Shakey Jake and is a founding member of Island Jazz Quintet with his vocalist, wife Maggie Laird.

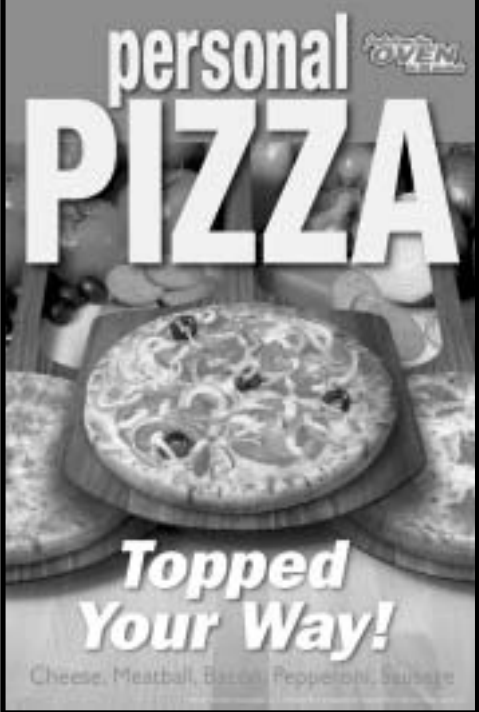
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| <b>Saturday</b>            | <b>9:00 am - 9:00 pm</b> |
| <b>Sunday</b>              | <b>9:00 am - 8:00 pm</b> |



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Jan. 2**

## Suzie Bradford at Luna

Alternative/Pop Saturday December 20, 7:30



Suzie Bradford’s provocative style paired with sensitive yet intricate lyricism, has established her as something genuinely unique and refreshing. Inspired by singers like Tori Amos, Sarah McLachlan & Aimee Mann, this Washington born singer/songwriter developed her own style with the help of years of vocal/choir training.

Delving deep into the artful side of music, Suzie, Ben, & band will often include mixed-media into their shows, featuring live paintings, photography, sculpture, video & silent films. Any one performance may feature a gamut of collaborative artists & musicians.

## New Years Eve at the Red Bicycle with Ian Moore & The Lossy Coils!

Less than two weeks away, New Years Eve will be here before you know it and what better way to celebrate than at the Red Bicycle Bistro & Sushi with what promises to be an epic show by none other than Ian Moore & The Lossy Coils! These guys have so much fun when they play on the Island and the Bistro is planning a very special celebration to ring in the New Year!

Opening up for Ian Moore will be special guests Kwab Copeland and Konny Kindlund, two unbelievable musicians that we’ll tell you about in the weeks to come.

Along with champagne and noisemakers, the Red Bicycle Bistro & Sushi is planning some very



special entrées for NYE, including Prime Rib, Salmon, Chicken Marsala and a special Sushi dinner.

Tickets for the show are \$15 and it is highly recommended that you purchase them in advance as it is expected to sell out quickly on this festive night. Call 463-5959 for show tickets and dinner reservations. This is a 21+ event, with the music starting at 10pm.



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