

Spotlights Play for *The Loop*

It's no secret that *The Loop* is suffering some hard times. It's also no secret that when the chips are down, Vashon steps up, if you'll pardon the mixed metaphors. On Sunday, January 18 at around 7:30 some talented musicians are doing just that. Loren Sinner, Dan Cadman, Jerry Todo and Scotty Johnson are putting on a rocking benefit dance at The Red Bicycle to raise some much-needed cash for this very paper. Does it get any better than that? Listen to great music, dance, have a bite to eat and a couple of drinks, throw a few bucks in the hat, and go home feeling good about doing your part to help keep the paper alive.

Says Loren Sinner, bass guitarist: "We want *The Loop* to survive, as it doesn't have insert ads from out of town. The darn stuff doesn't even

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LITTLE WOMEN

by Lauri Hennessey

I have also been thinking, as many of us have, about how to cut back. How do we spend less money, become satisfied with less, live simpler lives? In these uncertain times, there is great appeal in focusing what matters, like family, helping others, being healthy, and focusing less on things like spending money, acquiring wealth, collecting things.

The beloved story Little Women is about many things. It is about friendship, and love. It is about family. And, it is about digging deep in the most difficult of times to find appreciation for the gifts that we have. (All wonderful messages in this changing world.)

In these times, many of us find ourselves yearning for things that are comforting, old-fashioned, and familiar. Whether it is the appeal of a home-cooked meal, more time with family, or the draw of a well-loved book, these things all come from a different, simpler time.

For a century, Louisa May Alcott's book has provided warmth and comfort and endless appeal millions of families, especially girls. With that knowledge, the organizers of the brand new Vashon Teen Musical Theatre Project chose the musical version of Little Women for their debut project, coming in January. In these times, the timeless story holds even more appeal. Little Women, the musical, will play on Vashon the

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Backbone/POI Protest

Close to 500 people showed up on Sunday, January 4 to keep the pressure on Glacier and public officials. Protesters met on the beach at Gold Beach and then marched to the fence that Glacier has erected along the beach. Numerous boaters and kayaks made the same trip out on the water. Bill Moyer, Amy Carey and Dow Constantine talked about the lengthy battle that Preserve Our Islands has fought, then protesters sang protest songs and kids dug around in the sand. Says Editor on Layoff Ed: "I couldn't hear much but it actually was fairly impressive to see that many people out in the weather. It was literally freezing, and I don't think anyone had more than about 12 hours notice." Photo by Garnet Swan. (*You're hired - no money, just lots of glory!*)

Standing Room Only

On January 7, David Moseley and Ray Deardorf heard public testimony on Washington State Ferries Long Range Plan. About 900 Islanders attended. In a nutshell, Deardorf presented Plan A (pretty much status quo - same old lousy service at an ever increasing price) and Plan B, which calls for two boats on the North End and the HiYu permanently on the South End. Apparently the B stands for "Make the Bastards Beg for a Bridge."

Public comment is welcomed through January 21. Do your part. Read the plan, then email David Moseley at DavidMoseleyUpdates@wsdot.wa.gov with your comments. Keep in mind that neither David nor Ray hold the purse strings. So call your elected officials in Olympia, too. *Loop* photo, taken with \$39 camera before batteries died. Full story in *The Beachcomber* - next week.



Full Moon Beach Walk Friday, January 9

Islanders are invited to attend this Audubon Ebb Tide Program with Island beach naturalists, including Sandra Noel, Bob Fuerstenberg, and Barb Gustafson on Friday, January 9 from 8 to 10 pm at the North End Ferry Dock beach. Meet at the espresso stand. Bring flashlights, extra batteries, wading boots, warm hat and jacket, and dry gloves. The tide will be -3.1' at 9:25 pm. Rocks and sand that are covered with water most of the year will emerge and reveal beach animals staying cool and wet in the protective darkness. Darkness, that is, except for our flashlight beams, as we briefly illuminate their amazing forms! For more information call Michelle Ramsden 406-3723 or Rayna Holtz 463-3153. Do NOT park at La Playa restaurant please! Co-sponsored by People For Puget Sound and Vashon-Maury Island Audubon. Submitted by Rayna Holtz.



Vashon Island's Person of the Week: Snowstorm Closes Vashon But Opens Hearts

By Stephen Lazzari



Few residents were out and about last week during Vashon's winter blast. Roads were treacherous, power was intermittent, and packages were late to arrive. Snowmen seemed to be the only ones making any headway as much of the island's back roads had not been plowed.

In Sandy Shores, concerns began to rise amongst some of the retired residents who depend on visits from caregivers Terri Vanator and Maureen Brula. As time passed and groceries began running low, the severity of the situation became evident and Terri and Maureen turned to Barrett Fox to find out if he knew of anyone with a vehicle capable of reaching Sandy Shores. Barrett offered his assistance and

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Caring for the Island: A Community Conversation

Vashon United Methodist Church invites you, your friends and neighbors to a free lecture and community conversation at the church on Tuesday, January 13th at 7:00 pm to discuss our love for and obligations to Vashon-Maury Island.

Dr. Kathleen Dean Moore, essayist, philosophy professor, and activist, will be framing the conversation with a presentation, "The Sound of Human Longing: Field Notes for an Environmental Ethic of Care." With stories, readings from her nature writing, and an occasional dive into

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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. Photos are welcome as jpeg or pdf attachments.

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 vippp.org for directions or call VIPP at 206-389-1085.

Water District 19 Board meeting

The next regular Water District 19 Board meeting is scheduled for January 13th, 2009 at 6:30 pm at the District Office. Please call if you have any questions. 463-9007.

Friends of the Library

Friends of the Library will have their quarterly meeting on January 10, 2009 at 10 am in the library meeting room. In addition to regular agenda items, an update will be provided about the proposed library move. The public is invited.

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We are starting our 6th year of publication! Wow!



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Vashon Library January 2009 Programs

- Toddler Story Time**
Tuesdays, January 6, 13, 20, 27, 10:40am
Ages 21 months to 3 years with an adult
A 20-minute program of stories and songs just right for toddlers.
No registration required.
- Preschool Story Time**
Tuesdays, January 6, 13, 20, 27, 2pm
Ages 3-5
Join us for 30 minutes of stories, songs and fun!
No registration required.
- KCLS Study Zone**
Tuesdays and Thursdays, 3-5pm
Volunteer Tutor, Chris Purpus
Stop by the Vashon Library and find your Study Zone! Get help with your homework questions, learn new study skills, discover the resources in your library, ask questions and share what you know with others. The Study Zone is for students in grades K-12, and it's free!
- Baby and Me Story Time**
Wednesdays, January 7, 14, 21, 28, 10am
Bring your baby to story time and have fun learning and sharing songs and nursery rhymes with your little one. No registration required. For caregivers with babies age newborn to 18 months..
- ESL: English as a Second Language**
Thursdays, January 8, 15, 22, 29, 6:30-8:30pm
Celina Yarkin will teach weekly lessons in how to speak English. Child care is available if you give the library notice at least one week ahead of time (463-2069). Free!
No registration required.

- Sponsored by King County Library System, Friends of the Vashon Library, and the Harold and Marie Leech Fund.*
- Friends of Vashon Library Meeting**
Saturday, January 10, 2009 10:00 AM
Support the Library by joining the Friends of Vashon Library, the "Friendliest" group on the Island. Our volunteers do a variety of fund raisers to provide programs for all ages, including LateNight @ the Library for Teens, English Language Learners, Nancy Stewart Playtimes for Preschoolers, Opera Previews with Norm Hollingshead, Books for Babies, and many more. Meetings are fun and there are always refreshments.
- ESL for Beginners**
Saturdays, January 17, 24, 31, 9-11am
Rhoda Karusaitis will teach weekly lessons in English for people who do not know more than a few words. Free! Refreshments included!
No registration required.
Sponsored by Friends of the Vashon Library
- Make your own Comic Book**
Saturday, January 17, 1-3pm
David Lasky will guide participants through the process of making a small comic or manga book.
Register at the Vashon Library, 463-2069.
Sponsored by Friends of the Vashon Library.
- Microsoft Word: Level 1**
Saturday, January 24, 2009 9:00 AM
Presented by Chris Purpus
Learn basic word processing skills such as entering, selecting and

- erasing text. Prerequisite: basic computer skills. Registration is required and begins Friday, January 2- please call 206-463-2069.
- S.T.A.R.T: Search Tools and Resume Tips**
Saturday, January 24, 2009 Other dates:1/31/2009 2:00 PM
Presented by Nancy Morgan
This 2-part class provides basic tools to utilize in the search for new or different employment. Learn how to begin an online job search and put together a resume. Optional follow-up sessions offer brief individual assistance and suggestions. Please register in advance, beginning Friday, January 2- please call 206-463-2069.
- Class 1: Sat Jan 24, 2-3:30 pm
Online Job Search—learn basic steps, view the layout of some employment Web sites, see how to set up job alerts and choose useful keywords.
- Class 2: Sat Jan 31, 2-3:30 pm
Resumes—overview; construct the skeleton and fill in details; focus on strengths, identify interests, and describe work experience.
Sponsored by Friends of the Vashon Library.
- Free Tax Help for Those with Incomes Less Than \$25**
Thursdays, January 29- April 2, 2009 11:00 AM
Presented by Hilary Emmer
Professional tax preparer, Hilary Emmer, will help those with incomes of \$25,000 or less, prepare their 2008 tax forms. It's all free and no appointment necessary. Just drop in on Thursdays between 11am and 1pm, starting January 29 and ending on April 2.



HOME TEAM REALTY

Troy and Marie Stay Dry

By the time you read this, we hope you won't need to. But in case it's still soggy, and in case your house is not withstanding the sogginess, there are some products that might help. Last time we had serious rain we talked to John Yates, manager of our local True Value store and asked him what kinds of supplies and equipment they carry that can help our poor waterlogged homes.

Troy: John, I'm guessing you've had quite a run on sump pumps lately.

John: That's true. Our warehouse is running low, but we do still have some left.

Marie: What exactly is a "sump"?

Troy: Well, Marie, I'm glad you asked. The word "sump" stems from the Middle English word for swamp, which is *sompe*. It's basically a depression that collects water so it can more easily be pumped out.

Marie: Thank you, Cliff Claven. John, what if someone does have a leaky basement? Besides running a pump to empty it out, is there any way to patch it while it's raining?

John: Actually, yes. We carry several brands of a hydraulic cement product that create a watertight seal in just minutes. These products can be applied even while the water is flowing.

Troy: Amazing. It's good to know that these products exists, but it still would not be much fun to have to climb into your cold and flooded basement to patch it up. A good drainage system around the house would avoid the problem in the first place.

John: That's true. These products are not designed to withstand serious water pressure from flooding.

Marie: This whole conversation reminds me about what Ed Palmer told us when we talked to him about gutters a while back. As I recall, Ed explained that water from the gutters should be diverted away from the house with a non-perforated drainage system to avoid dumping it against the foundation of the house.

Troy: That's right. Speaking of roof water, that's obviously another area prone to problems during heavy rains. What do you recommend for patching a leaking roof?

John: We sell some wet patch roof cement that can be applied when it's wet. One kind is black and tarry and comes in gallons, quarts, and tubes. We also sell a kind that's totally clear, which is a great option for patch jobs where you really don't want it to be visible. It's a product called Through the Roof.

Marie: Very clever. Getting back to the basement for a minute, can you waterproof your basement just by painting it with a waterproof product of some sort?

John: Not really. We do carry some masonry waterproofing products that say they can withstand 10 pounds of pressure per square inch, but I still recommend a good drainage system.

Troy: And when all else fails, a good set of rubber boots. Thanks for the suggestions, John.

We are ready to represent you in your real estate transaction. Please call us for a free market analysis of your house, or to find out what's on the market. 206-463-LIST (5478). Or email us! Troy@yourHTR.com or Marie@yourHTR.com. Operators are standing by.



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LoOp Letters

Dear Friends,

I thought you might be interested in reading Dow Constantine’s letter to Bill Ptacek, King County Library System Director. While you may be for or against the K2 building proposal, it is very clear to me that the library’s move to the K2 site is a terrible idea. It would mean the removal of one of the pillars of the Vashon Town Plan of 1996.

The Town Plan was so extensively discussed and carefully drafted by a wide cross section of our community who met for more than a year to discuss the best way to keep the town of Vashon vital, the shops successful and the community best served. I was new to the island then, caring for three young children, but I vividly remember being impressed by the numbers of citizen volunteers who stood in front of Thriftway and Bob’s Bakery week after week with large charts showing what was being proposed and encouraging citizen participation and buy-in.

It is strange for me to hear how little value is given to this planning process of only a dozen years ago by some who are today active in island affairs. I don’t know why they think little thought went into this very thoughtful process. In fact, if my memory serves me correctly those drafting the town plan were driven by the need to concentrate our “urban” services and commercial area in order to maintain the economic viability of our businesses and to maximize the use of library services and access by seniors. The planners were focused on the importance of having the “critical mass” we now have in our town center.

And now, if left to the wishes of the KC Library Director, and according to his own research, the library will be moved against the wishes of the huge majority of Vashon citizens.

It has been frustrating for me to attend the two public meetings with Mr. Ptacek and his representatives. They make very little effort to be communicative, transparent, and responsive or to show any flexibility. Mr. Ptacek seems to have made up his mind and seems to feel he does not have to answer to our community. Perhaps we can be successful to have him answer to the King County Council and King County Supervisor Sims.

It is important for Dow to hear from you. Please call his office and convey your thoughts to either one of his two assistants:
Chris - 296-1637 or Jennifer - 296-1088
All the best,
Martin Koenig

Letter from Dow Constantine to Bill Ptacek

Dear Bill,

I need to talk with you right away about the proposed relocation of the Vashon library. I am getting a lot of negative feedback from citizens, including the new President of the Vashon Community Council. Much of it is in reaction to this article: <http://www.pnwlocalnews.com/vashon/vib/news/36261549.html>

Although at the request of the community I introduced the zoning amendment for the former K2 manufacturing plant, that change has subsequently become controversial. The apparently imminent commitment by the library to leave Ober Park for the more remote K2 site heightens that controversy.

Among the objections I am hearing is that of a lack of meaningful public process for the library system’s decision. I request that you hold an advertised public meeting or hearing on the island before taking any action that would commit the library to moving to the K2 site.

Thank you for your consideration.
Sincerely,
Dow Constantine
King County Councilmember
District Eight



The Spotlights

at the
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Sunday, January 18 at 7:30pm

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Don't Forget the Birds



by Ed Swan

Tenth Christmas Bird Count Tallies Great Birds

Vashon's tenth Christmas Bird Count (CBC) on December 28 found some great birds. The unofficial total of species so far comes to 112 which seems pretty good given the weather conditions. The cold meant snow cover over most of the area with some good territories for counting unreachable and all of the ponds frozen up. Observers eventually discovered many but not all of the fresh water species. Wind and precipitation held off until late in the afternoon allowing participants to finish areas still accessible.

I enjoyed the addition of a Glaucous Gull at the Tahlequah dock to the count most of all. I saw the bird with Pete Murray and Nancy Miracle and besides being pretty, it added a new species for my personal list of sightings for Vashon, now up to 198 bird species. This bird represented the first record for the species on Vashon, adding another bonus to the sighting. Ornithologists consider Glaucous Gulls as rare in winter in the Puget Sound area, with several sightings around the region each year. Two other observers, Kathy Kirkland and Michael Perrone, also identified the bird independently. Glaucous Gulls look very pale, even lighter than their slightly smaller close relative, the Glaucous-winged Gull, which lives around Vashon in large numbers year round. The Glaucous Gull at Tahlequah consisted of a first year bird (Glaucous Gulls take four years to reach adult plumage) with a very white appearance and a pink bill with a black tip.

Carole Elder, Ron Simons and Michelle Ramsden found the one pond on the Island that had a little clearance to find another exceptional bird. They discovered a female Redhead, a diving duck common east of the Cascades but rare in Puget Sound. Their sighting made the second record for Vashon of this species. Off Dockton, Dan Willsie zeroed in on another rare diving duck, the beautiful Long-tailed Duck. This is the third winter in a row they've graced Vashon with their presence, so they're either coming more or local observers are covering the area better or both. Kathy Kirkland and Michael Perrone noticed a Northern Pintail at KVI. Unfortunately this particular dabbling duck was oiled. My group noted two more in the corn field on Monument Road enjoying a place to forage even though the cold froze the local ponds. Pintails use wetlands all over the Puget Sound area but only a couple, usually just one, visit Vashon each winter.

John and Ellie Friars and Brian Bell noted a Townsend's Solitaire, an unobtrusive grey thrush, near Ellisport. Solitaires show up rarely on Vashon, usually only passing through briefly in spring migration just in the month of April. This

sighting gives the Island only its second winter record of a solitaire.

Richard Rogers counted two Wilson's Snipe that he first saw a few days before the CBC in a field near Lisabeula. In winter, they make themselves very inconspicuous in wet fields. They visit in such low numbers and camouflage themselves so well that we don't possess a good sense of their real numbers on the Island. Two more flew up in front of me from the roadside marsh at Portage. Maybe the snow coverage pushed them into more observable areas so that the CBC got a rare double sighting.

The count missed two species that usually present themselves more easily each year. The Virginia Rail at the Portage marsh appeared absent for the first time in the history of the count. It seems likely that the

noted it earlier in December but this year it used the easily observed telephone line perches less, so maybe it lurked hidden in tree branches nearby for the CBC.



The gull on the left is a Glaucous-winged Gull with light grey wings and somewhat darker wing tips. The bird on the right is an adult Glaucous Gull showing on grey at all on the wing tips and only a very slight shaking elsewhere.

cold weather either caused the rails to move on or die. The American Kestrel living at the south end of Wax Orchards on 232nd also escaped notice. Several observers

If you have a question about local birds or interesting sightings of birds call me at 463-7976 or email at edswan@centurytel.net. In addition, I offer personally guided

tours on Vashon and hot spots off-Island such as the Skagit (great for tens of thousands of Snow Geese, swans, falcons and other raptors). I also do home visits to help identify birds in your yard and provide suggestions for attracting more birds and species diversity. For details contact me or visit my website: www.theswancompany.com.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Jan. 16**

**Island Birding Guide
Species Identification
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Aries (March 20-April 19)
While circumstances that demand your attention seem to require you giving selflessly, the need for recognition can at times sour the gift. When this happens, it is important to ask questions of yourself such as: why am I doing this? How will I benefit? What have I learned? Most of the time when it comes to anger, the issue is whether or not we have the control that we'd like. Think of an orchestra. When the orchestra plays perfectly, no one notices the conductor. But guess who gets the blame when the horn blows a sour note? Put another way, it might be the best course of action to direct your energy in such a way that you are not seen, but your presence is felt. Eric Francis has more to say at PlanetWaves.net.

Taurus (April 19- May 20)
You will find that if you go out with your friends, the company will be delightful and the conversation will be captivating. Especially when you are talking. Social reputation is an important part of your life right now as you begin to realize how much the community affects you as an individual. Coupled with this is a sense of what kind of impact you'd like to have on the rest of the world. You have a lot of knowledge and you are on your way to getting a lot more. If you decide to share what you already have, you will be rewarded lavishly. There is no time for shyness now, nor is there any room to second-guess yourself. Eric Francis has more to say at PlanetWaves.net.

Gemini (May 20- June 21)
Lately the metaphor of existence has been so clear to you that you are shocked that you've never been able to recognize it before. All of the mundane circumstances and interactions of your life have taken on more philosophical proportions. This has enabled you to look at things in a new light and begin to steer your course accordingly. Be warned however, that while getting spiritual has its benefits, keeping two feet planted firmly on the ground is recommended. There are some things that transpire that are just not fair, no matter what shade the lenses are that you're wearing. It is when you react to these situations with awareness and purpose that true wisdom comes through. Eric Francis has more to say at PlanetWaves.net.

Cancer (June 21- July 22)
Emotional contact with friends and loved ones is very important for you. It appears that some of this has to do with yearning for specific exchanges to take place. Fear of being taken advantage of, or of not getting what you need, can fool you into believing that it is better to stay in your shell. If you have something you need to say to someone but are unsure of when the right time is if at all, imagine how you would feel if you never told them at all versus if you did tell them. Usually when a person imagines the "perfect time" for a conversation, it is where they imagine nothing will go wrong for them. It is impossible to get there because it is unlikely you know what the person will say or do. Take the risk. You might be surprised. Eric Francis has more to say at PlanetWaves.net.

Leo (July 22- Aug. 23)
Are you getting the recognition you deserve for the work that you do? How does this recognition and positive attention help you complete the tasks at hand? The answer is this: when someone shows appreciation for your services, it goes straight to your heart, Leo. It helps to remind you why you decided to do whatever it is you are doing and it helps reinforce that you are needed and loved.

Your relationships are going through a growth spurt right now both in the number of relationships you have and the intensity of the relationships you are involved with already, but it is up to you to decide where the quality is versus the quantity. Once you figure out where the love is, the rest will be easy. Eric Francis has more to say at PlanetWaves.net.

Virgo (Aug. 23- Sep. 22)
Imagine Cinderella and Mr. Miyagi from The Karate Kid. Cinderella was the young girl forced into domestic slavery by her jealous sisters. Mr. Miyagi was the karate master who taught the young hero the Zen of polishing cars and caring for bonsai trees. The difference between the two characters is that one recognized spirituality in the humblest task, while the other was forced to do the job for the sake of appearance. Not only do you have the energy to improve whatever you set your mind to, but you are also beginning to realize the potential for spiritual growth in the most mundane tasks. Now is the time to look for the ways in which you have been drawn into superficiality as well as how the tasks you perform on a daily basis serve to enhance your personal growth. Eric Francis has more to say at PlanetWaves.net.

Libra (Sep. 22 - Oct. 23)
Do you love your job? Do you feel a sense of completion and accomplishment when you leave your workspace? If you answered 'no' to these questions, how do you think your life would be different if you loved what you did all of the time? There is a bit of strife where the home front is concerned right now, almost as though every proposal you make, you are met with disagreement. I know it might be hard to believe, but it's okay when people disagree with you. Now more than ever you are feeling the push to experience those things that get the expressive juices flowing. Use the feelings to create something beautiful. It could be you are experiencing these disagreements to recognize the only true reason to do anything is to satisfy yourself first, and others second. Eric Francis has more to say at PlanetWaves.net.

Scorpio (Oct. 23- Nov. 22)
Do you feel as though your inner sense of security is under attack? Perhaps there are some incongruities in your immediate environment providing you with an unwelcome sense of tension. You have a choice in the matter of how you handle this feeling. You can confront the people who seem to be earning your ire, or you can invite them to a pleasant exchange. For instance, some people believe that the best way to stop a curse in mid-stride is to find the person you think it's coming from and give them a big hug. It is much harder to feel the prick of dissention when you are open and inviting. It also boosts your sense of safety when you put away your own saber. Eric Francis has more to say at PlanetWaves.net.

Sagittarius (Nov. 22 - Dec. 22)
If you take a look around you right now, you will find much that is worth your time and contemplation. It is true that as a Sagittarius, you almost always have your eyes on the sky, but starting this week and for a long while, the sense of adventure may be right on your doorstep. As your contact with the world expands, not only will you gain intelligence, but a sense of confidence will progress as you get more comfortable with your surroundings. This week is about the journey of the higher mind. It's not so much about legwork as it is about

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Little Women Opens Jan 16

Continued from page 1

weekends of January 16 and 23, and tickets go on sale just after the holidays.

Little Women is directed by Marita Ericksen and Rich Wiley, longtime local thespians. As fans of the book know, much of Little Women is told from the point of view of second daughter Jo. Emma Hennessey was cast in that part, after several Drama Dock shows. Anna Rose Warren will play Amy, Madeleine Wolczko will play Beth, Lizzie Schoen is Meg, Sage Everett is Laurie, David Katz is Professor Baehr, Devan Barnes as Mr. Brooke, and Megan Hackett plays the March girls' mother, Marmee. More than 20 actors are part of the production, from age 11 to 17.

The music for Little Women is by Jason Howland, and lyrics are by Mindi Dickstein. The show will play at Bethel Church January 16 and 17 at 7:00 and 18th at 4:00, and January 23 and 24 AT 7 p.m.

The entire cast of Little Women includes Anna Rose Warren, David Katz, Devan Barnes, Emma Hennessey, Grant Lyons, Katie Brown, Lilly Hennessey, Lucien Brilliant, Lizzy Schoen, Madeleine observation. Eric Francis has more to say at PlanetWaves.net.

Capricorn (Dec. 22- Jan. 20)

Perhaps the time has come when you begin to realize how much emphasis you put on your personal value system. How much do you use your resources to reflect that to the outside world? It is hard sometimes finding the point where philosophy and practicality meet, but it is a quest worth taking in order to make a stronger, more powerful whole. Picture a toolbox heavy with tools, yet the carpenter insists on only using the hammer to build an entire house. How hard would that be? What would the house look like? At times it is best to use the hammer. But when it comes to shaping and smoothing, perhaps the carpenter should dig to the bottom of the box to find the best tool for the purpose. Eric Francis has more to say at PlanetWaves.net.

Aquarius (Jan. 20- Feb. 19)

The project you have on your mind is ready for you to take the lead role in making it happen. A firm hand in the way of making sure everyone benefits from the work is the task for this week. Communication and quick wit are key to directing the other people around you as you build up the team for your vision.

Wolczko, M a l i a M a n d l , M a r a Burns, Max Lopuszynski, M a y a K r a h , M a y a McTighe, Megan Hackett, Michelle Gilmour, Olivia Mangione, Sage Everett and Zoe Adberg. Tickets will be available at the Vashon Bookshop, Vashon Island Music, and Books by the Way and are \$15 general admission, \$10 for students and seniors.

Beyond Ericksen and Wiley's involvement, Little Women also relied upon Justin Cormier as the accompanist, along with his 3 year old daughter, Julianna, making an appearance in the show, and Sue Wiley as producer.

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 Ln SW

There is just one thing I would caution you against, and that is keeping a steady eye on the balance of what you give and receive and what you think you should have gotten. There may be some incongruities in this respect and if there are, it's not a bad idea to examine what happened and make adjustments according to what you observe. Eric Francis has more to say at PlanetWaves.net.

Pisces (Feb. 19- March 20)
There's a lot of mystery surrounding why you feel what you feel recently. It goes hand in hand with the desire you have to figure it all out. For you, life has taken on the proportions of the labyrinth. In ancient times, the labyrinth was designed as a meditative walkway meant to reconnect the walker with the core of their being. The longer a person stayed on the path, the deeper into the puzzle they were drawn. Your unconscious is doing the same thing for you now as it draws you into its depths with the promise of some priceless piece of

self-knowledge. Now is not the time to be afraid, but rather to welcome the chance to learn about the longest relationship you will ever have: the one with yourself. Eric Francis has more to say at PlanetWaves.net.

Island Epicure



By Marj Watkins

EAT WELL, SPEND LITTLE

Some of the increasing cost of living that we can control—sort of—is how much we spend on foods and other grocery store items, cosmetics, and entertainment. Speaking of food, chicken and ground pork are two of the cheapest meats in the store. Eggs give you top quality protein at a low price Beans, bought in bulk provide a lot of nutrition for the money.

If you’re like me, you probably still have packets of Thanksgiving or Christmas turkey in your freezer. Try this to make a little packet of leftover turkey extend to serve two to four eaters deliciously. No turkey leftovers? How about a cupful or more of cooked chicken, or a can or two of chicken meat?

TURKEY or CHICKEN CACCIATORE

- 3 To 4 servings
- 1 ½ cups diced cooked turkey or chicken, or 4 fresh chicken thighs or a couple of cans of chicken meat
- 2 Tablespoons light olive oil
- 1 large onion, wedge-sliced
- 2 or 3 celery ribs, sliced
- 1 green pepper cut in large dice
- 3 fat garlic cloves, peeled and sliced

1 (28-ounce) can stewed or diced tomatoes, or 2 (14-ounce cans)
! teaspoon cinnamon powder
1 teaspoon Italian herb mix or a dash each of dried rosemary, oregano, and basil. (if you don’t have them all, 1

teaspoon of whichever you do have. If none, a handful of minced fresh parsley or 2 Tablespoons dried parsley added at the last minute.
Salt and pepper to taste
Olives, optional
Pasta
Grated cheese

Heat olive oil in your largest skillet or in a wok or other heavy-bottomed pan: Stir-fry onion, celery, green pepper, and garlic for 3 to 5 minutes. Add tomatoes, cinnamon, and herbs. Reduce heat, cover, and simmer 25 minutes. Taste and add salt and black pepper as needed. Cook pasta according to package directions. Toss a dozen black olives into the spaghetti sauce about 3 minutes before serving, just long enough to heat them through. Serve bowl of spaghetti sauce, bowl of grated cheese (Romano, white cheddar, or asiago), and black olives. Let diners assemble their own entrees. Complete the menu with a green salad, olive oil and lemon juice dressing, and a red wine for the grown-ups, or cranberry juice for all, served in wine glasses.
MINESTRONE
4 Servings

- 1 carrot, sliced or diced
- 1 very large, or 2 or 3 small leaves of kale or collards, diced, center rib included
- 1 can large red, white, or pink beans
- Leftover spaghetti
- Leftover spaghetti sauce
- 4 cups Chicken broth , divided, or 4 cups hot water and 4 teaspoons chicken granules or 4 chicken bouillon cubes, divided

Bring half the broth to boiling in a large kettle or stewpot. Cook the carrot, greens, and beans until the vegetables are tender, about 15 minutes. Add remaining ingredients, cutting the spaghetti into 2-inch lengths. Bring to a boil, reduce heat, and simmer a few minutes to blend flavors. Serve with peasant-style whole wheat bread and butter. Carrot juice goes well with this as a beverage, and can be used to cool the soup, too.

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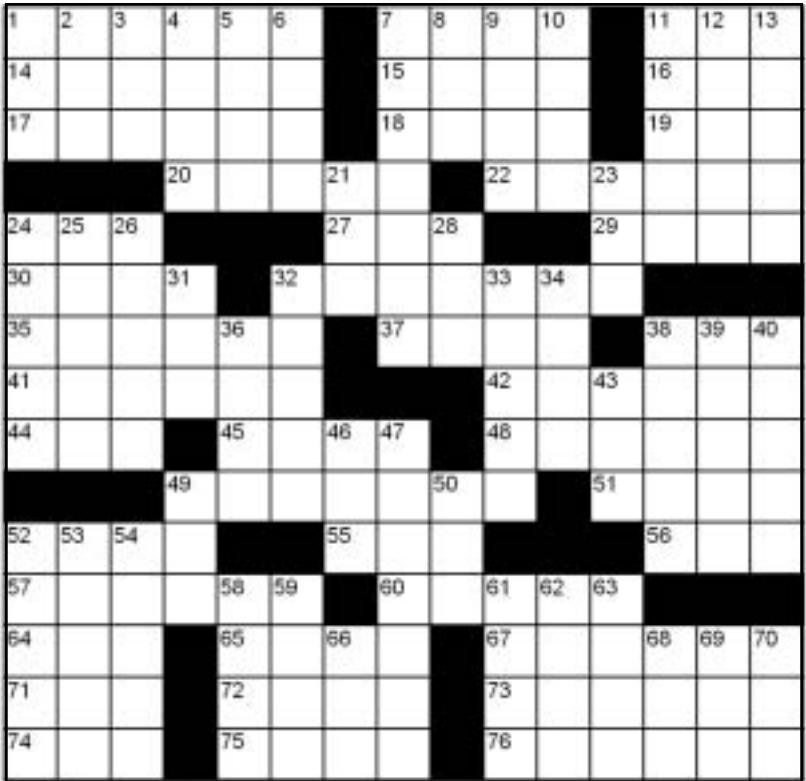
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Across		
1. Herb with spring flowers	20. Toothbrush brand	44. Doctoral degree
7. Gadfly	22. Leaves a permanent mark	45. Use a rocking chair
11. American sign language	24. ___ Francisco	48. Using a keyboard
14. Church community	27. Caress	49. Rises
15. Air (prefix)	29. Freshwater fish	51. Parlay
16. Hotel	30. Duces	52. President George
17. Discomposure	32. Having sharp corners	55. French “yes”
18. Boyfriend	35. Gun packing tool	56. Supernatural being
19. Beret	37. Outlet	57. Reveal
	38. Roberto’s yes	60. Snuck
	41. O.T. prophet	64. Food and drug administration (abbr.)
	42. Cooked	
Down		
1. Computer part	11. Computer code for characters	34. Lawyer (abbr.)
2. Fled	12. Hit	36. Paddles
3. Miner’s goal	13. Regress	38. Outstanding
4. Goodbye !	21. Licensed practical nurse	39. Slow
5. Soviet Union	23. Spr.. month	40. Rimmed
6. Popular stadium	24. Divest	43. Environmental protection agency (abbr)
7. Vegetable	25. Flooded	46. Chief executive officer
8. Downwind	26. Roamer	47. Fist part
9. Extremely long time periods	28. Dinner jacket	49. Expression of surprise
10. Inflammatory disease	31. ___ Lanka	50. Director (abbr.)
	32. Special case only (2 wds.)	52. Pros
	33. Writes out	53. Unjust



54. Clever

58. Toss

59. Antelope

61. Vivacity

62. Cornmeal cake
63. Labels

66. Steal

68. Animal doc

69. Wing

70. Compass point

Solution on page 14

Spiritual Smart Aleck



By Mary Litchfield Tuel

www.spiritualsmartaleck.blogspot.com

Starting Out, Still Here

We have all heard that “May you live in interesting times” is an old Chinese curse. If that is true, we are all cursed these days.

Of course in my universe we are also all blessed. For example – I put a plea for a flower girl dress, size 6-8, on Vashon Freecycle yesterday. Several women replied with offers of a dress. These are my sisters, most of whom I have not met, but when I put that request out there, they responded warmly and generously. Thank you, thank you all.

So our granddaughter will be the flower girl, dressed in flower girl style, at our goddaughter’s wedding this Saturday.

It’s an interesting time to start married life, when the market’s down and the cost of living is up, but what better time to be young and enthusiastic and ready to take on the task of making your way in the world?

Here at the other end of life, I was deeply worried about how my husband and I would be able to retire in a few years, but for some reason when the market crashed my spirits picked up – apparently I love a challenge, because that’s how I’m seeing it now. A lot of us will be facing this challenge together.

Here at the other end of life, we have experienced many losses. People we loved: parents, siblings, spouses, children, friends – gone. Our health and mobility: chipped away by inches in accidents and arthritis or chronic illness, or all at once in a diagnosis of cancer or some other life-threatening illness. Bam! Your world is now completely different from what you expected.

The money goes, the good health, the ability to leap tall buildings in a single bound. We are betrayed, and we betray others, both of which take a toll on our hearts. The dance of sexuality goes on, but



...Rick and Mary are still here



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some of us, with gratitude, say, OK, I’m sitting this one out.

Eventually all the striving and hoping and fighting and despairing and loving and hating runs down. Eventually our own mortality cannot be ignored any more. That’s if we’ve been fortunate enough to live so long – some people die before



Maggie and Benny are starting out...

they’ve had time to ponder the fact of their own death.

So you reach this point and look around, and son of a gun, you’re still here. Read it out loud: “I’m still here!” Say it again: “I’m still here.” If you can say that, if you can think that, the party isn’t over, and the music is still playing.

I’m planning to rise to the challenges of these interesting times with the relish of anticipation. Oh boy – another puzzle to solve, another dilemma to work through.


For now I am rising to the challenge of seeing our goddaughter married. This is as close as I’ve come to planning a wedding. When my husband and I married, the priest said, “Getting

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Spotlights Play for The Loop

Continued from page 1

make good fire starter! *The Loop* not only makes great fire starter material, but it is also perfect for wrapping today’s smaller salmon. Seriously, the top reason we are playing is this: As amateur musicians trying to make it on the scene, this is our big chance to not only be heard, but to stand in the shadow of the great ones such as The Doily Brothers, Bill Brown and the King Bees, and Loose Change!! Since The Red Bicycle went big time, we have to take these Sunday spots, as the heavy hitters have taken over the prime time. So this is your big chance to hear some great local talent. It’s worth coming out just to see Scott Johnson and Jerry Todo duel out on their Les Paul guitars.”

Drummer Dan Cadman adds that although the Spotlights were offered a chance to open at the Paramount that evening, they felt that this was a much more worthwhile event. *(Editor: ummmm, you were opening for the Divine Performing Arts Chinese New Year*

married is a lot of trouble.” Boy, he said a mouthful.

As challenges go, this is definitely one of the happy ones. Right now, two days before the big day, things are pretty frantic. In about 48 hours, the frenzy will stop, the ceremony will begin, and all details that haven’t been covered will fall away, as the bride’s cousin plays the processional on ukulele and her father escorts her down the aisle of the Burton Church.

Blessings to you, Mr. and Mrs. Baskin. May you live long and happily, may you grow in love and wisdom, may sorrow not linger at your door. May you rise together to the challenges of all your interesting times. Amen.

Find the Loop and its
archives
on-line at
www.vashonloop.com.

Spectacular???) Cadman also promises a signed 8 by 10 glossy for anyone who contributes \$100 or more to the cause. Phil at Flash Photo is standing by...

Jerry Todo, former islander, says “We’re looking forward to having a great evening with all our Vashon friends and encourage everyone to attend so that we may help to continue the efforts of Troy and Marie and this great newspaper. We’re thrilled to do our part; *The Loop* keeps us in the loop over here in West Seattle.”

Many other Islanders have responded to our call for help. You’ll see them listed on page 10. Please join them, by sending your contribution to PO Box 253 Vashon WA 98070. Or donate through PayPal at www.vashonloop.com. Thank you Vashon, and thank you Spotlights!

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Compost the Loop
The Loop’s soy-based ink is okay for composting.

The Spotlights

at the Red Bicycle Bistro

Sunday, January 18 at 7:30pm



This will be a “pass the hat “ fund raiser for the Vashon Loop

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

✓ 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

✓ 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

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

VashonBePrepared.ORG
Neighbors Helping Neighbors

In case of emergency, tune in Voice of Vashon Standing By at 1650 AM.



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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Neighbors Helping Neighbors

In case of emergency, tune in Voice of Vashon Standing By at 1650 AM.



County Wants to Hear Ideas on Farming's Future

Farming has been an important part of the landscape since King County's earliest days, and county leaders want to hear ideas from local farmers about ensuring the future of agriculture here.

The public is invited to help shape the future of agriculture in King County by attending any of four meetings, set for early 2009 and sponsored by the King County Agriculture Commission.

The first meeting is scheduled for Jan. 8, 7 p.m., in the Madrona Room of the Carol Edwards Center, 17401 133rd Ave. NE in Woodinville. Subsequent meetings are scheduled for Carnation (Jan. 22), Auburn (Feb. 12) and Enumclaw (March 12).

Meeting participants will be asked to share their opinions on several important questions, including:

- What are you growing or raising and how is it changing?
- What kinds of resources or services do you need to be a successful farmer in the future?

• What are the trends you think are important to the future of farming in this region?

• How can King County nurture and promote the business of farming for the future?

• If you are not a farmer, please share your interest in preserving our agricultural heritage.

Information collected during the public meetings will be used in a report to the King County Council relating to the future of agriculture within the county's agricultural production districts, plus recommendations for legislation regarding the allowed size of agricultural accessory buildings.

Thoughts on the future of farming can also be shared with King County through a short online questionnaire, which can be accessed through the county's Water and Land Resources Division Web site, <http://www.kingcounty.gov/wlr>.

For more information and other ways to share your ideas, contact Steve Evans at 206-296-7824 or steve.evans@kingcounty.gov.

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Since 1908

A Community Conversation

Continued from page 1

philosophical waters, Dr. Moore will explore our emotional connection to the landscapes that bring joy and meaning to our lives. What moral obligations grow from deep love for a mountain meadow or a rainy island? And when those landscapes are degraded, what can we make from our sorrow?

Dr. Moore is Distinguished Professor of Philosophy at Oregon State University and the founding director of the Spring Creek Project for Ideas, Nature, and the Written Word. She is the author of several books, among them Riverwalking: Reflections on Moving Water; Holdfast: At Home in the Natural World, and Pine Island Paradox.

For questions or more information, contact Sylvia Soholt at 206.399-0628 or sylvia@sylvansanctuary.org



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Jan. 16**

Garden The World

By MEarth



MEarth thought this was worth reading:

OCA: Vilsack Not “Change We Can Believe In”

By Ronnie Cummins

WASHINGTON, DC – Today’s announcement that former Iowa Governor, Tom Vilsack, has been selected as the new Secretary of Agriculture sent a chill through the sustainable food and farming community who have been lobbying for a champion in the new administration.

“Vilsack’s nomination sends the message that dangerous, untested, unlabeled genetically engineered crops will be the norm in the Obama Administration,” said Ronnie Cummins, Executive Director of Organic Consumers Association. “Our nation’s future depends on crafting a forward-thinking strategy to promote organic and sustainable food and farming, and address the related crises of climate change, diminishing energy supplies, deteriorating public health, and economic depression.”

The Department of Agriculture during the Bush Administration failed to promote a sustainable vision for food and farming and did not protect consumers from the chemical-intensive toxic practices inherent to industrial agriculture. While factory farms and junk food have been subsidized with billions



of tax dollars, the US industrial farm system has released massive amounts of climate-destabilizing greenhouse gases into the atmosphere and increased our dependence on foreign oil.

The Secretary of Agriculture is responsible for directing the U.S. Department of Agriculture and its \$97 billion annual budget, including the National Organic Program, food stamp and nutrition programs, agriculture subsidies, and the Forest Service.

While Vilsack has worked to restrain livestock monopolies, his overall record is one of aiding and abetting Concentrated Animal Feeding Operations (CAFOs, also known as factory farms). Vilsack’s support for unsustainable industrial ethanol production has already caused global corn and grain prices

to skyrocket, literally taking food off the table for a billion people in the developing world.

Over the past month, Organic Consumers Association members have sent over 20,000 emails to President-Elect Obama’s Transition Team, calling for the appointment of a Secretary of Agriculture who would develop and implement a plan that promotes family-scale farming, a safe and nutritious food system, and a sustainable and organic vision for the future.

“Obama’s choice for Secretary of Agriculture points to the continuation of agribusiness as usual, the failed policies of chemical- and energy-intensive, genetically engineered industrial agriculture,” said Cummins. “Americans were promised ‘change,’ not just another shill for Monsanto and corporate agribusiness. Considering the challenges we collectively face as a nation, from climate change and rising energy costs to food insecurity, we need an administration that moves beyond ‘business as usual’ to fundamental change—before it’s too late,” concluded Cummins.

Vilsack’s business as usual positions have included the following:

- Vilsack has been a strong supporter of genetically engineered pharmaceutical crops, especially pharmaceutical corn.
- The biggest biotechnology industry group, the Biotechnology Industry Organization, named Vilsack Governor of the Year. He is also the founder and former chair of the Governor’s Biotechnology Partnership.
- When Vilsack created the Iowa Values Fund, his first poster child for economic development was Trans Ova and their pursuit of cloning dairy cows.
- The undemocratic 2005 seed preemption bill was the Vilsack’s brainchild. The law strips local government’s right to regulate genetically engineered seed.
- Vilsack is an ardent supporter of corn and soy based biofuels, which use as much or more energy to produce as they generate and drive up world food prices, literally starving the poor.

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(yes, parents count!)

It’s not too late to get your name on this list of superstars. Please send what you can to PO Box 253, Vashon, WA 98070. We are working to pay off the balance we owe our printer. It’s a big number, but with your help we’ll get it done, and will continue to publish Vashon’s favorite newsmagazine. Thank you!

MadameToujours

Dear Madame Toujours,

I am afraid my husband may have gone bat-poop crazy. To be fair, this may have been coming on for quite some time, but it was masked by the Bush administration. When Bert and I were married back fifty years ago, he was a sensible man, a good provider, a sound Presbyterian. Gradually, over the years, he has become increasingly...er...extreme in his beliefs, but I really didn’t notice until we started hearing about that nice young Barack Obama fellow on the television.

Bert is now convinced that on inauguration day, he and all the other chosen people will be raptured up, and the anti-Christ in the form of that nice Obama fellow will rule the Earth for a thousand years.

Naturally, I asked what in the world he meant. Well, it turns out Bert has been quietly supporting that dreadful Bush fellow who started all those wars and tortured all those foreigners and ruined the economy. He is convinced that Mr. Bush is God’s messenger who is doing God’s work—as if God would have anything to do with a lot of wars and torturing. What sort of Christian believes such twaddle? Anyway, Bert is putting his affairs in order in preparation for being called to heaven. I asked him he would have done if that war hero person with the pretty lady for a vice president had been elected. He said that couldn’t happen because these are the end times and Obama is the anti-Christ, so he had to be elected. I asked what if that Ms. Palin person was the anti-Christ, but Bert just scoffed. He says a nice white Christian girl like that can’t be the anti-Christ. It has to be Mr. Obama because he is a Muslim—which I don’t think is true anyway.

Is this Alzheimer’s? Is it some kind of senile dementia? Maybe a circulatory problem that is restricting blood flow to his brain? What can I do?

Sincerely,
Taken Aback

Chere Mme. Aback,
Let us not be having the big worries about the strange ideas of M. Bert. If he is about to have the rapturings, there is not very much you can be doing about it unless you can be tricking him into breaking the major commandments. Possibly the provocative posings and winkings of Mme. Palin can be causing him to have the covetousness toward his neighbor’s running-mate. Or ass, whichever is being the more blasphemous.

Mostly, I am having the concern that you are only recently hearing about this. Why is M. Bert not having the big anxiety to make sure you are being raptured with him? If he is having the big love and faithfulness for you, then he is annoying you for many years with the evangelical rantings and brow beatings. Possibly, you should be prepared that M. Bert, he is planning to be leaving you and enjoying the heavenly raptures without you. I am recommending that you are having the big rage. Crush M. Bert. Accuse him of the unfaithfulness. Demand the reparations. If he is actually raptured, get yourself the new lover who is appreciating you.

Bon Chance, Mme. Aback, and there is no harm to try the treatments for the circulations to the brain. I am told that switching the undergarments from the boxers to the briefs, it can be very beneficial.

We've Got a Lot of Kids

by Kevin Pottinger

Cabin Fever

With the December snowstorms canceling school, work and almost all activities outside the house for the better part of three weeks, our family has recently spent quite a lot of time together.

Once our calendars were wiped clean in such a non-negotiable way, it dawned on us how stuffed full of activity our lives had become. Every day was crammed with engagements of all sorts, places to be and people to see. On a normal busy weekday, even our four-year old twins were often shuttling from preschool to home, to ballet and play dates, home and back again. My wife Maria logs hundreds of miles a week in our minivan.

It was enriching to spend so many meaty family hours together. And it's absurd that I need to have every other possible avenue of activity removed before I resort to spending even one complete day with my beautiful family. Absurd, yet completely true.

But after several days of weather-enforced togetherness, mental comparisons to the Donner Party were inevitable. I'm sure the Donners, who took the concept of family togetherness to its logical extreme, made snowmen and had snowball fights for a few weeks too, until the snow got too deep, their supplies ran out and they resorted to digging up old friends for supper.

Without any place to be and not much to do, days were reduced to their most basic elements: wake up, have breakfast, and find something to do, followed by lunch and finding something else to do. Later in the day, we'd have supper, and send the kids to bed, bickering. In the absence of something actually interesting to do, the default activity in our house became fighting over access to one of our three computers.

We have three computers and six people in our family, at last count. Some of the computers are more robust than the others. Some of the kids are more robust than others. Some kids can shout a lot louder than the others. And the competition for the PCs is keen.

The grown-ups can boot any kid off of any computer at any time, using something similar to eminent domain, which in our house means that the grownups are bigger and stronger, and can best decide what's the in the best interests of our familial community. As it turns out, the family's best interests often coincide exactly with whatever holds the interest of the adult at any given moment.

Our oldest boy has size and ability on his side. He can easily pry the mouse from his little brother's grasp and push him off his chair. Finely honed reading skills give him another competitive advantage: he can teach the other three kids how to play the games. After a quiet interval the other kids will realize that he's taken over the game, under the guise of teaching them the rules of play.

Our eldest daughter watches her older brother play for hours. Once she's mentally mastered the moves and strategies, she litigates in the Court of Mom, appealing for fair play and an equal turn at the game, usually forcing her older brother into competition with the twins for one of the remaining machines.

Volume, volume, volume; our four-year-old twin girl does it just like the discount chains. If one of the other kids makes a play to commandeer her game, she'll scream in a freaky, face-melting screech that can summon an adult from anywhere in the house, short-circuiting the takeover attempt, leaving the would-be raider shaken.

Her twin brother will crawl under the table and cut the power to the PCs in mid-game, and in the confusion and shouted recriminations he can often grab one of the machines for a few minutes, before he's tossed off his chair by his older brother.

With warmer weather, the roads have thankfully returned to normal. Things we took for granted, like running up to the grocery store, or a trip into town are possible once again. But I'd rather have another week at home with my beautiful family.

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utilized his four-wheel drive truck to bring Sandy and Maureen to the area.

Barrett's generosity did not end there as he continued to help residents of Sandy Shores. One woman, Marsha Pearson, suffered a broken ankle but lived at the bottom of a long, inaccessible driveway. However, this was just a small obstacle for Barrett, who carried the injured woman from her house up to his truck and then brought her to the Vashon Health Center. Marsha's daughter soon arrived at the Health Center and Barrett assisted her with grocery shopping while Marsha was being tended to. After being patched up, Barrett brought Marsha home and again carried her and her groceries down the driveway and safely into her home.

Throughout the storm, Barrett continued to make daily stops to check in on Marsha and other Sandy Shores residents whom he had

Continued from page 1

helped. Caretakers Terri and Maureen began referring to him as "the snow taxi," as he continued to help transport people around the island.

While acts of compassion like Barrett's were not uncommon during this storm, Barrett went out of his way and through a lot of trouble to help people he didn't know. He dedicated an exceptional amount of his personal time to ensure the well being of other islanders.

The Winter Storm of 2008 will not soon be forgotten; nor should the good deeds of Islanders helping Islanders in times of need.

Barrett Fox is a resident of Vashon Island. Son of Bruce and Joyce Fox, Barrett works for Crowley Marine Services in the Alaska Frontier. Those who know Barrett are often touched by his generosity and never surprised by just how big of a heart he has.

PANDORA'S BOX

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Getting out of SADS

by Kathy Abascal

We are well on our way into SADS (seasonal affective disorder syndrome) season. The snow is melting and the days are getting slowly getting longer. Nonetheless, many of the people I encounter are doing poorly. They are tired of the cold, the snow, the dark, the weather, the island, life...everything really. SADS is setting in for these people. And, given that winter has just begun many need to take action now to prevent more serious depression from setting in as winter drags on.

I have written before on how to prevent SADS but it appears that one more article is in order. The treatment is simple and usually very effective: Take vitamin d in large enough amounts, make sure you get omega 3 essential fats in your diet, and take St. John's wort (Hypericum spp.)

Vitamin d is an essential hormone involved centrally in thousands of processes in our bodies. Without enough vitamin d, our hearts malfunction. Our bones weaken. Pregnant women low in vitamin d have significantly more cesarean sections. Our immune system becomes depressed and we become susceptible to the winter ailments, especially influenza. And without enough vitamin d, we become sad and depressed.

It seems that humans were designed to live in a more southern climate where the angle of the sun stays steady. As the earth tilts away from the sun and the angle moves above 45 degrees, we can no longer use the sun to make vitamin d. Actually, here in the Northwest, our ability to make the vitamin begins to diminish in August and is lost by October. Most of us do not have sufficient stores to carry us very long. By December, we are starting to experience the effects of a vitamin d deficiency — we become very blue and we cannot begin to replenish our supplies until May. To make matters worse, most of us do not have enough vitamin d even in the

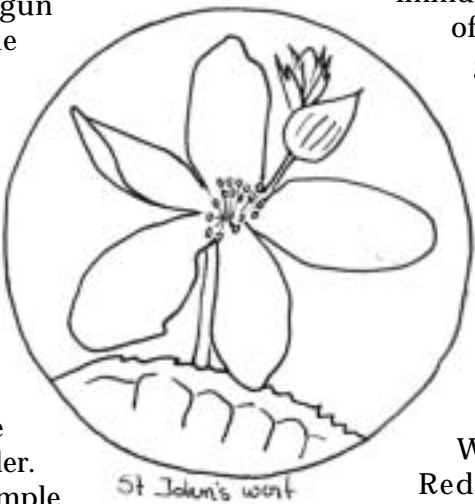
summer so we are in trouble when winter arrives.

Vitamin d metabolism is complex and central to our well being. It seems odd to me that we would need so much of a vitamin that we cannot make most of the year. After all, humans have lived outside the tropical belt for a long time without apparently suffering too much. How did they manage at a time when no supplements were available? My guess — entirely unsupported by studies -- is that when we eat properly we need less vitamin d or that elements in our diet act as vitamin d analogues (much as statin drugs appear to act). Be that as it may, today we definitely need substantial amounts of vitamin d. About 1-2,000 units just to maintain our normal levels. If we have dropped into the low range, we may need 5-10,000 units to replete our system. If you are already feeling blue, you may well need to move into that higher dose range. I find the easiest way to take vitamin d is in liquid form with two drops a day providing 2,000 units.

A good omega 3 balance is also vital to a healthy nervous system and a vigilant immune system. Most of us eat so much grain and grain-fed animals and so little green vegetables that we have a serious imbalance of omega 3. That imbalance fosters depression. What to do?

Reduce your grain intake, eat a lot of green, leafy vegetables, wild fish, walnuts, and pumpkin seeds. And add some fish oil to your diet (flax oil if you are vegetarian). Fish oil is available as a lemon-flavored liquid. It tastes great sprinkled on salad or broccoli and you only need a teaspoon a day.

Third, St. John's wort can provide help in a different way. This herb has a long history of dispelling dark moods and the ancient Greeks described it as bringing sunshine into people's lives — which is just what most of us need about now. The herb can be taken as tea, tincture or capsule. The herb does speed up the liver's ability to detoxify and for a while there was concern that it might speed up the processing of low dose birth control pills, decreasing their ability to prevent pregnancy. It now appears that those concerns were unwarranted but you should not combine it with blood thinners or pharmaceutical antidepressants. Another interesting aspect of St. John's wort is that it grows up here in the cold, dark Northwest. So we have a local plant that may offer great comfort for an ailment caused by our geography and relationship with the sun.



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Some people use full spectrum lights to deal with SADs. They certainly will not hurt, but in studies their benefits have been mixed. The gradual dawn lamps, on the other hand, have better support. These lamps, or special timers attached to one of your own lamps, slowly come on in the morning, reaching full light at the time you should awaken. It appears that this device is able to 'reset' circadian hormones that govern sleep and waking by simulating daylight slowly changing your hormone balance, easing you into the day.

So, if you cannot stand winter and you find yourself more and more depressed, remember that you likely can help your body deal with the dark and cold without so much SADs-ness.



Kathy Abascal is a professional member of the American Herbalists guild and is certified by Michael Moore of the Southwest School of Botanical Medicine. She has written two books on medicinal plants: Clinical Botanical Medicine and Herbs & Influenza - how herbs used in the 1918 flu pandemic can be effective today.

She is available for herbal and nutritional consultations at Court House Square. The consultations will help you choose herbs and supplements as well as make dietary changes that will support your health. An evaluation of how these changes might affect any prescriptions medicines you are taking is included in the consultation. Kathy also teaches on-going Conscious Eating for Health & Weight Loss classes at the Roasterie. For more information, contact Kathy at 463-9311 or at anemopsis@yahoo.com.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Jan. 16**

Positively Speaking

by Deborah H. Anderson

Because of Bruce Larson

“Dazzle ‘em kid!!” he exclaimed as we sped towards the Bainbridge Island ferry terminal. That was when we thought I was going to Princeton. It seemed like a slam-dunk. I had been working on the systematic with him for over five years. When he moved up to the Northwest again after retirement, the work of me developing a systematic theology of relational theology moved from letters and phone calls and questions and occasional interviews to regular meetings at his and his wife Hazel’s home on Bainbridge.

Me, facing an excruciating battle with the old boys network in the church, and he, battling the beginning ravages of Parkinson’s, would talk endlessly in his office. Again and again I would try to place the traditional template of seminary thinking on the principles and tenets and practices of relational theology. He would speak in the definitive way of a swimming coach trying to get his young athlete back in the lane boundaries and call me up short on reframing my words. One day I arrived to find several handwritten pages of the historical framework for me to look at. “It’s the most fun I’ve had recently, he declared.”

Finally he convinced me to stop trying to fit and do the work I was called to: to trust my thinking. He taught me to follow the Holy Spirit and believe I was listening to God. “You stand on my shoulders,” he said. “ I give you this work to take and use as your own.” He left me that day with his latest book inscribed to me, “Pastor, Prophet and Friend”

I released my conventional concerns and discovered I had known the truth all along. All I had to do was give up my desire to be accepted within the traditional church. In one night, having surrendered all, I sat down and put everything together the way I discerned it to be and hit ‘attach “ and “send”. The response was immediate the next day. The email read simply “Bravo! Bravo! Bravo!” It was to be the beginning of my ministry to pastors and seminarians teaching them to go underneath the conventions of church culture and look to their faith as the motivation for service.

He called me a Barnabus and made me feel it was OK to have fallen in love with the act of encouragement. I wasn’t foolish or a Pollyanna to look at others through God’s eyes and see the best in them.

And when, as always happens with people who do not believe themselves to be loveable, the ones I encouraged bit me or hurt me or tried to destroy me, he would be right there at the other end of the phone encouraging me not to quit. The worst time was when I had been crucified during my three-year stint as a pastor by people to whom I had given my best loving.

“Why Bruce?” I cried over the phone. “Why don’t they run to the Gospel? Why are they mean to me when I’ve done nothing but encourage them to reach for the best in their lives?!” With his staid deep wise voice he countered, “Deb, they would have to admit their whole lives have been wrong. They can’t do it. The unforgiven are always the most unforgiving.” There was peace.

The funniest moment of the crucifixion came when the executive of the particular denomination called to yell at me once more about some supposed offense. Finishing his thoughts he yelled at me, “... and stop saying you know

Bruce Larson!!!” I leaned against the sink in utter despair of the endless attacks. Not a minute after I heaved a sigh, the phone rang. Thinking he had thought of one more nasty hurtful thing to throw at me, I heavily pulled the phone to my ear. “Deb”, the voice boomed. “This is Bruce. How are you doing?!” Did I mention the sum and substance of the tutelage was learning to walk in and follow the Holy Spirit. Bruce’s obedience was impeccable. His timing was always perfect. He was the first one to sponsor my ordination and the last one at my side in every attack.

The day I decided, against the pressure of many, not to sue them as I rightfully could have, he expressed his pleasure in a good decision. And when I found myself rejected in a major blow, a single sheet of paper arrived in the mail from him. There in the shaky scrawl giving witness to what the disease was doing to him was a single sentence. “I’m proud of you.” Love , Bruce

Zephaniah 3:17 –
 (“The Lord your God is with you,
 he is mighty to save.
 He will take great delight in you,
 he will quiet you with his love,
 he will rejoice over you with singing.) (NIV)

And then, as happens in close relationships, the time came when the stress of what was happening to me wore thin on both of us and there was a disagreement. Space and time happened. I stopped the weekly reports of what was happening to me. I nursed the injuries that come with small offenses that creep in during stressful times. After a while, the gap seemed too big to be simply repaired.

By God’s grace, in stepped a new person, a new mentor. Upon hearing a bit of the story of my relationship, knowing that Bruce’s time on earth was limited, he spoke directly to me. “You have to call Bruce and reconcile. You do not want him to die and not have this thing reconciled.”

It took a few weeks but finally I summoned my courage and phoned. Hazel, his wife, editor and best friend, and we set up a time in the middle of the day when he would be at his strongest. As if time had no gap, I launched into my latest doings, offered small encouragements to him in his condition and shared many laughs. By that time I had begun to volunteer in an organization he once lead. It was fun to share how God had worked things out. “I’ve been a regular columnist for this paper called the Vashon Loop I proudly told him. I love it”

I thanked him, and then I thanked him again, and then once more for good measure for all that he had given me. I pledged to him I would use it all and always remember to “Trust God and Love People and don’t get the two screwed up.” One of his greatest truths.

For some time now I’ve been putting together a little care package I wanted to give him and Hazel for Christmas. Somehow the movie “Door to Door” embodied the principles of the theology we shared. And I had a copy of my column “Don’t Waste Your Time in Church” and I was thinking now maybe I ought to include a package of pinwheels, a snack we shared with a story once at his house. Sending it to Hazel will be bittersweet.

This column topic was going to be on my three brothers God gave me. God



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promises that if you have to give up your birth family for his sake that he will replace them. I’ll have to write about the other two another time. Let me declare that Bruce was the best big brother any girl could ever hope to have.

When I returned from the interview that day I’d been instructed to ‘dazzle ‘em”, I dashed off a letter. I can’t remember if it was email or snail mail. I told him every time I left him I always felt like my big brother had dropped me off to face the playground bullies. It seemed he was giving me his letterman’s jacket for extra warmth and saying, “Go get ‘em kid.”

The weekend before he died, silent tears kept dripping mysteriously from my

eyes. I could not figure out what I was so sad about. I kept saying, “I’m so sad” trying to see if declaration would stop them. I did not know he was dying. I googled ‘grief’ and printed off dozens of quotations hoping it would help.

Monday night he slipped from earth to heaven. Bruce taught me that experience exemplified the mystery of the Christian experience.

Because of him, I will this year reach new heights of daring adventure living on the edge, asking people to dance and embracing the one and only me whom God made. Because of you, Bruce. Because of you. Love Deborah

Loopy Laffs

A city boy decides to start up an island chicken farm, so he buys a hundred chickens to get up and running. A month later he returns to the dealer to get another hundred chickens because the first lot had died. Another month passes and he's back at the dealers for another hundred chickens, "I think I know where I'm going wrong" he tells the dealer, "I think I'm planting them too deep."

Democracy is a beautiful thing, except for that part about letting just any idiot vote.

I went to a seafood disco last week... and pulled a mussel.

One Liners

- Only in America:
- ...can a pizza get to your house faster than an ambulance.
 - ...are there handicap parking places in front of a skating rink.
 - ...do they have drive-up ATM machines with Braille lettering.
 - ...do people order double cheese burgers, large fries, and a diet coke.
 - ...do banks leave safe doors open and then chain the pens to the counters.
 - ..do we leave cars worth thousands of dollars in the driveway and put our useless junk in the garage.
 - ...do drugstores make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front.
 - ...do we use answering machines to screen calls and then have call waiting so we won't miss a call from someone we didn't want to talk to in the first place.

A Sunday school teacher asked her little children, as they were on the way to church service, "And why is it necessary to be quiet in church?" One bright little girl replied, "Because people are sleeping."

Two friends meet on a Miami street. One looked forlorn, and almost on the verge of tears. The other man said, "Hey, how come you look like the whole world caved in?" The sad fellow said, "Let me tell you. Three weeks ago, an uncle died and left me forty thousand dollars." "That's not bad." "Hold on, I'm just getting started. Two weeks ago, a cousin I never knew kicked the bucket, and left me eighty-five thousand free and clear." "Sounds like you should be grateful." "Last week my great aunt passed away. I inherited almost a quarter of a million." "Then how come you look so glum?" "This week..... nothing!"

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Loop Arts

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When: 6:30 – 10:30pm

Date: Tuesday, January 20 (*Inauguration Day!*)

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'
Open Space for Arts & Community
18870 SW 103rd Street (next to Sheffield Building)
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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
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!
- 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!
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Contact: Karen Biondo at Open Space (206) 408-7241
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Kore Ionz will bring water for roots, love of reggae, and fire for rock to Vashon Island on Saturday, January 10, 2009 at 9:30pm with their first live performance of 2009 at the Red Bicycle Bistro.

Kore Ionz, uniting in Seattle from many corners of the globe, balance roots reggae with dynamic rock and world rhythms, producing high-energy grooves with a conscious message.

The year 2008 brought the release of their first album, "Half-hour Revolution," of which 50% of the proceeds benefit Seattle youth empowerment organization the Service Board, which provides mentorship, leadership, and community service opportunities to marginalized youth. Other highlights of the year include sharing the stage with Bob Marley's Original Wailers, Eek A Mouse, Clinton Fearon, and John Brown's Body.

Perhaps the most powerful performance of 2008 was the band's journey to the King County Juvenile Detention Center in November to play for



the youth detainees, reminding them that outside the concrete walls and steel bars of their daily life, there are people willing to help them transform their lives if they choose to reach out. Kore Ionz believe in the universal power of music as a catalyst for social change in communities and individuals. As Marian Liu from The Seattle Times states, "Kore Ionz has a higher calling that involves changing lives."

For more information on the Kore Ionz, please visit their website at koreionz.com, or their MySpace page at myspace.com/koreionz.

Angela Reed @ Café Luna Friday Jan 16 7:30 pm

Explosive and elegant, Angela Reed sings and writes in her eclectic blend of music. She sings with a voice that is somehow raw and angelically fluid at the same time. This Seattle-based songstress is a competent lyricist, a melodic soul, a personal performer, and a beautiful example of artistry at work.

"Angela Reed has the voice of an earth angel-sweet and vibrant and memorable. A rare singer who will fly far." -Judy Collins

"[Angela Reed] stands as an accomplished singer and songwriter whose energy is clear. Undertone reveals honest lyrics and a confident voice for one so young." -Viki Ackland, Lipstikindie.com

"Angela's unique tonality and natural style are delightful and refreshing... [Her] considerable talents as a songwriter, producer and performer, combined with her artless charm, make her the complete package." -IMG Music Promotions Inc.



photo by David Sokol

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House Engine at the Red Bicycle Sunday January 11.

The goal of House Engine is to provide the excuse to get out on the dance floor and shake it. This is a new band with lots of experience, full of history, and everyone brings a little something to the plate. The music is primarily blues, but varies with a little rock, alternative country, originals, Motown, funk, and a little Shout styles thrown in. Vashon has an incredible array of musicians and this band contributes with the best of them. Please come out and enjoy the music of House Engine this Sunday and every second Sunday of the month at the Red Bicycle. This is an All-Ages event and is from 7-9pm. Free cover!



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www.vashontheater.com

Part of Fortune at Cafe Luna Saturday, January 17th, 7:30 No Cover

Neal Woodall and Lisa Marie Kuhlman are Part of Fortune, a folk duo from Olympia, Washington. The musicians met while working in the same elementary school. It didn't take long for them to recognize their similar interests and style in music. Soon they were performing together throughout the Puget Sound area and as far away as Shanghai, China for school assemblies, benefits, festivals and in a variety of folk venues. Describing their act as "music to nourish the soul," their repertoire includes originals as well as songs by Bill Staines, Laurie Lewis, Chuck Pyle, and Shawn Colvin just to name a few. The open warmth and compelling enthusiasm of Part of Fortune easily translates to family audiences, lifting spirits and inspiring spontaneous participation





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