



Giovanna Mangione and Eva Cyra trying out different gears on their robot during the 10th annual 5th-grade robotics segment. Photo by Anne Atwell.

School Levy Vote Approaches

by Anne Atwell

Next month, Vashon Island School District (VISD) will ask Islanders to renew the four-year Operations Levy which expires in December of 2010. This is not a new tax, but the continuation of a levy that Vashon historically renews every four years. The Operations Levy makes up 20% of the district's general revenue. It pays for essential education and operations, including:

- ** Teachers and Support Staff
- ** Instructional Programs
- ** Special Education Programs
- ** Transportation
- ** Custodial Services and Building/ Grounds Repairs
- ** Curriculum Development
- ** Professional Development

Continued on page 11

AmeriCorps Team Prevents Erosion

by Ethan Lieberman

An AmeriCorps National Civilian Community Corps (NCCC) team is spending the next six weeks at Camp Sealth restoring and improving an elaborate network of trails used to educate all age groups on the importance of environmental conservation. AmeriCorps NCCC is a part of AmeriCorps, a network of national service programs created to improve the environment, enhance education, increase public safety and assist with disaster relief and other unmet human needs.

Cont'd on page 8



The Americorp team at Camp Sealth began working November 18. Photo by Kimberly Dooling..

Help Island Working Poor and Homeless

by Janie Starr

Vashon Island Network for Essential Services (VINES), a project of Sustainable Vashon, has launched an email fundraising blitz on behalf of the Vashon Interfaith Council on Homelessness (IFCH). While it may seem odd for one non-profit to raise money for another, we believe this effort is definitely in keeping with the mission of Sustainable Vashon **"...to discover, model and advocate for the environmental, social and economic sustainability of Vashon-Maury Island."**

Continued on page 7



Last fall this dental van brought desperately needed dental care to some of the poor and homeless on Vashon Island. Through a cooperative venture of several organizations, the van will visit the Island again next month. Appointments are already full but members of the board of the Interfaith Council on Homelessness (IFCH) are working hard to find the funding to bring it back again a couple of more times this year. Photo by Emma Amiad.

Full Moon Beach Walk



Beach naturalists find shoreline night life on this 2006 Full Moon Walk, photo copyright Ray Pfortner. (No it's not a scene from the Vashon filming of Alien.)

By Rayna Holtz

Here's a resolution for the new decade: come learn about the communities of animals who live on our local saltwater beaches! Vashon Beach Naturalists will guide the annual winter Full Moon Beach Walk on Friday evening, January 29, from 8 to 10pm, at the north end. Sixteen student naturalists, many of them already accomplished beach guides, will partner with their instructors, Bob Fuerstenberg, Kathy Sider, Jeff Adams, and Daoud Miller, for an evening of flashlights and moonlit explorations among the dock pilings, over the damp sand, and among the cobbles further north.

Continued on page 10



Katie Grabow performs a mat exercise during a Pilates Balance Studio mat class. This is one of hundreds of items Islanders can bid on during the Labor of Love Online Auction. Photo by Peter Milovsoroff.

Labor of Love Auction Presents the Best of Island Service

by Linda Milovsoroff, Director of Development, Vashon Community Care Center, 206-567-6164,

Linda.Milovsoroff@providence.org

Yes, it's already here again, time for Vashon Community Care's annual Labor of Love Online Auction. This will be the 10th year for this much-loved Island tradition, where Islanders bid on items or services that are made or performed by their Island neighbors. This year the Labor of Love Online Auction will begin at 12 noon on Wednesday, January 27 and run for two weeks, ending at 12 noon on Wednesday, February 10. *Continued on page 9*

Movement for Life Opens on Vashon

by Stacey Hinden

Beginning this February, Islanders will have the opportunity to experience a unique body-mind approach to transformation and wellness as Stacey Hinden launches her private practice, Movement for Life.

Continued on page 4



Stacey Hinden works with vocalist Jessika Kenney. Photo by Jeff Stevenson.

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.

Free Tax Help

Come to the Vashon Library on Thursdays from 11 AM - 1PM starting January 28th & Ending April 1st. 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 61 years of age and your income must be under \$35,000 and that includes Social Security. All forms will be provided by Hilary Emmer 463-7277.

Unofficial Mayor Supports Up-cycling

LoAnne Forschmiedt, Vashon's Unofficial Mayor, announces Vashon Community Care Center's partnership with Terracycle in reducing waste. The VCCC seniors have already earned \$4.00 for their efforts in up-cycling 200 energy bar wrappers. They also collect juice pouches, Oreo cookie wrappers and bags from Lays products. Twice a month VCC resident's clean the items for shipping back to Terracycle, to be made into usable products that are then sold. Please donate your waste to VCC for our productive project.

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

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

2010-11 Chautauqua Kindergarten and New 1st-5th Enrollment

It's that time of year again. . . Time to be thinking about enrollment for the 2010-11 school year for kindergarten and 1st-5th graders who will be new to our school. While it may seem soon, there is much to be accomplished in what turns out to be a short period of time. Our timeline includes an early registration deadline of April 20th for Full-Day Kindergarten and April 30th for Half-Day Kindergarten and 1st-5th grade students. Getting all of your enrollment paperwork in by these dates will enable you to receive placement information in June, rather than in August.

It is especially important to enroll early in Kindergarten because enrollment effects our staffing configurations by knowing the number of teachers needed. The earlier we know, the better we are able to create classes and notify you of your child's placement. Also, by enrolling early we are able to work with the bus garage in developing bus routes and notify parents.

Determination of morning or afternoon placement will be based on requests with consideration given to maintaining balanced classes. There will be no mid-day bus transportation provided.

For those students who are currently enrolled at Chautauqua, if your plans for next school year include moving off-Island or enrolling at a new school, we need to know that as well. Please contact our office as soon as you are aware of this plan. Even if it is not certain, it helps for us to know your intention to enroll your child elsewhere. Our office will let you know what further information we require. You can reach our registrar, Gillian Callison, at 206-463-2882 or by email at gcallison@vashonsd.org.

Caregivers Support Group

Vashon Community Care Center hosts a monthly Caregivers Support Group meeting. The group meets on the second Thursday of every month at 7pm. This group is geared toward family or friend caregivers, rather than paid caregivers. Call Julea for details or with questions: 567-6142.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Jan. 29.**

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Plant Trees with the Carbon Research Project

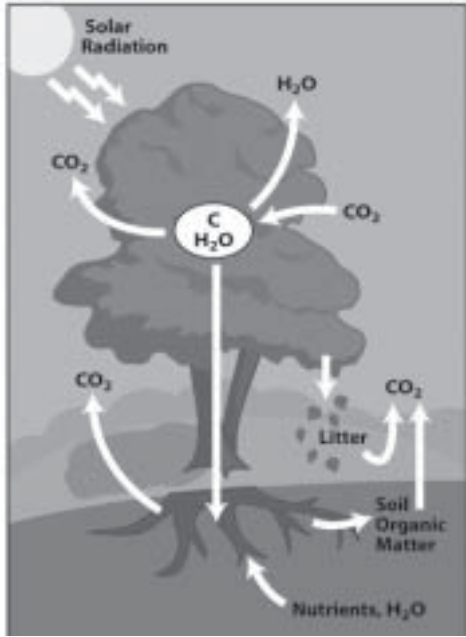
The Friends of Island Center Forest and King County, in partnership with the University of Washington, invite you to attend a tree planting event at the restoration and carbon sequestration research project on Vashon Island. This community demonstration project is studying how the use of composts can capture and restore carbon (called sequestration) and rebuild degraded soils. The borrow pit adjacent to Island Center Forest provides an opportunity to contribute to carbon sequestration research and at the same time, improve soil health, water quality and rebuild resilience in forests on Vashon Island.

Come find out more about this fascinating project that may have broad implications for dealing with climate change and sustainability. We have 1,100 native trees to plant in 16 different research plots. Many hands will make the job easier!

WHEN: Saturday, Jan. 30 from 10 a.m. to 2 p.m.
WHERE: Island Center Forest, enter at the Solid Waste Transfer Station entrance at 18900 Westside Hwy SW, Vashon, WA 98070
Parking is limited, so please carpool.

WHAT TO BRING: Wear old clothes and work boots. Bring work gloves and a shovel if you have one. Gloves and tools will be provided for those without. Dress for the weather; we will plant rain or shine. The site is muddy and wet under any weather conditions, so please dress accordingly. Bring a lunch, snacks and refreshments will be provided. Participants under 16 must be accompanied by an adult.

Please RSVP to Jo Sullivan at 206-296-8361 or jsullivan@kingcounty.gov so we can plan for tools and refreshments. This is especially important if your school or community group is planning on attending. Reasonable accommodations can be made for people with disabilities.



Valentine's Eve Sober Dance

Saturday Feb 13 Evening Dance
Music upstairs and Collage/Graphic Art Workshops / snacks downstairs at VYFS PlaySpace (former YMCA location). Open only to HIGH SCHOOL AGE Teens. Sponsored by teens and HART / VYFS 463-5511 x232.



HOME TEAM REALTY

Troy and Marie Visit Ecuador

Marie: Well, just a few more days and we will back to reality. This trip to Ecuador has been an amazing experience, and the city of Cuenca is especially incredible. The architecture feels like an old European city, the prices feel like Mexico 20 years ago, and the weather feels like a perfect day in May on Vashon.

Troy: I agree. Real estate is a bargain here, too. We saw nice houses for under \$100K. And how about that historic colonial house they are converting to condos in the heart of the city? Who wouldn't want to live there?



Marie: I know I would. Apparently there are only two units left. Maybe we should ask our readers if anyone is interested?

Troy: Good idea. Naturally, we are happy to come back down here to make the arrangements. It's quite easy for an



enough of it. It was kind of like eating a Cornish game hen – a lot of work for very little meat.

Marie: Thank God you are not going to want me to cook it at home. If our readers are interested in buying property closer to home, we'll be back by the time you are reading this, and we have some real bargains on Vashon, too!

American to purchase real estate in this country; I am surprised at the number of expats here.

Marie: Me, too. Although between the weather, the beautiful buildings, the affordability and all the rest it's really no wonder. And the food is great too.

Troy: I loved it! Who would have thought roasted guinea pig could be so tasty? There just wasn't



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Look at this view! One and a half acres of rolling lawn and woods command a sweeping eastern view across Quartermaster Harbor, Dockton and Maury Island. Beyond, the Cascades frame the view, and to the south, Mount Rainier peeks through fir trees. The property includes an older but nice three bedroom, two bath manufactured home and a newer two car garage in great condition. A second tax lot of about 1/3 acre of the bluff is also included, ensuring control of your view.

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Owner Financing!

This spacious single level condo is just perfect. Bright and quiet end unit with a small private yard and a deck is tucked away in a peaceful residential area within a short easy walk to town. Two bedrooms and two baths plus a fireplace, vaulted ceilings, and lots of windows make it bright and inviting. Great opportunity to buy in a neighborhood with little turnover. Take advantage of the buyer's market!



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Positively Speaking

Conundrums

by Deborah H Anderson

The one item on the list was a beach walk. With my youngest daughter home for a long visit, we slowly worked our way through the things that make the transition strong and good between mother/daughter of adolescence to mother/daughter of adulthood.

So it was that even though it was pouring rain at times we walked down the lane and down the common steps and back down the water's edge to see our home from the beach.

We started out on rocks. Big ones. Then it turned into soft sand where we left deep prints. The sand became harder and just as we approached our property, turned into little rivulets. "Look, Mom" she said. "You can see how many currents there are in front of our house." The waves of sand went every which way. Metaphor.

Back inside I looked at the approaching waters of high tide with new feelings of safety. Fifty feet from the edge of Puget Sound a little 'ole boulder bulwark doesn't seem strong enough to keep things in the places in which they are supposed to be. Water on the waterside, house on terra firma.

I lost that feeling of insecurity when I saw the pictures of Haiti. Stuff happens.

It was unfortunate timing. I was reading *Strength in What Remains* by Tracy Kidder as the first reports of the earthquake trickled in. *Strength* is the true story of a survivor of genocide in Africa. Turning the pages (because it is definitely a page turner) of descriptions of rivers of bodies crushed and dissected while the TV montaged it's way through the rubble and the destroyed was not a good combination.

After the children's view was shown on TV, reading the last page of the book, I crawled into bed and stared at the wall.

My daughter graciously hung things on that wall while I said, 'lower, left, right, no the other one'. It had taken me four months to decide whether I wanted to put the pictures of the kids there that tell the history of our family, the children I love, the heritage I tried to give them, or something decorative that reflected something about me.

In the end it was a combination of the decorative. A set of circular mirrors that reflect the waterfall quilt on the opposite wall, a 'magic wand' another friend put on a gift, a heart shape wooden mirror with Amish design, and a wall hanging that displays a verse in Isaiah that says, "Let them give praise in the Islands". If I hung the kid's pictures there I realized I would never sleep. I'd be up all night watching them, thinking of them, praying for them.

I looked at that wall noticing how perpendicular it was to the floor. Right now, right this very



moment, my life and my children's lives are not in peril. Right now, I am not in crisis. The challenges I face have to do with the Waterlily and the LGC that accompany this column. They are good challenges. I can look back and say, "See how far I have walked." And know I was being lead and it was a good walk.

I am in a good spot because I learned to feel.

I was born into that white society that says feelings be damned and get things done. Graciously I learned you get more done if you are in touch with your feelings. The reason I hammer on so about addiction and the Island is because addicts are not in touch with their feelings. They are zombies. Kelsey Grammer says in a recent magazine interview that behind every addiction is unresolved grief. Too true.

Now, grieving for those children, I cried. Big tears. Not Queen of the Sixteen Tears like I used to be, but sixteen tears.

I was admired more when I didn't cry. But Betty Rollins was right when she titled her book about her mother's cancer *First You Cry*.

I love hearing about what everyone's doing here on the Island. We are the most consolidated group of creativity and industry and venture capitalizing you could ever hope to meet. It's inspiring. But I know what everyone's doing now. My real interest is, "What are you feeling?" I want to know people's hearts as well as their heads.

Emma Thompson's character Kate Walker in "Last Chance Harvey" says the Brits don't have a stiff upper lip anymore. She says ever since Diana died they've gone all flow-y.

That's what it takes. A broken heart. Diana's death broke their hearts.

Children cry easily because they have tender hearts. People in crisis have no boundary around their hearts when they're going through it. It's afterwards they either heal or wall it in. But you know, you never forget what you've experienced. Either you assimilate or you bury.

Hang it all together today and then in the quiet moment before you sleep, check your heart. Just check in. That's the first step. And if you are good friends with your heart, bravo. You're alive! The dead in Haiti would say to us, it's a gift. Be alive. Be very alive.

Love
Deborah

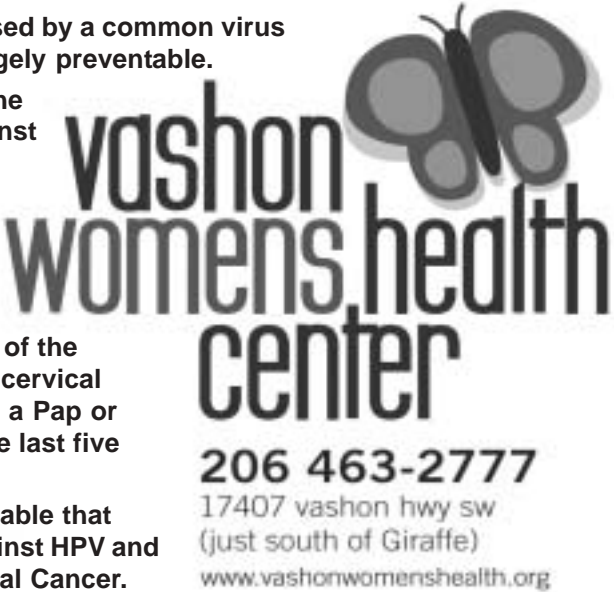


Vashon Women's Health Center Honors Cervical Health Awareness Month

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.**

Movement for Life Opens on Vashon

Continued from page 1

Both educational and therapeutic, Movement for Life provides infants, children and adults with tailor-made sessions drawing from movement, sensory awareness, voice/sound/breath, healing touch, guided imagery, and nature connection.

"All of life is always in motion," notes Hinden, "from cells that pulse with breath deep within, to bodies moving in work and play, to the rhythm of water, wind, animals and plants cycling in life, death and renewal. I am passionate about guiding people in their personal and subtle dance of inner and outer nature, helping them to move through the seasons of their lives at any stage of development with wholeness and harmony of body, mind and spirit."

Stacey has 20 years professional experience as a Registered Movement Therapist and Educator and a Certified Practitioner of Body-Mind Centering® (BMC), an innovative approach to health, movement and bodywork, developed by somatics pioneer Bonnie Bainbridge Cohen. Hinden is the sole provider of BMC-based movement education and therapy on Vashon, having previously maintained a private practice in New York. (For more information on BMC, visit www.bmcassoc.org and www.bodymindcentering.com)

"The journey into the alive and changing territory of the bodymind is gentle, resourceful, respectful, unfolding, creative, and inspiring," promises Hinden. Clients are treated as whole, with "symptoms" regarded as strengths, aspects of oneself that are the dominant form of expression. The work is participatory, and offers both a cognitive and experiential approach,

enabling clients to engage in a healing process that honors their unique style of learning. They choose from a palette of modalities that help them return to a natural state of balanced energy and vitality:

Gentle Bodywork to affect the different tissue layers in the body and releases restrictions at the cellular level; Sensory Awareness, or imagery and anatomical metaphor, to focus attention on a specific area of the body to reveal sensations, feelings, thoughts, images and movement patterns that may be affecting one's health; Movement, including specialized developmental movement exercises to connect, strengthen and free one's body for moving with greater efficiency and internal awareness; and spontaneous movement practices to deepen one's authentic expression and self-acceptance while learning new ways of moving, perceiving and being; and Nature Connection to help clients(re)connect with the planet's beauty, bounty and natural rhythms, and invite Nature's participation in their personal healing and growth. Other modalities may also include voice/sound/breathwork and Sacred Movement Ritual for those interested in delving more deeply into the creative and expressive aspects of healing.

For those of you already familiar with Hinden's work, you will still be able to partake in one of her BMC-based classes, workshops, and community-based performance projects.

Stacey can be reached at 227-5534.

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

Introducing the Vashon Beach Naturalists

by Rayna Holtz

With the advent of the “twenty-teens”, many initiatives for green power, sustainability, and conservation are burgeoning on Vashon, including energetic new advocacy efforts for beach conservation. An outgrowth of the annual Low Tide Celebrations of the past four springs, a new organization, the Vashon Beach Naturalists, intends to educate beach guides and expand public opportunities to learn about the beauty, variety, and threats to Vashon beaches. The first VBN class of 16 islanders is meeting this winter and spring, and will present their first public beach walk on Friday evening, January 29 (see accompanying story on page 1).

VBN’s principal goals are to offer an annual free course to a group of would-be beach naturalists, and to organize a series of public beach walks at which the local beach

established the Maury Island Aquatic Reserve as one of the first protected aquatic reserves in 2004. The Maury Island reserve, unlike Washington’s other aquatic reserves, is mostly privately owned and is therefore dependent for its ongoing health on the knowledge and caring of Vashon Islanders.

Quartermaster Harbor, a key part of the reserve, was declared an Important Bird Area by National Audubon because of the large number of wintering Western Grebes it hosts and the diversity of its other wintering marine birds. Three species of forage fish, keystone species for the health of Puget Sound, spawn on beaches: Pacific herring, surf smelt, and sand lance.

The Vashon Beach Naturalists are offering their first class under the auspices of Vashon College. Vashon Beaches 101 is a free course but in

turn its students volunteer to lead beach walks. The program is co-sponsored by Vashon-Maury Island Audubon Society, Seattle Aquarium, Washington Sea Grant, Vashon Park District, and Vashon College.

Seattle Aquarium and Washington Sea Grant are providing curriculum and faculty: Kathy Sider, Janice Mathisen, and Jeff Adams. Bob Fuerstenberg and Daoud Miller are also teaching, and this first class includes outstanding naturalists who contribute additional stories and observations. Species lists for Vashon beaches will be posted on the Vashon College website, as part of The Salish Sea Network data.



Erin Durrett leads a tide pool walk at the Low Tide Festival at Pt. Robinson, photo by Jay Holtz.

naturalists will volunteer as guides. They will also help teach students on field trips, develop species lists to document beach life communities on public beaches, and facilitate a few citizen science activities, such as helping the Washington Department of Natural Resources document spawning beaches used by surf smelt and sand lance.

The three primary founders of VBN have been planners for the Low Tide Celebrations. Daoud Miller provided liaison with People For Puget Sound in past years, Erin Durrett represents Keepers of Point Robinson, and Rayna Holtz is linked to Vashon Audubon. As they helped invent ways to teach folks how to treat beach animals gently, they increasingly longed to expand local knowledge of beach ecology.

Vashon and Maury Island are critically important to the salmon that spawn in the rivers of Puget Sound and to hosts of other species. Seining studies by King County ecologist Jim Brennan showed that juvenile salmon from many large local rivers feed and shelter along Vashon shorelines before entering the Pacific. Our 50 miles of shoreline are strategically located in the center of the Sound and include half the saltwater shoreline in King County and the majority of the county’s natural shorelines.

Washington Department of Natural Resources recognized their significance for marine life and



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Vashon Library February Programs

Toddler Story Times

Tues., Feb. 2 and 9, 10:40am

Ages 21 months to 3 years with adult. Enjoy 20-minute program of stories and songs just right for toddlers. Registration not required.

Preschool Story Times

Tues., Feb. 2 and 9, 11:30am

Ages 3 to 5. Join us for 30 minutes of stories, songs and fun! Registration not required.

Baby and Me Story Times

Wed., Feb. 3 and 10, 10am

Newborn to 20 months with adult. A 20 minute program of stories, songs, rhymes and bounces for babies and a caregiver. Registration not required.

Fun-tastic Folktales

Wed., Feb. 17, 11am

Ages 5 and older. Enjoy fun stories from African and African-American culture that share important life lessons such as kindness, respect and sharing. Please register beginning Wed., Feb. 3, 206.463.2069.

Teens

Study Zone Grades K-12

Sun., 1-3pm- reading tutor only
Tues. and Thurs. 3pm

Drop in during scheduled Study Zone hours for homework help from volunteer tutors.

LateNight @ the Library for Teens

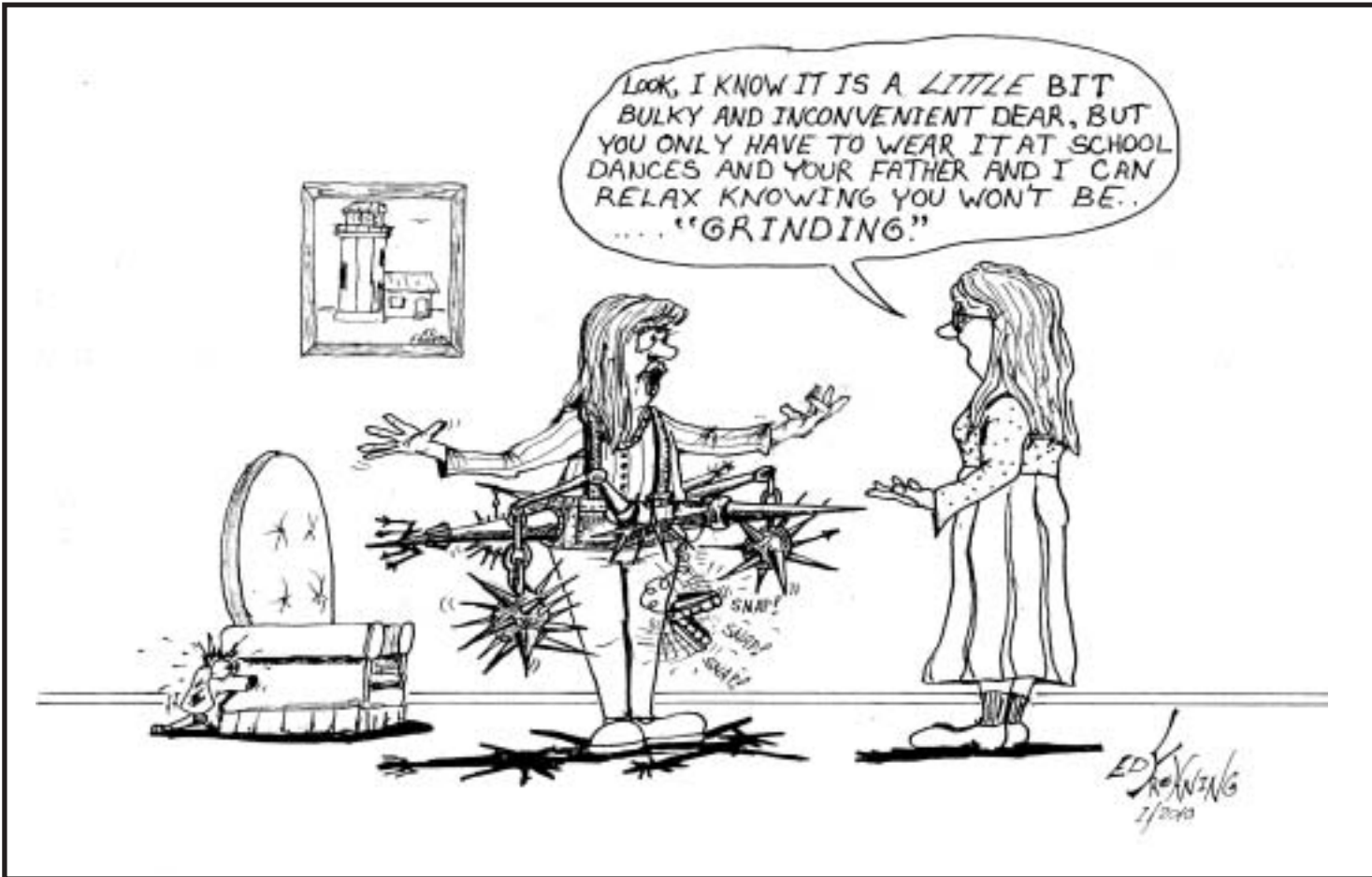
Sat., Feb. 6, 6pm

For students entering grades 6-12.

Limber up with Dance Dance Revolution, play Super Smash Brothers Brawl or Outdoor Challenge on our new Wii, and join the strummers at Guitar Hero open play. Enjoy the Vashon Library Cyber Café and surf the web or play a game. Refreshments! Door prizes! Security will be provided. Sponsored by Friends of the Vashon Library.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Jan. 29.**





January was one of the most challenging, turbulent months since the first time someone ever posted a horoscope to the Internet. February has the feeling of coming out of the turning point rather than desperately clinging to the road. The standout aspect is Chiron conjunct Neptune, which represents a stage of awakening that is eminently necessary to prepare for the far more intense astrology coming up in the spring. The keyword is conformity: that is, dealing with it. For all our belief in and obsession with free will humans tend to walk around in a trance. This conjunction is a gentle wakeup call: perhaps one in a series, but it's calling on you to question whether you believe what you know is true, or what other people think you should think.

Aries (March 20-April 19) You're in a focusing phase wherein you are learning to see, feel and sense the future. Much of this involves an evaluation of your environment, and the ways in which you're influenced by the people around you. You're also deeply impacted by numerous messages from advertising, so-called news and imitation culture. Choose your influences carefully. Be careful who you look to for a reflection. Even as you find your freedom, you have the not-so-small matter of authority creeping into your life everywhere. One of the most significant themes of your immediate and long-term astrology involves redefining your relationship to that which has power over you: and beware, most of these factors are hidden. Find the courage to challenge any authority when your moment of absolute awakening arrives — that moment is approaching rapidly.

Taurus (April 19-May 20) You seem to live within two entirely different perceptual frameworks, which alternate and at times conflict. You might say you have two value systems trying to function simultaneously. I would propose this split runs in two-month cycles. You seem to alternate in your goals and intentions a little more often than once per season, constantly knocking you out of focus and putting you at cross-purposes with yourself. Yet you can use these fluctuations like a rock climber uses gravity for leverage. You know you don't embrace change warmly or easily; and this alone is a source of resistance. One frequent result of this tension is the constant, subtle fear that 'everything is going to be different', which could be alleviated by embracing the truth that if you seek growth, you must be friends with movement, progress and the unfamiliar.

Gemini (May 20-June 21) How is your intuition? Do the hints you get work with or against the things you know intellectually? Or do you override what your subtle sense tells you? Most likely, you alternate among the two. You have powerful analytical skills, but often your intuition contradicts your established beliefs, or your notion of what you want to be true. Lately what other people want from you contradicts your sense of what is right for you, though it's been challenging for you to stand up to those influences. So there are two matters here: your relationship to yourself; and how you're influenced by people who seem to have extraordinary power in your life, most recently, financial and sexual power. Both money and sex experienced as power have one thing in common: fear.

Cancer (June 21-July 22) You have much to offer, and the deep need to share it. If you made peace with this fact, your life would be simpler. Going by your astrology, you will have some

extraordinary opportunities to make your mark as the next few seasons unfold. These are likely to be disguised as unprecedented success and an expanded role in the world. You have doubts about that role, but remember: you make up a story about your personal worth based on what you think others think. As you continue your long-overdue overhaul of your outdated ideas about relationships, focus on trust. If you falter in your trust of yourself, you open the door to those you don't trust. Therefore, if you want to enjoy your success — or even notice it — be vigilant, and hold yourself in high esteem.

Leo (July 22-Aug. 23) Nobody would accuse you of being an introvert, but sometimes the most outgoing people are the most inwardly focused. You know this, and it's challenging because you feel it's your destiny to have attention focused on you. The circumstances of your life call you out into the world of leadership. Yet your sensitive heart and soul call you ever inward. Your transits this year provide support for that deep inner search, one best described as an exploration of your spiritual beliefs. As you move through this territory, you may experience the sometimes-tense relationship between you and your potential. You seem determined to develop habits that make you more efficient, though I would suggest work methods that allow spontaneous growth are the ones to experiment with. Much in the world depends on your contribution, so be thankful for that grounding and sense of purpose.

Virgo (Aug. 23-Sep. 22) The ancient story of Virgo is about giving birth to yourself daily, and this is the focus of your current spiritual journey. You nourish the inner seeds of your creative process; and they emerge into the world with a life of their own. When you take responsibility for this process, you create things that nourish you. When you don't take responsibility, the results can be damaging. You know self-expression is a double-edged sword; but rather than being afraid of this, a better approach would be to grow in your self-mastery. You've discovered that if you don't indulge in actual expression of your ideas and feelings, you feel trapped; if you open up, you feel happier, more grounded and more inclined to notice the incredible gifts being offered to you.

Libra (Sep. 22-Oct. 23) It's no longer so easy to hide behind your shell. The profound change to your psychic structure is that the facades no longer make you feel safe. Your whole inner emotional structure is being rearranged. Compartments of suppressed feeling are cracking open. Forgotten memories are coming back. Your relationship to your history is changing. All of this is leading toward profound self-renewal. Other factors in your astrology suggest that by June, your world will be rocked by exciting events that will challenge you to be as alive as you can be. When these experiences come your way, you will want to embrace the journey with your full being. This will call for vulnerability and the willingness to embrace change passionately — qualities that will initiate from the inside out, and which before long you will meet face to face.

Scorpio (Oct. 23-Nov. 22) The planets suggest you take your quest for success inward, seeking an understanding of your true motives. You can no longer act on desire without a strong concept of why that desire matters. This involves not merely diving into your emotional world and seeking clarity, but also projecting yourself into the world and determining who you must be in relationship to everything that surrounds you. Imagine

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that time has stopped; and what a second ago was the present moment has become the past. You're able to move around and explore in this frozen world. You're seemingly alone, in a dimension you can see but with which you cannot interact. Look carefully for what responds to your awareness: for what speaks to you directly and wants to exchange energy with you. Whatever responds to your presence in this crystallized world is truly part of you.

Sagittarius (Nov. 22-Dec. 22) Of all the challenges you've faced during the past decade, seeking emotional stability ranks highest. Yet much has changed in the past 12 months. You seem to have been through something that has granted you a measure of peace of mind. Along the way, you gave up seeming necessities that were not working for you. One of which is your relationship to your family. You decided you were not going to believe the lies others believed. It's easier not to believe lies, yet casting off what a whole culture (in this case, your family) accepts as wholesome truth is the work of a revolutionary. And the result can be destabilizing. This is why those who adhere to what is obviously not true do so: they at least have ground beneath their feet, even if it's not solid.

Capricorn (Dec. 22-Jan. 20) Your mission is to be who you are independently of the momentum or intentions of your family. Family affects us several ways: First, family grants us life. Then family imprints us with its values, in its own chaotic, narcissistic image. Last, the Trojan horse of guilt is installed so we go into paralysis anytime we try to digress a single millimeter from the agenda. Fear kicks in, because we are terrified of being without the structure that allegedly supports us. More often the 'support' manifests as a battle waged when we try to make up our own minds about anything at all; or an internal conflict ensues, as if we're being challenged by some absolute authority.

However, the combined action of Saturn and Pluto says you are the only actual authority in your life.

Aquarius (Jan. 20-Feb. 19) You depend on your intelligence; there are few more valid astrological truisms than descriptions of that unique Aquarian gift of reason and rationality. Yet your astrology is calling you in a different psychic direction. You have felt the strong pull toward organizing your life around hearth and home. You have observed your intuition go from something you doubted to something you depend upon like a trusted friend. This journey is related to something else you're experiencing — evaluating, questioning and rejecting many things you believed in the past. You've learned to take nothing for granted. A new clarity is taking over your life, based on a deep devotion to accurate perception. For years, it seemed as if something was being taken away from you — as if your ideals were losing validity. Yet having discarded so much as false, you now have room for what is true and authentic.

Pisces (Feb. 19-March 20) For years, you've worked to set yourself free from something; perhaps the lies you believed; your sense of being trapped or isolated; a world that does not appreciate how beautiful life is. Though that setting-free process is not over, you've made progress — far more than you recognize. I suggest you sum up what you've learned in the simplest possible terms. For example, it is easier to come up with an innovative solution to a problem than to go back and 'fix' the past. Remember that one; it will be useful. Another thing I trust you've observed is that it pays to be direct. People have a hard time fathoming what you're thinking. You can be even more transparent, including with yourself. In fact, you can afford and will thrive on radical honesty: about who you are, what you value and your vision for your life.

Island Epicure



Eat and Grow Slim

by Marj Watkins

Now that the feasting season of Thanksgiving through Epiphany is well past, it's a great time for us to shuck off fat gained from all those rich dinners and snacks. Here's a painless way to do it:

Purge your kitchen of processed foods, white bread, white flour pasta, and white rice.

Stock up on brown rice, red rice, brown & wild rice combo, whole-wheat flour, brown rice flour, barley flour, and buckwheat flour. I like barley flour because it's the lowest flour on the Glycemic Index and we can exchange it cup for cup with white flour in our usual recipes.

Stock the refrigerator with low-cal vegetables and whole fruits, no juices—they have no fiber and often are sweetened with corn syrup or cane juice or grape juice, all high carbohydrate, fattening additions.

Stock low-fat meats: tenderloin or lean ground beef, lamb, bison, wild salmon and pickled herring (for the Omega 3 fat), cod, sole.

You'll enjoy an astonishing variety of fruits and vegetables even when you leave out of your menus all those high in carbohydrates, thus fattening. Go for five vegetable servings a day, plus a veg salad and a fruit salad.

Fruits and vegetables that will help you burn body fat:

Fruits: Apples, Apricots, Blackberries, Figs, Blueberries, Cantaloupes, Cherries (good against arthritis, too), Cranberries, Grapefruit, Grapes, Honeydew, Melons, Kumquats, Mangos, Nectarines, Lemons, Limes, Loganberries, Oranges, Papaya, Peaches, fresh, Pears, fresh, Pomegranate, Raspberries, Strawberries, Tangerines, Watermelon.

Vegetables: Asparagus, Beans, (green or wax) fresh, Broccoli, Brussels sprouts, Cabbage, white, red, or Chinese, Carrots, Cauliflower, Celery, Cucumber, Eggplant, Endive, Escarole, Fennel, Kale, Leeks, Mustard Greens, Turnip Greens, Okra, Onions, any color, Parsley, Parsnips, Peppers, Radishes, Spinach, Summer Squash, Tomatoes, Watercress, Zucchini.



Ten Commandments for Weight Management

An eating pattern you can stick with for the rest of your long, healthy life as a slim person

1. Eat as many calories a day as will support the weight you want to get down to. If your work involves light exercise, i.e. housework, you can eat 16 calories for each pound you want to weigh. If you weigh 160 pounds and want to weigh 130 pounds, you get to gorge on 2080 calories a day. That generally takes off about a pound a week. By mid-summer you will be down to that aimed-for weight and never go hungry.

2. Get plenty of exercise, preferably outdoor exercise. Weather horrible? Indoor walks count, too. Try for at least 30 minutes a day, not counting ordinary walking about the house.

3. Avoid processed foods, fried foods, and fatty foods. Stir-frying doesn't count because you use little fat and no piece of vegetable stays in contact with the hot frying pan for long.

4. Eat whole foods: whole grains, whole fruits and vegetables (not juice). No white flour, white sugar, and especially no sugar & fat combos, as in cake frosting.

5. Drink water, but avoid juices (no fiber there), skip the soft drinks (even the diet kind contains sweeteners that encourage overeating at the next meal), forget alcoholic beverages (empty calories).

6. Do not combine carbs and fats, as in cakes, cake frosting, cookies, ultra- sweet pies and pastries. I know I said that in Commandment 4, but it's super important.

7. Include a salad in every lunch and every dinner, plus a couple of vegetables. Dress with a sprinkle of lemon juice or balsamic vinegar and a teaspoon of extra virgin olive oil.

8. Eat 3 or 4 ounces of meat or fish, or ½ cup beans at each meal for protein, plus high-protein snacks at mid-morning and mid-afternoon. You won't get hungry or wiped-out between meals.

9. Laugh a lot. Cherish your friends and family.

Food choices for slim-for- life meals:

Breakfast: Fruit: ½ grapefruit or 1 sliced orange or 2 mini-tangerines, Old Fashioned Oatmeal cooked with a tablespoon of peanut butter, 1 cup low-fat Yogurt, 2 Tablespoons Raisins.

Lunch: Chef's salad with a sliced or diced boiled egg, slivered deli roast beef, lettuce and other raw vegetables of your choice.

Dinner: Antipasto: celery, bell pepper strips, cherry or grape tomatoes, pickled herring in wine sauce; 4 ounces low-fat beef or lamb, or 4 ounces seafood, ½ cup vegetable/s from above list cooked in chicken broth; salad of diced apples or pears on green leaf lettuce or romaine garnished with a sprinkling of blue cheese or grated Swiss. Gotta have a potato? Choose a small sweet potato or yam. Put plain yogurt on instead of butter.

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Aid Island Working Poor and Homeless

Continued from page 1

VINES emerged for the sole purpose of raising Funds for IFCH and cultivating Friends committed to sustain its efforts to prevent and end homelessness. Unlike many fundraisers, ALL of the proceeds will go toward direct services in order to keep our neighbors working and in their homes, with the heat on, and the refrigerator stocked.



Emma Amiad, IFCH Director (unpaid), told us:

*Over a six-year period, IFCH has assisted over 535 individuals and families on Vashon, most who are among the working poor and include children and seniors, some multiple times.

*Assistance includes help with rent, transportation, utilities, medical expenses, food, clothing, clothes washing vouchers, and emergency car repair, as well as advocacy and coordination with other agencies.

*With high energy costs (for gas and heating fuel) and the impact of the continued economic downturn

(lost employment, higher grocery bills, increased transportation costs, etc.), the demand for essential services has increased, and the needs cannot be met on an annual budget of only \$25,000. In fact, until VINES' December raffle, which netted \$6,000, IFCH's cupboards were bare, and the bank account nearly empty.

VINES hopes to change all that with a fundraising goal of \$20,000, which we intend to raise primarily via our island email network. We are eschewing the black-tie benefit, and the costly paper mail solicitation for the direct ask, and we're enlisting community participation in two simple steps:

***We are asking everyone-who-can to make an on-line tax deductible donation at www.sustainablevashon.org/ or mail a check to IFCH, PO Box 330, (Vashon, WA 98070 today!

***We are asking everyone to spread this request far and wide, whether via Facebook, Twitter, email, or old-fashioned phone calls to friends, family, colleagues and acquaintances.

As we were planning this outreach, we discovered that some people have never heard of IFCH, and that others have the misconception that it's an organization underwritten entirely by local churches, and/or that it only

Continued on page 15

Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

A Death in the Family, but *Oatus* Lives. Sort of.

by Rick Tuel

Nov. 12, 1970 Friday

Well, whatever it was that Everett didn't accomplish last night surely was seen to this morning which broke fine and fair with a fragrant chill over the cypress tree behind the truck which Chris and I use for a toilet as the need arises.

Chris rented a tap wrench set to re-thread the bolt holes and went to work. Tomorrow we will rent a torque wrench when the whole works goes back together. We have this wonderful Rent-All store down the street that has everything in the world you could possibly wish for and at a very reasonable price.



But – all our efforts were postponed once again when Granny's little pregnant white poodle died this evening. In an effort to try to save the pups Chris cut her open but she had been dead too long. Apparently one of the pups died in utero perhaps a week ago and this brought about a case of peritonitis.

Nov. 13, Sat. – After I buried the poodle this morning, we set to work wrapping everything up. By afternoon *Oatus* was operational and the new port bulkhead was finished and stained. , thank God, we got to go take another sauna before tomorrow's departure.Nov. 14, Sun. – Granny and Paw did a nice thing for Chris's birthday with a card and a new undershirt for him this morning. What wonderful people. They've been nothing but good to us. 12:30 we took in our moorings and got underway. That was some port call. Now here we are,

pulling out, with our new friends waving handkerchiefs behind us. If only we had *Oatus's* rigging up so we could have flown flags. Goodbye all for now.

THE WEATHER HAS GONE FOUL ON US AGAIN. WE HAVE DECIDED ON ADVICE FROM OUR FRIENDS TO CHANGE OUR COURSE AND HEAD FOR WILLITS RATHER THAN FIGHT WITH STEEP MOUNTAIN ROADS ON HIGHWAY 1 NORTH OF FORT BRAGG.

Thirty-two miles is about two hours worth of *Oatus* travel, counting mechanical interruption which occurred about midway. The glass float jar fell off the carburetor and *Oatus* went D.B.R. (Dead Beside the Road) immediately. We procured some stout cord from the Bos'n's locker and lashed the little devil in place. Off once again.

WE MADE PORT WILLITS BY 15:30 AND STOPPED TO TAKE ON PROVISIONS AND FUEL. WE ALSO DISCOVERED THE STARBOARD FRONT TIRE IS SPLIT AND WILL HAVE TO GO. NATURALLY THERE IS ONLY ONE TRUCK TIRE SHOP IN TOWN AND THEY'RE CLOSED ON SUNDAYS. WE FOUND THE PLACE AND TIED UP FOR THE NIGHT OUT BACK TO WAIT FOR MONDAY TO ARRIVE.

The police however arrived first at about 21:30 and checked us out extensively from the pier. Fortunately no one asked to come

aboard and they disappeared as quickly as they had arrived.

Nov. 15, Mon. – Sleep seemed to be denied me, what with all the trucks thundering up and down Hwy. 101 all night. At 05:00 the local garbage truck visited Gribaldo's restaurant next door with many a crash and clatter.

Enough! I got up and built a fire. No visibility outside. All is dark and moist. Red neon signs diffuse their colors in the fog like a drop of blood in a puddle.

Gribaldo's restaurant opened at 06:00 but it wasn't until after dawn that the breakfast crowd began to notice *Oatus*. It was obvious that we had become Gribaldo's morning conversation piece but no one looked too pleased. Who could blame them?

By 08:30 no one had yet appeared to open the Tire Shop so we decided to go ashore and meet with the natives, poor things.

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Having seen the ship, they would now meet the crew, which was hungry.

We had no sooner seated ourselves when the Tire People showed up to open the shop. They were in a mood to be of as little help as possible. Only one tire was available in *Oatus's* shoe size and it went for \$33.00.

While Chris dealt with the Tire Shop people I had breakfast, which was advertised on the menu as "Four Pieces of French Toast" for ninety-five cents. It turned out to be two pieces sliced diagonally.

At 10:00 we finally rolled out of town, the wrong way unfortunately. We got turned around in our bearings somehow and found ourselves mysteriously headed back for San Francisco, a terrible setback considering the effort it has taken us just to get this far. A quick about-face (military terminology for a 180-degree turn) and we were on our way out of town once again, this time for good.

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

NCCC Team Prevents Erosion

Continued from page 1

The NCCC members spend their day working atop steep graded trails devastated by rainfall in order to prevent further damage and future injuries to the camp's visitors. In addition to trail revitalization, NCCC members are also renovating several docks used to educate visitors on marine life in the Puget Sound. These projects will ultimately promote sustainable practices through the education of environmental conservation on the thousands of visitors annually.

Camp Sealth is operated by Campfire USA, an organization that focuses on the importance of environmental preservation and service to its visitors. The 7000 people who visit Camp Sealth annually participate in leadership and community-based retreats as well as environmental education for youth groups, schools, and non-profit organizations.

Samuel Williford, a 22 year-old, Corps Member says, "It is exciting to work at a place whose programs are extremely beneficial to the community. With all the ecological challenges the world faces today, it is important that Camp Sealth continues to educate the public about the environment."

NCCC members, ages 18-24, must complete at least 1,700 hours of community service during the 10-month program. In exchange for their service, they receive \$5,350 to help pay for college or to pay school loans. Other benefits include leadership development, team building skills, increased self-confidence, and the satisfaction of knowing that they have made a real difference in communities across the county, AmeriCorps is administered by the corporation for National Civilian and Community Service. For information about applying to an AmeriCorps program, call 1-800-942-2677 (1-800-94-ACORP) or visit the website at www.AmeriCorps.gov.

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Anemopsis

by Kathy Abascal

Liver and Gallbladder Flushes

To make up for holiday excesses, many people in January start to think of improving their health and getting their body back in shape. Often they search for solutions on the internet and decide to do a gallbladder or liver flush to get those important organs working well. So, once again, I am going to explain why this is a silly — although usually harmless — thing to do.


The general goal of these flushes is to remove gallstones from the liver. First off, gallstones do not accumulate in the liver. The liver secretes bile that is stored in the gallbladder. If your body is working correctly, the gallbladder secretes bile into the intestines when you eat to help fat digestion. Sometimes, the bile in the gallbladder concentrates and precipitates as stones. The duct from the gallbladder is small and sensitive. If a stone is pushed into its duct, it will cause severe pain and sometimes rupture the duct. Gallstones are often the result of yo-yo dieting, too much sugar in the diet, and a lack of exercise. So,

because the liver has no stones, the flush goal must be to remove gallstones from the gallbladder.

The flush consists of ½ cup of olive oil, the juice and pulp of lemons or grapefruits, and Epsom salts dissolved in water. Over the course of an evening, the person drinks the ingredients separately: Some olive oil, some sour citrus juice, and a lot of Epsom salt water. The person does not eat during the flush, and remains lying down as much as possible. There are some interesting variations on the flush recipe including one that uses Classic coca cola to wash down the oil and citrus juice. Another regimen, only for “liver cleansing veterans,” has you down two cups of olive oil in a short period of time. Whichever flush used, mild diarrhea usually results during which a number of

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“gallstones” are passed. These stones float and can be collected in a strainer and counted. Hulda Clark, one of the proponents of the flush, says that a person should pass at least 2000 stones before their liver can be considered ‘clean.’

Judging from pictures online, the flush produces some impressive stone-like objects. What are they? A pathologist who analyzed these “stones” assures that they are not gallstones because: Gallstones have a polyhedral shape while the flush stones are round. Gallstones sink in water while the flush stones float. Gallstones are yellowish-white or occasionally black; flush stones come in a rainbow assortment of colors. Gallstones are hard, and you



Dandelion, illustration by Kathy Abascal.

can cut them in half. The flush stones disintegrate when you cut them or leave them sitting around. Moreover, it is extremely painful to pass even small gallstones. The simple fact that some 99% of flush stones – even very large ones — pass painlessly means that they are not gallstones.

Then what are they? The “stones” are simply soap bubbles, a thick coating of Epsom salt and citrus constituents around olive oil. The GI contractions shake the olive oil into blobs surrounded by a watery blend of lemon juice and stomach fluids. The film keeps the oil and the water apart, as the two do not mix. These tough blobs look like stones and are strong enough to survive the passage through the intestines and into a strainer in the



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Classes and Herbal Consultations with Kathy Abascal

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 — how herbs used in the 1918 flu pandemic can be effective today. She teaches classes on anti-inflammatory eating and new classes will be scheduled soon. For class description, schedules and enrollment information, visit www.ToQuietInflammation.com



toilet bowl but they are not gallstones.

The flush is usually harmless but does it do anything good? Fats like olive oil do stimulate the release of bile from the liver and gallbladder. And prodding them into action can sometimes be a good thing. But why do this by enduring a regimen that is nauseating, time consuming, unpleasant, and causes mild-to-moderate diarrhea?

If you feel like your liver and digestion are sluggish, you should use herbs instead. One of the best is dandelion tea. Dandelion gently stimulates the liver to secrete bile, the gallbladder to contract, the kidneys to release fluids, and will not trigger a gallbladder crisis. Then add some bitters to your daily regimen. The taste of bitter herbs before meals stimulates digestive secretions of all kinds, from saliva to stomach acid to bile. Herbal bitters improve how we digest our food. And then add a lot of bitter greens to your diet. Those foods will provide your liver with the tools it needs to recover from a holiday season filled with less than optimum food. Dandelion greens, collard greens, arugula, and other greens will gently stimulate your liver while providing minerals, antioxidants, and detoxifying compounds that strengthen your body. Finally, make sure you are taking a vitamin D supplement because this is the time of year when we tend to run low on vitamin D, making us susceptible to various ailments and generally making it hard for us to maintain health.

Labor of Love Auction Presents the Best of Island Service

Continued from page 1

During the two weeks of the Labor of Love Auction, you can bid on hundreds of unique Vashon items and services. Services range from homemade cookies to dinner parties for 8, tractor work to garden tours and journaling workshops to kayak lessons. Items include art, gift certificates, jewelry, wine and home decor. To view and bid on auction items, visit the website, www.LaborofLoveVashon.org.

Vashon Community Care is still accepting donations for this auction. Being an online auction, people can continue to donate items even during the two weeks when the auction is running. The item will post as soon as it is donated. You can donate directly online or by picking up a Labor of Love donation form at Vashon Community Care.

All proceeds from the Labor of Love Online Auction benefit Vashon Community Care, Vashon’s only non-profit senior living facility. Don’t miss out on your chance to purchase a service or item from your Island neighbors. Visit www.LaborofLoveVashon.org to place your bids. Let the bidding begin!

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

Abdominals: Understanding Core Function

by Rochelle Gravance
NAFC Master Level Certified
IYCA Level 2 Conditioning Specialist
Physique Transformation Specialist
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Everyone seems to be aware of the necessity of having adequate core function, especially those with spinal discomfort. The core provides strength, protection and mobility to the torso. This, I think, we can all agree on.

To further understand the core in a way that will facilitate the desired results of our actions, we must know what the core musculature consists of.

It is often assumed that when we speak of the core we are talking about a very specific group of



we can see that many muscles are involved in the makeup of the torso.

Looking at the core from a global perspective, we can conclude that any muscle group that has it's attachments to the torso is a core muscle group. This would suggest that all muscle groups, except the distal limbs and muscles of the head, are core muscles.

When the body is in locomotion, all muscle groups have an inherent job to perform. To assume that we can segment a specific grouping of muscles to place focus upon in an attempt to achieve a stimulus that will strengthen the entire torso is a huge misjudgment.

With this understanding, let's begin to create a clear space to adopt a new perspective and plan of action to functionally stimulate the core.

We begin with posture. All activities must be performed with ideal posture. This will allow all global (movers) and local (stabilizers) muscle groups to be in a position to operate properly.

Get tall in the spine with the chin slightly tucked, as if you have a rope attached to the top of your head pulling you to the ceiling. Maintain this posture (spinal alignment) regardless of the position of the body in space.

Next is scapula (shoulder blade) function. The scapula must be pulled down toward the glutes during any movement. This protects the shoulders and allows the global muscles of the back and chest to operate inherently.

Finally the breath. With a proper inhalation, the diaphragm pulls the lungs downward, compressing the organs of the

abdomen and pushing them outward against the abdominal wall. This deep breath will be held during the work phase of any movement and then forcefully released by the abdominal wall after you have completed 50% of the movement.

Example using the squat: Deep breath through the nose down into the belly against tight abdominals. Descend into a squat holding that breath to fill the space between the abdominal wall and the spine. Exhale only after you are over 50% back to the starting position. Inhale and repeat for each repetition.

Practicing abdominal breathing to expand the diaphragm and provide strength and stability for the spine can be done in as little as five minutes daily.

Do this: Lie on your stomach with your head resting on your hands. Inhale deeply through the nose. Feel your belly push into the floor as your lower back rises. This is called the crocodile breath.

If crocodile breathing is a challenge, you can assume your core is having difficulty functioning inherently. Practice the crocodile breath and introduce this breathing pattern as an integral part of all movements, including exercise.

With this new perspective, you now have the awareness to properly stimulate your core to provide the strength, protection and mobility that will protect the integrity of the spine.

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Full Moon Beach Walk

Continued from page 1

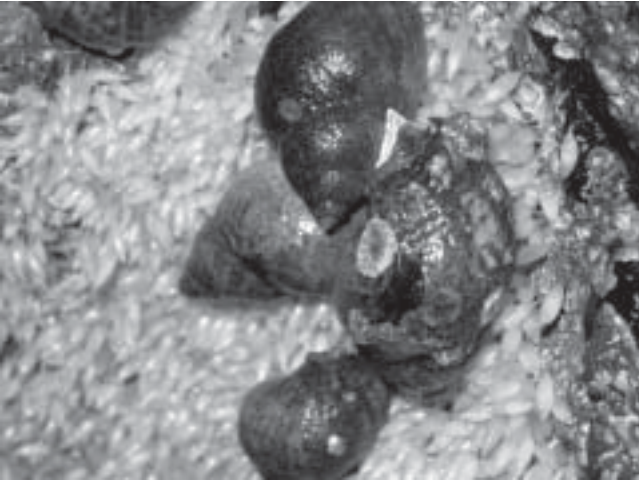
The beach naturalists will be looking for the customary inhabitants of each type of habitat, with stories to tell about why each one lives where it does, and how.

They will explain which anemones enjoy clinging to pilings, and which are found on rocks, or clinging to the sides of boulders. The sea stars that cluster orange, purple, and golden under the dock have business there. What is it? And who is that huge bright reddish-orange fellow with more than 20 legs? Ask someone in a fluorescent vest! There's bound to be a beach naturalist within ten feet of you with explanations.

As the tide gradually withdraws to a low of -2.8 feet at 10:12 pm, people will meet the inhabitants of sand, likely encountering the collar-like nest of a moon snail's eggs, and a miniature forest of bamboo worm tubes. The retreating waves will lead down to the edge of an eelgrass bed. Happy in spite of the cold and darkness, the winter low tide beach life is abundant. In addition to four or five species of sea stars, the explorers are likely to see six or more species of crabs and a variety of barnacles, limpets, anemones, chitons, shellfish, sea cucumbers, and sometimes a nudibranch. Flashlight beams sometimes attract

squid to the shallow water, and under big rocks there may be clingfish, gunnels, sculpin, and even an octopus.

How many species of clam, cockle, and mussel will the group



Whelks laying eggs in Tramp Harbor, photo by Ariel Holtz.

find? Who are their enemies? What bivalve is able to burrow into solid hard clay, and how? The beach has many stories. Come and hear a few. Dress warmly with long underwear, waterproof knee-high boots and rainwear. Bring gloves and a bright flashlight with extra batteries. For further information contact Rayna (463-3153) or Michelle (406-3723).


This event is co-sponsored by Vashon Beach Naturalists, Seattle Aquarium, Vashon College, Washington Sea Grant, Vashon-Maury Island Audubon Society, and Vashon Park District.

We Endorse the Renewal of the Vashon Island School District Four-Year Operations Levy

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Jenny Granum
Geo Cherokee
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Vote YES to renew Vashon Island School District’s four-year operations levy. This is not a new tax, but a continuation of an existing tax that makes up 20% of the school district’s revenue.

This critical levy helps support teachers, support staff, instructional programs, special education, transportation, custodial services, and co-curricular programs.

For more information about the levy renewal, go to www.vashonforschools.org or www.vashonsd.org and click School Bond and Levies.

Vashon for Schools Campaign - P. O. Box O - Vashon - WA 98070 - www.vashonforschools.org

School Levy Vote Approaches

Continued from page 1

Below are some answers to commonly asked questions about the levy.

How much will it cost tax payers?

The levy, which funds essential educational programs, would cost taxpayers \$3,670,000 in 2011; \$3,722,000 in 2012; \$3,860,000 in 2013; and \$4,083,000 in 2014. The following chart shows how much the renewed levy will cost tax payers from 2011-2014:

Collection Year	Amount	Tax Rate Per \$1000 of Assessed Value	Cost for a \$500,000 Home
2010*	\$3,659,664	\$1.41	\$705
2011	\$3,670,000	\$1.41	\$705
2012	\$3,722,000	\$1.43	\$715
2013	\$3,860,000	\$1.45	\$725
2014	\$4,083,000	\$1.49	\$745

*Current approved levy
Why is the tax rate we are paying now lower than the approved tax rate?

In 2005, voters approved a higher tax rate for the operations levy than what they are actually paying. For example, in 2010, the

approved tax rate will be \$1.41 per \$1000 of assessed value; however, taxpayers will only pay \$1.15 per \$1000 of assessed value. That’s because, the Washington State Legislature imposes a “levy lid” on how much money school districts could collect from local taxes.

Currently, 205 of the 295 school districts in the state have a levy lid of 24 percent. This means that revenue raised from local tax levies cannot exceed 24 percent of the district’s state and federal revenues. The other 90 school districts have a levy lid ranging from 24.01 percent to 33.90 percent. VISD is included in the latter group with a levy lid of 24.88 percent.

These districts have higher levy lid authority because, in 1978, when the Levy Lid Act was passed, these districts raised a higher amount of their revenues through local levies.

Source: 2008 Citizen’s Guide to K-12 Finance prepared by staff of the Senate Ways and Means

Committee and the Senate Early Learning & K-12 Committee with staff of the Legislative Evaluation and Accountability Program (LEAP) Committee.

Will any of this money be used to remodel or build new schools?

No. The February ballot measure is a replacement levy to pay for day-to-day school operations. The capital facilities construction bond is a separate measure that will be on the ballot in November 2010.

What is NOT included in the Operations Levy?

** Computer technology, preventive maintenance and major repairs will not be funded by the Operations Levy. These are all funded through the three-year Technology and Capital Maintenance Levy that was approved by voters in November 2009.

** Major additions and renovations to the high school and other district facilities will also not be funded through the Operations Levy. The school board approved a capital facilities master plan that will go before voters in November 2010. If approved, this bond will pay for a new classroom building at Vashon

Island High School and major renovations at all three schools.

Is this the right time to be asking the community for funding?

Vashon citizens have a long history of supporting school levies. The current operations levy is expiring in December 2010, which means the district must seek voter approval to renew it for another four years.

What about senior citizens on a fixed income?

Senior citizens (age 61+) and disabled individuals with a total annual income of under \$35,000 may be eligible for a residential property tax exemption. Call the King County Department of Assessments: (206) 296-7300.

What happens if the replacement levy does not pass?

Without levy funds, VISD’s operating budget would be reduced by approximately 20 percent. The district would be forced to make program reductions and adjustments in order to balance the budget.

For more information about the levy, please contact me at (aatwell@vashonsd.org) or at the school district (463-2121 ext. 8114).



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Loopy Laffs

WHAT MEN REALLY MEAN;
“We’re going to be late,” really means, “Now I have a legitimate excuse to drive like a maniac.”

“Take a break, honey, you’re working too hard,” really means, “I can’t hear the game over the vacuum cleaner.”

“That’s interesting, dear,” really means, “Are you still talking?”

“You really look terrific in that outfit,” really means, “Please don’t try on another outfit. I’m starving.”

I used to work in an art supply store. We sold artists’ canvas by the yard, and you could get it in either of two widths: 36 inches or 48 inches.

Customer: “Can you please cut some canvas for me?”

Me: “Certainly, what width?”

Customer: (confused and slightly annoyed) “Scissors?”

I was checking out at Thriftway, and the cashier was having problems. The register ran out of paper, the scanner malfunctioned, and finally the cashier spilled a handful of coins. When she totaled my order, it came to exactly \$22. Trying to soothe her nerves, I said, “That’s a nice round figure.”

Still frazzled, she glared at me and said, “You’re no bean pole yourself.”

Make it idiot proof and someone will make a better idiot.

The little boy wasn’t getting good marks in school. One day he surprised the teacher. He tapped her on the shoulder and said, “I don’t want to scare you, but my daddy says if I don’t get better grades, somebody is going to get a spanking.”

I’m writing a book. I’ve got the page numbers done.

I can’t get enough minimalism.

Why isn’t phonetic spelled the way it sounds?

Teach a child to be polite and courteous, and when he grows up, he’ll never be able to edge his car onto a freeway.

I was born to be a pessimist. My blood type is B Negative.

Bob hadn’t been to a class reunion in decades. When he walked into this latest one, he thought he recognized a woman over in the corner, so he approached her and extended his hand in greeting, saying, “You look like Helen Brown.” “Well,” the woman snapped back, “you don’t look so great in blue, either!”

Good judgment comes from bad experience and a lot of that comes from bad judgment.

A writer died and was given the option of going to heaven or hell. She decided to check out each place first. As the writer descended into the fiery pits, she saw row upon row of writers chained to their desks in a steaming sweatshop. As they worked, they were repeatedly whipped with thorny lashes.

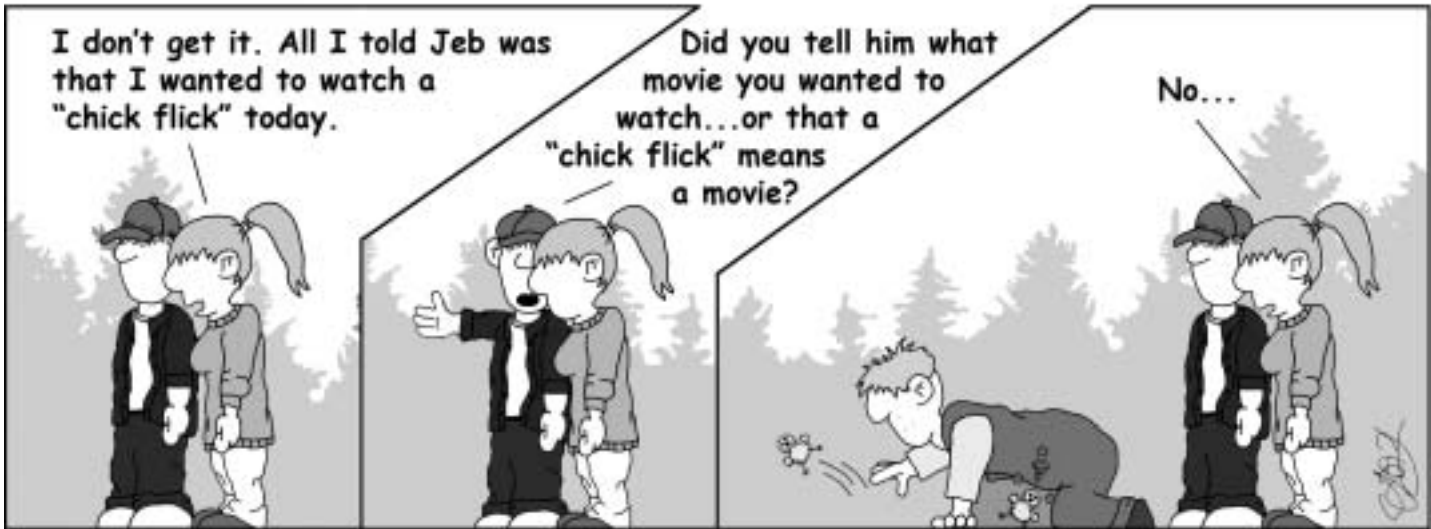
“Oh my,” said the writer. “Let me see heaven.”

A few moments later, as she ascended into heaven, she saw rows of writers, chained to their desks in a steaming sweatshop. As they worked, they, too, were whipped with thorny lashes.

“Wait a minute,” said the writer. “This is just as bad as hell!”

“No, it’s not,” replied an unseen voice. “Here, your work gets published.”

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Loop Arts

Kate & Kat; Beautiful Women and Music at the Blue Heron

by Janice Randall

Kate MacLeod and Kat Eggleston
Saturday, Feb. 6, 7:30 pm
Tickets: \$14/\$16 (Blue Heron, Books by the Way, Heron's Nest and brownpapertickets.com)

Music critics and fans were thrilled when Kate Macleod and Kat Eggleston recorded *Drawn from the Well*, released in 2003. A heavenly mix of traditional and original songs, the two women continue to play music together when busy schedules allow. Distinctively different, Eggleston's alto, guitar and dulcimer paired with MacLeod's ethereal vocals, violin and guitar offers audiences an unforgettable listening experience.

Eggleston says their much anticipated Blue Heron show will offer a mix of original and traditional tunes and songs from England, Scotland, Ireland and the U.S. Sometimes they cover songs by Woody Guthrie, Andrew Calhoun or other favorites.

MacLeod, who composes traditional music from her Utah home (such as her newest recording, *Blooming*, produced by Tim O'Brien) is a performer, studio musician and



Kate MacLeod, courtesy photo.

teacher. Her music seamlessly straddles traditional music and cutting-edge contemporary songwriting. Hailed as one of the "Ten Acts to Watch" by editors of MusicHound Folk Essential Album Guide, MacLeod tours throughout U.S. and Europe. Her songs have been featured on nationally syndicated radio shows including Tom May's "River City Folk," Judy Collins holiday program, "Peace on Earth" and have been heard on "A Prairie Home Companion."

Island musician and one of the most accomplished singer/songwriters in folk, Celtic and traditional music, Kat Eggleston kick-started the New Year by garnering the prestigious Female Vocal Album of the Year Livie Award for her newest recording *Speak*. LiveIreland is an Irish internet radio station with about 40,000 listeners per day. They said, "Kat Eggleston has given us a gem.



Kat Eggleston, courtesy photo.

The album is *Speak* and it is a masterpiece...Her guitar playing is complex and beautiful, and the voice—perfect...An easy and spectacular choice." Eggleston admits, "It's a great way to start the year!" Check it out at LiveIreland.com.

Eggleston grew up on the Island's westside, spent the last couple of decades based in Chicago, and lucky for us returned home in 2008, to be near family. She has delighted her avid fans for years with her flawless intonation, sweet melodies and sparkling humor. Eggleston has released 5 CD's to date, most recently *Speak*, 2009, an independent release.

In addition to beautiful guitar work and vocals, Eggleston plays hammered dulcimer. She has performed with Bohola, David Bromberg, the David Munnelly Band, Tom Dundee, Dennis Cahill, Michael Smith and many others. Tours have taken her to Europe, Australia, Ireland, England and Scotland throughout the U.S. CD's for both musicians will be available at the concert.

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Rockabilly at the Red Bike

by Pete Welch

The aggressive dedication and heart of the Hard Money Saints rhythm section coupled with the versatility of Jack Rainwater's vocals and guitar provide a show that keeps the audience lambasted from start to finish. Jack's guitar sound can move from a country boogie to a shredding metal solo in the blink of an eye, while vocally Jack likes to mix a little country crooning with some 70's hard rock styling to keep things interesting.

The style of songs vary enough and are delivered with such a rapid fire pace that audiences are engaged for the whole set. Hard Money Saints music originates from traditional Rockabilly and Country but adds the influences of modern rock punk and metal to create a unique more original sound.

Mondo brings a ferocity to the Upright Bass and is an unmovable force to be reckoned with both on stage and off, with hundreds of HMS shows under his belt and huge audience approval. Mondo has truly earned his rightful place as a Hard Money Saint.

Old school Punk is where Nich cut his teeth on drums and while he brings this energy to the Saints it's obvious his heart is in first wave Psychobilly. Taking the beats from the first two HMS recordings and turning them into his own, Nich has quickly won over fans all over the region and continues to take the material to new levels nightly. His experience as an upright bassist allows him to lock in with Mondo and create the run away train rhythm that fans have come to expect.

Opening up for the Hard Money Saints is James Hunnicutt, a singer/songwriter out of Port Orchard, who has been a member of over 30 different bands since starting his first back in 1987.

This is an all-ages show until 11pm, then 21+ after that. Only \$5 cover!



Hard Money Saints, courtesy photo.

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To 3D or not to 3D?

That is the question! At the Vashon Theatre when we play a movie like *Avatar* we are asked on a regular basis “Will it be in 3D?” or “Where do I get my glasses?”

To 3D? Well of course we want 3D! I would put in IMAX, if I could get away with it! Back in 2003, when we were working towards a new projector and platter system, I knew that 3D was just down the road. In 2005 when we were updating part of the sound system and putting in new surround speakers, we were concerned about how these upgrades would ultimately work with the digital

by Eileen Wolcott, owner, Vashon Theatre LLC

some glasses. The new digital 3D projector is a large projector that is the giant size of my current 35mm projector. It doesn’t run 35mm film, so you have to have space for both. What the new projector does, besides 3D, is run digi-beta, Blue Ray DVDs, video games, computers, etc. This is something I myself am keenly aware of since I am in the position of replacing the stolen small digital projector, which ran many of the same things.

So what’s the question? We wish we could take this leap, a couple of years early since we are replacing equipment anyway due to the burglary. The question is one of money. We need a new and different type of screen to run digital 3D. Our stage speakers would have to be replaced. The projector itself would cost over

\$60,000, oh and 400 of those glasses too. The whole upgrade, with everything would be in the \$80,000-\$100,000 range. But it doesn’t end there. This new technology is still a work in progress. Expensive service calls and problems, on a fairly regular basis are the norm right now and many of our movies would still be 35mm with all the maintenance that requires. The small projector that was stolen worked like a dream and was only \$12,000, originally.

We have a plan, big dreams, and a wonderful audience on Vashon, but there are many things more pressing for this building, right now, as many of you know. It’s hard to look at the big picture during a truly lean time, but it’s probably more important to do so. It will all happen! I can feel it!



The Vashon Theatre, courtesy photo.

3D, so we put in the compatible equipment. All along we have been working, hoping and dreaming on that upgrade happening in 2011 or 2012. I feel strongly that as everyone’s home systems become bigger and better, our movie theaters must do the same-to survive.

Or not to 3D? But, we are also very aware that our own enthusiasm about movies and desire to make our current customers happy needs to be tempered with making moves that bring us more customers. Will expensive 3D technology do that? Do Vashon audiences want to pay \$13.00 per ticket, plus the cost of buying their 3D glasses, like they do in town? It’s not the 3D of the old days, this is a new technology. It’s not just a matter of handing you

Solo Guitarist Michael Johnson Plays at the Red Bicycle



Friday, January 22 at 8:30, Guitarist and showman Michael Johnson takes the stage at the Red Bicycle. His voice immediately identifies him as the man who sings “Bluer Than Blue”, “Give Me Wings”, “That’s That”, “This Night Won’t Last Forever” and other landmark songs. His music shows a diversity, depth and heart that only come from years of dedication to a labor of love.

Aid Island Working Poor and Homeless

Continued from page 7

serves the already-homeless. Many are surprised to learn of the depth of IFCH’s commitment to **keeping** people in their homes, and few have ever received a donation request.

The most common reaction to our effort has been, “how can I help?” The answer is simple: Give money and/or offer your time. Staffed entirely by volunteers, IFCH needs both.

If each person who reads this article makes a donation, small medium, or large, and if each person gets 3 other people to do the same, we’ll be able to keep IFCH and Vashon’s neediest afloat. Today is a great day to give.



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Drama Dock Presents A Grand Night for Singing

by Lauri Hennessey

The last year has been hard on many in our community — and that includes nonprofit organizations. In fact, nonprofit organizations that support the arts have taken an especially big hit in this recession. So, a group of local singers/actors have come together to raise money for Drama Dock — and do it in style.

A Grand Night for Singing is the fourth fundraiser in the history of Drama Dock. The first was back in the early '80s. A Night on Broadway was a hit, as was Gershwin and Friends, and The Best of Broadway, all of the fundraisers featuring local singers performing solos and group numbers. *A Grand Night for Singing* is a review of Rodgers and Hammerstein tunes, featuring an impressive cast. Among the songs in the show are “Surrey with the Fringe on Top,” “Shall We Dance,” “Do I Love You Because You’re Beautiful” and other Rodgers and Hammerstein classics.

Ericksen said. “As a longtime Drama Dock person, I wanted to help raise more money for this year’s shows, including *Oklahoma!* (to be performed this summer). Fundraising gives our community theatre a chance to be more creative and increases the production value,” she said.

Ericksen said the idea came to her about a year ago, when she was talking to her daughter Elise about wanting to do a production together. Ericksen’s daughter is a choreographer in Portland who grew up on Vashon and acted in Drama Dock shows. She said it has been a wonderful experience to do this production with Elise, who is in the show and also coordinating choreography.

A Grand Night for Singing will be presented at the Vashon High School on Friday, February 12 and



The cast of A Grand Night for Singing, photo by Sharon Schoen.

The cast includes Elise Ericksen, Marita Ericksen, Julea Gardner, Jim Gilmour, Emma Hennessey, Lauri Hennessey, Kevin Joyce, Gary Koch, Gretchen Neffenger, Paul Robb, Lizzy Schoen, Stefan Wolczko, and Rich Wiley. Linda Lee is the accompanist and Danny Salonen will provide percussion. The show is produced by Sue Wiley and directed by Tish Lopez. Marita Ericksen is the musical director of the show, and it was her idea to pull together A Grand Night for Singing.

“Royalties are a big cost for small theatres to pay, not including sets, costumes, music, rental space, etc,”

Saturday, February 13, at 7:30, and Sunday the 14th at 2 p.m. Tickets are \$15 for the Friday and Saturday shows, and \$20 for the Sunday night show, which includes chocolate and other fun surprises! However, supporters of Drama Dock are encouraged to donate more than the suggested ticket cost and make a larger contribution at the door, as well.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Jan. 29.**

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