



THE VASHON LOOP

Vol. 6, #2

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM January 23, 2009

Sex & Love

Submitted by the YAD Planning Team



It's Youth-Adult Dialogue (YAD) time again. Come one come all **February 3** to the Playspace at 5:30 p.m. to talk about sex and love.

The 15th Youth-Adult Dialogue topic: Sex: What's Love Got to Do with It? The dialogues provide a lighthearted space for different generations to talk with each other.

It's the second in this year's themes of "Sex, Drugs and Rock 'n Roll." (October's dialogue was about Rock 'n Roll. Another in May will focus on drugs.)

There's a free dinner (please bring your own plate and utensils). And youth who participate get a coupon that's good at Movie Magic

Continued on page 9

We the People Have Work to Do

Attend a moderated debate on the pros and cons of the school bond issue so you can make an informed decision. **Thursday, February 12, 7 pm** at Courthouse Square.

Sign a petition to insist that the State step up to its fiscal and legal responsibilities to fund and maintain the ferry system and our ferry service. Stop by the Vashon Library, The Hardware Store, Chamber of Commerce, or Keller Williams Realty as soon as possible but **no later than February 14** when volunteers will be tallying results.

Mark your calendar to attend a huge rally in Olympia on **February 17** to deliver boxes of signed petitions to our legislators.



They're Baaaccck!

It's that time of year again! Local Camp Fire kids will be out and about selling candy for the next couple of weeks in their annual candy fundraiser. You can buy candy from January 23rd through February 16th from one of the 25 island Camp Fire youth at Thriftway or the ferry dock. If you have questions, contact Lauri Hennessey at 463-1931.

Camp Fire kids sell almond roca, caramel clusters and mint patties, and it is their main fundraiser each year. Pictured are some local Camp Fire youth. *Submitted by Lauri Hennessey.*

Horse Farms Get Ready for Spring



Don't let the winter blues put a damper on your horse activities! Join Horses for Clean Water and the King Conservation District to learn chore-efficient ways to manage manure, get tips for reducing mud and ideas for creating productive pastures.

On **Saturday February 7** from 10AM-Noon, tour Paxhia Farms, a 12 acre Vashon commercial horse property that works hard to maintain the health of its natural features as well the health of as its Dutch Warmbloods. See pastures interspersed amongst mature cedar and fir trees, mud-free sacrifice areas, winter turnouts and a covered arena. An

ecology block bin collects stall waste for give-away to Island growers. Learn about chore-efficient horse management techniques that make horse life easier and reduce environmental impacts.

BONUS: Win coupons for \$100-off expenses for installing barn gutters, manure compost bins, winter paddocks, or other Best Management Practices. Also see and hear about a plug-in electric neighborhood car!

Register for this **FREE** tour and receive directions with the King Conservation District at 425-277-5581 ext. 122, or paul.borne@kingcd.org.

Raising Our Own Food



A White Orpington considers laying an egg. Cathy Fulton photo

Vashon Island Growers Association (VIGA) is offering two "Raising Our Own Food" classes—a two-session beginning vegetable gardening class and a chicken class.

Starting a Vegetable Garden: Topics in the beginning gardening class will include choosing a location, soil building, planning your garden, how to plant, frugal gardening, watering, protecting your crop, and more. Instructors are Nancy Lewis-Williams, a master gardener, and Cathy Fulton, proprietor of Mariposa Gardens. The vegetable gardening class will take place on two consecutive **Saturdays, January 31 and February 7, 10:00 am to noon.**

Raising Chickens for Eggs or Meat: Our chicken-raising class will cover ordering chicks,

Continued on page 10



The Vashon Loop sincerely thanks The Spotlights and all the people who turned out at The Red Bike on January 18 to dance and support the paper. Your generous contributions of nearly \$500 went towards paying off The Loop's past due balance with our printer. If you think The Loop is a worthwhile community paper, please help by sending a contribution to PO Box 253, Vashon etc. Your name will be added to the Rock Star list on page 15.

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.

Six Writing Classes Offered

Do you have a story to tell? Have you always wanted to write, but haven't found the time or inspiration? How about filling these long winter afternoons with observations and reflections? Bring those good ideas and your laptop or notebook to Creative Writing for Grown-Ups, a winter series of workshops for adults available online or in the meeting room of The Harbor School on Vashon Highway. Taught by Nancy Ann Fox, classes in town will meet for 7 weeks, beginning February 7th. Writers may begin their online classes immediately.

Courses at the Harbor School include Island Portraits: Vashon Life Studies (Monday, 5:30-7:30); My Economic Self: Survival and Sustainability (Friday, 5:00-7:00); and In My Life: Writing Memoir and The Legacy Letter (Saturday, 10-12). Classes are limited to 15 writers.

The fee for any class is \$245 for 7 sessions. Courses include group seminar meetings and individual conferences, with presentation or publication as a goal for those writers who wish it.

Online courses include an individualized portfolio course designed to suit your needs and interests, Basic Writing Confidence and Skill, and How To Create a Writer's Notebook.

Creative Writing for Grown-Ups is taught by Island resident Nancy Ann Fox (known by her students as "Professor Nan"), the founder of the award-winning Pennington Writing

Seminar and a teacher with 28 years' experience in writing instruction for all ages and skill levels, in campus and Web 2.0 settings. "Professor Nan" is also a published poet and author of The Writer's Notebook, Teaching Writing As a Work in Progress, and the blog, The Good School. She and two students received international recognition with their discovery of four new puns in Lewis Carroll's Mouse's Tail.

To learn more or register for any course, call 206-660-7438 or email profesorafox@comcast.net.

DOIT Board Seeks New Members

What's going on with teens on Vashon? How are Vashon teens acting on their visions for the future? What teen activities need support?

These are questions the board of Development of Island Teens (DOIT) considers regularly.

On **February 5**, the DOIT board invites interested members of the community to attend a one-hour meeting at 5 p.m. to learn more about DOIT, and what it means to be a board member. Meetings are held at the conference room in the Voice of Vashon building at Sunrise Ridge, beyond Granny's Attic.

Teens will report on projects they accomplished with funding from DOIT, and board members will explain what it takes and how fun it is to be a board member.

For more information, contact board president Crystal Culp at (206) 443-6907.

Cedarsong Nature School's Mid-Winter Break Nature Camp

Join Naturalists Erin Kenny and Robin Rogers in decorating the forest and its hideouts, creating found object art, playing nature games, running through the forest, and jamming on musical instruments. Tuesday - Friday, Feb. 17-20, 11am-3pm, \$37 for each day, \$140 for all four days. Financial aid is available for qualified families. Call 463-3218 for more information or register online at www.cedarsongnatureschool.org.

Calling all artists

Help the Vashon Island Growers Association (VIGA) illustrate the Vashon Island Farmers Market 2009 promotional poster.

Any medium is welcome. The design should convey the spirit and beauty of the Farmers Market. The final poster size will be 11 x 17 inches, and it will be displayed all over Vashon Island during the market season, March-December. The winning artist gets member benefits for the 2009 Farmers Market season and retains the original work.



**NEED HELP
WITH YOUR
TAXES
PROPERTY TAX EXEMPTION
BASIC HEALTH
APPLICATION???**

**Come to the
Vashon Library**

on Thursdays from 11 AM - 1PM

Starting January 29th & Ending April 2nd

Taxes are a **FREE SERVICE** for people who make \$25,000 or less. You may have money coming back to you if you qualify for the *Earned Income Credit*.. Don't let the government keep your money! File!

Property Tax Exemptions forms will also be available. To qualify you need to be at least 62 years of age and your income must be under \$35,000 and that includes Social Security.

Basic Health is still opened. To qualify for the state subsidized health insurance your income needs to be under \$20,800 for one person and under \$28,000 for two people.

All forms will be provided by Hilary Emmer
463-7277



Sludge Happens

Toilets keep flushing even though the economy is in a slump. Cheer-up! You can now win \$250.00-off a septic system pump-out just for attending "The Care and Feeding of Your Septic System" workshop on **Thursday January 29th** 7-9PM at the Land Trust Building. Take advantage of Teri King's vast knowledge of how a variety of systems work and how they fail. The WaterWorks grant from King County that supports these programs is coming to an end, so this may be your last time to catch Teri on the Island for a long while or to win so much money to help protect your drainfield.

One participant said, "Every homeowner on the Island should take this class." Others comment they like "the pace, good handouts, pictures, and informative delivery."

Learn how to protect your system when the power goes out. Evaluate your toilet paper to see if it is septic-friendly. See photos of creative landscaping ideas for your drainfield. Discover how to monitor and maintain your system so you can prevent the need for costly repairs. And, what's with these telephone calls promoting microbiologic additives for your tank?

Be sure to pre-register for this FREE workshop with Susie Kalhorn at 463-4006 or burnhorn@earthlink.net. We'll make sure we have enough hand-outs and enough cookies. So, come on in out of the blustery weather, grab a cookie, a cup-a-joe and enjoy the show. See you on Thursday January 29 7-9PM at the Land Trust Building.

Community Dinner Coming to Vashon

Vision for Vashon, a group of island residents, invites our fellow islanders to listen to our friends and neighbors at a FREE community dinner: "Stone Soup: A Conversation About Hard Times and Hope." Let's talk about our hopes and fears in this worsening economy.

DATE: Sunday, February 1st

TIME: 4 to 6:30 pm

LOCATION: Vashon Presbyterian Church, next to Movie Magic, in town
WHO: Anyone and everyone on Vashon; all ages.

BRING: Bring something to throw in the soup - chopped vegetables, noodles, whatever you have. There will be 2 soup pots - one with meat and wheat and one without. We will provide salad and bread.

Over dinner we'll talk to one another about our current situations and we'll also listen to several islanders from different walks of life

share how the hard times are affecting them.

The WHOLE POINT is to make discussion of our individual experience with the economic times OK to talk about. We believe that from our shared experience will come new vision and new solutions.

Vision for Vashon is an ad-hoc volunteer collective committed to working with existing organizations to address our community's short term and long term economic needs. We are committed to a collaborative, community based vision and effort. Our first effort was the poster/flyer (Island Resources for Tough Times), visible throughout town, that identifies the resources for islanders in need - how to access them and how to help them with volunteer time and/or cash. To find out more about Vision for Vashon, please email us at visionforvashon@gmail.com or visit our [website](http://www.visionforvashon.org), www.visionforvashon.org.

submit by digital photo please send to Ralph Moore, andmoore2@comcast.net

To submit by mail:

Joanne Jewell

Farmers Market Manager

VIGA

Box 2894

Vashon Island, WA. 98070

The Vashon Loop

Writers: Kathy Abascal, Deborah Anderson, Rachel Bard, Sarah Blakemore, Marie Browne, MEarth, Eric Francis, Troy Kindred, Melissa McCann, Orca Annie, Kevin Pottinger, Rex Morris, Jonathan Shipley, Ed Swan, Mary Litchfield Tuel, Marj Watkins, Susan Wolf

Original art, comics, cartoons: DeeBee, Ed Frohning, Rick Tuel, Jeff Hawley, Alex Soriano.

Ad sales and design: Tamara Griffin
Email: ads@vashonloop.com

Editor: Marie Browne, Email: editor@vashonloop.com

Publishers: Marie Browne and Troy Kindred
PO Box 253, Vashon, WA 98070
Paid advertisements in *The Vashon Loop* in no way express the opinions of the publisher, editor, or staff. We reserve the right to edit or not even print stuff. Deal with it.
Published every two weeks or so by Paradise Valley Press
© January 23, 2009- Vol. VI, #2

Don't miss an issue

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



HOME TEAM REALTY

Troy and Marie Sell Flash

We would love to help some lucky commuter quit that nonsense. Who wouldn't want to take advantage of a fantastic opportunity to be their own boss, stop paying ferry fare, gain back countless hours of time, and provide a valuable service to fellow Islanders. All that, and they can make a decent living, too!

Troy: Hey Marie, I'm pretty excited about selling Flash Photo this spring. It's a great opportunity for some lucky person to kiss the commute goodbye, and make a good living right here on Vashon.

Marie: It sure is a great chance for the right person. And there is so much potential for expansion.

Troy: We should probably explain that. I'll bet a lot of people look at the photo business and think it's a dying industry, now that digital cameras are everywhere.

Marie: You are right. It's true that so-called "wet" film – old fashioned rolls that get developed in smelly chemicals – are in steep decline. In fact, Flash Photo Phil says that in a few years wet film be virtually non-existent, except for disposable cameras, which people still use quite a bit to snap shots at parties. Digital cameras were definitely a technological change that made a massive impact on the industry – and on society. I mean, think about how easy and cheap it is to take pictures now!

Troy: Exactly. But even though people are taking thousand of pictures digitally, there are still plenty of times that they want a print. Grandma still wants her brag book, right?

Marie: Right. And folks are getting creative by making their own postcards, and collages, and calendars and stuff.

Troy: Which is why the two digital printers at Flash get such a workout. Plus, there are passport photos. Now that everyone – including kids – is going to need a passport to travel to Canada and Mexico, I imagine this part of the business will go nuts.

Marie: Indeed. Those photo-related services definitely make up a large part of the business. But Phil is no dummy. He knew that he would have to make up for the decline of wet film, so he got set up as an authorized UPS shipper. And before he decided that he wanted to retire from Flash, he started pursuing a few other lucrative business support services that Vashon most definitely needs.

Troy: Should we tell people?

Marie: We can tell them. When they call. We don't want to give away any competitive trade secrets. Then Phil would have to kill us.

Troy: So let's just say that Flash Photo – or Flash Photo and More – is definitely a great opportunity for the right entrepreneur. It's making money now, and the upside is enormous. The price is very reasonable for what you get. The equipment alone is worth a small fortune.

Marie: So let's just tell people that if they want to find out more, they can call us at 463-LIST (5478). We'll tell them the story about how Eastman Kodak thought digital cameras would be the microwave oven of the film industry. Hah!

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.



Nestled in the heart of Vashon Island, this 9 acre property consists of a Northwest style 2800 square foot private residence on a separate two acre lot, and seven adjoining acres that include a two story log house fully equipped with a kitchen, bedrooms and bathrooms, an enormous barn converted to a recreational facility, with a kitchen, bathrooms, and private bunkhouses, a cantina, and assorted outbuildings and amenities.

\$1,300,000.

www.vashondream.com

MLS # 28058571

Quit the Commute in a Flash

Flash Photo - and more

Quit the commute and provide a valuable service to your community, at one of Vashon's oldest and most respected businesses. Great location, loyal clientele. Turnkey business includes two digital photo finishing systems, lucrative passport photo services, film developing. Business is an authorized UPS shipping outlet and has room for expansion into complementary services and products such as packing and shipping, supplies, and copy services. Owner will train! \$45,000



Zanzibar - Sweet Deal!

Zanzibar Chocolates

Sweet opportunity to own a growing chocolate business with positive cash flow and huge potential for additional growth. Located in a prime Vashon location, Zanzibar Chocolates offers quality hand-dipped chocolates to loyal Island clientele and customers throughout the country. Profitable from inception, and there is limitless opportunity for additional revenue through increased seasonal promotions, specialty orders, hand-dipping classes, and partnerships with local restaurants. \$55,000



Visit us a www.yourHTR.com. To see more listings Or call us at 206.463.LIST (5478). We would love to help you with your real estate needs.

KELLER WILLIAMS
REALTY
Seattle Metro West

www.yourhtr.com

Your Home Team Realty
(206) 463-LIST (5478)

Positively Speaking

“Gobsmacked” by Deborah H. Anderson

Wow...Obama was elected president. A bi racial president. And while I mention it, could we please note that the first full on African American to live in the White House is a woman and the second and third are little girls. Classifying Obama as African American because his skin is black is an ancient racial stereotyping.

It's important to remember Obama is black and white and his middle name is Hussein. He is the 'Everyone's President'. He was not born with a silver spoon in his mouth, yet he went to the elite schools. He is upscale East Coast mannerly, yet lives with the heart of the prairie from his Midwestern mom and grandparents. He is all American yet comes from the world.

So much of what he exhibits comes from that time forged Midwestern pioneer spirit that runs the slow and steady race . In no more important time than this, is that quality of perspective and endurance necessary. Look at how he ran the race.

In one of life's ironic twists, as our roads turned to bare and dry, I began reading a book I'd purchased several years ago from the DAWN booksale fundraiser. The Children's Blizzard by David Laskin tells the story of the blizzard of 1888. A freak event in which January 12, 1888 started out as a day of seeming winter thaw and by the early afternoon was claiming over four hundred victims, twenty percent of whom were children.

In a twisted combination of weather fronts , the temperature dropped eighteen degrees in three minutes bringing with it snow that stung like frozen gravel. Everyone had gone out to make the most of the thaw doing badly needed chores put off by weeks of frozen impossibilities.

Teachers were caught in the quandary of keeping children, sent off to school because of the warm temperature, there in the building where they would soon use all of their available fuel, or sending them home in their lightweight clothing to try to make it to the nearest , more substantial building. Survivors lived long enough to die of heart attacks the next morning when rescuers were not able control their bodies' process of thawing.

It's not an uplifting part of history. None of the stories they tell of the blizzards in those homesteading days were uplifting. The Snow Winter of 1880-81 foreshadows tragedy for the Swedes, Norwegians, Germans and Ukrainians who, with sod houses and determination, settled the Midwest. That winter, the snows began on October 15 1880 and did not let up until the Spring of 1881. Snow was still on the ground in many parts in May.

And yet in both instances, there were incredible stories of miraculous rescues and survivals.

I have this theory. In hard times, it is not distraction we need. We need testimonies. They infuse new energy into our hearts . To do the solid work of enduring we need the camaraderie of survivors telling stories of victory. That is what is uplifting to us. Obama's story is a testimony.

Obama's story is, to borrow Eugene Peterson's words, A Long Obedience In The Same Direction. It needs to be our story too.

In the midst of my imagination living on the prairie as I read the book, Andrew Wyeth, painter of Americana, died.

Ah...Christina's World. Therein is a story of obedience in a single direction. It represents Wyeth's longstanding insistence on realistic painting when all others were turning to the modern and provocative.

He was true to himself. Are you true to yourself?

I was thinking about the irony of Glacier winning, at this point. They are, obviously, being true to the all mighty dollar, not humankind. Now please do not let me be misrepresented yet again. I have nothing against the dollar. But the irony of Glacier is that it's just about the dollar. We can't be just about the dollar. Well, you can, but you have to trade your soul and several family members first. Obama is not about the dollar first.

And by the by, may I just point out Glacier will push for a bridge next? Could someone please be on top of that one?

So why Gobsmacked? Because I have to give up ambient TV for a while to accomplish some wonderful opportunities that have been set before me. After a long obedience, I get to live out my dreams and heart's desires. One of those shows I have to give up is How Clean Is Your House. It's a favorite of mine. Brits who have lived in filth and squalor are cleaned up by Aggie and Kim. I love the reveal. The participants walk back into their newly dredged and fluffed digs and start to weep with joy for the new start in their lives.

And Kim says, "Gobsmacked?" You know. Like many of us were on election night.

It's a new year. It's a new president. The challenges you are facing are giving you a new opportunity to be creative and hopeful and obedient to your truest self. Think of the reveal. Think of the joy of looking back and seeing a walk of integrity and endurance with the chance to share you testimony.

Look to be Gobsmacked! Miracles can happen.
Love
Deborah

Back Bay Inn Sounds



January 30 **Geordie's Byre**

Febuary 6 **Riverbend**

Febuary 7 **The Geezers**

www.backbayinn.net

24007 Vashon Hwy SW

206-463-5355

Vashon Carpet Steam Cleaning

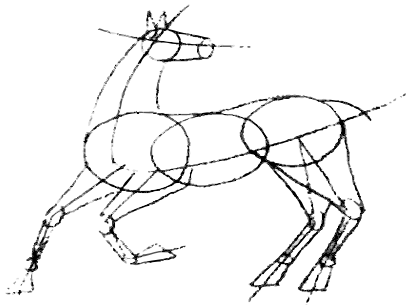
206-919-7019



Fast Same Day Service!
New Carpet Available!
Great Rates!

New to Vashon and Tacoma!

Tom Wallace



www.vashonfarrier.com | Tel: 206.463.9689

Farrier
Licensed Massage Therapist
*Practicing on both humans and equines
Because there was a crooked rider
who rode a crooked horse*

RUNNING NUMBERS Bookkeeping Service



Tamara Griffin
28501 Manzanita Rd.
Vashon, WA 98070

(206) 718-1188 cell
TamaraGriffin2001@yahoo.com



Out of the Ground, Out of the Sound
Lights Electronics Metals
From your home electronics to your hazardous waste.
206.734.4815
vashonreclaim.com

The Brahman Institute



8805 SW 159th St.
Vashon, WA 98070
(206) 769-6725
brahmaninstitute@gmail.com

**A Leading Center
for the Healing of Addictions in
The Pacific Northwest**

Don't Forget the Birds

When Birds Strike Back



by Ed Swan

Birds got some bad press earlier this month with their downing of an Airbus in New York. According to the Bird Strike Committee USA, civilian aircraft bird strikes totaled over 7600 in 2007 and they estimate only 20% of such strikes reach the level of official reports. The Committee estimates the cost of bird strikes at over \$620 million a year.

Aircraft makers began strengthening planes against birds quite some time ago. A September 2005 Wired magazine article (<http://www.wired.com/science/discoveries/news/2005/09/68937>) reports that plane engines must be able to withstand striking an eight pound bird. Manufacturers apparently test this by firing a chicken at point blank range into an engine. Birds aren't the only ones to get in the act. The article quotes a Smithsonian Museum staff member as noting a high altitude plane/cat collision. Apparently raptors attack powered aircraft by dropping their prey in a plane's path. Hopefully, this won't result in cats being fired out of a cannon into engines for safety tests.

SeaTac airport utilizes a number of methods to reduce wildlife strikes. Habitat reduction forms the primary method. According to their wildlife management plan (<http://www.portseattle.org/downloads/community/environment/wildlifemanagement08.pdf>), the Port of Seattle works to drain areas that might provide attractive waterfowl foraging or to plant them heavily with shrubs. A fence to keep out coyotes surrounds the area. They also try to manage the prey base of insects and rodents that attract many raptors and passerines.

They still have an impressive "life" list. For the one year listed in the Port Seattle's wildlife management plan, 2007, they racked up some pretty incredible birds for Western Washington. I sure would like to have a live Burrowing Owl on my King County list, they very rarely show up west of the Cascades. Horned Larks are in uncommon migrants in the Puget Sound area (we still don't have any records for Vashon) and nest extremely rarely. The Black Turnstone was migrating way out of habitat. Because SeaTac serves as a maintenance facility it appears that some of the birds on this list, including the Burrowing Owl, are birds hit somewhere else around the country and scraped off here.

SeaTac Airport Bird Strike List for 2007

Unknown bird	44
Gull spp.	5
American Kestrel	4
Swallow spp.	6
American Crow	2
Red-Tail Hawk	2
European Starling/Blackbird	3
American Robin	1
Black Turnstone	1
Cormorant, Dbl Crested	1
Horned Lark	1

Killdeer	1
Western Meadowlark	1
Western Sandpiper	1
Burrowing Owl	1
Fox Sparrow	1
Warbler spp.	1
Grand Total	76

It's unfortunate to see wildlife destroyed by aircraft and vice versa. However, other problems loom larger for birds. For instance, we can help birds and other wildlife a lot more by keeping our cats indoors. The cat "life list" for Vashon alone probably beats SeaTac by a thousand times every year in numbers and probably two or three times in numbers of species.

If you find a dead bird killed by cat, car or window and it's still in fairly good condition, call Islander Gary Shugart at 463-2169. Gary is the Collections Manager for the Slater Museum of Natural History at the University of Puget Sound. They prepare bird skins, wings and DNA for study. He also helps maintain the Vashon Audubon's collection of specimens for use at our local schools and other projects.

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.

Island Birding Guide
Species Identification
How to Attract Birds
Ed Swan
(206) 463-7976
edswan@centurytel.net

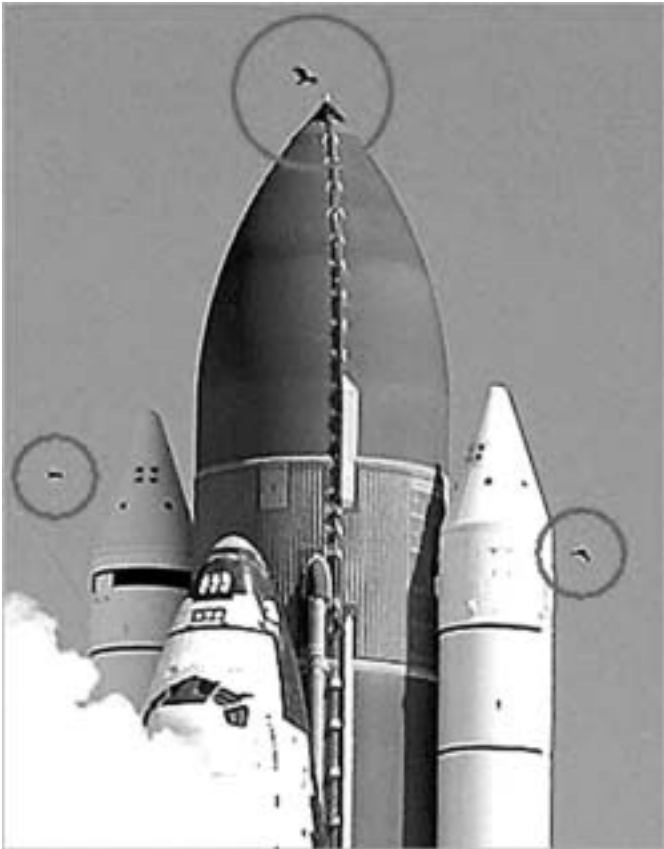
AJ's Espresso
17311 Vashon Hwy Sw

It's cold outside but we have a plan...

**Come warm up...
Homemade soup
Hot Dogs**

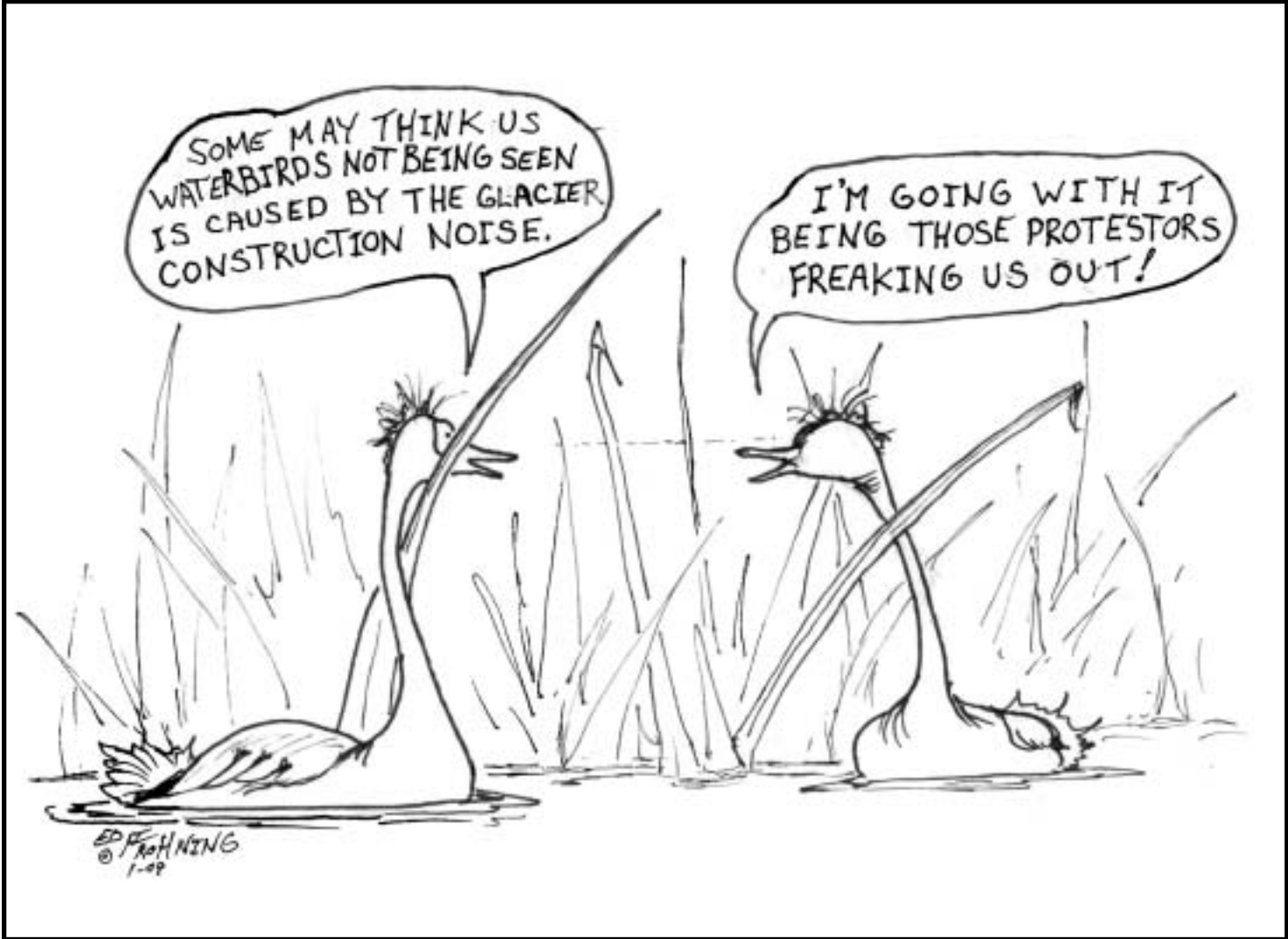
**Monday - Friday 6:00am - 4:00pm
Saturday - Sunday 6:00am - 3:00pm**
17311 Vashon Hwy Sw

Vultures fail to realize the shuttle isn't dead yet.



As if the shuttle program has not already been through enough, Discovery sustained a low-speed bird strike at liftoff. Before it had even cleared the Pad 39B umbilical tower the nose of the external tank struck which analysis indicates was probably a several-pound vulture, which bounced off the tank and fell lifeless along the backside of the tank instead of toward the orbiter windshield. It was vaporized by rocket plumes. Photo and caption courtesy of Port of Seattle.

Photo courtesy of Port of Seattle. Port of Seattle Management Plan





Aries (March 20-April 19)
People are picking up on an aspect of you that you may not be aware of at your workplace. This may be the root of any frustration you encounter this week. Imagine how the traveler to a distant land must feel when no one speaks the traveler's language, and no one is impressed by anything the traveler finds amazing. Then one day, the natives of this distant land notice the brass buttons on the traveler's pea coat and suddenly, everything changes for the better. In this instance, it is not what you say, but what you put out that will get your message across. Eric Francis has more to say at PlanetWaves.net.

Taurus (April 19- May 20)
What you do for a living is something that's been on your mind recently. More and more it seems as though you are finding yourself on a quest to find the best way to present yourself to society at large. For many people, this is the ultimate sign of growing up, but it's not like that with you. You are coming to the realization that you are the sum of all your parts, and so you have a desire to make everything work in harmony. This week might be a good time to start researching an area of interest to you. Keep the fire going. It will most likely be slow in its progress, but if anyone can handle it — you can! Eric Francis has more to say at PlanetWaves.net.

Gemini (May 20- June 21)
This week is the time to do some exploring geographically and mentally for the benefit of your life's purpose and outlook. There is a part of you that expects those you are involved with to do the same. The only problem that may arise is a misunderstanding regarding your breezy appetite for adventure. Be aware that it may come across as cold distance and practice patience, instead of discouraging yourself. It's true the people that love you will miss you wherever you choose to go, if you prefer to go it alone this week, but they will be pleased with the wisdom you return with when you begin to share the new outlook to which you have access. Eric Francis has more to say at PlanetWaves.net.

Cancer (June 21- July 22)
There are times when what you really need cannot come from another person, even if you have a specific exchange in mind that requires another person's participation. Oftentimes the roles you assign to people in your life are facets of your own personality. To demand loyalty to a certain extent limits your own need to shift and change as you see fit. This week is a prime time to do some creative work for the purpose of expressing your place in the world. Proclaim who you are before you get into any sort of exchange with another person. Remember who you are and you will be surprised how much easier it is to accept what the other people offer you. Eric Francis has more to say at PlanetWaves.net.

Leo (July 22- Aug. 23)
See if you cannot take that hard work you've been pouring into everything else and bathe yourself with it instead. It's clear you've got a lot going on and perhaps it has been showing in your health. Try to listen to the people you are in relationship with if they tell you they are worried about you: even if you don't want to hear it, in a way it's like a compliment. On the other hand, a chance to have an important conversation with someone you are close with may arise this week. The results will be flexible and not at all as grim as you may expect. Eric Francis has more to say at PlanetWaves.net.

Virgo (Aug. 23- Sep. 22)
Sometimes, no matter how hard you try to avoid it, something will happen to foil the plan. Even the best strategies are open season for chance. It's important when things don't go the way you expected them to not internalize. The benefit of a mistake or a bump in the road is the sense of flexibility that can come out of it. Remember: when architects build skyscrapers and bridges, they try to make them flexible to the elements. Rigidity is a structural weakness. Bring a sense of humor to your workplace this week: it might just be the perfect grease for that squeaky machine. Eric Francis has more to say at PlanetWaves.net.

Libra (Sep. 22 - Oct. 23)
Have you ever heard the expression "it's all fun and games until someone loses an eye?" Usually that's the reason we tell little kids not to run with sticks. While I don't see any cause for concern over your physical well-being this week, I do see a chance to discuss the rules of your game to those with whom you engage. There is an imbalance where service is concerned: service to yourself and also those in relationship with you. Someone, somehow, is reverting toward childish behaviors and what could be a pleasant trip to the playground is on its way to becoming a real temper tantrum. Be sure to take a step back and invite open discussion about what you expect and what is expected of you. Obligations and rules are easier to follow when everyone has a part in designing them. Eric Francis has more to say at PlanetWaves.net.

Scorpio (Oct. 23- Nov. 22)
There is a strong sense of camaraderie surrounding you that has the ability to turn your home into a social hotspot. You have the energy to mingle and by doing so, you'll be able to make some stunning realizations. This week is going to be a good time for you to express your emotions and concerns. You are beginning to realize the source of a conflict near your home has strong connections to your own family pattern. You know that saying about how mud runs downhill? You have some time-tested theories about the way

Proofreading and Editing... *from A to Z*

Publicity	Resumes	Signage	Templates	Warranties
Recipes	Schedules	Speeches	Timetables	Web sites
Reports	Schematics	Spreadsheets	Tour catalogs	'Zines
Research papers	Scripts	Statistics	Travel bulletins	
	Short stories	Technical document'n	Tributes	



EAGLE EYE PROOFREADING and EDITING

Nancy Morgan onvash@hotmail.com 206/567-5463
PO Box 2393 206/819-2795
Vashon, WA 98070

PERRY'S VASHON BURGERS

17804 Vashon Hwy SW

Open 11am to 8pm Monday-Saturday
12am to 5pm Sunday

Best Burger in Town!

For a Burger Emergency
463-4-911

patterns tend to repeat themselves over and over again until someone does something different. Speak up about it. Eric Francis has more to say at PlanetWaves.net.

Sagittarius (Nov. 22 - Dec. 22)
Don't get frustrated by the feeling that nothing is going on around you. Something is most certainly brewing, but like a train that rumbles on the outskirts of town, you have to stay still and keep your ears trained for the vibrations. Subtlety is key. You're going to begin to notice a lot about the communication network of your immediate surroundings this next few weeks — and most importantly, how you handle them. Those moments that arise where you feel the familiar sense of loneliness may be a call to engage the intuitive side of your nature. Oftentimes, when this side of us has something to say, it creates the moment we feel as loneliness. Eric Francis has more to say at PlanetWaves.net.

Capricorn (Dec. 22- Jan. 20)
Don't be afraid to put your philosophies out in the open. The best way to craft a personal code of ethics is to involve the ideas of as many people as possible. That includes the great philosophers and book makers as well as the humble diner waitress who always knows what you're going to order. Everyone has a bit of wisdom to share. You have a wealth of values and opinions and while some of them may not get the response you'd like, the ones that do get it will be the ones to hang on to. Think of a shoemaker: if everyone told this shoemaker the soles were flimsy, but (s)he continued to make the same shoes, what kind of business would the shoemaker get? To share is to

grow. To incorporate is to fortify. Eric Francis has more to say at PlanetWaves.net.

Aquarius (Jan. 20- Feb. 19)
You might have a hard time expressing yourself this week while at the same time, you have an awful lot to say. You have noticed things about yourself, about those around you, and about the world that are so pressing that you've got to share what you know. Take your time. Looking at your chart right now I see a lot of room for confusing other people. Communication only works if everyone understands each other. Being open to other people's questions will give you ample chance for the mental sparring you are ready for this week. You may also be part of an exchange with transformative qualities. I suggest looking for the metaphor in everything. Eric Francis has more to say at PlanetWaves.net.

Pisces (Feb. 19- March 20)
The fish living in the darkest depths of the ocean do not rely on light to navigate their way — as a result, they have poor sight. Much like the deep ocean fish making its way, you seem inclined to navigate your own personal depths with capacities other than sight. When it comes to the hidden side of your nature, sight is practically useless. Instead, utilize the other senses you were born with. Your subconscious at this time is a lot like the ocean floor: laden with treasure. Having this kind of self-knowledge will benefit you greatly in your quest to find a place in your community. Like all manner of wealth, wisdom benefits the owner nothing if it is not shared. Eric Francis has more to say at PlanetWaves.net.



By Marj Watkins

A Month End Meal to Boost Immunity

Though winter is waning, we still need foods that help us keep warm and that boost our immunity to the cold and flu germs we're bound to encounter.

We need raw fruits and vegetables, especially the brightly colored ones like bell peppers, oranges, tomatoes when red ripe, colorful leafy vegetables like parsley, kale, and red leaf lettuce for their enzymes and chlorophyll. We make a habit of eating fresh fruit with breakfast and a salad with lunch and with dinner, usually a vegetable salad with lunch and a fruit salad with dinner.

Also let's include spices: oregano, marjoram, rosemary, basil, and tarragon, cloves, and cinnamon. Thriftway's bulk herb section offers these at lower cost than those in the convenient little jars. I first bought them in jars, and keep refilling the jars from bulk herbs.

Less colorful, but no less powerful are garlic, onions, leeks, garlic salt, and dried onion flakes. Mushrooms of all kinds have healing factors. Shiitake, reishi, and maitake are so powerful they even combat cancer. Shiitakes taste best, and are easy to buy.

A mushroom soup recipe in a cookbook compiled by Chef Robert E. Stanley and an herbalist at Longfellow's Wayside Inn, Sudbury, Massachusetts, in 1983 inspired this one.

The white button mushrooms will soon be popping up in Island fields. Meanwhile, they are inexpensive in the produce section. For better immune system boosting include a few shiitake mushrooms, costly by the

pound, but each cap weighs next to nothing. This is a traditional mushroom soup, totally delicious, and wonderfully nourishing.

CREAMY MUSHROOM SOUP
2 to 3 servings

2 Tablespoons butter
¼ pound mushrooms, chopped (about 2 cups)
¼ small yellow onion, chopped
1 teaspoon dried marjoram leaves or 1 Tablespoon shredded fresh marjoram leaves
1 (10-ounce) can Campbell's chicken broth
¼ cup half-n-half cream mixed with
1 ½ Tablespoons cornstarch
1 cup milk
Black or white pepper to taste

Melt the butter in a heavy-bottomed pan. When it sizzles, dump in the mushrooms and onions and sprinkle them with the marjoram. Stir-fry until mushrooms have evaporated most of their moisture and onions are semi-transparent, about 5 minutes.

Add broth. Bring to boiling, reduce heat to medium low, cover and simmer 10 minutes. Combine cornstarch with half-n-half cream and stir in. Continue stirring until the soup thickens. Stir in the milk. Heat to steaming. Transfer to small tureen or individual soup bowls.

Serve with toasted all-rye bread and butter. Complete the menu with a salad of sliced red-ripe tomatoes, minced fresh parsley, and chopped red onion on well-washed, shredded romaine or red leaf lettuce. Push these to one side of the salad dish, leaving an empty circle. Mound cottage cheese in the center.

Nutrition note: Vitamin D helps ward off winter respiratory ills, and even cancer. Our northern location, and our indoor occupations and recreations, keep all of us low on Vitamin D from sunshine. Look for Vitamin D3, the same kind you'd get from sunshine, in 1000 I.U. capsules in the Vitamin section at the store. Many doctors now recommend 2000 units a day in winter, and for people whose lifestyle doesn't allow much time in the sun.

Food sources of Vitamin D3 are the fatty fishes: salmon, herring, and mackerel. Half of a 7.5 ounce can of salmon yields about 400 I.U. Vitamin D3.

Pre-Paid Cell Phones

Page Plus Cellular

Verizon Wireless

Virgin Mobile

Boost Mobile

Uni Wireless

Come in and ask about our prepaid refill service

11am to 9pm

17615 100TH AVE SW

206-567-5844

Barber & Beauty Shoppe

(206) 463-7212

Family Hair Care ~ Sensible Prices

Colors, Perms, Hair Cuts

Parker Plaza 17232 Vashon Highway

SERVICE
REPAIRS
SALES
FREE
TRAIL MAPS

BIKE
RENTALS
FOR
ADULTS
AND KIDS

VASHON ISLAND BICYCLES

(206) 463-6225

9925 178th Ave. SW www.vashonislandbicycles.com

Across	21. Leading	42. Big cats	61. Joyous
	23. Trophy	45. Pipe to water	63. Nucleon physics
1. Soybean	26. Horses' neck hair	wheel	69. Meditation
5. Uttered	28. Stiff	49. Flightless bird	70. S.E. Asian mammal
10. Wading bird	31. Movie 2001's	50. Unbelief	71. Aborts
14. Cain killed him	talking computer	53. Manipulate	72. Ballad
15. Raccoon-like animal	32. Entrance halls	54. Choose	73. Hits with an open hand
16. Prefix ten	33. North northeast	55. 1997	74. Wager
17. Depressed	34. Change into steel	Madonna movie	
19. Paradise	37. Anxiety	56. Shabby	
20. Help	39. Irresponsible	58. Set to zero	
	40. Bread spread	60. With it	

Down	11. Mattress companion	29. Central nervous	43. Pixy
	12. Sorbet	system	44. Appall
	13. __ Francisco	30. Still	45. Caress
1. Melancholy	18. Free of	32. Foreign	46. Gone to lunch
2. Kimono sash	22. School writings	Agricultural Service	47. Clock time
3. Affirmative	23. Expression of	35. European sea	48. Password
4. Communion table	surprise	eagle	51. Happenings
5. College (abbr.)	24. Western Athletic	36. Itchy skin	52. Ceremony
6. Promissory note	Conference	conditions	56. Rio de Janeiro
7. Remnant	25. Boxer Muhammad	38. Negative	57. Sleep disorder
8. Gaseous	26. Butterfly's cousin	40. Tableland	59. Cheese
9. Fret	27. Popeye's yes	41. One of these	60. Not his
10. Belief		42. MGM's Lion	61. Cheat

62. Water closet

64. Accountant

65. Rim

66. Lodge

67. Central daylight time

68. Compass point

Solution on page 13



Spiritual Smart Aleck



By Mary Litchfield Tuel
www.spiritualsmartaleck.blogspot.com

Bitch 101

(I'm working on a longer piece these days, so here's a rerun of a column from six years ago. Prepare to be educated.)

One of the most hurtful terms you can sling at a woman is "bitch." To call a man a bitch is to shame him by implying he is feminine. It is not the same thing.

Just in case you thought feminism has made the genders equal.

Dog fanciers use the word bitch correctly, without a blush, as the proper appellation for a female dog, and perhaps they wish the rest of us would grow up. Parents of teenagers who, in the heat of the moment, lose it completely and call a child a "little son of a bitch," are liable to get the term turned back on them: if I'm a son of a bitch, you know what that makes you.

I don't know where it got started, this skewing of a word into a cuss word that conveys a freight load of nastiness.

A little research shows that the word *bicce*, meaning female dog, appeared in Old English around 1000 AD. It was first applied in Middle English to "a lewd woman" around 1400. When pressed for the origin of the word, the Oxford English Dictionary will talk about Old Norse, and German, and French, and finally, when cornered, says, "Gee, uh, I don't really know."

There are, it turns out, many meanings. A bitch can be a female dog or fox or other species, or a lewd woman or prostitute, or a spiteful malicious woman or man, or a

complaint, or the act of complaining, or ruining something or screwing up, or a device used in mining ore, or a lamp made by putting bacon fat in a tin can with a rag wick.

In California in the 1960s, if something was really cool it was *bitchin'* and I don't know how that came about, but you still hear it occasionally, usually about a car.

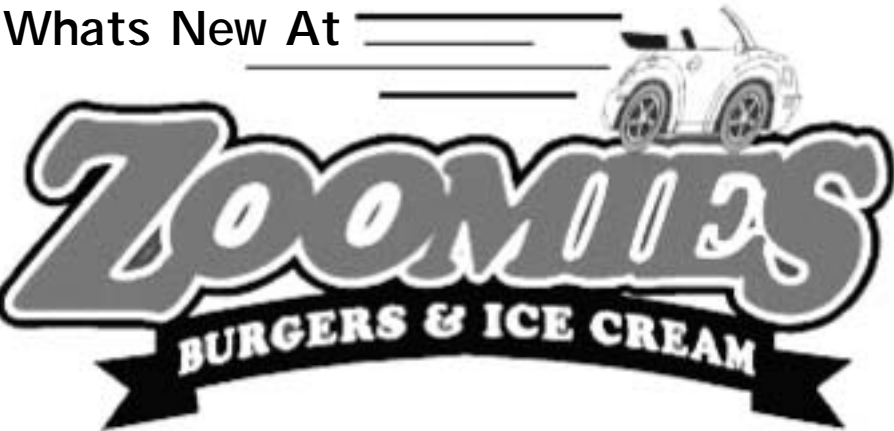
I have known women who claimed the term with pride. If, by bitch, you mean a strong woman who thinks and acts for herself without deferring to your imagined superiority, fine.

I have my friend Trylla to thank for the phrase and concept, "I'm getting in touch with my inner bitch." This serves as a warning to all in the immediate area. On a bad day we might think to ourselves, "Man, I am bitchy today." Again, this means, "Don't mess with me." You're liable to hear things about yourself you don't want to know. Things that might not even be true, but you'll have to figure that out for yourself later, as you weep in your room.

Like most words with the taint of cussing on them, bitch is a word best used sparingly, if at all, and judiciously, if you must. What compulsive cursers don't understand is that using swear words all the time robs the words of their impact and rich meaning. Say you are waiting for the ferry and cannot help but overhear two young men having a conversation which sounds like this: "Yeah, I took the f-ing car up to the f-ing mechanic, but he f-ing didn't know f-ing anything, so I figured f—that, I'm f-ing going into f-ing town and f-ing getting the f-ing work done there." If you were on the dock the same day I was, you know I'm not exaggerating. My husband calls such people "linguistic minimalists."

If sticks and stones can break your bones, words can break your heart. Ironically, bitch is used to mean a malicious person, when the malice is mostly in the heart of the person flinging the word. All I can say is, "son of a human!"

Dagnabbit.



Chicken Teriyaki
or
Yakisoba
So many Choices
Stop in and try
some today

Hours: 11:30 am to 7:00 pm

17705 Vashon Hwy SW 206-463-2838

"This is an unknown poem sent by an unknown person that is not me," says T Martino. Well, allrighty then. We took the liberty of setting it to imaginary music.

I used to be a FARMER, and I made a living fine,
I had a little stretch of land along the Wax Orchards line
But times were hard and though I tried, the money wasn't there
And bankers came and took my land and told me "fair is fair"

I looked for every kind of job, the answer always no
"Hire you now?" they'd always laugh, "we just let twenty go!"
The government, they promised me a measly little sum
But I've got too much pride to end up, well, just another bum.

Then I thought, who gives a damn if all the jobs are gone?
I'm gonna be a PIRATE on merry PUGET SOUND !!!

(Chorus)
Cause it's a heave-ho, hi-ho, comin' down the shore
Stealin' fish and Apples and all the other stores
It's a ho-heh, hi-heh bankers bar yer doors
When ya see the Jolly Roger on the SOUND'S mighty shores

Well, you'd think the local Townys would know that I'm at large
But just the other day I found an unsuspecting barge
I snuck up right behind them and they were none the wiser,
I rammed their ship and sank it and I stole their fertilizer!

A bridge outside of JUDD Creek spans a mighty river
Commuters cross in so much fear their stomachs are a'quiver
Cause they know that WOLF MAN JACK is waitin' in the bay
I'll jump the bridge and knock them cold and sail off with their pay!
(Repeat chorus)
Well, Sheriff Bob he chased me, he was always at my throat
He'd follow on the shoreline cause he didn't own a boat
But cutbacks were a'coming and the Smokie lost his job
And now he's sailing with us, and we call him Salty Bob!

A swingin' sword, a skull and bones and pleasant company
I never pay my income tax and screw the Mortgage too!
From the straits of Juan de Fuca down to Puget Sound, the terror of the seas
If you wanna reach the co-op, boy, you gotta get by me!
(Repeat chorus)
Well, Pirate life's appealing but you just don't find it here,
I've heard that in BC there's a band of buccaneers
They roam from coast to coastland, a mighty lot are they
And you're sure to loose your cutlass if you have to pass their way.
(One more rousing round of the chorus)

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

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

The Health Benefits of Green Tea

by Rodney Shackelford, DO. Ph.D.

Second to water, green tea is the most commonly consumed beverage worldwide. Its use goes dates back at least 5,000 years and archeological evidence indicates its possible use an incredible 500,000 years ago. Green tea was originally consumed for its proposed medicinal qualities, which included increasing alertness, aiding digestion and wound healing, and improving nervous conditions and depression. Over the past thirty years, the medicinal qualities of green tea have been intensively investigated in numerous scientific studies. Green tea in now known to exert a wide array of health promoting effects. Here are a few of them.

Cardiovascular disease Green tea lowers cholesterol and raises HDL or “good cholesterol” levels, while lowering blood pressure, inhibiting platelet clotting (like aspirin), and preventing hardening of the arteries, thus lowering the risk for heart attack and stroke. Currently, cardiovascular disease kills more Americans each year than cancer, making this aspect of green tea use very useful in promoting good health and long life.

Cancer Green tea confers protection against many types of cancer, including bladder, breast, ovarian, lung, esophageal, stomach, skin, and prostate cancers. This effect may come in part from the power antioxidant properties of green tea. It also lowers the recurrence of early stage breast cancer and appears to slow the clinical course of chronic lymphocytic leukemia. Unfortunately, green tea does not appear to prevent colorectal cancer (a common cancer in the US), or slow the growth a highly aggressive tumors. There is also no evidence that it can cure cancer.

Weight loss By itself, green tea does not cause significant weight loss, although it appears to promote weight maintenance in moderately obese individuals. However, it does increase the effectiveness of both exercise-induced and dieting-induced weight loss. Thus, green tea can be used to make a diet-exercise program more effective. Obviously drinking green tea will not “cover up” the bad effects of a sedentary lifestyle and a poor diet.

Longevity Studies performed in Japan have shown that individuals who drank five of more cups of green tea each day had a decreased risk of early death (roughly 12% for men and 23% for women). This effect may come from the ability of green tea compounds to activate proteins that promote longevity, in the same way as do the compounds found in red wine.

Relaxation Green tea contains theanine; an amino acid that reduces mental and physical stress, and produces feelings of relaxation, improving ones cognition and mood when taken with caffeine (also found in green tea about one-fourth the mount in an equivalent cup of coffee). Interestingly, theanine also promotes brain alpha-wave production. Alpha-waves are seen in meditation and relaxed, but alert mental states.

Other effects Green tea has many other effects, such as reducing the severe inflammation seen in Crohn's

Fireside Hearth Dry Wood

The only guaranteed dry fuel for your woodstove is at the Fireside Hearth Shoppe. Our presto logs are 8% water weight and are stove ready immediately call 463 5995 for delivery while supplies last! Don't risk chimney fires with wet wood!

disease and ulcerative colitis, preventing tooth decay, inhibiting bacterial growth (however, appropriate antibiotics are far more effective), and protecting the liver from toxins. Green consumption also lessens the damaging effects of UV (sun) exposure if drank 30 minutes before going out into the sun, and to some degree it combats the deleterious effect of rheumatoid arthritis and neurodegenerative diseases, including Parkinson's and Alzheimer's diseases.

When to avoid green tea Individuals who cannot tolerate any caffeine should avoid green tea or use decaffeinated green tea. Green tea should also not be taken with blood thinning drugs such as aspirin or warfarin, as all three inhibit platelet clotting. Thus using these with green tea can increase the risk of bleeding. Green tea should not be taken if one is receiving chemotherapy. The combination of green tea with chemotherapy might render the chemotherapy less effective and green tea should be used only upon the completion of chemotherapy. Last green tea should not be used if one is taking erphedrine or monoamine oxidase inhibitors.

Preparation Prepare green tea by boiling water (~6 oz), allowing it to sit a few minutes without heat, and steep the tealeaves (~2 grams) or tea bag 3-5 minutes. Boiling the tea or adding milk will reduce its health promoting effects. Boiling will also impart a bad taste bad. Three to five cups of green tea a day are sufficient to promote good health. Good sources of bagged green tea are Tazo tea, Celestial Seasonings, and the Republic of Tea. Decaffeinated green tea is available if one wants to drink green tea, but avoid caffeine. For more information, contact Rodney Shackelford at RdnyShac@aol.com.

Yes! It's Worth It

Yes! It's Worth It. That's the belief behind Vashon for Schools campaign supporting the bond to renovate Vashon High School. The campaign now jumps into full gear following the Vashon school board's decision to place the bond before voters March 10. The vote will be by an all mail in ballot with no voting at the polls. Vashon voters will receive ballots in the mail mid-February, 2009. A web-site will be on-line shortly where voters can find out more about what is included in the bond, take a virtual tour of Vashon High School, view a campaign video, and gather more facts about the project. To make a donation to help fund the campaign, please contact Jean Bosch at 567-1600.

www.vashonforschools.org. – on line soon!

ORIGINAL PHOTO BY: DANIEL CHESNEY

PLEASE VISIT US ON THE WEB AT: [HTTP://VASHONDOIT.ORG/](http://VASHONDOIT.ORG/)

SEX WHATS LOVE GOT TO DO WITH IT

Free Movie Magic Coupon good for a movie or a drink to all youth who attend

Vashon PlaySpace (Old YmCA Building)

Free Dinner: please bring your own plate, silverware & napkin.

Youth-Adult Dialogue #15

February 3rd
5:30 - 8:30

Come Anytime!

LOVE WHATS SEX GOT TO DO WITH IT

YOUTH-ADULT DIALOGUES ARE SPONSORED BY:

DOIT, VYC, VIPIT, KCCOP, VPD, VYFS & COMMUNITY VOLUNTEERS

Sex & Love

Continued from page 1
for a movie or a drink. The dialogue ends at 8:30.

Youth-Adult Dialogues were started in 2004 by the Vashon Youth Council and the Vashon Island Prevention and Intervention Team (VIPIT) in response to the strangling death-suicide of an Island father and his 17-year-old daughter in October, 2003 – an example of the worst of youth-adult communication. Sometimes they focus on specific topics, such as sex and love, and other times they're open to anything people want to discuss.

Participants in past dialogues have commented that they always learn something from listening and exploring topics of mutual interest to youth and adults. Development of Island Teens (DOIT), another YAD co-sponsor, also offers follow-up grants to youth-adult teams who come up with community service projects as a result of conversations at the dialogues. Examples include a series of articles in the *Beachcomber* based on interviews with homeless youth, and a Young Women's Forum for teen girls.

Besides the Youth Council, DOIT and VIPIT, this dialogue is also co-sponsored by the King County Community Organizing Program, Vashon Park District, Vashon Youth and Family Services, Vashon Be Prepared, and lots of interested volunteers. If you want to help, call Maryam Steffen at 463-2603.

The YAD Planning Team includes Kelly Ferguson, Alex Davis, Felicia Saathoff, Kris Bates, Stephen Silha, Carol Ellis, Bridgid Normand, Rebecca Fulton and Maryam Steffen. (Editor: Note that anything having to do with sex always gets you ink)

FOR ORCAS AND FOR ISLANDERS
PLEASE REPORT LOCAL
WHALE SIGHTINGS
ASAP TO
206-463-9041
Vashon Hydrophone Project
Orca Annie Stateler and Mark Sears
Vashonorcas@aol.com
Support Vashon-Maury Island Whale Research
Sightings NOT Disclosed to Whale Watch Boats

For your Holiday Party

Spare Change
Not Just an R&B Band

206-794-9451

HARBOR MERCANTILE

Since 1908

463-2500

SCC
Sound Contracting & Consulting
SOUNDCC872K2
(206) 463-2055
Michael O. Bradley
Contracting & Consulting Services

- Detailed, cost effective building plans
- Liaison with DOES for permits, land use issues
- DOES dispute resolutions
- Remodeling ideas and installations

Loopy sez: Deadline for the next edition of *The Loop* is
Friday, Jan. 30

MadameToujours

Dear Madame Toujours,
I have a problem in my marriage. My husband has become extremely depressed, and it is affecting everything about our relationship. He comes home from work and lies around in the house watching the home and garden network. I think his depression is because he is dissatisfied with his job. You see, Lloyd is a city planner. He has been trying for years to get a raise and a promotion, but he keeps being passed over for younger men. He has become so depressed and humiliated by this that he now refuses even to talk about it.

I think the reason he keeps being passed over is because of his wardrobe. The other men at his office wear permanent press shirts with maybe a narrow stripe in a neutral color along with slacks and coordinating ties. Lloyd, on the other hand, prefers to wear plaid flannel shirts with red suspenders holding up his dungarees.

So far, I have been unable to help Lloyd with this issue. I tried giving him a book on dressing for the job you want, but I found it behind the bathroom toilet. The spine hadn't even been cracked. Last year, I bought him a dozen permanent press shirts with matching ties, but he never wore them. He said he likes the feel of flannel, and plaid makes him feel cheerful, which he really needs because his job is so depressing.

What can I do to help Lloyd and get my marriage back on track?
Sincerely,
Dressing Him for Success

Chere Mme. Success,
Quelle damage, you are having the very difficult crisis for the family. Let me explain for you that while you were thinking that you were marrying the successful city planning person, you were actually marrying the lumberjack. This is the very common mistake which many female persons are making when they are not noticing that the prestigious city employee type person is dressing as the auto mechanic or the long distance truck driver.

"But Madame Toujours," you are saying, "It is being too late to get the new husband. Is there no hope for M. Lloyd?"

Mais oui, there is being no difficulty. Of course, M. Lloyd can be quitting the unsatisfying career as the city planner and go the forest to be the forestry management type person where everybody is having the flannel and the dungarees. However, this is possibly not the very practical solution for the finances. Instead, it is possibly being necessary to be making the small adjustments to the wardrobe. First, there is the perfectly acceptable outlet for the plaid wearings. The kilt, he is the respectable cultural expression which is extremely fashionable with the permanent press shirts. Simply change the last name of M. Lloyd to MacGregor and purchase for him the stylish kilts which he can be wearing for the working occasions.

Bon Chance, and remember, this is not the skirt; the kilts, they are the expression of the lusty manliness which will be much admired by the little prissy pansy men at the city planning office.

2009 Winter Feast for the Soul

Vashon is participating in a 40 day worldwide spiritual practice period beginning January 15th through February 23rd. The Vashon Winter Feast for the Soul includes 5 community events which will be held at the Land Trust Building every Monday from January 19th through February 23rd at 7pm. Vashon Islanders join the international community in the practice of peace - a 40 day commitment to whatever brings peace to you. It can be walking your dog, singing, dancing, journaling, yoga, prayer, sitting in silent meditation. All of these activities, with intention are spiritual when they bring us peace.

All events are Monday evenings, 7pm, at the Land Trust Building.
January 19th, Journaling with Jane Neubauer and Darsie Beck
January 26th, Crystal Bowl Ceremony with Jacqui Lown
February 2nd, Labyrinth Workshop with Betty Hawkins
February 9th, Yoga with Amy Huggins
February 16th, Dances of Universal Peace with Zubin Goldman
February 23rd, Closing Celebration

The essence of the Winter Feast for the Soul is to provide a framework for connecting globally and locally with others who also desire to practice and demonstrate peace.

Submitted by Zubin Goldman

Raising Our Own Food

Continued from page 1

housing, feeding, managing your laying flock, and raising chickens for meat. We will also discuss how to sell eggs at the market. Instructors are Dana Ness, who has been raising chickens

since she was 10 years old and Joe Yarkin, owner of Sun Island Farm. The class will be held **Sunday, February 8 at 3:00 to 5:00 pm.**

Both classes are being held at the Vashon Lutheran Church and are **free** and open to anyone. Please pre-register by contacting C a t h y , cathy@capturingmemories.com, 463-5652.



NEW DEALS HAPPENING AT CASA BONITA

SIESTA TIME

Come take a siesta on Monday thru Friday from 2:00 pm till 4:30 pm and receive 25% discount on your entire check.
Not available on to go orders

HAPPY HOUR

Join us 7 days a week from 9:00 pm till closing, and take advantage of this great Food and Drink specials.

FOOD	DRINK'S
Side order Taco..... \$ 1.75	Regular Margaritas..... \$ 3.50
Queso Fundido..... \$ 4.75	Regular Grande Margaritas..... \$ 4.50
Hongos al Mojo de Ajo..... \$ 4.75	12 oz Tecate or Dos Equis Draft Beer \$ 2.50
Spicy Chicken Wings..... \$ 5.75	25 oz Tecate or Dos Equis Draft Beer \$ 4.50
Taco Salad..... \$ 5.75	Coronas..... \$ 2.50
Chicken Taquitos..... \$ 6.95	Shot of Puerto Vallarta Tequila..... \$ 2.50
Super Burrito..... \$ 6.95	Shot of Jagermeister..... \$ 2.50

NOT AVAILABLE ON ORDERS TO GO

Add Cuervo Gold to your margarita for \$ 1.00

AND DON'T FORGET EVERY SUNDAY

CHILDRENS PLATES ARE \$ 1.50

463-6452

17623 100th Ave ~ Vashon

PANDORA'S BOX

Marge Van Smith, Inc. is pleased to report full line of Natural Balance pet foods. We've been with them since their first day in business.?
And yes, Dick VanPatten is a really nice man.

*Reggie's pick of the week:
Dogswell Happy Hips chicken strips.
Come see his new trick.*



(206) 463-3401
\$8 Nail trimming with no appointment
17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch

PRECISION INTERIORS

When experience & results count



Skillful ~Craftsmanship
Wood Floor Finishing

Italian tradition brought to your home by Mario.

Installation and refinishing of wood floors - any type, any finish~from solvent base to eco friendly water based finish

For estimate call Troy
206-794-9451

Several of your Vashon neighbors have hired Mario to install their wood floors. Here is what Kevin and Maria Pottinger had to say:
"Wonderful craftsmanship, flexible schedule, great prices. VVe'd use him again in a heartbeat."



Preparing for the Flu.

by Kathy Abascal

The flu is on the rise in the U.S. You can follow its progress on a new google site, <http://www.google.org/flutrends>. Right now there is a low incidence of the flu across the country. Just last week it was only sporadic. In Europe, it is at an epidemic level. News stories report that Irish pharmacies are out of all over-the-counter flu remedies as the flu hitting Europe is the worst in a decade — and they are only half-way through flu season. So, it might be wise to stock up on remedies that might be useful when the flu afflicting Europe inevitably makes its way to us.

One of the first things to consider getting is not typically thought of as a flu remedy: vitamin d. It appears that vitamin d can act as a potent antimicrobial in our bodies. The vitamin does not directly kill the flu virus but instead increases the production of a class of proteins that destroy the cell walls of bacteria, fungi, and viruses. These peptides play a key role in keeping the lungs free of infection.

As mentioned in previous articles, most of us head into the fall and winter season with low levels of vitamin d. The little vitamin d that we have rapidly becomes depleted in October and November. By January, vitamin d levels have often dropped to damagingly low levels. People are depressed and susceptible to a variety of viruses, including the flu which comes into its own starting in January.

Anecdotal reports suggest that taking vitamin d can even prevent people from coming down with the flu. One speaks of a flu epidemic at a prison, that is, an unusually high incidence of the flu compared to other parts of their community. However, people on one of the wards had been taking 2,000 units of vitamin d every day for several months. None of those came down with the flu during the epidemic.

The research on this connection is far from complete. However, the flu season happens at a time of year when most of us are deficient in the vitamin. Moreover, because adequate

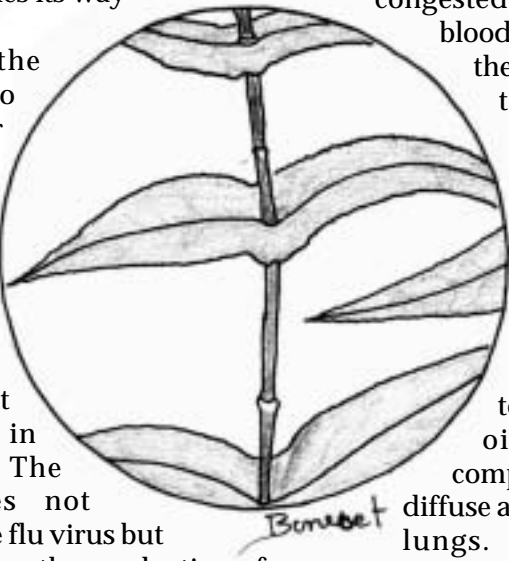
vitamin d is so important for health generally, it makes sense to take 1-2000 units/day during the winter. Based on recent studies, I will likely increase that dose to at least 5000 units if I feel like I am coming down with the flu.

I also recommend having some supplements on hand just in case your vitamin d does not stop the flu in its track. Elderberry (*Sambucus nigra*) has been studied in influenza and appears to reduce the duration and severity of outbreaks. It is a pleasant herb and the berry makes a nice syrup that is easy to administer to children. I personally, do not rely on elderberry alone. Instead, I mix it with boneset (*Eupatorium perfoliatum*). Boneset has a long history of use in influenza. Its common name reflects that it eases the bone-achey feeling of the flu. Many physicians who used botanicals in their medical practices reported that boneset was able to prevent people from coming down with the flu. Virtually all herbal practitioners agree that the herb always eases the pain and duration of the flu.

Unfortunately, boneset has a bitter taste so it will not be as popular as elderberry. Moreover, it is a poorly studied herb and should not be used on a daily basis for prolonged periods. Instead, take frequent small doses for a few days if you have been exposed to the flu or take larger doses frequently until you are better if you come down with the flu.

I also believe in the value of chest rubs in the flu. As the lungs become congested, it is harder for the blood to deliver nutrients to the tissue and harder for the body to remove waste from the tissues. As a result, there can be good circulatory levels of antimicrobial compounds but the compounds are not delivered effectively to the lungs. Volatile oils, typically a component of chest rubs, diffuse across the skin into the lungs. These oils are antimicrobial and can help prevent the flu from morphing into pneumonia. A word of caution: Many of the mentholated oils in rubs can cause respiratory spasms in infants. In fact, even peppermint can cause choking in young babies so these types of chest rubs should not be used in infants.

Finally, it is critical to give in to influenza if it infects you. Many people, especially adults, try to drag themselves to work when they are coming down with the flu. They also force go back to work before they are entirely well. This exposes others to the flu, which is unfair. In addition, most people who refuse to rest long enough end up relapsing. So, if you are feeling achey and running a fever, take care of yourself: Take extra vitamin d, boneset and elderberry, put some chest rub above both the front and back of your lungs, go to bed, have someone bring you lots of fluids, and stay in bed until you are better.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Jan. 30**



Olympic Instruments, Inc.

• Custom Manufacturing, Machining, Welding, Fabrication, Repairs
• Short & long run production
• Prototyping
• Length Meters for Wire & Cordage
• Cunningham Air Whistles

Your Vashon Neighbor Since 1946
Monday – Thursday, 7:00 AM – 5:30 PM

16901 Westside Highway SW
Vashon, WA 98070

Phone (206) 463-3604
www.olympicinstruments.com
www.cunninghamairwhistles.com

Vashon

Pizza

Its hot outside.... let us cook for you.... Call us now

Relax....We Deliver

Located between Vashon Market and Vashon Dance

Call 56-PIZZA


Open Friday thru Monday 4pm - 8pm

New Classes, New Times:

Eating for health & weight loss.

By Kathy Abascal

Inflammation is a big factor in most chronic conditions including hypertension, arthritis, and diabetes. Excess abdominal fat is another inflammatory condition that takes a significant toll on your health. Fortunately, diet can effectively and easily reduce inflammation and the problems it causes. In this class you learn why some foods quiet inflammation while others increase it. Eating to quiet inflammation provides significant benefits that include a relatively effortless weight loss (if needed), improved sleep, and the disappearance of annoying aches & pains. **New classes: Wednesdays beginning February 11th at 10:30-12:00 AM and at 7:00-8:30 PM.** Each class runs for 5 consecutive weeks. Advance registration and payment (\$75) is required. Sign up at the Roasterie/ Minglement. For more information, contact Kathy Abascal at anemopsis@yahoo.com.



Kathy Abascal is a professional member of the American Herbalists guild and is certified by Michael Moore of the Southwest School of Botanical Medicine. She 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.



STRANGER THAN FICTION BOOKS

- Quality New & Used Books
- Rare Books
- Magazines
- Tarot
- Local Arts & Crafts
- Workshops & Events
- Special Orders Available

Monday - Saturday
8:00 am - 9:00 pm
Sunday
9:00 am - 7:00 pm

The Old Fuller Store - 19603 Vashon Hwy SW



ANN LEDA SHAPIRO

LICENSED ACUPUNCTURIST
Traditional Chinese Medicine & Herbs

Courthouse Sq., #208B
Vashon Island, WA 98070
206 463-3967

219 1st Ave. S. #310
Seattle, WA 98104
206 463-3967



Ask Ernest

The court jester of sport



Vashon Wrestlers Jovanovich and Pruett discuss farmed fish, sick puppies, and the stock exchange

All Wrestling, All the Time

Home Wrestling: Wed. Night Jan. 28th vs. Eatonville and Districts will be hosted on the Island all day on Sat. Feb. 7th.

Vashon entered 13 wrestlers in the Everett Classic JV Wrestling Tournament.

Vashon's JV wrestlers came alive at Everett with three wrestlers going undefeated. Winning all three of their matches were, Kevin "Big thrower" Thomas, Jacob "Ludbeeze" Lundquist, and Elliott "E-double" Ellingsen. Winning two out of three matches were, Dominick "D-Train" Stemer, Devin "Black" Forrest "Ham", Max "Crooney" Croonquist, and Vince "Mr. Mike" Jovanovich. Keegan "Mushy" Shrum, Sylvie "Wasabe" Shiosaki, Sjors "The Flying Dutchman" Stenecker, and Tucker "Laser" Lazare were each able to grind out a win. Also competing and showing improvement were "To the" Maximo Mandl and Iris "Irish" Spring.

Pirate Wrestles Get Their Groove Back at the Everett Classic, placing 5th out of 19 teams.

Vashon Island only entered eight wrestlers into the huge 19 team

tournament, already putting themselves at a disadvantage in a tournament made up of larger schools (there were only two 1A schools who participated). Quality, however, wins out over quantity, as the Pirates finished in 5th place overall. Sam "Slam" Chapman placed 1st, beating a highly touted Lake Stevens wrestler 4-3 in the finals. Geran "G-Webb" Webb placed 2nd, losing a close decision to the top ranked 3A wrestler from Everett. Eddie "Scissorhands" Protzeller placed 3rd, only losing to a returning 3A state finalist in the semifinals. Rogen "Rodge" Lopez finished in 3rd place, redeeming his close semifinal loss by winning 19-4 in his last match. "Tiny" Timmy Jovanovich placed 3rd as well, beating his opponent from Mariner 2-0 to conclude his day. Madeleine "Mad Dog" Wolczko (competing in a competitive boys bracket) and Graeme "Gritz" Britz both won matches and finished one match away from the placing round. Sylvie "Wasabe" Shiosaki and "Air" Jordan Lopez received tough draws but competed fearlessly and gained valuable mat time.

SPORTSMANS

Cafe **INN** Lounge

Open 7 days a week 6am till 2am

Family run business for over 30 years

Breakfast Lunch **17611 Vashon Hwy SW** Live Entertainment

206.463.0940

Where the locals go!

Wet Whiskers Grooming Salon

Professional ly Trained certified Groomer

The Hol idays are just around the corner!

Check your schedul e make your grooming appointments early!

Cal l today for an Appointment!

(206) 463-2200

17321 Vashon Highway SW

Conveniently located inside Pandora's Box





CERISE NOAH

Helping buyers and sellers with their Real Estate needs throughout Washington State

(360) 734-7500 ext 273
(206) 227-5539 cell

Windermere
Windermere Real Estate/Windermere, Inc.
Licensed since 1996

Joanna Gardiner

Loving care for animals, plants and homes

567-0560





Vashon Auto Parts

says,

"Yes, we can!"

Vashon Auto Parts
17727 100th Ave SW
Vashon, WA 98070
(206) 463-9158

Live Entertainment



Bistro Hours
Sun thru Thurs
11am - 9pm
Fri & Sat
11am - 10pm

Sushi Bar & Beer Garden
www.redbicyclebistro.com

Loopy Laffs

Almost Useful Facts

It's possible to lead a cow upstairs...
but not downstairs.
Money isn't made out of paper, it's
made out of cotton.
The Declaration of Independence was
written on hemp paper.

"He was happily married - but
his wife wasn't."
- Victor Borge talking about
Mozart

"I married your mother because I
wanted children, imagine my
disappointment when you came
along."
- Groucho Marx

WING IT
Meaning: Do something with little
or no preparation
Origin: "Originally comes from the
theater. The Oxford English
Dictionary suggests that it refers to
the hurried study of the role in the
wings of the theater."

Deja Fu: The feeling that
somehow, somewhere,
you've been kicked like
this before.

One Liners

Black holes really suck.
It's been Monday all week.
A waist is a terrible thing to mind.
Dead batteries are given out free of charge.
Madness takes its toll. Please have exact change.
CAUTION: Vehicle sometimes moves sideways.
When the plums dry on your tree, it's time to prune.
Everyone is gifted but some open the package sooner.
If you take a laptop computer for a run you could jog your memory.
My three fingers were willing to cooperate but my thumb and forefinger were opposed.
For three days after death, hair and fingernails continue to grow but phone calls taper off.
I think animal testing is a terrible idea; they always get all nervous and give the wrong answers.

A dult child
of alien
invaders.

WILD WORLD

By Ed Frohning



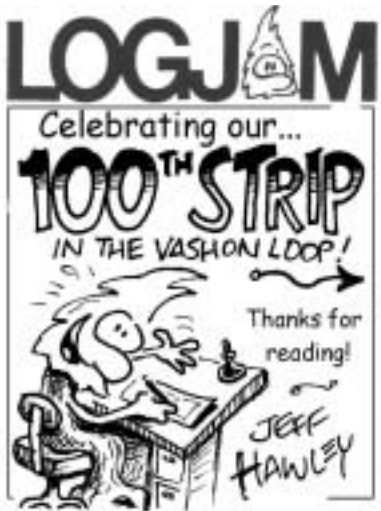
Old Yiddish proverb: "If triangles had a
God, He'd have three sides."

When you're swimmin' in the creek, And an eel bites your cheek, That's a moray! —Fabulous Furry Freak Brothers-

A couple Vashon kids, Stan and Ryan, are riding around town on a Seattle metro bus when a homeless man approaches and begs for spare change. Stan adamantly rejects the man in disgust while Ryan, on the other hand, pulls out his wallet and gives the man five dollars and wishes him the best. The homeless man thanks Ryan kindly and then continues on to the other passengers. Stan is outraged by his friend's act of generosity. "What the heck did you do that?" shouts Stan. "You know he's probably only gonna use it for drugs or booze!" Ryan replies, "And we weren't?"

Did you ever notice: When you put the two words "The" and "IRS" together, they spell "THEIRS"?

OFFSHORE



Loop Arts

Trolls Cottage and Tiny Vipers at The Red Bicycle January 24 9:30 PM

Trolls Cottage packed the house with Subconscious Population last Halloween like no other bands have ever been able to, thanks to the warm welcome by friends and family that came out to support the hometown boys. It may be cold outside, but it's smokin' hot in the room with TC throwing down some beats. Trolls Cottage is returning to The Red Bicycle after a few months away for another spectacular show!

The Trolls Cottage sound has been defined in many ways. Some say it is semi-acoustic rock with conscious lyrics and danceable beats. Others see have seen it different light, such as in 2002, when their live album was voted to the semi-finals of the Grammy Awards, in the Best Reggae Album category. More often than not, Trolls Cottage has been described as unique, having developed a sound that makes the group stand out from the oceans of other bands. They are enjoyed by a wide range of people, especially when performing at outdoor festivals where the crowds are so diverse. They have released four full length CD's with another soon to be. The energy this band brings to a performance is exhilarating and most certainly compels the audience to get up and dance.

Self promoted tours and self-released albums have garnered the group serious attention from local and national publications such as a recent big feature in the 35th Anniversary Issue of Powder Magazine. While they have mostly stuck to larger clubs around Seattle and neighboring



cities, Trolls Cottage has also completed several West Coast Tours that have included shows in British Columbia, California, Idaho, Montana, Oregon, Utah, Washington and the Hawaiian Islands. Over the years Trolls Cottage has shared the stage with many international acts like Luke Dube, Gregory Isaacs, John Brown's Body, Culture, Eek A Mouse and Clinton Fearon at local venues and festivals such as Bumbershoot, Folklife and Island Earthfair.

Opening for Trolls Cottage will be Tiny Vipers. Being a solo acoustic female singer songwriter comes with its share of conspicuous baggage. And, Seattle's Jesy Fortino, who records and performs as Tiny Vipers, has been spared little of it: she's played coffee shops, on mismatched bills with by-the-book folkies, and fielded far too many questions that address her gender rather than her music. Fortunately for us (and, we can only imagine, even more so for her) these things all fall away when she plays. Inhabiting the space carved out by minimal guitar, gentle textures and stark, immediate vocals, Tiny Vipers' music evokes the contrast and quiet, empty beauty of a gray northwest landscape. Jesy has spent the past two and a half years exploring these landscapes, locally releasing a few artfully packaged CDRs and playing shows all over the Northwest. This is a 21+ event. Cover charge is \$8.

Bill Brown & The Kingbees

SAT FEB 7

9:30pm

21+, Free cover!

The Red Bicycle Bistro & Sushi

17618 Vashon Hwy SW

463-5959

Sideways Reign at The Red Bicycle Friday, Jan 23rd, at 9:30pm.

Sideways Reign makes its return to Vashon Island for another show. They first performed here back in August, opening for Trolls Cottage and due to such a positive crowd response, The Red Bicycle is bringing them back for their own headlining show.

The double entendre Sideways Reign serves as a nod to their Pacific Northwest roots and as a reference to the political tyrannies that they stand firmly against. Their live performances can quickly turn a room of indifferent listeners into captivated fans. The combination of electric and acoustic instruments adds the element of flexibility to their sound. Many of the poetic

verses in their songs bring a sense of hope we can all identify with, whether it's love gained and lost, feeling voiceless and disenfranchised, or the weariness of the daily grind. The sound falls somewhere in the realm of Dispatch, John Butler Trio, Ben Harper and the likes.

While heavily touring the northwest region, the band is also currently at work on their first live album, set for release in the Spring of 2009.

Opening up for Sideways Reign is Jessie Noll, a singer-songwriter who grew up in the rural towns of the Pacific Northwest. The show starts at 9:30pm with no cover charge! This is a 21+ event.

VASHON FOR SCHOOLS

www.vashonforschools.org

What do these groups have in common? They ALL use Vashon School facilities

Vashon Ski School - Carpe Diem- -Ferry Advisory Committee - Vashon Park District - King County - Skyhawks Youth Sports Vamps - Challenger Soccer Camp - Childrens' Hospital Guild - King County Council - Vashon Fruit Club - Rotary - Weight Watchers - Keepers of Pt. Robinson - Vashon Chamber/Commerce Holiday Greens Sale - Perfect Sport Movie Productions - Camp Fire - Vashon Tang Soo Do - Vashon Hung Gar Kung Fu - Pregnant in Puget Sound - Progressive Action Committee - Vashon Island Democrats - Flag Football - Vashon Island Youth Chorus - Vashon Food Bank - Vashon Health Center - Water District 19 - US Army Corps of Engineers - Bounty Club - Vashon Islanders for Peace - Vashon Film Society - School Excellence Network - Alternative Gift Fair - Alcoholics Anonymous - Vashon Island Junior Basketball - Amateur Athletic Union - Vashon Island Soccer Club - Vashon Youth Basketball - Vashon Youth Softball - Vashon Lacrosse Club - Vashon Pirate Youth Football - Vashon Volleyball Club - Rockbusters Wrestling - Vashon Youth Council - Vashon Chamber Orchestra - Boy Scouts - Dance! Vashon - Junior Civic Ballet - Blue Heron Dance Co. - Olympus Pony Club - Vashon Aquatic Club - 4H - YMCA - Vashon Junior Crew - Vashon Island Rowing Club - Drama Dock - DOIT (Island Teens) - Chamber of Commerce - SEEDS - Vashon Folk Dancers - Vashon Allied Arts - Vashon Audubon - Vashon Be Prepared - Community Emergency Response Teams - Vashon Opera - Shade for the Children - Vashon Aikido Club - Vashon Island Chorale - Vashon Maury Island Community Council - UMO Theater Group - Vashon Youth & Family Services - United Methodist Church - Presbyterian Church - Unitarian Church - Families, memorial services, birthday parties, bar mitzvahs & reunions

Vote YES - It's Worth It!

Mack and Rachel at Café Luna

Mack Bailey and Rachel Levy combine folk, country, and bluegrass for a sound all their own. The duo have been likened to a "similar pairing 40 years ago of Gram Parsons and a very young Emmylou Harris".

"Lucky Man", written by Mack and Rachel, was chosen as a finalist in the 2006 mid-atlantic song contest in the country/bluegrass category and was also selected to be profiled in sing out! Magazine. In addition, this past fall "Lucky Man" was a feature song on NASCAR Angels. Mack and Rachel also co-penned "It's Time", which has received critical acclaim from former Vice-President Al Gore, as promoting environmental awareness. Mack was awarded for his excellence with a WAMMIE for Best Traditional Folk Performer, and his song "High Gear" has been featured on NPR's popular Car Talk. Mack is also the current tenor in the world-renowned folk group, The Limelitters.

Mack and Rachel's passionate songs and melodic sound create an intimate atmosphere and make for a special evening of music! January 24, 7:30 pm at Café Luna

Maggie Laird performs Jazz in the Market

Vashon Island's Maggie Laird performs on January 31 from 7 to 10 pm at Local Color, a friendly and atmospheric jazz venue in Pike Place Market. Laird will sing standard favorites, award-winning original songs, and works by artists as diverse as Edith Piaf, Bob Dylan and Peggy Lee. She is joined by fellow members of the acclaimed Island Jazz Quintet, Todd Zimberg on drums and Todd Gowers on upright bass. Also featuring Lonnie Mardis on guitar.

Thank you for your generous contributions to The Loop!

Rock Stars

Joyce Olson
Norm and Lee Ockinga
Julia Lakey and Steve Self
Joan Erickson and Tracy Wayman
Van Crozier
Robert and Barbara Smith
Carla Decrona
Jay and Rayna Holtz
Margaret Rothschild and George Heidorn
Nadine Cadman
Dan Cadman
Pat Ritzhaupt
Kevin Joyce
Norma Stevely
Judy White
Orca Annie
Jerry and Judy Tonkin
Stuart and Catholeen Tribble
John and May Gerstle

Bent and Marie Blichfeldt (yes, parents count!)
Karina MacDonald
Yvonne Kuperberg
Jim Warren and Vashon Island Energy
Kevin and Maria Pottinger and a lot of kids
Mike and Donna Donnelly
Everyone who gave cash at the Spotlights benefit - you know who you are!
True rock stars Loren Sinner, Dan Cadman, Jerry Todo and Scott Johnson (The Spotlights)
Terri Allman (happy birthday!)
Jan Perry
Judy Pickett
Claudia Campbell
Barb Duntley
Reeney O'Reilley
Jodie OKelly

It's not too late to get your name on this list! Please send what you can to PO Box 253, Vashon, WA 98070 so we can pay off our printer and hire back Editor Ed. With your help, we will continue to publish Vashon's favorite newsmagazine. Thank you!

Café Luna hosts Rose Laughlin

Saturday, January 31, 7:30pm

No Cover
Folk Singer/guitarist, Rose Laughlin sings traditional Celtic and American Roots music.

Come listen to where old meets new! Rose's interpretation and style give a fresh new soulful sound to traditional music.

Matthew Moeller, Victory Review, November 2008 regarding Rose's new cd "The Chicago Sessions" says:

"Laughlin is a gifted storyteller. I'm most taken by the different and refreshing arrangements to many old favorites. ...They tend to tease around with my sense of what I expected to hear and the surprise in what I actually hear." ... "Her solid grounding in Celtic and Old-Time tunes create a promising blend of the two genres."



UMO Ensemble Stimulus Package Cabaret

Hardware Store Restaurant, Vashon

January 25 and 26, 2009 Sunday and Monday, 8pm, \$20
Tickets sold at The Hardware Store and Books By The Way.

UMO Ensemble presents its annual cabaret at the Hardware Store Restaurant this year with an exciting "Stimulus Package" theme. Two nights of sizzling entertainment from UMO Ensemble members and invited local and international artists.

This year marks our third cabaret, and we are honored to host many new performers featuring aerial, acrobalance, juggling, clowning, fire dancing, songs and much, much more. Leading the line up...renowned Seattle Salsa band **Tumbao** will perform Sunday night and the **Sympathics** play nostalgic rock featuring island performers on Monday night. Island performers include Esther

Edelman, Janet McAlpin, David Godsey, Martha Enson, Kevin Joyce, Mik Kuhlman, Elizabeth Klob and Lynelle Sjoberg. Other performers



David Godsey croons to an admirer. Michelle Bates photo.

include Sabine Rieck and Henry Luederwaldt from Teatro Zinzanni, Tim Furst from The Flying Brothers' Karamazov and Jason and Evelyn from Circus Contraption.



New Management
Come meet Miguel

11:00 am - 10:00 pm
7 Days a Week
10825 Vashon Hwy SW
(206) 567-0020

Happy Hour Specials 3:00 - 7:00 pm
Tecate, Dos Equis & Well Drinks: \$2.50



Buy One Combo #1-25
and Get 2nd 1/2 off
Not Valid for Orders To Go

Spanish/English Karaoke
Saturdays 9:00 pm - 1:00 am

LA PLAYA

A Family Mexican Restaurant

Liberty Bell PRINTING
Looking for a change?
If you want great prices and friendly knowledgeable help, then come see us!
We are just 5 minutes from the ferry in West Seattle!
4736 California Ave SW • 206 935-1212
www.libertybellprinting.com

Wipe Out
Carpet & Upholstery Cleaning
Randy Bruce
(206) 463-6314 Office
(206) 300-5905 Mobile
Certified Carpet Technician
Adv Truck Mount Equipment
(Environmentally friendly Formula)
Certified Upholstery Cleaner
Oriental & Antique Rugs
Pet odor control
Water Damage
Deodorization
Carpet Repairs

The Curious Case of Benjamin

Button Jan 23

Valkyrie Jan 23

Rachel Getting Married Jan 30

Milk Feb 6!!

Slumdog Millionaire Coming Soon

MOVIES AND MORE...
463-6314
206-300-5905
www.vashontheater.com
Or, for show times and info, check
www.vashontheater.com

ISLAND ESCROW SERVICE
Complete Escrow Service
Licensed & Bonded
9929 SW Bank Rd. #204
206-463-3137 fax 206 463-9122
islandescrow@centurytel.net



Owners!

We offer full time or seasonal property management services.

- Maintenance**
- Repairs**
- Tenant screening**
- Rent collection**
- Bill payment**
- Full reporting**

Renters!

Check out our Preferred Renter Program.

Rent a house through Glendale Property Management. When you're ready to buy, earn a significant discount no matter where you buy.

206.463.9177

See all rentals available at
glendalerentshomes.com



Q Cleaners
4744 California Ave. SW
Seattle, WA 98116
(206) 937-6859



**Organic Soap
Drycleaning
Expert Alterations**

Bring this coupon in for
20% off drycleaning only.

West Seattle Ski Shuttle

Tuesday	Snoqualmie	\$30
Thursday-Friday	Crystal	\$35
Saturday-Sunday	Snoqualmie	\$30



Pickups at
Fantleroy Dock
@ 7:00 am
Leaves the
ski areas
@ 4:00 pm

www.seattleskishuttle.com or
(206) 953-0237 for reservations

Phil Spencer

I'm here for all your real estate needs...



KELLER WILLIAMS
REALTY
Seattle Metro West
(206) 679- 9859



Wolftown!

We Depend on you!

Wolftown needs island hay for bedding.
Host families for Interns
And someone that wants to invest in milking parlor/cheese room for our agriculture project.
(Did you know Wolftown donates to the food bank! Our idea with milking parlor is to have it help not only Islanders in need but create much-needed funds for Wolftown!
And as always THANKS VASHON!! And thanks Loop!)

Call us to come see!
Wolftown PO Box 13115
Burton, WA 98013
www.wolftown.org
206-463-9113
wolftown@centurytel.net

SHARPENING SERVICE

The Knife Guy
Rex Morris
463-3009



**Piano / Composition
Multi-media Lessons**

20 years experience.

A balanced approach of new methods and improvisational tools built on a foundation of classical traditions. Students of all ages and levels are welcome.

Christopher Overstreet
cloverstreet@gmail.com
(206) 801-1960

Odd Jobs Wanted

Hello, I'm Chris Griffin. I am a young man, 19 years of age; looking for work. I am willing to do many odd jobs, ranging from baby sitting to mowing lawns to heavy lifting. If you would like to contact me, you can reach me at (206) 718 0413. If it is a two man job, I can supply another worker.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Jan. 30**

Looking for a job well done?

KEVIN BERGIN CONSTRUCTION

ISLAND OWNED AND OPERATED
EXCAVATING BULKHEADS ROCK WALLS ASPHALT
DRIVEWAYS DITCHING STEEL BUILDINGS
"If you can think it up, we can do it!"
ROCKS - 7 different kinds: from pebbles to boulders
FOUNTAINS - from birdbaths to waterfalls
CLEAN COMPOST, TAGRO, STEER COMPOST, TOPSOIL & BARK
(206) 463-6232