

## Youth Say, “Yes We Can!”

by Tavi Black

Right now on Vashon there’s a lot of attention drawn to the need for activities for youth that are drug and alcohol free. With the Vashon Healthy Community Network winning the SAMSHA grant to address substance abuse and the Vashon Island Prevention Intervention Team brainstorming new projects, people are



Vashon Youth Council members march at the Strawberry Festival, courtesy photo. wondering exactly how to go about providing more healthy youth events.

What many Islanders don’t know is that there’s already an organization on the island whose events are all drug and alcohol free: the Vashon Youth Council (VYC). Our focus is youth empowerment, so we don’t always advertise the fact that the events we host are drug-free, but every event and project is. We’ve found this positive approach to be successful. We don’t preach about what youth shouldn’t do; we focus on what youth can do.

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A beautiful, relaxing Vashon sunset, courtesy photo.

## Promoting Health and Well-Being on Vashon

by Laura Worth

To celebrate entering their third year as a community wellness resource, health and wellness professionals at VashonWellness.com have been sharing their thoughts on the importance of cultivating gratitude to promote health and

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## Vashon FilmAid Supports Theater



Scenes from *My Winnipeg* (left) and *Eye to Eye* (right), films featured in the FilmAid festival in support of the Vashon Theatre. Courtesy photos.

by Vicki Dunakin

The Vashon FilmAid festival kicks off Friday, January 8th and runs through January 15th with a stunning series of films showcasing Island talent. Admission to all films is free - with donations to support the theater heartily encouraged! 100% of donations will go towards helping the theater recover from a difficult year that included a recent burglary.

Vicki Dunakin and other Island filmmakers, who were moved by the story of the theater’s plight, organized the festival. “The theater is an important part of the fabric of our community, and as filmmakers and movie goers, it is fitting that we support them in this time of need.” The Vashon Theater is where the dreams of many of our Island filmmakers began. It is where they saw the movies that sparked their imaginations and it is where they saw the work of fellow Islanders that may have made the notion of a career in the film industry seem within reach.”

FilmAid is proud to provide this showcase for our talented filmmakers to share their work with the community, and we hope that Vashon will take this opportunity to see these fine films, visit with the filmmakers and support the theater. Most of the screenings will be followed by a Q & A with filmmakers.

A schedule and synopsis of films is at [www.vashontheater.com](http://www.vashontheater.com). Festival Highlights and Vashon connections include: *Cont’d on page 9*

## What Is A Moisture Festival?

by Ron Bailey

It is a Comedy/Varietè festival with a name that makes you wonder. It is a fact that it has become one of the largest events for the variety arts in the world today. The festival was created in Seattle in 2004 in the Fremont district, where Hale’s Palladium is the venue and it soon expanded to include ACT-A Contemporary Theatre as a venue downtown. In 2010 the festival dates are March 11-April 4. The producers of the festival are very excited to be adding two new neighborhood venues, Georgetown and Vashon Island, to present more world class Varietè shows.

On March 26 and 27 the Moisture Festival travels to



Godfrey Daniels at play, photo by Mark Gardiner.

Vashon Island for the first time to do three shows at Open Space: Friday evening, Saturday Matinee and Saturday evening. The shows feature all sorts of Varietè entertainment including fascinating magic, extreme object manipulation, singers, dancers, clowns, pole dancing bears and aerial feats of

Cont’d on page 15

## America Has Heroes

by Rainier Haugen

Rainier Haugen won 2nd Place of all the Voice of Democracy, high school essays received in the 2009 VFW essay contest and was recognized for that on January 6.

I am currently a life scout in Boy scouts of America. Eagle scouts are heroes to younger scouts and I hope to become an eagle this year. Those with responsibility are looked up to by younger scouts. Here’s a good



Rainier Haugen, photo by Dean Haugen.

quote I have heard about heroes: “A hero is no braver than an ordinary man, but he is brave five minutes longer.” America has many heroes, both those who served in wars, won great battles, and those whom did things such as build cars, or planes, or invented something new. Heroes can be doing anything; they don’t have to be veterans of war. A hero can be anyone you look up to or somebody who makes you feel good so you want to be around them.

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## Set Your Inner Clock to Island Time



Korina, photo by Daniel Reyes.

by Korina Knudson

Welcome to Vashon Island Day Spa. Relax and unwind, set your inner clock to Island time, this is your time, spa time. Located in the heart of downtown Vashon, we are a full service salon and spa offering state of the art skin care services including

Continued on page 7

# Get in *The Loop*

## Submissions to the Loop

Do you have an event or Public Service Announcement? If it's for profit, please send a contribution to help offset our printing costs. PO Box 253. Email questions or submissions to Ed Swan, editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

### A Sacred Moment : Home vigils, Green burials and Life Celebrations

Ms. Char Barrett, a national leader in the new movement for home funeral s and green burials, will speak at a community forum open to the public on Sunday, January 24 atBurton Community Church, Lewis Hall. She has lectured to local, national, and international audiences and has been featured in the New York Time, Wall Street Journal, and MSNBC. A licensed funeral director, Ms. Barrett specializes in assisting families with directing funerals in their homes. She will give an overview and provide specific information about alternatives to traditional funeral and burial practices, such as embalming, caskets, cremation and mortuaries. This presentation is for anyone interested in learning about environmentally sustainable, personalized and economic home funerals and green burials as an alternative for themselves or their loved ones. Sponsored by Vashon Island Unitarian Fellowship.

### Wolftown Thanks You

Wolftown would like to thank all those who responded to our fund raising mailer recently and to all those who have sent cards and notes of encouragement...that's what keeps us going! We also thank Allison for donating her time and the cost of the mailers. Thank you all. [www.wolftown.org](http://www.wolftown.org).

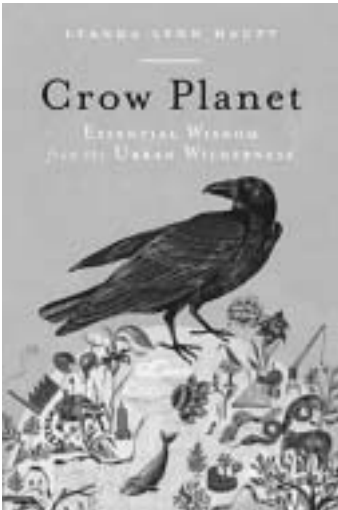
### The Vashon Loop

- Writers: Kathy Abascal, Deborah Anderson, Marie Browne, MEarth, Eric Francis, Troy Kindred, Melissa McCann, Orca Annie, Kevin Pottinger, Rex Morris, Ed Swan, Mary Litchfield Tuel, Marj Watkins.
- Original art, comics, cartoons: DeeBee, Ed Frohning, Rick Tuel, Jeff Hawley, Alex Soriano, Steve Krueger
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- Editor: Ed Swan, [editor@vashonloop.com](mailto: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. Come eat at the Q...again and again!
- Published every two weeks or so by Paradise Valley Press
- © January 8, 2010- Vol. VII, #1

*Don't miss an issue. Really. We are in our 6th year of publication and still not bankrupt! (Yet) Wow!*

### Lyanda Lynn Haupt talks about *Crow Planet*

Denis Hayes, national coordinator for the first Earth Day and President and CEO of the Bullitt Foundation writes this about our January 20, 2010 Audubon program speaker and her most recent book: "Lyanda Haupt observes crows with a naturalist's eye and discovers that they are smart, social, and disturbingly like us... Your strolls around your neighborhood will be much more interesting after you read this book." Another author



and reviewer, Paul Hawken, compares Haupt to Thoreau as a young mother and scientist in suburban Seattle, you can begin to imagine the literate elegance of *Crow Planet*. Lyanda Haupt has spun the natural life of neighborhoods, and most poignantly the surpassing intelligence of crows, into the kind of gold only the most gifted writer and naturalist could fashion. *Crow Planet* is a small treasure, a conversion experience of truth, wit, and re-enchantment that remakes the world and our place within it."

Lyanda Haupt has created and directed educational programs for Seattle Audubon, worked in raptor rehabilitation in Vermont, and as a seabird researcher for the Fish and Wildlife Service in the remote tropical Pacific. Please join us at the Vashon Maury Island Land Trust Building located at 10014 SW Bank Rd at 7:00 pm on Wednesday, January 20, 2010. As we welcome in the new year, we also plan to celebrate 20 years since the founding of our local Vashon Maury Island Audubon chapter!

### Eat at the...



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## Welcome the Vashon Kids Before/ After School Program

Vashon Youth & Family Services is celebrating its newest program, Vashon Kids, and invites community members to attend at the Chautauqua Elementary School Multi-purpose Room, January 7th 5-6 pm. Community members are invited to attend this open house event to launch the new Vashon Kids program, formerly known as the Y-Kids Program. Vashon Youth & Family Services acquired the program from the YMCA and is pleased to announce its new opening. The public is invited to come and meet the staff and enjoy cake and refreshments.

## Learn About Summer Opportunities

The 15th annual Summer Opportunity Showcase will take place on February 4, 2010 from 5:00 to 8:00 pm at The Bush School, located at 3400 E. Harrison St. in Seattle. This "camp fair" is free and open to the community. Representatives from over 80 camps and organizations will provide information and give out registration materials for students ages 7 to 19. Activities include day and night camps, educational, sports, wilderness, and volunteer and international travel experiences. For more information, visit [www.bush.edu/sos](http://www.bush.edu/sos) or call (206) 515-2353 x7888.

## Families in Transition

A ten week support group for persons experiencing difficult changes within their family: Separation, Divorce, Blended Family, Grief or loss. If you are a family member with concerns about



a parent or sibling, or find yourself navigating a current traumatic change in your family,

you will be welcomed into this short term community of committed persons with similar concerns. Additionally, if you continue to carry the effects of transitions that occurred within your own Family of Origin years ago, this group is for you. Join us January 14th, at the Vashon Youth and Family PlaySpace for a facilitated support group. We'll meet Thursdays from 7 to 9 pm. All ages are welcome and cost is based on a sliding scale. Contact Jeff Tipp for more information or to register. Phone: 463-5511 ext. 228 Email: [jtipp@vyfs.org](mailto:jtipp@vyfs.org).

## VIPP Adopt-A-Cat Day

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

**Find the Loop on-line at  
[www.vashonloop.com](http://www.vashonloop.com).**



# H HOME TEAM R E A L T Y

## Troy and Marie Do the Numbers

**Troy:** Hey, Marie, isn't this the time of year when we fill in our readers about what happened in the Vashon real estate market in 2009?

<b>Days on Market</b>	<b>142</b>	<b>120</b>	<b>71</b>	<b>86</b>
	<b>2009</b>	<b>2008</b>	<b>2007</b>	<b>2006</b>

**Marie:** Yes, it is. I hope our readers have strong stomachs. It hasn't been pretty, although the number of sold houses in 2009 is up a bit from 2008, as you can see from this chart.

<b>Houses Sold</b>	<b>95</b>	<b>83</b>	<b>139</b>	<b>176</b>
<b>Cancelled/Expired</b>	<b>142</b>	<b>120</b>	<b>71</b>	<b>86</b>
	<b>2009</b>	<b>2008</b>	<b>2007</b>	<b>2006</b>

**Troy:** So there were 95 houses sold in 2009 compared to 83 in 2008. Even though that is up a bit, it is still a long way from the 176 that were sold in 2006.

**Marie:** Exactly. Plus, notice that the number of listings that were cancelled or that expired is up substantially, from a low of 71 in 2007 to double that number in 2009.

**Troy:** That tells us that a lot of houses came on the market and did not sell. Of course, some of them might have been re-listed and sold the second or third time around.

**Marie:** True enough. That's where the Days on Market come in. As you can see by this chart, houses are on the market longer than in prior years. Surprise, surprise.

**Troy:** Readers have to keep in mind that Days on Market is an average. Some houses have been on the market for several years now, while others come on the market and sell within a reasonable period of time. Houses that are perceived as an exceptional value or those that are special in some way are those that tend to sell.

**Marie:** You're right. The average selling price kind of illustrates that point. The average selling price of every house sold is down a solid \$100K from prior years. That has been a huge price drop for sellers to swallow.

<b>Avg Selling Price</b>	<b>\$468,369</b>	<b>\$561,029</b>	<b>\$573,676</b>	<b>\$570,007</b>
	<b>2009</b>	<b>2008</b>	<b>2007</b>	<b>2006</b>

**Troy:** So what does your crystal ball tell you about 2010?

**Marie:** I think more buyers are realizing that this truly is an exceptionally good time to buy, and as they enter the market and start to buy up some of the inventory we will be on our way to a recovery. However, it will probably take several years for things to return to anything resembling "normal."

If you would like to learn more about how you can buy a house, or if you are wondering what your house would sell for in today's market, please give us a call at 206.463.LIST (5478). We'd love to talk!



## Got Horses? This is for you!

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This is what Island living is all about- a lovely home, sun-filled, lightly treed acreage, room for animals, gardens - all very affordable. Property is ready for horses, with fencing and shelter. Inside, vaulted ceilings let the sun shine into the freshly renovated home with two bedrooms and two full baths - one with a huge soaking tub. The cheerful kitchen leads to a spacious living room and a cozy media room. New Pergo floors, fresh paint, and lots of homey touches make this the perfect home. **\$265,000**



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# Positively Speaking

## Wishful Thinking

by Deborah HAnderson

Note to self. Do not line up, *Pay It Forward*, *The Soloist*, and *My Sister's Keeper* in a row, pushing to finish a hooded baby shawl for a daughter-in-law's baby shower, knitting umpteen rows of stocking knit stitch. Net effect was that two thirds of the way through the last movie, I had to put my knitting down anyway because I was crying so continuously I had to use my hands to wipe tears and blow my nose.

Since normal life for me began again this last September (although the settling in process is still unfolding itself), I've been able to act on wisdom. That means the two weeks of Christmas and New Year's are spent in festive, non productive activities while the people are floating in and out of the house are indulged. I honestly admit I'm not going to get any writing done. Ah, the joys of life outside of retail! And this year, for the first time since fourth grade, I performed no music during Lent. I just received what others rehearsed.

Since story lines and written corrections and bits of paper fall by the way side, I turn to videos to feed the writer's glut of plot and character.

I was able to complete all five seasons of *The Wire*. Wow... *The Wire*.

Feeling the guilt any good Christian feels watching a show that uses the "f" word so much you forget it's a cuss can cause conflicted emotions. After three years of my son saying "I think you will really like this show, Mom," he plopped me down on a couch on Thanksgiving Day and said, "Just watch one episode, Mom." The first season sets up all the characters in the drug world in Baltimore, the second is on the docks, the third season shows how the infrastructure of the political system supports the drug trade, the fourth season focuses on the schools' participation, and the fifth on the role of the newspapers. Anybody noticing the increased thefts and arrests on the Island and participating in the war against drugs and alcohol we are beginning to wage needs to watch this show.

But as the days of the holiday wind their way towards our celebration of Orthodox Christmas dinner (which happens on the 7th January) and day to day routines and obligations push their way back into their ever demanding position, I look out to the new days of 2010 knowing the work that lies ahead of me is filled with promise and joy. It's a great way to face the New Year. The water lily and the LGC logo that started appearing with this column awhile back are taking on a lovely life of their own. My son and daughter-in-law are weeks



away from enjoying the blessing of parenthood, and the only resolution I need to make is a commitment to following through with all the wonderful doors that opened in 2008 and 2009.

The pundits I listened to on New Year's morning before the Rose Parade gave 2010 a 6-9 out of ten for being better than the previous year. Me too. Big sigh and a smile.

So from a very full bucket warm with promise, I wish you the same:

A healthy rhythm to life with a good balance between, work, play, hobbies and service.

One prayer answered to your hearts delight.

A new dream, a new connection, a new friend and new knowledge.

If you're roughing it, new faith and courage.

An infant, child or teenager's hand to hold and the opportunity to encourage that person's heart.

In business, wisdom for the upturn they are promising us.

I wish for you completed tasks and new adventures.

If you're drunk or using drugs may 2010 be the year you surrender to sobriety.

If you're poor, I wish for you abundance and an ability to count your non-monetary blessings while you do your part working away at it.

If you're newly divorced, may you have a new sense of self.

If you're newly married may everyday be a step away towards being better friends.

May we not forget those in third world countries who live at the mercy of tyranny.

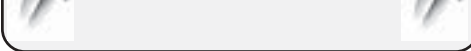
May we all remember every day of life is a gift. Really.

Happy New Year  
Love  
Deborah



## Island Birding Guide

Tours to the best Vashon and Puget Sound bird spots  
Species Identification  
How to Attract Birds  
Ed Swan  
(206) 463-7976



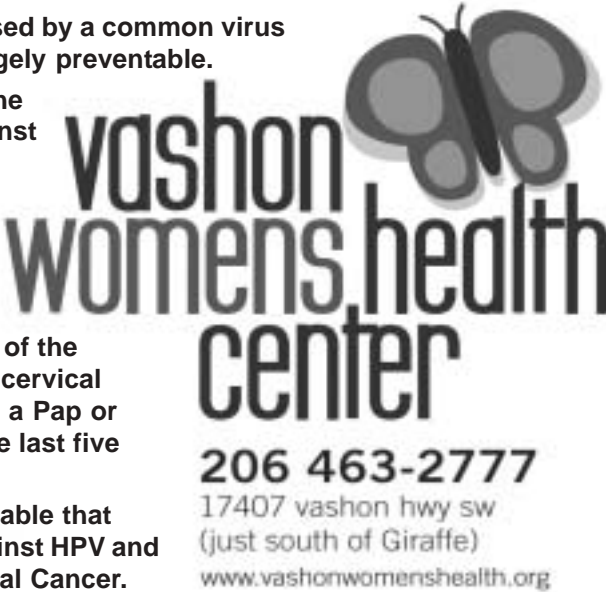
Loopy sez: Deadline for the next edition of *The Loop* is  
**Friday, Jan. 15.**

## Vashon Women's Health Center Honors Cervical Health Awareness Month

**FREE PAP TEST DAY at Vashon Women's Health Center**  
Friday, January 15th - for women who qualify

Facts about Cervical Cancer:

- \* Nearly 4000 women in America will die this year from cervical cancer.
  - \* Cervical cancer is caused by a common virus called HPV, and it is largely preventable.
  - \* Pap test screening is the first line of defense against cervical cancer.
  - \* Pap tests are recommended for women every other year starting at 21.
  - \* In 2009 more than half of the women diagnosed with cervical cancer either never had a Pap or were not screened in the last five years.
  - \* A vaccine is now available that provides protection against HPV and can help prevent Cervical Cancer.
- The vaccine is recommended for young women beginning at 11 or 12 years of age.



**Give yourself the gift of health in this new year —  
schedule an appointment for a Pap test and  
vaccination.**

Joanna Gardiner

Loving care for animals,  
plants and homes

567-0560



## Youth Say, "Yes We Can!"

*Continued from page 1*

Emily Gripp (VYC Youth Program Coordinator) started with VYC by developing a Dream Project, one of the major ways we work with individuals or groups. Emily developed Starshine Art. Her t-shirt design business was successful enough to send her to debate camp this past summer.

"VYC helped me find my passion," Gripp says. "The Dream Project linked my life together in a way that is inexplicable. To be successful, youth need something to love. VYC helps young people find what they're passionate about."

Marisa Samuelson (VYC Secretary) goes on to add: "Immediately, I was struck by the enthusiasm and acceptance from VYC members...The Youth Council reaches out to youth in a healthy way, and encourages adolescents to think up any project, event or idea they have in mind. The sky is the limit. Literally."

VYC's inter-generational board recently had a visit from Ross Krinsky, the first youth board president (over ten years ago). "VYC changed my life," Krinsky said passionately, then added: "The youth of Vashon have potential. And I'm not one to rave about potential."

This past year at VYC we have brought together more youth and

begun more projects than ever. But like many non-profits, we are struggling. VYC Vice-President Klara Shepherd says: "My time at Vashon Youth Council has been spent thinking about supporting the community, because I have seen the impact we are able to make...I know there are a lot of community-oriented people on Vashon, but I don't think enough of them know about VYC. Without Youth Council operating on the island, I wouldn't know where to turn as a youth looking for support for a project. Youth Council fills a very unique niche."

Many on Vashon have supported us year after year, and it is greatly appreciated. Know that your donations have been and will continue to be frugally applied. As Program Director, Amy Ezzo, states: "VYC has the potential to do amazing things with very little resources, [but right now] we need more in order to continue to provide the community with the leadership and programs we offer."

If you can help, or are interested in getting involved, call 463-7350 or go to: [www.vashonyouthcouncil.org](http://www.vashonyouthcouncil.org). VYC is sponsored in part by the Development of Island Teens and Vashon Park District.

# We've Got a Lot of Kids

## Our Year-End Statistical Review

by Kevin Pottinger

As we wave bye-bye to 2009, I thought we'd share some performance statistics for our family for the calendar year.

Our kids lost a total of six teeth. One kid lost five, another lost just one. None were the result of accidental injury, a safety improvement of one-hundred percent over calendar year 2008.

One kid learned to ride his bike. Seventy-five percent of our children are now capable of riding a two-wheeler without the assistance of a pace grownup or training wheels. However, at year end, only fifty percent of our kids have demonstrated proficiency with bicycle braking systems.

Our kids had a combined total of seventy-two play dates, resulting in nineteen sleepovers; eight at our house, eleven hosted by friends. Of those hosted by us, eighty-seven percent of our guests stayed with us the entire night. In fourth quarter 2009, surreptitious after-hours Nintendo DS usage fell off to thirty-three percent, from a high of one-hundred percent in first and second quarter 2009. Extra nighttime patrols were instituted at mid-year, the most likely cause of the drop in surreptitious video game behavior.

Three birthday parties for our kids were hosted, involving three cakes, a total of seventeen candles and one pan of Toll-House bars. Two visits to Chuck E. Cheese were made, one with invited guests, the other with siblings only. The birthday parties hosted at our home netted a total of thirteen presents, eleven of which were gratefully acknowledged; two gifts were met with petulant complaints. In

general, the two complaints involved lack of attention paid to the personal preferences of the giftee. Subsequent parental arbitration abrogated the strident complaints of the giftee, and the parents ruled unanimously in favor of the gifters.

Our kids ate a total of five pounds of zucchini in 2009. This is an increase of one pound over 2008 levels.

Roughly twelve hours and thirty minutes of sullen refusal to eat compulsory vegetables that had gone cold and unappetizing, after the rest of the family had already left the supper table, was logged by three of our four children. Excellent examples of vigorous and lusty vegetable consumption were modeled by both parents one-hundred percent of the time, even the okra.

Two-hundred fifty pounds of toys were received in calendar year 2009. The year started with forty tons of toys; one hundred pounds of toys were sold on Ebay or donated to Granny's Attic, leaving a net gain of one-hundred fifty pounds of toys for the year.

Our grown-up reading team read over twelve-hundred bedtime stories in 2009. In a particularly heroic instance, one particular Batman cartoon book was read twenty-one times on successive nights. Two American Girl books were read. Two complete Harry Potter books were read.

Attendance at Mass remained at 2008 levels: one hundred percent attendance at Holy Days of Obligation, and ninety-seven percent attendance at Sunday Mass. Attendance figures for the children may be skewed somewhat by the family's compulsory attendance policy, in effect for the next fifty billion years or until both parents die off.

Twenty-five percent of our children no longer believe in Santa Claus. Twenty-five percent of our children no longer believe in the Tooth Fairy. Fifty percent of the grownup reading team believes the other fifty percent must still believe in the Tooth Fairy, given the way she spends money.

# Vashon Liquor Store

## Back to Regular Hours

Monday-Saturday  
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# New Classes Starting By Kathy Abascal

## Eating for Health & Weight Loss

Inflammation is a big factor in all 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 5-week series: Tuesdays beginning January 5, 7:00 – 8:30 PM

New 5-week series for graduates: Back on Track, a solid 3-weeks on the elimination phase, exploring plateaus, and some reminders why we need to quiet inflammation.

Sundays beginning January 10, noon-1:30 PM.

Advance registration at the Roasterie/Minglement and prepayment (\$105) is required. There are also classes beginning in Burien, West Seattle and Seattle and online. For information on these classes go to [ToQuietInflammation.com](http://ToQuietInflammation.com) or email Kathy Abascal at [info@toquietinflammation.com](mailto:info@toquietinflammation.com)

Kathy Abascal is a professional member of the American Herbalists Guild and was taught herbal medicine by Michael Moore at the Southwest School of Botanical Medicine in New Mexico and Arizona. She has written several books on medicinal plants including *Clinical Botanical Medicine* (newly released in a revised and expanded edition) and *Herbs & Influenza*. For information on private herbal or nutritional consultations, call Kathy at 463-9211.



Thirty-three grocery-shopping trips to Thriftway with at least one child riding in the cart were logged, requiring forty trips to the restroom. There were approximately one hundred requests for attractive snack foods that we never buy, resulting in zero purchases of those attractively-packaged snack foods. Of those one hundred requests, the most often requested was Pizza-flavored Lunchables, followed by Double-Stuff Oreos.

2009 seems to be pretty much universally despised and wished good riddance, as popular as George W. Bush during the last days of his presidency. In 2009, almost

everyone got a piece of the heartache: global financial collapse, massive unemployment, Greg Page still absent from the Wiggles. And now that the holidays are over, we slide into a Sargasso Sea, the windless doldrums of mid-winter. Back to the weekly grind, days that follow weeks that follow months of unrelenting gray, our only excitement found in trying to remember to write the correct year on our checks.

Happy New Year, everyone.

Find the Loop and  
"We've Got a Lot of Kids" on-line at  
[www.vashonloop.com](http://www.vashonloop.com).

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IN A THRILLING NEW ADVENTURE FOR 2010, THE GUMMERS PLACE THEMSELVES DIRECTLY IN FRONT OF THE NEW ABSOLUTE MONSTROSITY OF A SIGN IN VASHON AND HANG ON TIGHT, FEELING THE RUSH AND EXHILARATION OF THE URGE, SEEMINGLY FORCED UPON THEM TO PURCHASE MORE LUMBER THAN THEY COULD EVER USE AND MARVEL AT THE MEMORIES FLASHING IN THEIR MINDS OF TIME SPENT IN YOUNGER DAYS AT TRINITY IN THE WHITE SANDS TEST SITE OF NEW MEXICO.

ed KROXNING



**Aries (March 20-April 19)** There is much you want to say and do, but something tells me you're experiencing more obstacles than opportunities. The frustrating part about this is that you have plenty of ideas, and there is energy moving; all the signals are telling you to make your mark. In about a week, an eclipse of the Sun will release some of this pressure. Until then, it's vital that you not push, not seek or make firm commitments, and in particular that you not try to fix anything that isn't broken. Most of what you're experiencing involves circumstances rather than systemic issues, though if you study those circumstances you will be able to identify one or two wider problems that you would be wise to work on, though only after the eclipse and the concurrent station direct of Mercury — no matter how tempting it may be to meddle now.

**Taurus (April 19-May 20)** You seem unsure what to believe, or where your beliefs are guiding you. The thing about beliefs is that we assume they're true because they exist, rather than noticing they exist and questioning whether they are true. There are rewards for embarking on what seems like a brave expedition into your own ideas; your false beliefs do little other than get in the way of your more meaningful and authentic ones and you have yet to discover a thing or two about what is really true for you, as in for you personally. The real discovery will be an understanding of what ideas you carry around that have nothing at all to do with you, and were placed into your mind by others. Why exactly was that? Well, that's the real pearl for which you're diving.

**Gemini (May 20-June 21)** Here is the key to forming a consensus. First, identify the common values you share with someone. Make sure you get those common values to a clear understanding. For contrast, create a separate list of values that you don't agree on. Then, focusing on the values you have in common, agree on what would be the right course of action. For example, if you are in accord with a partner that you want to spend less money, then it's easier to determine where you will make the savings, based on that fundamental point of agreement. If you haven't come to this deeper agreement, it's more likely that you will struggle in the conversation of where to make the savings. Simply put, consensus proceeds from identifying common values to taking logical actions based on those values.

**Cancer (June 21-July 22)** Your relationship life may seem pretty complex at the moment. From the look of your charts, you feel like you have no idea where anyone stands, and you may have the feeling that there are a good few things you have yet to learn about someone close to you. There's not a conspiracy, though — there are however ideas, decisions and commitments in progress, most of which are too formative to get a clear sense of. You can afford to be patient, because as you suspect much that is unclear or unresolved now will become a lot simpler over the next week or two. If you can keep your expectations to a minimum, you will have more space in your open mind

to work with openings, opportunities and benefits that come your way before long.

**Leo (July 22-Aug. 23)** Focus on taking care of ideas and projects that were left behind during the past year. This common wisdom of Mercury retrograde holds true more than ever now; there seems to be plenty left behind from the whirlwind and tumult of 2009 that could use your attention today. And there were some very good propositions that got left behind as other forms of progress took over. I suggest you work through any backlog of projects and clear both your desk and your mind. Even if you don't think that there's anything you have to do, if you dig around you will find at least one potential issue you're very glad you didn't miss. This is the week — you're actually not under that much pressure. Things will be much more hectic next week.

**Virgo (Aug. 23-Sep. 22)** If you have kids, even grown kids, this is obviously a more complicated time than you were counting on. The lesson is that growing up is not a straightforward process, and neither is helping people grow up. What's interesting is that there are clear parallels between your life and the lives of the young people you know or coexist with today. One of the best gifts we can offer our kids is being aware of what our own childhood was about; and doing our part not to repeat the parts that were not so pleasant. You're at one of those points where the layers of time are transparent; usually they are entirely opaque, and we live as if trapped in a tunnel, isolated from the wisdom of what we've learned or experienced in the past.

**Libra (Sep. 22-Oct. 23)** The more you untangle your feelings, the more feelings you have to untangle. I would caution that there are certain emotional conditions that you cannot resolve through mental maneuvers. Others will lend themselves well to a concrete understanding, though you may not be able to tell which in advance. I suggest you go gently, and remember: you are not your feelings. If you're having feelings that are bigger than you, you're in the middle of a distortion. If that is the case the first thing to do is remember that your feelings are part of you — not the other way around. You are bigger than whatever you may be going through; you are bigger than your family situation; and for that matter, you're bigger than any goal or creative idea that you have.

**Scorpio (Oct. 23-Nov. 22)** You seem to be caught in that balance between work and profession. Your aspirations and intentions are one thing; what you have to do every day is another. Sometimes they seem to have no relationship; all the work in the world doesn't get you where you need to be. At the moment, you seem to be sacrificing certain higher goals for the sake of immediate short-term needs, though without seeing the connection. At the moment they are woven together; there seems to be a puzzle and something of a psychological situation that you are being called on to confront, and this seems to be little glory or promise of success. But it contains an idea: the

# Espresso

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seed of a breakthrough. Start with making a science of routine.

**Sagittarius (Nov. 22-Dec. 22)** Plenty is weighing on your spirit these days, and no matter how much you do right now they don't seem to come out right. I suggest you not try so hard; ease off on the effort. Introduce a new word to your language: efforting. That's when you're working harder than feels right, or feels healthy, to get something done. I think you need a bath; you need water, and you need to shift your environment in a way that's soothing to your emotions. This may be a short-term palliative, though we are in one of those live day-to-day moments. If you can do that for a couple of weeks, you will find that you've eased yourself into a better place: much better than you've been in for a while, and your troubles will seem a lot smaller, if they even exist at all.

**Capricorn (Dec. 22-Jan. 20)** You may be one of the few people you know for whom things are going well — the big ones, anyway. One of your strengths is that you know how to sort out the small stuff, and keep your eyes on the real stuff. Remember that if you find yourself getting frustrated or confused. And by the way if you feel like you're not accomplishing anything, or have no real opportunities to do so, look more carefully. Remember that your goals don't merely consist of a list of hoped-for achievements; they involve putting principles to work in everything that you do. I have emphasized the point of leadership many times in recent months: and ethical leadership is the kind we need the most right now, particularly if you are even vaguely influential in a business environment.

**Aquarius (Jan. 20-Feb. 19)** You seem to urgently need the truth about you to be known. It looks like you're on the brink of a catharsis. It's grown painful holding so much in; and worse than that, unnecessary. You may fear the consequences of what would happen were the truth about you known. But think of it this way: There was a time when you were more inclined to deny your personal reality even to yourself. Now you're far more honest within the confines of your own mind. Do you feel better? Does your existence feel easier and safer? I would imagine so, and there will be a similar effect when you open up to others. One gesture of truth deserves another. What you are taking now is a formative step on the way to yet another commitment to integrity.

**Pisces (Feb. 19-March 20)** Do you have the right to benefit from your own existence? Well, if you don't, then who does? Nature exists on the basis of symbiosis. A beehive produces plenty of honey for both the bees to live on and for the beekeeper to sell. You're at the end of a long phase of your life when the keynote has been sacrifice, or rather, the belief in sacrifice. I am not suggesting that we don't have to give up what is not serving us, or that in the process of repairing the world, we're not going to have to make some exchanges. What I'm suggesting is that you seem to have adopted an unnecessary kind of sacrifice as a prerequisite to success; and this is simply not necessary. You produce more than you consume. You create more than enough benefit to go around. Keep reminding yourself of these things.

Read Eric Francis daily at PlanetWaves.net.

# Island Epicure



## Welcome the Winter Vegetables

by Marj Watkins

More than one mother has lamented the difficulty of getting kids to eat their vegetables. Those kids may never have tasted vegetables cooked to perfection and sauced fit for princes and princesses. Perfection is best achieved for most vegetables by not cooking too long. Stir-frying does it best for tender vegetables like nappa, pea pods, bell peppers, and green onions. Tougher vegetables like carrots will cook quickly with those others if whittled into super-thin slices instead of being chopped or sliced thickly.

Like summer vegetables, most winter vegetables taste best cooked the Chinese way, with chicken broth, and often with minced garlic and ginger and a little good olive oil or butter, or in a medley with a little meat for added flavor.

We like beets gently boiled until tender in water to almost cover, lid on pan, cooled enough to handle, their skins slipped off, sliced and reheated with a little cream and lemon juice.

Raw beets, grated and piled on lettuce leaves or alone make an Eastern European salad.

Kale we wash, pat dry, cut up and sauté in olive or canola oil with sliced garlic, salt and pepper. If kale’s flavor is too strong for sensitive young taste buds, mingle it with mild green cabbage, coarsely chopped. Add a sprinkle of turmeric, and be generous with black pepper.

Cook sliced celery, or carrots, or a combo of sliced carrots and sliced parsnips, in water to almost cover with a sprinkle of chicken crumbles or 1 bouillon cube per cupful of water. When vegetables are tender, thicken the sauce with a spoonful or two of cornstarch mixed with a couple of tablespoons of water, stirring until it thickens and clears. Taste and adjust seasonings. Add a tablespoon of butter for each 2 servings. It tastes good, and helps your body get at the nutrients in the vegetable cells.

## Eat at the...



A hot soup warms the body and the soul on these drizzly, windy or outright unpleasant days. All the winter vegetables go well in soups. Parsnips make delicious vegetarian chowder. It takes about 20 minutes prep time, depending on how many servings you’re cooking, plus another 20 to 25 minutes cooking.

### PARSNIP CHOWDER

4 to 6 servings

- 2 Tablespoons olive or canola oil
- 2 onions, chopped (about 2 cups)
- 3 parsnips, chopped (about 2 cups)
- 2 celery ribs, chopped
- 2 Tablespoons minced fresh parsley
- or 2 teaspoons dried parsley flakes
- ¼ teaspoon freshly ground black pepper
- 1 teaspoon salt
- Water or vegetable stock to cover
- 2 cups diced potato, cut in ½-inch cubes
- ¼ teaspoon cayenne pepper
- or a goodly shake of red pepper flakes
- or 2 or 3 drops of hot red pepper sauce
- ½ teaspoon nutmeg, optional
- 1 cup milk or ½ cup each milk and ½ and ½ cream
- or additional vegetable stock

Heat oil in a large, heavy saucepan or stockpot. Add onions, parsnips, celery, and parsley. Stir-cook 5 minutes. Add water or stock and potatoes and salt and pepper. Bring to boiling. Reduce heat. Simmer covered until vegetables are tender, 15 to 20 minutes. Add remaining ingredients.

Serve hot with buttered whole grain toast.

Follow up with a salad of seasonal fruits on a bed of lettuce, garnished with chopped walnuts or blue cheese crumbles.

Fall harvested potatoes are still at their best. Here is a potato soup for my vegan readers.

Carnivores would like my mother’s version. She fried a couple of slices of bacon, crumbled and reserved it for garnish. Then she sautéed the onions in the bacon drippings and proceeded with the soup as described below. I thought it delicious as a child, but now I like the lighter, less greasy version given here. It can be vegan or vegetarian, or put in the egg and use cow’s milk or goat’s milk if you’re an omnivore.

### POTATO SOUP

4 servings

- 2 Tablespoons olive or canola oil
- 1 cup chopped onion (1 large)
- 2 medium-size thin-skinned potatoes, diced but not peeled
- 1 teaspoon dried basil leaves
- ¼ teaspoon black pepper or to taste
- 1 teaspoon salt or to taste
- Water to cover
- 4 drops Tabasco
- 1 ½ cups soy milk or plain almond milk
- 1 egg beaten with 1 tablespoon water, optional: minced fresh parsley for garnish

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potato masher. Add milk and Tabasco. Heat to steaming. Add milk. While stirring, drizzle in the egg. Ladle into soup bowls. Garnish with minced parsley.

Bon appetite, everybody! Keep warm, stay dry, and be well all winter.

## Set Your Inner Clock to Island Time

*Continued from page 1*

microdermabrasion and ultrasound facials, cosmetic teeth whitening, massage, brazilian waxing for her and him and hair design. Now open daily from 9 am to 7 pm, we are locally owned and operated. Owner Korina Knudson has been practicing skin care and hair for twenty years and living on Island for 14. “We are bringing new services to Vashon in a more convenient location, we have lots of free parking, lol. I’ve been working out of my house since I closed the Happy Garden several years back and am very excited to return downtown.” Korina is joined by licensed massage therapist Joleen Flint, also from the Happy Garden and they have been working together for seven years. New to us are licensed massage therapist Erin Mawhirter and Wendy Jo Weston on cosmetic teeth whitening. We are specializing in anti-aging skin

care and are pleased to offer an amazing skin care line offering astounding results. The line, Glimpse, is clean green and toxin free and brought to us by Islander, Marianne Metz. We have ran our own private tests and are happy to report that the line rocks. We are serious about competing with downtown Seattle and keeping it real by offering our services at prices for everyday people. Massage are \$60.00 by the hour. Spa, skin care services and haircuts are \$25.00. Later this summer we will be raising our prices, but not to Islanders. We will offer a Vashon version of the Kamaaina discount, which is a lowered price given to the local residents of Hawaii. So please stop by and have a cup of tea with us, we look forward to sharing our new space with you, it’s beautiful!

# Spiritual Smart Aleck



## Part 4: Wild Turkey and the Supreme Being

*The story so far: It is November, 1970, and Rick and Chris, intrepid young hippies, are traveling from Marin County in California to Seattle, Washington, via the coast route. They are traveling in Rick's VW Beetle, known to its friends as Family Dog, and in a 1946 Dodge flatbed truck named Oatus upon which Rick and Chris have built a house to live in while they travel. We join them in Fort Bragg, California, where they are the*



Chris called a friend of his in Indiana last night; as a result, today there are two checks over at Western Union totaling \$166!! This evening I called Lou Hightower in Seattle to tell him we would be berthed here in Fort Bragg for awhile. He said that he had received a check for \$97, made out to me from the Navy and forwarded to him by dear Mrs. Rogers back in Forest Knolls. Lou reassured me that our future berth is awaiting our arrival and rang off, promising to post the check in the morning. Bless

Not that we are eager to leave our new friends, you understand; especially when it's so obvious that they are so concerned for our well-being. For example, tonight Everett

This was not our idea of inspiration but finally a brief hole appeared in the thick cloud cover and gave us a quick glimpse of the full moon and a few glittering stars. Thankfully, this was satisfactory to Everett and we were then able to conclude our little weather tryst.



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## Help Out Rick Tuel

A benevolent fund has been opened for Rick Tuel at Chase Bank. He is no longer working for Water District #19 due to health issues. Our community can donate funds to help Rick deal with his mounting medical expenses. People can contact Rick at Box 238, Vashon. Folks can also purchase a CD of Rick and his wife Mary in a trio at the website [www.threedampduck.com](http://www.threedampduck.com).

# VIPP 2010 Calendar

Vashon Island Pet Protectors  
2010 Pet Calendar is now available  
for \$15 at the following locations:  
Pandora's Box, The Vashon  
Bookshop, Fair Isle Animal Clinic,  
Books by the Way & all Vipp  
fundraising events.

**Find *the Loop* on-line at  
www.vashonloop.com.**



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Jan. 15.**



Kathy Abascal's articles on plants, medicines and nutrition will be back in the January 22 *Loop*. She has new classes beginning now, see her ad on page 5.

# Vashon FilmAid Supports Theater

Continued from page 1

A Special Advanced Screening of *For Christ's Sake*, an irreverent comedy directed by Jackson Douglas (Jason Belleville on "Gillmore Girls") and featuring Alex Borstien, actress (the voice of Lois Griffin on "Family Guy") both of Vashon;

Documentary *Heart of the Game*, Directed by Ward Serrill and Edited by Eric Frith, Shot in a suburban Seattle high school over a seven-year period, this stirring documentary explores the complicated relationship between gender, race and organized sports. Winner Best Documentary - Portland International Film Festival Nominee Best Documentary Screenplay - Writer's Guild;

Guy Maddin's feature film *My Winnipeg* with soundtrack by islander Jason Staczek; Winner Best Canadian Feature Film - Toronto International Film Festival and Best Documentary - San Francisco Film Critics Circle;

Directed by Sherman Alexie and based on his book of the same name, *The Business of Fancydancing* was shot on Vashon by Director of Photography and Editor Holly Taylor. Winner Audience Award - Victoria Film Festival and San Francisco Film Festival;



Hidden Worlds: Underground Rome, produced and directed by Islander Vicki Dunakin, courtesy photo

Writer/director Anthony O'Brien takes high school drama to the mat in *Perfect Sport* shot on Vashon by Anthony O'Brien; Executive Producers Mark Sayre, Zach Mann, Chai Mann. Winner Dramatic Feature - Worldfest Houston and Best Feature - SIFF's My Festival;

A comedy/mockumentary in the grand tradition of *This Is Spinal Tap*, *The Life of Lucky Cucumber* was produced by Mark Sayre and Executive Producers Anthony O'Brien, Zach Mann, Chai Mann, Joy Mann, Zoey Mann.

We are also proud to present the documentaries:

*March Point*, about the coming of age of teenage boys on the reservation, edited by Eric Frith and broadcast on the PBS program Independent Lens;

*Hidden Worlds: Underground Rome*, produced and directed by Vicki Dunakin and broadcast in the US by National Geographic explores the ancient city buried under modern Rome;

*Eye to Eye* about the fight to save the gorilla's in Cameroon was shot and edited by Nick Wiesnet;

We also have the pleasure of screening a trailer for Stephen Silha's work in progress, *Big Joy* about life and work of James Broughton.

An evening of short films provides a rare opportunity to see the works of many Islanders on the big screen. Produced by Vashon professionals and college and high school students these shorts include the award winning animations of Bill Jarcho, and videos by Peter Ray, Martha Enson and Kevin Joyce, Alexander Atkins, Devi Brule, Andrew Franks, Taylor Butz, and the students of Joel Walters VHS video class. This is guaranteed to be a fun evening!

One of the frequently asked questions is whether this will become an annual event. Organizer, Vicki Dunakin says "If there is a healthy turnout for the FilmAid festival this year, we would love to see it happen again. There were several films that we could not fit into our program this year. This is a great way for us all to share what we are doing with the community and support film on Vashon."

## Join Our Email Party to Prevent Homelessness

by Janie Starr

Look for it: January 13th and coming to an Inbox near you. No fuss no muss, no silent or out-loud auction, no spendy and environmentally unfriendly paper mail solicitation just a simple ask...

Here's a bold opportunity to make our Island healthier, stronger, more economically secure, and sustainable by supporting the all-volunteer work of the Interfaith Council on Homelessness (IFCH). The IFCH is dedicated to keeping Islanders working and in their homes, with the heat on and the refrigerator stocked.

But don't wait for it. Beat the rush and make your donation today. Mail a check to IFCH, PO Box 330, Vashon, WA 98070. OR give on line at [www.sustainablevashon.org](http://www.sustainablevashon.org). All proceeds are tax-deductible and will be donated in full to IFCH. Contact Janie Starr for more information: [starrboogie@earthlink.net](mailto:starrboogie@earthlink.net).

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## America Has Heroes

Continued from page 1

What is a hero? A hero can be patriotic; they could be brave or not so brave. It is all in the opinion of what makes an idol or hero. A hero is somebody to look up to. Most people have many heroes because those heroes often affect their lives in positive ways. They help you learn, they make you feel good, they make you laugh and they do good deeds when they could be doing things for themselves. Heroes are selfless people.

War veterans and soldiers who currently serve are certainly some of America's heroes. Soldiers are loyal and brave, and veterans remind us of America's brave history. The news doesn't tell you that soldiers are being shot every day in Iraq, no, they don't want you to know how bad the real story is. But that doesn't mean people aren't dying. Our heroes die everyday to defend us from those we consider terrorists, or those who consider us the terrorists. They die because they chose to defend us. There has been no draft, they are ALL volunteers. They are all heroes.

Everyone needs a hero. Most people have five, or ten, or even twenty. Anyone can be a hero. There have been many women who have been America's heroes too. Amelia Earhart was the first famous female pilot. She flew her plane and broke many records before her disappearance on 7/2/1937. Wilma Rudolph was the first American woman to win three Olympic gold medals. She won them in the 1960 summer Olympics in Rome, Italy. As I said, anyone can be a hero.

My dad is one of my heroes. He didn't finished college. But he pursued other things like traveling the world, which is how he met my

mom. He learned how to fix so many things and he can fix just about anything within reason. Anything in your neighborhood would be no problem for him. Even though he is dyslexic he taught himself to become an electrician, a photographer and started a video production company. My dad started the company in 1979. He sold it in 1994, the year I was born to spend more time with me as I grew. Now, he manages real estate he bought over the last 30 years. We have a partnership in an old hotel he made into lofts. I hope to be as successful as my dad. He has tons of good friends and fun family.

It feels good to be somebody's hero. It makes you feel like you are able to affect their life in some way. Like what you do might influence their life over the next few years. Heroes affect your life in the same way. If you have heroes you should stay around them as long as possible. They could very possibly affect your life positively. I love heroes. My mom is a hero to me too. She makes great food; she plays games and sports with me and deals with my short fuse and frustrated grumbling.

You could be a hero to somebody else just by changing one small aspect of yourself in a positive way. You could simply say kinder things to one person a day and perhaps, just maybe, you will make their day a little better. The subject of heroes is a fabulous topic. People can have as many heroes as they want to have. There is no limit to the number of people you look up to and those who have qualities you admire. How many heroes do you have? Who are your heroes?

## Resolutions

A recent article published estimated 92% of attempted yearly resolutions fail. From my experience, this is not a number I've overshot. If you are attempting a resolution that concerns your health, read on.

On to the exercise part. Human X needs to move the body more. Buying a gym membership does not make the body move. It's only a piece to the puzzle. Here's how it goes:

1. Schedule 3-4 times per week in the day planner for workouts. Time to drive to and from workout facility (unless working out from home), changing time, warm up time, shower time if needed, all must be considered. Hold to it and don't weaken.

2. Have a plan for exactly what exercises will be performed before getting to the gym. This can change during the workout for various reasons as long as the rest of the workout is adhered to. This saves time and increases productivity.

3. Get involved in a class or two in addition to regular workouts, or vary your workouts yourself by cross training. This keeps the body and brain activated and pushes boredom to the side.

4. Have no idea where to begin? Hire a qualified strength and conditioning specialist for a few sessions to get you headed down the helpful path. Don't balk about the investment. This is an investment in your health. Do it or end up being one of the 92% who fail.

One last piece of advice for Human X. Take one circumference measurement at the height of the belly button to help track progress. The psyche needs to see progress to adhere to the new changes.

There you have it, Human X. The secret to success. Broken down into parts, it's easier to wrap the brain around.

Last thing before I turn you loose. Follow through requires an earnest attempt after each failure, large or small. Earnest attempts are easier to come by when one can recognize the progress already made.



**Definition: Resolve**

1. To come to a definite or earnest decision about; determine (to do something)
2. To separate into constituent or elementary parts; break up; cause to disintegrate.
3. To reduce or convert by, or as by, breaking up or disintegration.
4. To convert or transform by any process (often used reflexively).
5. To reduce by mental analysis.
6. To come to a determination; make up one's mind; to resolve a plan of action.

The essence of the various definitions seems to be this: A decision, followed by an earnest attempt to change or transform that which is to that which will be by breaking down the parts, determining a plan of action, then following through. Now that we know what resolution means, let's proceed.

It's not hard to begin to see why most resolutions become failed attempts. If the order isn't followed and one stops at the decision making process (which most do), the battle remains on a steep grade (you're facing uphill).

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Let's put a plan into action. Human X wants to lose weight and get in better shape as the resolution. Since we all know that it isn't possible to out-exercise a poor diet (it isn't), Human X must begin eating healthier. Human X can then break down the parts to determine a plan of action. Something like this:

1. Go through the entire house, car and work space removing all processed food (junk food, all of it). Drop it off at a shelter or food bank.
2. On the way home from the food bank, stop at the grocery store and restock. Fill your cart with fruits,



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# Promoting Health and Well-Being on Vashon

Continued from page 1

happiness. They have also been talking about the special role that gratitude plays in their own lives as well as ways to beat stress. It's been shown that helping others experience gratitude and a sense of well-being is a cornerstone supporting success and happiness. With the perfect storm of economic pressure meeting typical stress of starting the new year, the gratitude antidote is especially valuable.

Vashon chiropractor, Dr. Thomas Basile commented that “Gratitude helps to keep you from bitterness, jealousy, and anger because you are happy with your life and with what you have.” In describing the role of gratitude in her own life, Rondi Lightmark, a Vashon grief counselor explained, “It was an important lesson for me after the death of my husband: to find a way to give thanks, even if I did not know what blessing might be contained in the very hard experience of loss.” For stress management, Vashon dance teacher, March Twisdale, recommends “changing your focus! ... and make sure to bring music into your life!”

The 76-member VashonWellness.com is in its third year of serving the Vashon community as a unique wellness resource. The ad-free site includes a no-clutter, easy-to-navigate directory of health and wellness practitioners with authoritative

educational links. Visitors to [VashonWellness.com](http://VashonWellness.com) can find service descriptions, photos of practitioners, contact information, and links to practitioner sites.

Categories include Acupuncture to Yoga. Some of the services include medical and dental, mental health and well being, coaching, complementary and alternative medicine, body work and fitness, youth care and other “community care” services, and more.

For 2010's special occasions, the site encourages wellness gift certificates that will give high-quality, local "experiences" instead of "stuff."

The site's publisher, Laura Worth, commented that, "building the site has been a rewarding eye-opener to Vashon's rich resources in the helping arts and the wisdom of so many of its practitioners." She adds that this has inspired her to plan a wellness blog and e-newsletter for the coming year.

Worth continued, "Because we are Web-based, we can continue to readily add members to our directory. Coupled with the educational FAQ and links, this site expands the Vashon public's opportunities for informed health care choices." Contact Laura Worth at (206) 463-9283 or [www.VashonWellness.com](http://www.VashonWellness.com).



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Jan. 15.**



# The Dorsal Spin

## Epiphany in Fins

by Orca Annie Stateler, VHP  
Coordinator

For many people of faith, this time of year is associated with extraordinary births and gifts from the Magi. When we saw J Pod in East Passage on January 3, the orcas celebrated another peachy bundle of joy. Tons of whales (pun intended) clustered about their new relative, J47, protectively shielding the tiny beloved. Mark Sears arrived first on scene and spotted the new baby. After examining photos by Mark and other NOAA researchers, the



A newborn hitches a ride and peeks out beside Oreo (J22) and other relatives in East Passage. Photo © 2007, Mark Sears.

Center for Whale Research verified that the mother is Tahlequah (J35), who was born in 1998. She is rather young for a first-time Southern Resident mother.

J Pod is experiencing a wee baby boom, now numbering 28 members with J47. J47 is the fourth calf born to J Pod since January 2009. L Pod had two babies in 2009. While this is a highly encouraging trend, the buzzkill caveat is that mortality is 40% or higher for Southern Resident calves in their first years. Consider it miraculous if all of these precious babies survive.

Prior to January 3, the last time Southern Residents visited Vashon was on December 21. We did not know killer whales were in the neighborhood until we heard echolocation clicks and calls on the hydrophone shortly before 6:00 PM. Surprise! The VHP recorded J Pod foraging at night in Colvos Pass. Did anyone see orcas from a ferry commute or elsewhere in Island waters on December 21?

On Christmas Day, several lucky Islanders were treated to a close encounter with our wandering gray whale at Lisabeula. From the described behavior, the whale was foraging close to shore, commanding attention when s/he surfaced sideways and exhaled rather forcefully. Mark and I have yet to see this gray whale, who has been spotted several times around Vashon – Maury since November 30.

Please support the work of the **Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041**. Send whale photos to Orca Annie at [Vashonorcas@aol.com](mailto:Vashonorcas@aol.com). Check for VHP updates at [Vashonorcas.org](http://Vashonorcas.org), our webpage in progress. Thanks to all who bought Odin's "Art for Whales and Wolves" during the holidays.

We are grateful beyond words to everyone who calls the VHP – your whale reports make a difference. If not for an alert VHP caller at Gold Beach, researchers might have missed a singular opportunity on January 3 to document a new birth and collect samples. Resolve to keep calling the VHP in 2010!

A reminder about dead, injured, or sick marine mammals on Island beaches: call the VHP first or Wolftown second to report strandings. T and Pete have a full plate caring for the critters at Wolftown, so Odin and I hope to relieve some strain on them by

handling first response to stranding calls when we are available.

Twice in several months, mild hysteria erupted on Vashon regarding "dead baby orcas" that proved to be dead Dall's porpoises. Dead orcas of any age rarely wash ashore anywhere.

Nevertheless, various researchers are interested in cetacean and pinniped carcasses, so we try to document them and contact the appropriate agencies. Folks who attended the VHP's "Wisdom in Our Waters" talk in November learned about how we manage stranding response.

In closing, 2009 was a harrowing, discouraging year at Chez VHP, and certainly a stinker year for multitudes of anguished people around the nation and world. This year and this decade have to be better, right? 2010 is off to a promising start as we welcome beautiful Baby J47 and pray for the well-being and longevity of our exquisite, endangered Southern Resident orcas.

FOR ORCAS AND FOR ISLANDERS  
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Orca Annie Stateler and Mark Sears  
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## Don't Forget the Birds

### Summer Bird Stays for Winter



by Ed Swan

In mid-December I received an email from James Clark on the south end of the Island with a nice photo of a Ruby-crowned Kinglet and a Black-headed Grosbeak. He asked for help with identification of the kinglet and was particularly interested in its yellow feet. The yellow feet happen to be one of the small pointers for separating it from the very similar Hutton's Vireo, which also has a thicker bill.

Though the photo showed only a rather dull looking bird, the Black-headed Grosbeak, a female, proved to be the exciting thing. Only a dozen or at most two dozen records exist for Black-headed Grosbeaks in winter in Washington State. Such visits appear to be increasing in frequency, though that may be a result of the increased number of observers noticing and recording unusual sightings.

These large finches have a robin-like song, heard from mixed deciduous and conifer wood stands around the Island in summer. Their "spik" locator calls keep them in

contact with each other and aid the observer in finding them as well. Their bright orange and black plumage makes them very visible at sunflower seed feeders set out in spring and summer. Females have a bold white striped head, brown back and light underneath with some streaking. Immature birds look like the females with a cinnamon wash across the breast.

Black-headed Grosbeaks prefer mixed forests. They utilize evenly mixed forests, coniferous woods harboring deciduous trees in small



Female Black-headed Grosbeak, photo by James Clark.

patches and riparian corridors of hardwood trees through coniferous woods. Grosbeaks increased in population regionally in the last 150 years. Jewett in the 1940's-1950's

Continued on page 14



# Quartermaster Inn & Restaurant

*We had a great New Years Eve party at Quartermaster Inn. If you were there you know what a great time it was. If you missed it you missed the best party on the island! Loose Change rocked the house and all had a good time.*

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*Troy and Marie are taking a much-needed vacation.*

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# Loopy Laffs

In the small, family-owned electronics store in Spokane where I work, we often get folks from out of town whose idioms are a little different from our own. One day, after parking across the street in an attended lot, a young woman came in, made her purchase, and then asked, "Do you give validation?" Without batting an eye, my manager replied, "You are an excellent person, and I love your hair."

*What do you get if you cross a car and a pig?  
A road hog*

The Sunday school teacher was describing how Lot's wife looked back and turned into a pillar of salt, when little Jimmy interrupted. "My Mommy looked back once while she was driving," he announced triumphantly, "and she turned into a telephone pole!"

The difference between a man and a woman is a woman wants one man to satisfy her every need, while a man wants every woman to satisfy his one need.

*A bill collector came to my house the other day, so I gave him a huge stack of old bills.*

An applicant for a job with the federal government was filling out the application form. It had in addition to the traditional personal information, about twelve questions he had to answer. One of the questions read: "Do you favor the overthrow of the United States government by force, subversion or violence?" Thinking it was a multiple-choice question, after some pondering, he checked "Violence."

Q: Someone has told me that menopause is mentioned in the Bible. Is that true? Where can it be found?  
A: Yes. Matthew 14:92: "And Mary rode Joseph's ass all the way to Egypt."

*The schoolteacher who was in love with the head of the school took out a loan with the bank because she had an interest in the principal.*

There are some days I practice positive thinking, and other days I'm not positive I am thinking.

*A day without sunshine is like, night.*

If you lend someone \$20, and never see that person again; it was probably worth it.

This is your CellPhone Operator. We just found out you're too dumb to use your phone, so please put it on ground and start jumping on it. Thank you

*Daddy, why doesn't this magnet pick up this floppy disk?*

The early bird may get the worm, but the second mouse gets the cheese.

When I was a kid I used to pray every night for a new bicycle. Then I realized that the Lord doesn't work that way so I stole one and asked Him to forgive me.

*How much do pirates pay to have their ears pierced?  
A buck-an-ear!*

Old electricians never die, they just get discharged.



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BY JEFF HAWLEY

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2SUZY

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Loop Arts

Ian Moore & Friends Rock the Blue Heron

Singer/songwriter/guitarist Ian Moore returns with the same rock solid group who played for a sold-out Blue Heron show last spring, this time for a two night gig to accommodate more fans. Don't miss the Friday and Saturday, 8 pm shows January 22 and 23. With new songs and ever-evolving arrangements, Moore will be joined by: Islander, Jason Staczek, accordion, keyboards and vocals; Barb Antonio, cello; and Darren



Ian Moore, courtesy photo.

by Janice Randall  
Loucas, banjo, mandolin, lap steel and vocals.

Moore recently finished his newest (7th) CD, *El Sonido Nuevo (The New Sound)* slated for release (Justice Records) in spring 2010. Moore describes the new recording as classic rock with influences of Electric Light Orchestra, The Byrds, Queens of the Stone Age, Townes Van Zandt and others.

This month Moore is honored to play back up for several shows in the New York City area for guitar great, Roky Erickson. The Texas born legend is known as founding member of the 13th Floor Elevators and pioneer of the psychedelic rock genre. "He was a friend of my dad's and influenced my music as well as providing the catalyst for such groups as Jefferson Airplane, the Dead and others," says Moore.

In the weeks preceding his Vashon show, Moore and his band the Lossy Coils will also play several gigs in Oklahoma and Texas.

Don't procrastinate! Tickets, \$15/\$17, are available now at Books by the Way, Heron's Nest and brownpapertickets.com. Call VAA to purchase by phone, 463.5131.

VAA Family Series Welcomes Nomadic Theatre

VAA's Family Series continues in the new year when Portland-based Nomadic Theatre Company bring acrobatics, clowning, masks, dance and puppetry together in *How to Fly: In Search of Amelia Earhart*, Sunday, January 24, 2 pm. Highly entertaining and educational, Nomadic Theatre Co. has captured the hearts and imaginations of all-ages audience members since 2002. For this, their Vashon debut, the Nomads promise new heights in their quest to discover how to fly.

Sara Foster and Heather Pearl, both graduates of California's Dell'Arte International School of Physical Theatre created *How to Fly* by physically exploring numerous aspects and avenues on the topic of flight. The skilled duo incorporates humor and skill in their quest to discover Earhart, who disappeared while flying over the Pacific Ocean. Meanwhile Captain Chicken takes wing, an albatross stilt dances and migrating geese fly upside down. Performers will take questions and share secrets about how the show was created after the performance.

*How to Fly* is the company's fifth creation. They have performed in schools and theaters throughout the

by Janice Randall  
Northwest and have run circus camps in the Portland area and as far as South Africa and Haiti. Thanks to our sponsors, Washington State Arts Commission and Island Thriftway for helping underwrite VAA Family programming.



Courtesy photo.

Tickets for *How to Fly* are \$8 VAA Members, Seniors and all children/\$10 General and are available at Books by the Way, Heron's Nest, brownpapertickets.com. They may also be purchased at the Blue Heron or by phone, 463.5131.



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**After the Storm**  
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Homegrown Art Sought for 2010 Vashon Farmers Market Poster

Island artists are invited to submit entries for the third annual Vashon Island Farmers Market poster contest between January 10 and February 7, 2010. All artwork should be printed in full color and at full size, and then mailed to: Ralph Moore, PO Box 13533, Burton, WA 98013. On a separate sheet of paper, include your full name, address, phone, title of your artwork and the medium you used.

The artwork will be used to create the poster that will promote the 2010 Vashon Farmers Market. Artwork may be created in any medium. The design should convey the spirit of the Farmers Market, or the natural beauty of island farms, fruit and/or vegetables. The artwork should be a vertical format that will dominate the final 11" x 17" poster. Strong, clear, eye-catching graphics are important. In addition to being posted in public buildings and businesses, copies of the poster will be offered for sale at the Market as a fundraiser for the Vashon Island Growers Association (VIGA).

For additional details, please email Ralph Moore at [andmoore2@comcast.net](mailto:andmoore2@comcast.net).

Summer Bird Stays for Winter

*Continued from page 11*

wrote of them as not being common anywhere but regular in the right habitat. On the present Vashon, the logging and the re-growth of the forests resulted in the vast majority of the woods coming back as mixed coniferous and deciduous in nature. The large number of riparian corridors provided by the many Vashon streams creates much appropriate Black-headed Grosbeaks habitat. July brings a large number of juveniles to local feeders. Other young still being fed by adults indicate that Black-headed Grosbeaks breed extensively across Vashon. Joe Van Os has had active nests on his property on Maury Island. I'm interested in reports of any nesting birds.

If you have an interesting sighting to report or a question about local birds, contact me at 463-7976 or [edswan@centurytel.net](mailto:edswan@centurytel.net). I'm also available as a guide for finding birds around the Island and the Puget Sound region. The coming months through mid-spring provide the best birding of the year with winter waterfowls being joined by returning breeding birds in April and May.

# NW Premiere of *After the Storm* at the Vashon Theatre

by Peter Ray

A mention of the name Katrina, which at one time might have evoked a fleeting image of a diminutive, porcelain doll, now leaves one awash in memories and images of the worst meteorological disaster in United States history. In late August of 2005, Hurricane Katrina tore the Gulf Coast region apart and left New Orleans submerged in a monster storm surge that broke levees, overloaded sewage systems and left a ubiquitous coating of petroleum products from area refineries that

court time, it's hard to imagine a story of hope coming out of New Orleans, but that is just what we will be treated to when Hilla Medalia's documentary screens at the Vashon Theatre at 7 o'clock on Monday, January 18th. For this Northwest premiere screening of *After the Storm*, director Medalia will be on hand to answer questions afterward. Tickets are \$7 and will go to benefit the Harbor School's exchange trip to New Orleans. There will be two other screenings- the 19th at 6pm and the 20th at 8pm.

*After the Storm* was shot mostly in 2007 over a twelve week period. It follows the efforts of writer James Lece sne , choreographer Gerry McIntyre and musical director Randy Redd in helping to raise funds to reconstruct a

small piece of New Orleans, the St. Mark's Community Center, two years after Katrina. To do this they put out an audition and casting call to the surrounding neighborhood, an area a short distance from New Orleans' historic French Quarter, and found thirteen talented kids in order to perform the Tony award nominated musical *Once on This Island*, the plot of which closely resembled what they had all been through with Katrina. What transpires over the length of the pre-show rehearsals is no less dramatic than the show itself, with a series of real life plot twists that not only affirms this film as a record of hope in hard times, but also as a testament to perseverance as well. In spite of how it might seem, it's not all bad news coming out of New Orleans- come to *After the Storm* and see how good it can be.



After the Storm caste, courtesy photo.

rivalled the Exxon Valdez disaster. Storm related damages are estimated at \$110 billion, with 275,000 homes lost, over one million people displaced, 600,000 pets left behind or dead, 1836 people dead and 705 still missing. While this was happening, then current White House occupant George Bush was reluctantly winding up a five week vacation (longest in presidential history), vice president Dick Cheney turned down a request from Bush to head up relief efforts in New Orleans, and secretary of state Condi Rice was taking in Broadway comedies and going on \$1000 shoe shopping sprees. There's not a lot of good news here.

With many neighborhoods permanently dissembled and pet custody battles between owners and foster families still taking up

## What Is A Moisture Festival?

*Continued from page 1*

wonder. A live show band is part of the action and you never know what you're going to see. The audience is all ages and the shows are all fun and awe inspiring.

A key part of the mission of the non-profit group that runs the festival is to make the shows affordable so that friends and families can attend together. For adults it is only \$20 and kids and seniors are half price. The tickets will be on sale through brownpapertickets.com by the middle of January. A word of caution though, because the price is reasonable the tickets go quickly.

Coming to Vashon Island to present the Moisture Festival has been a goal for several years because many of the Varietè artists from Vashon Island have already been part of the entertainment in

Seattle and in fact have been instrumental in the festival's success because of their creative input and willingness to help shape the festival. Vashon artists like UMO, The Velone Sisters, Lelavision, Du Caniveaux and others who live on the Island are anxious to bring some of the talent they have seen and worked with to the community so that the locals can experience the thrill of the festival. Find out more about The Moisture Festival at [www.moisturefestival.org](http://www.moisturefestival.org). You can view the photo book showing the last six years at: [http://issuu.com/moisturefestival/docs/mfbook2009\\_web](http://issuu.com/moisturefestival/docs/mfbook2009_web).

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## Jim Page Plays the Red Bike for Friday Art Walk

by Pete Welch

Jim started out in California where he was born. He lived in the Bay Area and caught the tail end of the 60's stuff. Garcia played pedal steel down the street, Kaukenon showed up for jam sessions, and everybody got stoned. New Year's Day of 1970 he hit the road by thumb to New York City and Greenwich Village. He stayed there for a year, living in elevator stairwells and on rooftops, under park benches and in borrowed closets. At the end of that year he hooked up with some people from Seattle. They were going home, want to come along? Sounded great - he'd never heard of the place before.

The last folk club closed soon after he got to Seattle and that, he says, was the best thing that could have happened. If there was no scene then he would make up his own. Which he did in short order. He started by playing the breaks in-between rock band sets. Three breaks a night, twenty minutes each. Get the attention, sing the songs, pass the hat.

In late November of 1999 the WTO came to Seattle, precipitating what is now a famous popular uprising. Jim spent all 4 days downtown and had many near permanent relationships with law enforcement. The events of that week opened the eyes of a lot of people and his songs gained weight.

9-11 happened and the weights got serious. Jim responded with song, and a CD called Collateral Damage was born, several songs of which got frequent play on Democracy Now! Three CDs came out afterwards, a compilation, a

Nashville thing, and a collection of Seattle songs.

Jim has been on the scene for more than twenty years and his reputation continues to grow. He has shared the stage with the likes of Bonnie Raitt, Emmylou Harris, Dan Bern, Michelle Shocked, Leftover Salmon, Mickey Hart, J.J. Cale, Robert Hunter, Chuck Brodsky, and John Hammond. His songs have been performed by Christy Moore, Michael Hedges, John Trudell, The Doobie Brothers, Joanne Rand, Casey Neill, and (yes) David Soul.



Jim Page, courtesy photo.

And in any of the many countries, from the countless tours and stages he has played people say the same. "A truly amazing man...one of the great originals. Ignore him at your peril." - Hot Press, Dublin

Nobody knows what the future holds but, like they say, it should be interesting. And Jim will probably be there.

Friday night's show is an all-ages event with free cover!

Loopy sez: Deadline for the next edition of *The Loop* is Friday, Jan. 15.

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