

# THE LOOP

Vol. 7, #3

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

February 5, 2010

## 5th Grader Earns State Award

by Kay Burrell

Yulia Fiala, a 5th grader at Chautauqua Elementary, received a 2nd place medal and monetary prize for her VFW Essay on Friday, January 22. Her essay, What Makes America Great, placed 1st in the Vashon VFW contest, 1st in the Seattle district contest, and 2nd in the State contest. VFW Commander Olde John Croan, pictured with Fiala, presented her award at a gathering of the entire 5th grade. Fiala read her essay to the assembly following the presentation of the prize.



Yulia Fiala and VFW Commander Olde John Croan, photo by Kay Burrell.

## Library System Levy Up For Vote

by Julie G. Brand, Community Relations & Marketing Director, King County Library System

On February 9, 2010, PROPOSITION 1 will be on the ballot to restore the King County Library System's (KCLS) property tax levy rate to \$.50 per \$1,000 of assessed value, for collection in 2011.

This Proposition provides voters the opportunity to modify KCLS property tax levy limits for one year, and to use that levy amount as the basis for property tax limitations in subsequent years. The result will determine whether KCLS will maintain the current level of library service or make cuts.

The financial constraints of Initiative 747 (I-747) have an impact on KCLS' operating budget, which comes primarily (96%) from property taxes. I-747 which limits growth in current property tax revenues to 1% per year, and requires an election to authorize any increase above the 1% limit.

In 2002, voters approved a one-year KCLS levy lid lift, which sustained operations for eight

*Continued on page 11*



From one island to another, from left to right: Valencia Crawford, Cianna Crawford, and Woodson Durston, three Vashon children adopted from Haiti's Three Angels and Answered Prayers orphanages and whose orphanages the fundraiser is supporting. Photo by Lee Durston.

## One Island Helps Another

### A Vashon Valentine for Haiti

by Lesley Reed

"We are Haitian; we are always joyful," Mimerose Beaubrun, singer for the popular Haitian band Boukman Eksperyans, said last week. "This joy we have, even in our misery, when we're poor, it is a strength for us — strength to rebuild the country."

*Continued on page 11*

## Silverwood Opens Flower Power

by Margaret Heffelfinger

While gray, rainy skies seem the order of the day, inside Silverwood Gallery there springs a garden of artistic delights. Every imaginable blossom, bloom and bud cover the walls, all having burst forth from the imaginations and talents of artists, sculptors, photographers, ceramicists, metal smiths, painters, stonemasons and woodworkers. The cause for all this celebration? The infamous Silverwood Invitational, one of the most highly anticipated shows in the gallery's lineup.

*Continued on page 14*



"Wall of Flowers" l-r: Brian Fisher, John Lucas, Morgan Brig, Donna Romero.

## McCutcheon Offers Thymely Health Consultations

Many islanders may recognize Danielle McCutcheon from having performed violin with the Vashon Maury Chamber Orchestra. She continues to perform around the region and maintains a teaching studio at Courthouse Square.

With the beginning of the new year, Danielle is looking forward to combining some music therapy/sound healing techniques with her herbal practice String Thyme, opening at her Courthouse Square location. She is an herbal practitioner who offers in-depth consultations,



Danielle McCutcheon, courtesy photo.

taking into account all aspects of a person's life. She enjoys helping people find ways of combining herbs and nutritional protocol with their other health/medical approaches, whether for ongoing concerns or basic prevention and wellness.

*Continued on page 11*

## What Happens on PDD Days?

by Anne Atwell

It's fairly common to hear people say: "What do teachers do during those late arrival days?" or what the district has formally termed Professional Development Days (PDDs)."

While taking time away from student learning can be controversial, students are the ones who ultimately benefit from PDDs, which carve out time for teachers to grow professionally and, in turn, to transfer what they have learned to the classroom.

PDDs vary in content, depending on the objective of the day. Sometimes they include the entire K-12 faculty to discuss a major strategic shift in curriculum. At other times, they are divided by schools. For example in September, teachers from all three schools learned about the new literacy (writing and reading) curriculum and how to begin

*Continued on page 10*



# 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.

### VMICC Hosts New KC Councilmember Jan Drago

The Vashon Maury Island Community Council will be meeting on Monday February 15th at McMurray. Our meeting starts at 7:30pm, but come at 6:30pm for an informal meet and greet with our new King County representative, Jan Drago. She has so graciously agreed to meet her new constituents and here from us. Jan will also speak formally at the meeting as well.

Our speaker for the evening will be Betsy Peabody from the Puget Sound Restoration Fund. This organization is currently involved in the mussel (not muscle) project in Quartermaster Harbor, seeking to determine the effectiveness of native shellfish in reducing nitrogen loading in the Harbor. The Fund is also working on the restoration of the Olympia Oyster, Washington State's native oyster, in a number of sites throughout Puget Sound, including Raab's Lagoon.

Our board has an opening and is looking to fill this position until the November election when all board members are up for a vote. Those interested please contact Hilary Emmer at hilonvashon@yahoo.com for an application. Deadline for applications is February 26th, with the board making a decision at its March 1st meeting.

Contact Lee Ockinga 206.370.0709 for more information.

### Compost the Loop

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

### 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  
Ad sales and design: Ed Swan 463-7976  
Email: ads@vashonloop.com  
Editor: Ed Swan, 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  
© February 5, 2010- Vol. VII, #3

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

### Youth/Adult Dialogue on the Bill of Rights

On Sunday, Feb. 7, the second Youth/Adult Dialogue of this school year will take place at the Play Station, beginning at 5:30 PM. The theme for this year's dialogues is "What if...", and on Sunday the 7th, we will begin what hopefully will be an ongoing discussion of "What if Vashon had its own Bill of Rights?" If we had our own Bill of Rights, what would we choose to protect? What matters to us? What effect would it have on our relationship to King County? Is Vashon a perfect community? Are everyone's rights protected? Does the larger political entity really look out for the needs of Vashon? In the past there have been concerned individuals and for that we are thankful, but perhaps it is time for residents of Vashon to come together and determine for ourselves what we want to protect and for whom. The Youth/Adult Dialogues provide a space where youth and elders can discuss what rights we wish to protect.

### Green Party Meets

The Vashon-Maury Island Green Party's monthly meeting (second Tuesday of each month) will be at Joy Goldstein's home. Greens, Democrats, Independents, and other interested progressives welcome! For more information call Melvin Mackey, Secretary, (206) 463-3468. DATE: Tuesday, February 9, 7:00 to 9:00 PM

LOCATION: 10329 SW Bank Road, Vashon  
DIRECTIONS: From Vashon center, go west on SW Bank Road 0.3 miles.

Joy's home is on the south side. Park along Bank Road.  
Discussion issues:

- 1) Party Politics — Government class session at Vashon High?
- 2) "Feminism" as a Ten Key Value?
- 3) "The End of Money" at Vashon College?

### Eat at the...



## www.LaborofLoveVashon.org

**Bid Now!** on hundreds of unique Vashon items and services made or performed by your Island neighbors. The 10th Annual Labor of Love Auction, to benefit Vashon Community Care, begins at 12 noon January 27 and ends at 12 noon February 10.



**Interior Design Consultation**  
I will provide five hours of professional interior design services including color consultation, interior design & space planning, lighting design, product selections, furniture plans, fabric selections & interior furnishings. My 30 years of experience can help jump start a project or renew an existing space. Mutually agreeable date & time. Value: \$500  
Donated by Debi Celkosh



**Open Cockpit Flight**  
What a unique experience! One-hour flight for one person in an open cockpit twin-engine experimental airplane, designed for aerial photography. Pilot has been flying for a living for 37 years, the last 23 years as a commercial airline pilot. One hour flight in daylight hours, good weather. Fly between June to September, subject to mutually agreeable day & time. Need to be able-bodied to get into airplane. Value: \$400  
Donated by Ed Pierson



**Fruit Pizza**  
Enjoy a delicious Fruit Pizza with shortbread "crust," cream-cheese "sauce," & seasonal fruit "toppings." Subject to mutually agreeable delivery date. Value: \$20  
Donated by Beth Schultz



**Circumnavigation of Vashon Island**  
Enjoy a boat trip around Vashon Island for 4 with Tom DeVries, Ph.D., Geology, as guide to narrate your tour. You'll be guests of Truman & Mary O'Brien aboard their "Time 'n Tide" Sea Ray Sundancer 330. Wine & snacks. Spring & summer months, weather dependent. Subject to mutually agreeable date & time. Value: \$200  
Donated by Truman & Mary O'Brien



**Bird Watching Tour**  
Enjoy a 2-hour bird watching tour on Vashon Island by Ed Swan, author of "The Birds of Vashon Island," a history of habitat changes & their effects on island bird populations over the last 150 years. Ed knows the best places to find all the bird species on Vashon. He's been a field trip leader for the Seattle & Vashon Audubon Societies for over 15 years & has offered private tours for 4 years on Vashon Island & the Puget Sound area. Tour is limited to 4 people. For more information, visit: www.theswancompany.com Value: \$70  
Donated by Ed Swan



**Storybook Themed Birthday Party**  
Your storybook themed birthday party will include:  
- invitations  
- one birthday cake  
- two games  
- one craft  
All based on a character or theme from a book. Party for up to 10 guests. At least 1 month notice required. Value: \$125  
Donated by Books by the Way



**Best Buddy Portrait**  
A black & white, 8"x10" portrait of your very special friend taken during a photo session with island photographer, Kathleen Webster. Additional prints & sizes available to order. Value: \$200  
Donated by Kathleen Webster



**Paella Party for Six**  
Jack will come to your home, prepare & serve a 3 course Spanish inspired dinner: salad, entree & dessert. One outdoor grill or fire pit at location of dinner. Subject to mutually agreeable date. Value: \$250  
Donated by Jack Bradford

...and much, much more.

**Bid Now!**

**Labor of Love**

Vashon Community Care

**View and bid on all items and services online. Don't Miss It!**

**www.LaborofLoveVashon.org**

### Vashon Drum Circle

Vashon Drum Circle welcomes Islanders of all ages to join in drumming, song and dance with Buffalo Heart, the Red Lodge Mother Drum. Meeting at 7 PM on the 2nd Friday of each month at Vashon Cohousing Commons, Vashon Drum Circle is open to everyone. Please bring frame drums and rhythm instruments and join in (park in the outer parking lot or on the street). "This community drum has a lot to share," says Mary Shackelford, keeper of the drum, "A lot of good medicine for our community." Donations are welcome to cover the facility rental. This drum circle is supported by Woman's Way Red Lodge, a non-profit dedicated to enlivening the sacred feminine in our communities.

### 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.

### VIPP Adopt-A-Cat Day

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

### Valentine's Party at Senior Center

Wear your pink to celebrate Valentine's Day with us Friday, February 12th. Dig deep into your closet and you may win a prize for the most outlandish pink outfit. After lunch, tap your toes to live music. Join us for the fun and festivities! Always good food and great friends. Friday lunch at the SC is the homemade "Guest Chef" gourmet meal served at 11:45 a.m.—reservations, please call the center on Bank Road, 463-5173.

### Introduction to Ballroom Dance at Senior Center

Tony Balbas will teach the basic steps for foxtrot, swing, rumba, cha cha and tango. No experience or partner is necessary; 12:45-1:45 p.m. Tuesdays, Feb. 9, 16 and 23; fee, \$1, at the Senior Center on Bank Road.

### 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.





# HOME TEAM REALTY

## Troy and Marie Sell Real Estate in Burton

*Thinking of selling or buying? Come on down to the Quartermaster Inn and let's talk about it. The market is picking up a bit, and there are some signs that the worst is behind us. Prices are still much, much lower than they were a few years ago. Good if you're buying, not so good if you're selling – unless you are buying something else, of course. We can help you do the math*

- Troy:** Hey Marie, do you think people know that we have moved our office to Burton?

**Marie:** Now that is a fine question. I don't know if they know. But what the heck, let's tell them. Indeed, we have consolidated our operations and moved our office right next to the Quartermaster Inn.

**Troy:** So if people want to talk to us about real estate, they should just come to the Inn, since that is where we normally hang out. Or call us - the number is the same: 463-LIST to reach us directly, 463-9138 to reach someone in the office.
- Marie:** Right. Although I don't plan on spending too much time in the office. I would rather sit next to the fire in the Inn and work on my laptop!

**Troy:** Me too. But it's nice to have an office when you need some quiet time.

**Marie:** I've never known you to need quiet time, darling. Nap time, maybe.

**Troy:** Well, we do have rooms upstairs, now that you mention it...

**Marie:** Yes, we do. But we don't rent by the hour, so you will have to take your naps elsewhere or pay for a full night.

**Troy:** You always drive a hard bargain.



## Incredible View ~Reduced Price

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.

Call us and ask about MLS#29035811 **Now offered at \$264,500**

## 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!



17318 100th Ln SW #2-B  
**Only \$280,000**



## For Sale By Owner

(In Cuenca Ecuador)

OK, so maybe you don't want to buy a 16th century Spanish colonial building in Cuenca Ecuador. But if you do, we'll take you. Prices are great, the weather is perfect, the Nescafe....well, the coffee sucks...



**(206) 463-LIST (5478)**  
[www.yourhtr.com](http://www.yourhtr.com)

Visit us a [www.yourHTR.com](http://www.yourHTR.com). To see more listings Or call Troy and Marie at 206.463.LIST (5478). We would love to help you with your real estate needs.



# Don't Forget the Birds



## Brant Return

by Ed Swan

Brant provide one of the early signs of the end of winter. Over the next month, they'll go from a few along the Fauntleroy ferry route to good-sized groups around Vashon eel grass beds. Reports emailed in already picked up in January, though still all along the ferry route. The importance of eel grass as a productive feeding habitat pops up again and again whether one talks about birds, fish, marine mammals or crustaceans. Below I include the revised account for Brant from the second edition of my *Birds of Vashon Island*. I hoped to get the book out again in 2009 but the Loop work load intervened. We'll see how that turns out in 2010. Many of the species accounts changed with new information since the first publication in 2005 and a number of others benefit from several more years of research. The Brant account fits into the latter category though some of the sightings since 2005 such as Alice Block's below also contribute to the overall picture.



Brant geese, photo copyright Jack Dawdy.

"Black brants are the only geese one is quite sure of seeing from the deck of a steamboat on an average winter day on Puget Sound. While they have their favorite feeding grounds upon the mud flats and in shallow bays, they are widely distributed over the open water also, and their numbers during the spring migrations are such that not all other wild geese put together are to be mentioned in comparison. They sit the water in small companies; and although they are exceedingly wary in regard to rowboats, they often permit an approach on the part of steamers which is very gratifying to the student. (Dawson 1909)"

While their numbers are drastically lower today, much of what Dawson observed holds true. In December, a few small flocks of half a dozen to a dozen Brant begin appearing along the Vashon-Fauntleroy and Vashon-Colman Dock runs feeding in the long lines of weedy debris, usually half a mile or so to a mile out. Larger flocks of 20-100 come close in shore to eel grass beds at KVI Beach, Ellisport, Portage and Pt. Robinson in February as migrants returning from the south stage for the return to the high north. Numbers peak in late

March and April. Alice Block reported the largest flock in recent memory with over 400 at Pt. Robinson on 21Apr2008.

Brant numbers in Washington fell dramatically after the 1960's. The Midwinter Waterfowl Survey averages prior to 1970 ranged from 20,000 to 25,000 then dropped to around 10,000 in the 1980's and stabilized at about 12,000 since (Pacific Flyway Council 2004). Puget Sound Ambient Monitoring Program (PSAMP) surveys in 1992-1999 indicate a decrease in densities of 66% from the same transects in the north sound from the Marine Ecosystem Analyses of 1978-79. However, the limitation to these statistics shows in that they both involve wintering birds and fail to measure the spring migration staging of birds returning from the south.

No one theory definitively explains the drop in numbers which appears to be both a decrease in the overall Pacific flyway population as well as a shifting of the population from Washington, Oregon and California to Mexico. One study in Washington State of eel grass beds, a critical feeding habitat for Brant, showed a 22% decline of beds associated with a 52% drop in the geese at Willapa Bay and a 31% decrease in eel grass had a simultaneous 63% diminishing of Brant utilization of Dungeness Bay (Wilson and Atkinson 1995). The researchers suggest that the compromised feeding reserves might result in poorer breeding success lowering numbers and might also cause a shift in population to more productive foraging locations. The importance of this study lies in that it took place over a decade's time and involved counts throughout the winter and spring catching both the wintering and return spring migration populations. Nest predation by Arctic Fox on their Yukon-Kuskokwin Delta breeding grounds in the late 1970's and early 1980's appears to explain the overall Pacific Flyway population drop since the 1960's according to some ornithologists (Reed et. al. 1998).

If you have an interesting sighting to report or a question about local birds, contact me at 463-7976 or 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.

## Vashon Island Day Spa

463-0587

Come see our beautiful new hair studio~  
All hair cuts include consult, aromatherapy scalp massage, relaxing shampoo, custom cut & blow style or hot iron \$25.00women \$20.00 men February only~

Complementary Color Consultations  
Shimmering Highlights & Luscious LowLights \$25-\$50 and up

Now booking:  
90 minute intro massage for \$60.00 for all first time clients.  
One hour Hot Stone Pedicure by the fire w/parafin dip \$50.00  
Cosmetic Teeth Whitening \$99.00



Vashon Island Day Spa

## Caring for the Special Health Needs of Women of All Ages

Blending traditional medicine and complementary/alternative approaches to provide:

Preventive Health Care:

STD Testing and Management of STDs

Family Planning

Lifestyle Support

Breast Health

Gynecological Health Services

Walk in Teen Clinics from 1-5



206 463-2777

17407 vashon hwy sw  
(just south of Giraffe)  
www.vashonwomenshealth.org

## Sound Computing Solutions Michael O'Donnell



206-463-9254, mobile 206-618-8760

michael@soundcomp.com, www.soundcomp.com  
PC & Mac Service and Repair In Your Home or Office

## Positively Speaking

Welcome to the  
world Pavle  
Wilberforce  
Patterson ,9lbs 4oz  
20 1/2 inches, 26  
January 2010.

Grammy loves you!



As has been said  
before, a new baby is  
God's opinion the world  
should go on.



Love Deborah

Law Offices of  
Jon W. Knudson  
Parker Plaza \* P.O. Box 229  
Bankruptcy -- Family Law  
463-6711

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



# We've Got a Lot of Kids

## The First Column

by Kevin Pottinger

Below is the first “We’ve Got a Lot of Kids” column that appeared in the July 20th, 2005 edition of the Loop.

After a Loose Change gig in the summer of 2005, seated at Casa Bonita with our good friends Troy and Marie, I asked if I could write something for their paper. Watching three of our four kids wrestling for control of a bowl of bean dip, we concluded that I should try to write something about those kids.

I didn’t want to write about how cute we thought our kids were, or offer cheerful parenting tips. My wife Maria and I were struggling to maintain our sanity during those first blurry, sleepless years when we had four babies in three-and-a-half years, so I felt compelled to write about the insanity of our lives, to make light of the shrieking horde in the living room, those bickering did-too-did-nots, Their Quadraphonic Majesties the Babies.

We survived, this far: we survived through our love for each other, the help of our friends and family and the community of Vashon. Our kids are mostly in school, and our lives are more orderly and almost routine. We can, for instance, go to the bathroom now without worrying that one of them is going to crash through the living room window or choke on handfuls of dry cat food. We’ve even read grown-up books with tiny print, to ourselves, without any pictures in them, silently, while the kids played quietly at our feet.

OK, that happened only one time, for about eight minutes, but it did happen.

Below is that first column I wrote.

\* \* \* \* \*

We’ve got a lot of kids.  
Well, it’s only four kids, but to me, it seems like a lot more than just four. My parents had five kids and that didn’t seem like so many. A few of our friends have four kids. Some have more kids than we do. Four isn’t really that many kids I suppose, unless they’re all mine.  
See, they’re all little kids: all of our kids are four years old or younger. A little while back they were all three years old or younger.  
They cannily imitate one another’s cries. It certainly sounds like more than four kids to me. I can never bring quickly to mind what we named them. Nametags would certainly help. And they run in a pack, or a moving, buzzing swarm. We have infant twins and twins are usually telepathic, so the realization of what we’re up against with these four is staggering.

If somehow I didn’t know better, and were I to guess in some hypothetical state of ignorance, I would say we have perhaps 350 kids.  
For peace of mind and some quiet at night, we all sleep together in a giant bed made with a king-sized bed, two cribs and two twin beds all pushed together. It is magnificent: perhaps several miles across. The giant bed allows my wife and I to rest along with the kids, else we’d be up all night walking rounds, tending to the spiny little anemones crying in their own rooms, banging on the bars of their cribs with sippy cups.  
We are lucky: they are all rosy-cheeked and quite healthy, with good strong teeth and sound orthodontic bites, and well-developed jaw muscles. But we don’t put our fingers near their mouths anymore.  
We got pregnant by accident the first time, but after our first beloved boy, the rest were completely our own decision, except for the part about having twins. Therefore, it follows that we somehow decided to do this.  
We have our eldest boy, who’s four and a half now, our lovely daughter who’s almost three, and the year-old twins, a boy and a girl. Not so many kids, I suppose, unless they’re mine.  
We may have another child, if more accidents “happen”. We have one empty seat left in our Explorer. If that gets filled and we find we accidentally need yet another seat, say we have another set of twins, we’ll just not go anywhere, because after all: how could we?  
Twins can be fascinating, and our twins are no exception. With the twins in their special double stroller, my family and I are treated like rock stars, or at least as members of a rock star’s entourage. By simply parking the car and taking the hoods off the little parrots in a public place, they gather a goo-gooing crowd in minutes.  
My wife stays home with the kids, because she wants to, but more to the point, because she has to: the

Rebecca Douglas Photography

phone: 206.390.6074

website: www.rebeccadouglas.com

email: rebecca@rebeccadouglas.com

From Newborn Wrinkles to Character Lines

Creating Fine Art, Whimsical and Heirloom Portraits

for our community.

SHADY LADY

INTERIORS

Specializing in Interior Design & Window Treatments

Rebecca Douglas Photography & Shady Lady Interiors

working together and sharing ideas to

create & celebrate.

Check out Shady Lady's new website [www.shadyladyinteriors.com](http://www.shadyladyinteriors.com)

17600 Vashon Hwy Sw 206-463-6200



# La Pinata

YOUR NEIGHBORHOOD MEXICAN GROCERY STORE



pageplus<sup>®</sup>

nationwide prepaid cellular

## Unlimited Talk n Text

monthly plan

NATIONWIDE



### 11am to 9pm

## 206-567-5844

17615 100TH AVE SW



talk smart.<sup>®</sup>

[www.pagepluscellular.com](http://www.pagepluscellular.com) • 800-550-2436

Unlimited Talk n Text + 20MB Monthly Plan

\$39.95

per month

Unlimited Voice Minutes

Unlimited Text Messages

Includes 20 MB of Data

daycare bill for these midget wrestlers would be several thousand dollars each month. She has several medals of valor, which I fashion from time to time out of tin foil and floss. I present them to her in a small ceremony attended by our little kids who signal their approval with burping and smacking noises from their high chairs.  
I go to work most days, because I have to, but really, because I have to. I am the very picture of a suburban father grabbing a donut as I sail out the door, gaily shouting “Gotta run, hon!” and sing-shouting “Zip-a-dee-do-dah!” at full breath, commuting to a big, well-appointed

office downtown full of adults, to talk about software and engineering and water cooler gossip. Pi R squared, you know. Alpha beta. I could not do what my wife does, but she could do what I do, and much better. Which is why I do what I do. So she can’t.  
In the months and years ahead, as the kids grow up and my wife and I grow old, we will always remember with fuzzy nostalgia, the days when you could just simply pick them up and carry them from the room screaming.  
\* \* \* \* \*  
Thanks for the use of the hall, Troy and Marie.





**Aries (March 20-April 19)** Avoid public dramas if you can, which may mean staying out of public places, or at least choosing from among places that qualify as friendly territory. Inside your home is going to be the best bet. You'll need to keep a close eye on your own tendency to be temperamental when you're under stress; if you can do that, you'll have a significant advantage when you're in tense environments, if you cannot avoid them. Meanwhile, a partner or significant other may be more emotionally sensitive than you're aware of, or even than he or she is aware of. He or she may mirror back to you some of your own inner struggle. Significant similarities exist between what you've been through and your response to those experiences; and there are significant differences as well. Be mindful of both.

**Taurus (April 19-May 20)** Regarding a professional matter, there seem to be two possible choices, but really there are two mental outlooks you can apply to the situation. One is about how most matters of 'personal expression' are not so personal. Often, they are about patterns that were set in motion long before we showed up on the planet. The second involves the feeling of extreme vulnerability that can manifest when you make a choice that actually does set you in the direction of what you want, and what serves you — or even when you step up to the commitment to do so. Be aware that you exist in a mental environment first, and an 'economy' or 'society' second. Your frame of mind is nearly enough to determine the outcome you want — if you know what that is.

**Gemini (May 20-June 21)** You're coming around to a new approach to a contract or agreement that's been driving you mad in recent months. Your updated thought process could have a significant influence on a creative project or professional situation, particularly if an investment of some kind is involved. Yet once it gets dark out and the Moon comes up, don't forget your other agenda — getting some of, more of, or all of the sex you want. Was that some kind of New Year's resolution? If not, I suggest you add it to your list of the necessities of life, not the luxuries or 'distractions'. I would add a reminder: sex happens in the context of relationships, which are based on agreements. A negotiation process is involved, which involves stating what you want and dealing directly with the response.

**Cancer (June 21-July 22)** The answer is not to detach from your feelings, but rather to go deeply into them. You have an excellent grasp of how you feel on an intellectual level, yet there is an aspect of this situation that is showing no mercy. In the minds of most, that is not an invitation to be more vulnerable, but rather a cue to be more aloof. Remember, you don't need to prove anything to anyone, and the last I heard, sensitivity was neither an Olympic sport nor a commodity traded on the Nasdaq. You can start with being aware of what you feel, and your ideas will give you a good idea where to begin. A creative outlet of some kind will guide you deeper into yourself, and that's

the place you're going to find refuge, release and the sense of connection that you seek.

**Leo (July 22-Aug. 23)** Your environment is hypersensitive and potentially over-reactive. Nobody feels like they can do anything right, though you're the one who is able to sense that this is not as much a personal issue about any one person as it is about the state of the world. I suggest you keep a clear eye on the psychological patterns that do so much harm to so many, and be the one who guides the people around you out of them. You're the one who is aware, so you have the first advantage here. This cannot be addressed on a superficial level; somebody has to ask the real questions, if anyone wants the real answers. You can go a long way if you start there. The planets suggest that at the moment people are susceptible to old personal material, so old they may have discarded it as irrelevant long ago.

**Virgo (Aug. 23-Sep. 22)** Take off the mental stress; this is one of those phases when it could have a significant physical impact. If you can ratchet down a few levels, you're likely to find yourself in a place of profound understanding that could influence the decisions you make. To be sure, you make different kinds of choices depending on your frame of mind at the time you're making your decision. I suggest you take your time with something you've been working out since December. Put your emphasis on settling your restless nature a bit, and letting some of the emotional charge dissipate. You keep telling yourself you can keep your cool, but this is a question of layers. As each one of them comes off you will make a new discovery about yourself and what is important to you now, rather than in the past.

**Libra (Sep. 22-Oct. 23)** One of the great obvious mysteries is what sexual experience has to do with creative experience. The simple way to explain it is they wake one another up. Sex creates more than babies; it creates awareness. Art creates consciousness, not just works on paper. What they both have in common is that they require a willingness not only to have life be 'nice' but to delve into a world of light and dark, fear and passion. Both sex and art involve transmuting taboo emotions into something that is creative or pleasurable. If that is the working concept, then you can regard all feelings as healthy, normal or acceptable. Most pain comes from judging feelings; it's one thing to feel shame and it's another to say it's bad. Or pleasure; or love; or the craving for emotional freedom that would open the way to any or all of them.

**Scorpio (Oct. 23-Nov. 22)** Mars has reached a point in its retrograde where it's aspecting the Saturn-Pluto square. Jupiter is also involved; so we are adding some energy to the equation, and some inspiration. Oh! That stuff. There is only so inspired you can be on a backwards, uphill run. Yet certain developments suggest that you may suddenly remember why you're on this journey, and why you committed to making the changes that you once feared were inevitable: only now they seem more welcome. The soul aspect of Pluto is coming out in

# Espresso

## New Fall Hours

**Monday - Friday 5:30am - 3:00pm**  
**Saturday 7:00am - 3:00pm**  
**Sunday 8:00am - 2:00pm**

*Check out our Punch Cards*  
*"Double punch after lunch"*

17311 Vashon Hwy Sw

## Barber & Beauty Shoppe

**(206) 463-7212**  
Family Hair Care ~ Sensible Prices  
Colors, Perms, Hair Cuts

Parker Plaza 17232 Vashon Highway

this arrangement, rather than just the obsession/compulsion aspect. So too is the attribute of Saturn that says it's easier to get what you want when you know what it is, and when you set goals, and when you set limits.

**Sagittarius (Nov. 22-Dec. 22)** You're getting to the heart of a thought process that's been lingering like a fog for more than a year. Suddenly you seem to feel the promise of clarity, rather than just a question. But I would ask: is the issue clearer, or are you feeling better for other reasons and looking at it with greater clarity? Maybe this is a chicken and egg kind of question, though in that particular riddle, what is missing is the awareness of a point of origin, or of a much earlier timeframe. I suggest you take this opportunity to go back in time and get a look at the actual roots of your situation. Not incidentally, this is the aspect of any personal growth situation that most of us are trained to avoid looking at, and it's usually the aspect that grants the greatest sense of strength.

**Capricorn (Dec. 22-Jan. 20)** This is a moment of significant contact, though it may feel like an inconvenient kind of good fortune. Here is the thing to remember: your friends can help you, and you can help them. You certainly seem to have professional matters on your mind, and you may be wondering whether you're making progress toward building your house, or just making more sawdust. That matters less than making sure the community that helped create you, and that you helped create, gets some of your attention. Professional contacts and success are one thing; helping weave the world is another. You are part of a network of light, and if you turn

your energy in that direction some of it will shine right back on you.

**Aquarius (Jan. 20-Feb. 19)** This may be a really strange few days to be an Aquarius. You tend to live with one foot in the dreamtime; abstraction is as real to you as scrambled eggs for breakfast. Yet you've been experiencing something unusual: in mundane terms, a sense of purpose, combined with a sense of potential, combined with a deep questioning of why either of these things matter. They may not; that is for you to decide, and the good news is that you have a sense of your own depth that would give you access to some real information. You may at this point in your life be discovering how personal meaning really is. You are the only one who gets to determine or decide on the relevance of your feelings, your experiences or your perceptions.

It's as if your world has been strung with a ray of light, on which anything can pivot: fate, fortune, love, existence itself. You are standing in the place from which you can go anywhere. Now the question is, where do you want to go? Imagine for a moment that past commitments don't matter; all that matters is what you want, in this moment. What, where, and who would that be? If this is the question you avoid, forget about why, and embrace it now. Likelihood is irrelevant; the cosmos has moved into one of those rare moments of long odds opening up. If something is standing in the way of your faith, go around it. If something is standing in the way of action, summon your will and allow your small volition to merge with that of something far greater.



# Island Epicure



## Frugal Fare

by Marj Watkins

It's not too soon to start looking forward to—and planning to attend—the Vashon Food Summit. It happens the weekend of March 5-7, at the Vashon High School commons. For full information about it, you can contact the three co-chairs: Cathy Fulton, 463-5652, [cathy@MariposaGardens.org](mailto:cathy@MariposaGardens.org); Emily MacRae, 408-7072, [egmacrae@yahoo.com](mailto:egmacrae@yahoo.com); or Jessica Lisovsky, 463-1041, [triling@mindspring.com](mailto:triling@mindspring.com).

Sustainable Vashon is a sponsor of the event and welcomes donations (tax-deductible) to cover expenses of the Food Summit. You'll enjoy and benefit from workshops and informational speakers on raising food, acquiring and preparing food, the food economy.

The people planning the event don't want anybody to miss it. Lunch will be served on Saturday, and the Summit will wind up with a celebratory Stone Soup Supper. That's where everybody coming to Sunday's program will bring a vegetable, and all of them will be combined into a giant soup.

It's free, except for Saturday's lunch for which you can buy \$7 meal tickets.

The Frugal Food workshop immensely interests me, and the planners expect a huge turnout for it. Raising food and food preparation will be key areas of information.

Here is the sort of recipe that comes under the heading of Frugal Food, but you could also file it under Gourmet Main Dishes. It's the kind of dish to serve at the end of a lean month, and still maintain your reputation as a superb cook. This makes a little bit of leftover cooked chicken go a long way. The beans and spaghetti provide complementary protein, and the cheese adds more. The spaghetti is low on the Glycemic Index because a lot of the gluten goes out in the cooking water.

### SPAGHETTI e SALSA di FAGIOLI con POLLO (Spaghetti with Red Beans and Chicken) 3 to 4 servings

- The Sauce:
- 1 ribs celery
  - 1 small dry onion, chopped
  - ½ green bell pepper, chopped (optional)
  - 3 Tablespoons sliced black olives (optional)
  - 1 cup marinara or spaghetti sauce
  - 1 (8-ounce) can tomato sauce
  - 2 teaspoons cinnamon
  - ½ cup diced cooked chicken
  - Water or chicken broth as needed
  - 2 teaspoons cinnamon
  - Grated Parmesan, Pecorino cheese or freshly grated Jarlsberg or Swiss Spaghetti, a bundle 1 ½ inches in diameter
  - 2 Tablespoons olive oil

Start the sauce by simmering the vegetables in a little water until the onion becomes transparent or, if you prefer, sauté them in 2 Tablespoons olive or canola oil.

Add the remaining ingredients, except the cheese. Stir. Bring to a low boil, immediately reduce the heat to low and cover the pan. Simmer 30 minutes. If the sauce becomes too thick, add a little water or broth.

Cook the spaghetti according to package directions. Test by pressing the side of a fork against a strand of spaghetti, against the inside of the pan. If it cuts easily, taste it. It's probably done. The gluten-free spaghetti I used still tasted starchy when it's stated cooking time was up, so I gave it another 2 minutes.

Drain the spaghetti through a sieve, put into a serving bowl, and toss it with 2 Tablespoons good olive oil. This adds flavor and keeps the strands from sticking together.

Transfer the sauce to another serving bowl.

Offer the grated cheese in a small glass bowl. You might serve it with a fork, but we use our (clean) fingers.

### CHICKEN BROTH

- 1 carcass of chicken, or ½ turkey carcass, or any poultry bones you've stashed in your freezer
- Water to cover
- 1 long carrot, sliced
- 1 onion, coarsely chopped
- ½ teaspoon celery seed
- ½ teaspoon cumin or coriander seed
- 1 to ½ teaspoons salt
- 1 (6-inch) strand Wakame sea vegetable
- or 1 teaspoon ground dried kelp
- ½ teaspoon coarse ground pepper
- 6 whole cloves
- 4-inch piece orange peel or peel of 1 clementine, optional

Bring to boiling, reduce heat, cover, and simmer at least 2 or 3 hours, or until the bits of meat left on the bone are nearly falling off. Remove carcass or bones. Let cool enough to handle. Remove and reserve meat. Use stock in soups and sauces. May be stored in covered glass jar for up to 4 days, or frozen in a freezer box for up to 3 months.

## PERRY'S VASHON BURGERS

17804 Vashon Hwy SW

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



**Best Burger in Town!**

**For a Burger Emergency**

**463-4-911**



## B&B REPAIR

Marine & Automotive

Auto - Boat - R.V.

Repair & Detailing

463-9624

Located at the Old BRENNO REPAIR BUILDING

### Island Escrow Service

Complete Escrow Service  
Licensed & Bonded

9929 SW Bank Rd. #204  
206-463-3137 fax 206 463-9122  
[dayna@islandescrow.net](mailto:dayna@islandescrow.net)  
[www.islandescrow.net](http://www.islandescrow.net)

### Actors Needed for New Play

T Martino Yamamoto is writing a new play about heaven, Jesus, coyotes and what God may think about the world and the different churches and religions, tolerance and intolerance, and living and loving life. Characters: Jesus, Coyote, Buddha, Imam-teacher, Gay and straight men and women of all ethnicities/ages from all walks of life- need maybe 5 people/ might play more than one person, one child - either boy or girl- about 11 or 12. T needs a director and someone to edit film and a film choreographer/ musical director. She is putting this on YouTube. Any money made will be donated to charity. Contact T at [huiha@centurytel.net](mailto:huiha@centurytel.net). PS: Storytelling is how we change the world!

### 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.



After 4 days in refrigerator, any broth and vegetables remaining may be served as its own soup or reboiled and stored for another 4 days.

### Eagle Eye Proofreading and Editing

Nancy Morgan  
[onvash@hotmail.com](mailto:onvash@hotmail.com)



206/567-5463  
819-2144



# Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

## The Evils of Slave Cylinders

by Rick Tuel

Nov. 15, 1970, Monday, continued

Old *Oatus* just rolled merrily along today, without breakdowns or other disasters to distract us. We made it to Garberville early in the afternoon and took on fuel. *Oatus* took 14 gallons after roughly 75 miles of traveling; the *Family Dog* took two bucks' worth. Mostly we just trucked today, watching the countryside slide past at 30 m.p.h. That's flank speed for us.

The sun came out, attended by healthy white clouds, and the shadows began to lengthen when we passed through Eureka and

search of another pump while I stayed aboard in order to slap another coat of exterior stain on *Oatus's* port and starboard side, since the weather has decided to clear.

At 16:00, Chris returned with a \$4.50 dead replica of our latest casualty and got to work immediately installing it. So. We're trapped on Patrick's Point 'til tomorrow. However if all goes well, tomorrow night will find us in Oregon!

Nov. 17, Wednesday – The sun never did come up this morning – the fog just got brighter and a drizzle started up, drifting in through the trees as softly and silently as snow.

Finishing up the water pump didn't take long. By 10:30 *Oatus* was up and running again so we got underway and started moving out of the park. I got to the main gate and pulled over to wait for *Oatus*.

*Oatus* however failed to arrive so I backtracked until I finally found him about 300 yards from our original berth. Chris was covered with leaves and debris from crawling about underneath the truck and was in an ugly mood.

Who could blame him? The slave cylinder to the back tires, starboard side, had blown a leak, destroying the hydraulic continuity of *Oatus's* brakes!

Chris and *Oatus* aren't speaking.



Arcata. Finally we sought a berth for the night at Patrick's Point, 15 miles south of Orick. It's one of Governor Reagan's State Park Blasphemies which requires hard coin and demands that all animals be locked up or otherwise restrained.

Poor Nigel Woofer took to the leash with total dismay, having sat on his tail all day with me in the *Family Dog*. He was looking forward to a good romp and I know he feels double crossed, poor lad.

But the place has showers.

One last note: it appears as though *Oatus* needs another water pump and it stands to reason that the best possibility for locating one is in Crescent City. The question is: can we make it? Stay tuned.

Nov. 16, Tuesday - HAH! Ruddy water pump is shot. I went off to find a Park Ranger for information on available junkyards. McKinleyville has several, he said.

Chris hopped into the *Family Dog* and zipped off to the south in

I got underneath with our flimsy screw jack and somehow managed to get the tires off the ground; then split for McKinleyville to locate a 15/16" socket for the lug bolts.

The rest of the day was spent tearing the whole works apart. As usual, a million miles' worth of dirt and debris had accumulated and gotten into the works. The piston in the cylinder was dirty and sticking.

By dark, everything was reassembled and apparently operable so we decided to get out of the park before we got charged another night's rent. I hear the Oregon State Parks are free. Good news if it's true.

We tied up for the night on a frontage road on the east side of Highway 101.

Well, if one slave cylinder is fouled by dirt and the like, what's a body to think about the other'n? HA HA! Tomorrow we operate on the other'n, just to find out.

INCORPORATED

4820 CALIFORNIA AVE. S.W.  
SEATTLE, WASHINGTON 98118  
(206) 932-5044

2102 EAST MADISON  
SEATTLE, WASHINGTON 98112  
(206) 329-7525

**Our Services Include:**

- \* Tires and Wheels
- \* Brakes
- \* Steering & Suspension Repairs
- \* Alignments
- \* Engine & Transmission Repairs
- \* Computer Diagnostics
- \* Emissions Repairs
- \* Cooling System Repairs
- \* Exhaust System Repairs

**We Offer:**

- \* Minimum 6 month or 6,000 mile Nationwide Limited Warranty
- \* Fast, friendly, & professional service at competitive prices
- \* 30 Day Buy & Try Guarantee on most tires we sell
- \* 90 Days Interest Free Financing OAC
- \* FREE Local Shuttle

**Lube Oil & Filter Change**

**Includes:**  
21pt Preventative Maintenance Analysis

**Up to 5qts. Kendall 5W30 Synthetic Blend Oil**

**Oil Filter**

**\$21.00** plus tax (for most cars)

Upgrade to Full Synthetic for Only \$18.10 additional

**We Take Most Credit Cards**

**Vashon Tea Shop**

Bring a Book, Bring a Friend, Enjoy

**Tea - Coffee - Snacks - Gifts**

Open daily - 463-5202  
17600 Vashon Hwy SW, - Next to Vashon Bookshop

**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).

**HARBOR MERCANTILE**

Since 1908

463-2500

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

## 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 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.

**Opera Preview: La Traviata by Guiseppe Verdi**  
Sunday, February 21, 2pm  
La Traviata is Verdi's most frequently performed opera and contains some of his most famous music. VNorm Hollingshead illustrates his commentary with musical excerpts from his own collection of recordings, many quite rare. Sponsored by Friends of Vashon Library.






**Anemopsis**  
by Kathy Abascal

**Aphthous Ulcers**

Recurrent canker sores (also called aphthous stomatitis or RAS) are a common condition in the Western world, one that is not especially responsive to conventional treatments. Conventional treatments for the most part use steroids to suppress outbreaks and gels to soothe them. Modern medicine has not found the cause of recurrent canker sores and has no reliable treatments to stop them from returning. Although poorly researched, there are many botanicals that have a long history of use in traditional medicine. These remedies, combined with dietary changes, can soothe the acute outbreak as well as prevent recurrence.

RAS causes small, round or oval ulcers on the inside of the mouth. Often, multiple, painful sores occur at the same time, usually beginning in childhood or the teen years.

**THE HARDWARE STORE**  
*'great good food'*



**Try our great  
Anti-Inflammatory  
specials.  
We do it right.**

**Open everyday for  
breakfast, lunch and  
dinner!**

*Meet your friends at the  
heartbeat of the Island!*

**The corner of Vashon Highway &  
Bank Road**

**463-1800**  
[www.thsrestaurant.com](http://www.thsrestaurant.com)

are most often found in women, children, and Caucasians. About 1% of children have recurrent oral ulcers but up to 35-40% of American children have a history of RAS-like disease. Children from wealthier or better educated families are more often afflicted than are children from a more impoverished background.


There are two aspects to dealing with canker sores: first, soothing and healing an acute outbreak; second, preventing the sores from recurring. Let's begin with heading off future outbreaks first.

Holistic practitioners as a rule think that most canker sores are the result of food sensitivities. The research on this is in conflict but it is likely that frequent cancer sores may indicate either true celiac disease or at least a wheat intolerance. Anyone with frequent outbreaks should be tested or should test wheat by eliminating it from the diet. Other foods (such as dairy) also may also be a root cause of the disorder. So, one of the first steps in preventing future outbreaks should be testing for food sensitivities. It is also important to make sure that the diet is rich in B vitamins and zinc, as many with recurrent canker sores are low in these.

There is also a strong correlation between stress and canker sores. Here, herbs known as adaptogens are helpful. These herbs work over time by reducing our reaction to all types of stress. In essence, they make us better able to cope with stress. There are a number of different adaptogenic herbs. Licorice is my favorite adaptogen for children. They tend to like its taste and seldom have high blood pressure which licorice may aggravate. Licorice tea is often a perfect remedy for them. In addition to enhancing the child's ability to handle stress, licorice tea will speed the healing of sores and is strongly anti-inflammatory. Individuals with recurrent outbreaks tend to have

**Vote YES**

**Renew Vashon Island School District's  
Four-Year Operations Levy**



**Mail in your ballot by February 9**


**For more information  
about the levy renewal go to  
[www.vashonsd.org](http://www.vashonsd.org)**

**New Classes Starting By Kathy Abascal  
Quieting Inflammation with Food.**

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: Five consecutive Mondays beginning February 15, 7:00 – 8:30 PM.  
New 5-week series: Five consecutive Saturdays beginning February 20, 11:00-12:30 AM.

Register for the class at the Roasterie/Minglement. Space is limited and prepayment of \$105 is required to get on the class list. There are also classes beginning in Burien, West Seattle, Seattle and online. Information on these classes, including enrollment information is posted at [www.ToQuietInflammation.com](http://www.ToQuietInflammation.com) or email [frostflower@toquietinflammation.com](mailto:frostflower@toquietinflammation.com).





Rhodiola, illustration by Kathy Abascal.

About 80% of patients have “minor RAS” that causes small ulcers that typically heal in 10-14 days without scarring. “Major RAS” is rare and severe, causing much larger sores. They can last for up to six weeks and often result in scarring. Outbreaks are chronic and recur over decades. “Herpetiform RAS” is yet rarer and causes crops of small, painful ulcers. There may be as many as a hundred ulcers at a time, each sore small in size although they sometimes fuse and form large sores. This type of RAS is more common in women.

Minor recurrent canker sores are common in North America, and

high levels of inflammatory cytokines, chemicals used by the immune system. Licorice (and many other herbs) can normalize cytokine levels.

Adults can chew DGL tablets, a licorice product that does not raise blood pressure. Often though, the adaptogen rhodiola is a better choice. This herb is rich in tannins, compounds that heal acute outbreaks. It can be taken as a capsule but will provide most relief if also taken as a tea during outbreaks. Rhodiola has been widely studied in Russia where it was shown to be especially helpful for people under a great deal of mental stress. Thus, it helped medical students studying for finals by enabling them to study more, sleep better, and as a result achieve higher grades.

Other studies show a connection between a chemical and outbreaks: Sodium lauryl sulfate. An important step is to avoid toothpastes that contain this chemical. (Actually, studies indicate that we should generally be avoiding sodium lauryl sulfate, a chemical found in shampoos and many other body care products).

Then herbs can be added to quiet painful outbreaks. Historically, one

of the North American herbs used for this is a tiny, old forest plant called goldthread (coptis). In my experience, it works like a charm on canker sores. However, we have few undisturbed forests left and should no longer rely on coptis. The Eclectic physicians often used goldenseal instead. Goldenseal contains berberine, a compound also present in goldthread. Oregon graperoot, an inexpensive herb readily available here in the Northwest, is also rich in berberine and helpful in healing canker sores. The main problem with these herbs is that they are bitter which sometimes makes them difficult to use in children.

As I mentioned, herbs high in tannins are healing as well. So some benefit can be obtained by simply applying bags of black tea to the ulcers. My favorite solution, however, is a tincture of Spilanthes. This relative of Echinacea is healing and anti-inflammatory. But best of all, it is numbing. As a result, the tincture can be applied topically to ease painful sores. Alternatively, dilute it in a little warm water, swoosh it around the mouth for a while and then swallow.



## Cheating on Resolutions

by Rochelle Gravance  
NAFC Master Level Certified  
IYCA Level 2 Conditioning Specialist  
Physique Transformation Specialist  
Habitsforming.com  
Habitsforming@yahoo.com

Are you? Have you? We are already approaching the time of year when if this wasn't the Pacific Northwest, you'd likely see blowing dust and tumbleweeds across the expanses of the local gyms. December is known as the time of year for giving and late January seems to be the time of year for giving up.

If you are frustrated with your attempt at resolving your health and weight loss goals, know that you aren't the only tumbleweed being tossed about by the January winds. If a proper plan isn't in place with the appropriate steps to elicit



and track progress, the inner "You" says thanks, but it's not worth it. Let's take a look at some potential pitfalls and how we can avoid the eminent sabotage they can instigate.

1. Cutting calories too much. Remember that you are not trying to starve the body. It's only necessary to reduce calorie intake by approximately 200 calories below your basal metabolic rate. It's important to maintain a rich metabolism and reducing calories exponentially will backfire on your weight loss goals. Use [www.fitday.com](http://www.fitday.com) to track your food intake and caloric consumption.

2. Consuming so called "diet food." If your diet isn't made up primarily of organic fruits, vegetables, nuts, seeds and grass fed/wild protein sources, you'll continue to fight the war on fat reduction. Diet food is the food industry's way of selling you a diet version of the inferior boxed product original that's not worth the box it came in. Get back to basics and stick to what works.

3. Portion control. How much of that are you eating? If you're not measuring it, you don't know. Underestimation of caloric intake is one of the biggest pitfalls that will quickly sabotage your resolutions. Measure the foods you eat regularly for 3-5 weeks until you get used to "realistically eyeing" portions.

4. Fixing the diet with more exercise. I'll say it once, twice, a thousand times-you cannot out exercise a poor diet. The average person cannot compensate for a poor diet by exercising the calories away. Eat well, very well, move your body in non-mechanistic fashion and you'll be healthier and leaner for it. And yes, most likely you are the average person we're speaking of.

5. Putting too many eggs in the cardio basket. If you want one of the best forms of cardio for weight management, walk...everywhere...a lot. If you want to condition your cardiovascular system and lose body fat in the process with a time efficient workout, implement interval training several times per week. If you want to maximize the health of your entire system, program body weight training several times into each week. Better yet, do all three. Cardio is far from the be all end all fat loss/health solution.

OK, time to regroup with all the suggestions. If you continue to bail on every attempt at getting healthy, you'll find the long run a lot harder than putting effort in the here and now.

One more thing, if it isn't working, don't beat the dead horse. What you're doing really isn't working and you must make adjustments. If you are unsure of where to go next, e-mail me at [Habitsforming@yahoo.com](mailto:Habitsforming@yahoo.com) and I'll put you on my newsletter list to receive up to date health, diet and fitness related information to help you on your journey.

### Advertise in the Loop!

This page's Handyman ad is only \$48 a month.

*Continued from page 1*

implementing it. Now that the new curriculum has been introduced, schools often use PDDs to hone their skills for writing and reading instruction. Usually they meet in teams to track progress by comparing student work.

"We're fortunate to be able to meet and analyze student work every two weeks," says Roxanne Lyons, director of instructional services. "It allows us to constantly learn from each other's experiences and from what students are producing. After each meeting, we're further along in identifying the skills students will need to succeed at every stage. It's a long process and one that needs regular interaction to be successful."

Now that the new literacy curriculum is underway, the district

### Fat Loss Rule#1

"Doing the same thing over and over again and expecting different results". ...thanks Mr. Einstein. If this applies to you, grab one of the last 3 spots open for February enrollment. Receive a free nutritional analysis with enrollment (\$77 value) Habitsforming Fit Camp Habitsforming@yahoo.com 206 571 2277



**Bistro and Bar**  
**Mon-Thurs: 4pm -Midnight**  
**Fri and Sat: Noon - 1:30am**  
**Sun: Noon - Midnight**

**Monday and Tuesday Sushi Special**  
**Buy any 2 Rolls Get a free bowl of Miso Soup or Buy any Premium roll and get a California roll for \$2**

**Winter Sushi Hours:**  
**Mon, Tues & Thurs 4-9:30pm**  
**Closed Wed**  
**Fri & Sat 1-10:30pm**  
**Sun 1-9:30pm**

**17618 Vashon Hwy SW**  
**206.463.5959**

## Football Madness:

**Saturdays and Sundays**  
**Until 7Pm**

**Happy Hour All Day**  
**PBR'S \$2.00**  
**Micros \$3.00**  
**Wells \$3.25**  
**Bloody Marys \$3.25**

**Hot Dog and a Bag of Chips**  
**\$1.50**

**Pitcher PBR**  
**2 Dogs and 2 Chips \$5.00**  
**Happy Hour**  
**Monday - Friday**  
**4pm - 7pm**

**Poker Tournaments**  
**Monday and Tuesday: 6pm**  
**and 9pm**

**Live Entertainment Weekly**  
**See our schedule at**  
**[www.redbicyclebistro.com](http://www.redbicyclebistro.com)**



**Bob Webster**  
**Handyman Service**  
**206.455.4245**

**Licenced Bonded and Insured**  
**[bobwebster@commspeed.net](mailto:bobwebster@commspeed.net)**  
**LIC# BOBWEWH9290E**  
**VISA and Mastercard accepted**

## What Happens on PDD Days?

plans to choose and implement new a new science curriculum. Before choosing it though, teachers must first thoughtfully determine the skills and content that students need in each discipline to pass to the next grade level. They also need to agree on overarching instructional objectives. In other words, should the teaching method for science be primarily hands-on and experiential or should the focus be more on teaching students how to memorize processes and facts, or a combination of both?

At the end of this year-long alignment process, all three schools hope to reach a philosophical consensus around teaching science and solidify a documented set of science requirements for students to graduate to the next grade level. For example, second graders may need to know how to record their observations by the end of the year, so they can begin writing in science journals by 3rd grade. And, by the conclusion of 6th grade, students might be expected to know the scientific method so that they can apply it to daily experiments in 7th grade. While seemingly straightforward, determining what skills students must have and when requires time and discussion.

And sometimes PDDs involve outside trainers sharing their expertise. These events are sponsored by Vashon Institute, which receives the majority of its

funding from Vashon Community PTSA. On December 16th, Steve Hirsch, architect of the Readiness to Learn initiative that's taking hold in many Washington schools, talked to McMurray's faculty about the key success factors in making RTL work for middle school students. McMurray plans to adopt the initiative next year, on the heels of Chautauqua's successful run this year.

Other training sessions led by education experts over the past year included a district-wide class about Response to Intervention; a class about new developments in special education and English Language Learners (ELL); and a seminar focusing on brain development and learning last year. As the year continues, there will several more training sessions.

For more information about VISD's professional development program and the curricula alignment initiative, go to [www.vashonsd.org/academics](http://www.vashonsd.org/academics).

FOR ORCAS AND FOR ISLANDERS  
PLEASE REPORT LOCAL  
WHALE SIGHTINGS  
ASAP TO  
**206-463-9041**  
Vashon Hydrophone Project  
Orca Annie Stateler and Mark Sears  
[Vashonorcas@aol.com](mailto:Vashonorcas@aol.com)  
Support Vashon-Maury Island Whale Research  
Sightings NOT Disclosed to Whale Watch Boats  
**[vashonorcas.org](http://vashonorcas.org)**



# McCutcheon Offers Thymely Health Consultations

Continued from page 1

Danielle provides detailed information regarding herb-drug interactions based on recent research. Individualized herbal formulations and lifestyle suggestions are made based on each client's personal needs. Danielle studied with Isla Burgess, Director of the International College of Herbal Medicine, as well as other highly esteemed medical herbalists from around the world. She is secretary of the American Herbalists Guild's WA Chapter and a member of the New Zealand Association of Medical Herbalists. Check out Danielle's website at or call for more information.

# Library System Levy Up For Vote

Continued from page 1

years. During this time period, revenue growth was insufficient to keep pace with the rate of inflation and growth-driven annual operating cost increases, yet library usage increased by 43%.

The restored revenue will enable KCLS to preserve the current level of library service, programs and resources at all 45 libraries, and maintain outreach services to community centers, low-income daycare facilities, and to the elderly and homebound. If Proposition 1 doesn't pass, KCLS will face 10-15% budget cuts across the organization, including funding for books, computers and building maintenance.

Effects of these cuts may include increased wait times for popular library materials, reduced availability of computers, and less frequent maintenance of libraries.

Without restoration of the levy rate, the number of library workers and the hours of operation will be impacted in future years.

A homeowner would pay an increase of about \$32 on a home assessed at \$400,000.

For information, contact 425.369.3275.

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

## Island Birding Guide

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

# One Island Helps Another

Continued from page 1

From her four years in Haiti, Islander Priscilla Schleigh knows that joy and also the tremendous sadness that Haiti experienced over the decades, culminating in the January 12th earthquake. That's why she and other Islanders with connections to the country are holding a "Big joyful fundraising event" on February 21st at 4 pm at the 'O' Space, complete with Creole cuisine and an all-star lineup of Island musical talent.

"My Haitian friends are very excited we're doing this," said Schleigh, who owns the fair-trade gift shop Giraffe. "I'm taking the lead from them."

The plight of the children in Haiti is the "call to action" for event organizers. There were an estimated 380,000 orphans before the earthquake, a number that is likely to reach 1 million now. In particular, the funds raised will be sent to two orphanages from which Island children have been adopted. Three Angels and Answered Prayers orphanages were damaged in the earthquake and are uninhabitable.

Six-year-old Woodson Durston was adopted from Answered Prayers, which has



## Violin Lessons

**Danielle McCutcheon**  
**206.462.0835**  
Courthouse Square Studio, #208A  
[danimccutcheon@earthlink.net](mailto:danimccutcheon@earthlink.net)  
*Teaching for the love of music*



## String Thyme

Holistic Services  
**Danielle McCutcheon**  
Herbalist -- Violinist  
**206.462.0835**  
[danimccutcheon@earthlink.net](mailto:danimccutcheon@earthlink.net)  
Courthouse Square #208A



## Joanna Gardiner

Loving care for animals,  
plants and homes  
**567-0560**

9) and Cianna (6 ½), from Three Angels orphanage, which also runs a school and a medical clinic. While all the children who were

at the orphanage were brought to the U.S. shortly after the earthquake, Three Angels needs to rebuild to take in new children. Crawford also worries about the 300 children who got their one meal of the day at the school, which is now closed.

"To be at an orphanage in Haiti is to be safe," she said. "They're getting fed and they're not going to be exploited.

Three Angels and Answered Prayers will have to rebuild, but they don't receive money from aid organizations. We have a relationship with these orphanages and we know all the money we raise will go to Haiti."

Island musicians are lining up to support the benefit, which will be hosted by Kevin Joyce. The performers include Ian Moore, Mark Graham and Orville Johnson, Darryl Redeker and Sarah Perlman, Jennifer and Andy Krikawa, Geordie's Byre, the Riptide Ramblers, Rebecca Wittman and friends, the Free Range Folk Choir, Geoff Johns and his drum troupe, the Vashon Island Youth Chorus, Marita Erickson, Steve Amsden, Mark Wells, with possibly more to come.

"I see this event as a joyful expression of our connection to Haiti and a way for us to help out as one island to another," said Schleigh, who worked at a Haitian TB hospital and then for World Concern in the late 1980s. "We owe it to each other to show support."

Tickets for the event, which are available from Books by the Way and the Blue Heron, are \$10 for adults, \$5 for kids aged 5-18, and free for children under 5.

For more on the orphanages, visit [www.threeangelsrelief.com](http://www.threeangelsrelief.com) and [www.answeredprayers2.org](http://www.answeredprayers2.org).

## Eat at the...



WHERE THERE'S LIFE THERE'S HOPE  
le gin la vi, gin lespwa



A VASHON VALENTINE FOR HAITI  
one island helping another  
A BIG JOYFUL FUNDRAISING EVENT  
with a feast of ENTERTAINMENT and authentic CREOLE CUISINE  
THE 'O' SPACE 1510 163rd Ave SW, Vashon  
February 21 2010 4pm

three orphanages. Woodson's father, Lee Durston is on the organization's board and has led groups to Haiti to do volunteer work. The 45 children at the Answered Prayers orphanages are currently living in the yard.

Michelle Crawford adopted her two daughters, Valencia (age



Love-In at the  
Q-Inn  
Celebrate  
Valentines  
Day  
February 14th  
AT THE  
QUARTERMASTER  
INN  
WITH  
RiverBend  
7:30 - 9:30PM  
CALL FOR RESERVATIONS 463-5355



Back by popular demand!  
Frequent Diner Club  
Buy three meals in three weeks, get  
your fourth meal free.  
WOW!

Join us Tuesday through Sunday from 11:00 am to 10:00  
pm for lunch and dinner  
We also serve Sunday brunch 9:00 am to 2:00 pm

Live music with Steve Amsden and friends every  
Wednesday night

Need a room for family and friends this summer?  
We are filling up fast, so reserve today!

[www.quartermasterinn.com](http://www.quartermasterinn.com)

Call for reservations  
206.463.5355  
[info@quartermasterinn.com](mailto:info@quartermasterinn.com)  
In the heart of beautiful Burton by the Sea...



**ANN LEDA SHAPIRO**  
LICENSED ACUPUNCTURIST  
Traditional Chinese Medicine & Herbs

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

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



**ACE**  
DRYWALL  
*We Deliver*

Featuring:  
**Sto DecorTex<sup>®</sup>**  
**ACRYLIC FINISHES**  
With Integral Color  
No Painting Required

**Complete Drywall & Painting Service**  
**206-463-9624**  
Licensed - Bonded - Insured



*Open 7 days a  
week 6am till 2am*  
Family run business  
for over 30 years  
17611 Vashon Hwy SW Live  
Breakfast Lunch Entertainment  
**206.463.0940**  
*Where the locals go!*

SERVICE  
REPAIRS  
SALES  
FREE  
TRAIL MAPS



BIKE  
RENTALS  
FOR  
ADULTS  
AND KIDS

**VASHON ISLAND BICYCLES**  
(206) 463-6225  
9925 178th Ave. SW [www.vashonislandbicycles.com](http://www.vashonislandbicycles.com)



Your Photo Source ~ Traditional or Digital  
Thriftway Plaza  
463-3311  
Closed Sunday

Mon-Fri 10 - 6  
Sat 10 - 2

We do passport photos -- apply for passports at the Courthouse on



# Loopy Laffs

First there was mad cow disease, then there was bird flu, and now swine flu. Good Lord, it's Farmageddon!

*When a woman steals your husband, there is no better revenge than to let her keep him.*

## One Liners

Every silver lining has a cloud.  
All bees know that time is honey.  
The more you complain, the longer God makes you live.

In the fight between you and the world, bet on the world.

If you don't learn from your mistakes, there's no sense making them.

An acquaintance of mine who is a physician told this story about her then-four-year-old daughter. On the way to preschool, the doctor had left her stethoscope on the car seat, and her little girl picked it up and began playing with it.

"Be still, my heart," thought my friend, "my daughter wants to follow in my footsteps!" Then the child spoke into the instrument: "Welcome to McDonald's. Can I take your order?"

If you spread out all the sand in North Africa, it would cover the Sahara Desert.

*If one synchronized swimmer drowns, do the rest have to drown too?*

There was a 94 year old nun in the 1890s whose worn out body began to surrender. Her doctor prescribed for her a shot of hard liquor three times a day to relax her. However, not to be lured into worldly pleasures, she huffily declined.

Her mother superior knew the elderly sister loved milk - so she instructed the kitchen to spike the milk three times a day. Eventually, the elderly one approached her final hour. As several sisters gathered around her at bedside, the mother superior asked if she wanted to leave them any words of wisdom.

"Oh, yes," she replied. "Never sell that cow!"

Sunday School students tell about the Bible:

— St. John, the Blacksmith, dumped water on his head.

— Jesus enunciated the Golden Rule, which says to do one to others before they do one to you.

— It was a miracle when Jesus rose from the dead and managed to get the tombstone off the entrance.

— The people who followed the Lord were called the 12 decibels.

— A Christian should have only one wife. This is called monotony.

— The epistles were the wives of the apostles.

— When Mary heard that she was the Mother of Jesus, she sang the Magna Carta.

— St. Paul cavorted to Christianity. He preached holy acrimony, which is another name for marriage.

"Dear Lord," the minister began, with arms extended toward heaven and a rapturous look on his upturned face. "Without you, we are but dust..." He would have continued but at that moment my very obedient daughter who was listening leaned over to me and asked quite audibly in her shrill little four year old girl voice, "Mom, what is butt dust?"



### Cerise Noah

Helping buyers and sellers with their Real Estate needs throughout Washington

**360-393-5826**

[cerisenoah@windermere.com](mailto:cerisenoah@windermere.com)



**Licensed since 1996**

## WET WHISKERS

### GROOMING SALON

PROFESSIONALLY TRAINED  
CERTIFIED GROOMER

WE OFFER:  
WASH AND GO  
BATH AND BRUSHOUT  
THIN AND TRIM  
FULL GROOMING

**CALL TODAY FOR AN APPOINTMENT**  
**(206) 463-2200**

17321 VASHON HIGHWAY SW



CONVENIENTLY  
LOCATED INSIDE  
PANDORA'S BOX



## VASHON SENIOR CENTER

Silver Anniversary Auction  
and dinner

**FEBRUARY 27, 2010**



*25 Years of Friendship and Fun  
Let's Go for the Gold*

**Place: VFW Hall**  
**Time: 5:30 to 10:00**

**Music: Steve Amsden**

Event tickets available at  
Vashon Senior Center and  
Books by the Way. Info: 463-5173

## Advertise in the Loop!

Back page classified ads just cost  
\$12.50 per column inch.

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

## Moose Lake



Panel 1: Goober, why are you wearing waders? High tide.


Panel 2: Hi Goobie, do you like my new swimsuit?

Panel 3: You better brace yourself. It looks like she's going to go jump off the raft.

©Copyright 2009 Steve Krueger

## V.I.P.S

...AS YOU MAY RECALL, VASHON'S CSI DROID DETECTIVES T-4.2 AND C2-IT ARE ON A RESCUE MISSION IN THE GREAT VASHON UNDERGROUND!



Panel 1: IT SAYS IN THIS VASHON UNDERGROUND GUIDE THAT WE'RE CLOSE TO ISLAND LOCATIONS.

Panel 2: THIS MUST BE THE OLD DOOR TO MAURY ISLAND.

Panel 3: NOPE! IT'S THE DOOR TO THE TRANSFER STATION...


## LOGJAM



BY Jeff Hawley

## HEY, KIDS!

...EVER WONDER WHAT'S IN A TREE SEED?



- ZERO CONTRIBUTIONS TO THE INTERNET!
- NOISE POLLUTION! (RUSTLING LEAVES, CHIRPING BIRDS, ETC.)
- SHADE, OXYGEN, FOOD & HABITAT FOR DECADES!
- A NICE, BIG TREE TO SATISFY THE NATURAL HUMAN NEED TO BULL-DOZE STUFF OUT OF THE WAY!
- LUMBER TO BUILD A HOME!
- ENOUGH PAPER TO PRINT JUNK MAIL THAT, IF LAID END-TO-END, WOULD REACH FROM EARTH TO THE VERY CENTER OF HELL!
- ROOTS TO CRACK SIDEWALKS IN FRONT OF CHURCHES AND PORN SHOPS ALIKE - ONLY TO BE REPAIRED WITH YOUR TAX DOLLARS!

Copyright 2010 Jeff Hawley. All Rights Reserved



Loop Arts

Mark Lewis Quartet Launches Panache Jazz Series

by Janice Randall

Treat your sweetheart to an evening out when The Mark Lewis Quartet launches VAA's 2010 Panache Jazz Series, Saturday, Feb. 13, 8 p.m. Lewis, Northwest native, is a master player of alto sax, baritone sax, flute and piano. Author



Mark Lewis, courtesy photo.

of over a thousand compositions, he has recorded and produced over twenty albums on various labels. Lewis has worked as an instrumentalist, composer, producer, engineer and teacher and earned the reputation of being one of the Northwest's most dynamic and innovative players. His music ranges from simple to complex and back again to create textures influenced by bop, blues, classical and ethnic stylings. Lewis has produced more than 20 albums, over 1000 compositions and runs his own record company and studio. His most recent CD, *Worlds Apart*, offers a collection of original compositions and improvisations combining Mark's soulful alto sax and flute with his own keyboard accompaniment. For the Vashon show, Lewis will bring a high profile trio of players along including: pianist, George Radebaugh, bass player, Steve Luceno and drummer, Bob Merrihew. Tickets, \$15/\$17 include champagne and desserts and are available now at Books by the Way, Heron's Nest, Blue Heron and [brownpapertickets.com](http://brownpapertickets.com). Purchase by phone at 463.5131.

Kat and Kate Bring Magic to Blue Heron

Kate MacLeod and Kat Eggleston bring a heavenly mix of traditional and original songs to the

by Janice Randall



Kat Eggleston, courtesy photo.

musicians will be available at the concert. Tickets: \$14/\$16 are available now at Books by the Way, Heron's Nest and Blue Heron or [brownpapertickets.com](http://brownpapertickets.com). Call 463.5131 to purchase by phone. For more info go to [VashonAlliedArts.org](http://VashonAlliedArts.org).



Kate McLeod, courtesy photo.

Blue Heron for one night only, Saturday, Feb. 6, 7:30 p.m. Their distinctively different voices (Eggleston's alto tones, guitar and dulcimer paired with MacLeod's more ethereal sound, violin and guitar) offers listeners an unbeatable two for one deal. CD's for both

News from the Country Store:

Colvos Creek Nursery Has Moved Their Entire Stock to the Center of Our Driveway

Time to Consider U-Dig of Mature Plants Ask for the Old and the New Listings. The Latter is Newly Planted and Easier To Move.

Territorial Seed and Their Organic Version, Abundant Life Comma, Have Arrived

More To Come!

The Country Store & Gardens 20211 Vashon Hwy SW 206-463-3655 [www.countrystoreplants.com](http://www.countrystoreplants.com)

Or, for show times and info, check [www.vashontheater.com](http://www.vashontheater.com)

Invictus 2/05 - 2/11

2/12 - 2/18 The Road Nine (the musical)

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

Silverwood Opens Flower Power

*Continued from page 1*

The exhibit is held in February every two years and features one piece by each artist, working in their primary medium. Each exhibitor is required to create to a theme as established by the gallery, and their piece must be specifically made for the invitational show. This year, 92 artists worked to the theme, Flower Power. And the result ranges from kaleidoscopes to tea cozies, fragile wooden flora to grand granite gardens. Bright lamps, burbling fountains and beguiling bouquets captured with oil paints, water colors, pastels and cameras.

The invitation goes out many months in advance. Eric Heffelfinger, co-owner of Silverwood Gallery, (who has created a one-of-a-kind pair of gold and opal flower earrings for the show), keeps a list of past participants, interested newcomers and recommendations of gallery patrons. Since the beginning of the invitational 13 years ago, the list has continued to grow. The Flower Power show will feature the largest number of entrants into the mind-boggling exhibit, most of who live on Vashon Island. But there are several who are well-established gallery favorites from the local area, the Northwest, or in one case, Canada.

The Invitational got its start with the theme, Heart of the Beast, and while no one ever knew whether the beast was the art, the artist or the gallery, the February time frame tended to result in hearts of all kinds. Eventually the theme changed, and artists have interpreted crows, horses, chickens and eggs, even bees. The

subject matter is determined by the gallery, but Margaret, Eric's wife and gallery co-owner, (who painted a big black dog in a field of dandelions), concedes that she leaves the ultimate decision to him. "I give him the final vote, and as long as it's not slugs or deer, I'm in agreement. We've all got enough of both of those—we don't need more of them in the studio or gallery."



"Buddy" by Margaret Tylczak

Flower Power opens at noon on Friday, February 5, with a reception with all 92 of the exhibiting artists from 6-9 p.m. During the opening, every artist and visitor to the gallery will be invited to vote for their favorite piece, with the "People's Choice" winning a cash prize. For more information, call Silverwood at 463-1722.

HARBOR MERCANTILE

Since 1908

463-2500

Island Birding Guide

Tours to the best Vashon and Puget Sound bird spots Species Identification

How to Attract Birds To Your Yard

Ed Swan (206) 463-7976

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



## Wanda Plimmer Plays at the Red Bike

Wanda’s musical journey started at age 4 as an accordion player. Since the instrument was twice her size, she quickly figured out that she’d much prefer to sing like Judy Garland in The Wizard Of Oz, thinking, “I wanna be like her!” A few years later, Bette Midler was her inspiration!

Miss Plimmer has become a world-class singer and performer - winning the hearts of audiences all around the world! As a Navy Musician (vocalist and



Wanda Plimmer, courtesy photo.

percussionist) she has fronted the Navy Big Band in Seattle, singing

by Peter Welch

charts from Duke Ellington to Cole Porter. Wanda joyously served her country for 10 years, entertaining sailors and soldiers, Admirals and International dignitaries from Canada to Guam. While still enlisted, Wanda auditioned for Seattle-based Vegas Producer, Greg Thompson and was sent, with her contagious charisma and immense vocal chops to sing and dance in showrooms from Japan to Bermuda, Los Angeles, Philadelphia, Biloxi and the list goes on.

While performing in “Superstars” on Bermuda, Wanda and the cast gave a “command performance” to the King of Pop himself, Michael Jackson! As a lover of Paris, Miss Plimmer wrote and performed her one-woman show to SOLD OUT rooms, “Voice of The Sparrow” the music and drama of the French Chanteuse, Edith Piaf. Wanda has performed on cruise ships, hosted Musical Theatre Camps and performs in clubs wherever she goes. Her passion and versatility on stage make her an unforgettable artist.

Joining Wanda Plimmer on stage at the Red Bicycle will be local jazz musicians Todd Zimberg and Maggie Laird, along with members of Wanda’s band. Cover for this show is only \$5 and this is an all-ages show until 11pm.

## Clinton Fearon Rips Out Roots Reggie

Always a crowd pleaser on Vashon Island, Clinton Fearon & The Boogie Brown Band is coming back to the Red Bicycle for a performance of his roots reggae music on Saturday night, February 13th. If you like roots reggae, this is the show to see this winter. Clinton Fearon only comes to the Island once a year, twice if we’re lucky....so this is a show not to be missed!

Much like quite a few other reggae musicians who came of age in the late 1960s and early 1970s, Clinton Fearon was a country boy who migrated to Kingston as a teenager in order to seek his musical fortune amongst the proliferating studios and sound systems of the big city. He was born in St. Andrew in 1951 and moved around the countryside with his father and stepmother before relocating to Kingston. In 1967; he immediately organized a singing group with some friends, but it never amounted to anything and broke up before it could record. It was around 1970, when he joined Albert Griffiths and Errol Grandison to form the Gladiators, that he hit his stride as a musician, and began what would be the most significant and commercially successful association of his career.

Flash forward to 1989, Clinton came to Seattle and co-founded The Defenders and then finally in 1993, formed his own group called The Boogie Brown Band.

When asked about his music, Clinton states that “...our sound is roots, its roots, lover’s rock, rock steady. It’s not too far from the root. I’m not trying to branch off into anything I’m not totally relaxed with,” he continued. “A lot of (other bands) try to follow the market. I try to follow my creativity more so than follow the market. You have to follow your heart.”

Clinton Fearon is counted among Jamaica’s most talented musicians by peers in the Reggae music industry. His infectious bass riffs have always led the way, whether he is playing bass, guitar or percussion, singing lead vocals or background harmonies.



Clinton Fearon, courtesy photo.

by Peter Welch

The show begins at 9:30pm, the cover is \$10.00 and it is a 21+ event. The Red Bike has experienced sold-out shows with Clinton in the past and anticipates the same for this one, so it’s highly advised that people call 463-5959 in advance and purchase their tickets.



## Design the Vashon Flag

Two Wall Gallery announces a call for artists to submit their designs for a Vashon Flag. The Gallery invites you to imagine that Vashon and Maury Islands could be a geo-political entity in its own right, with an official flag, seal, etc. We invite you to submit flag designs that will be exhibited at the gallery (with an opening on First Friday) during the month of May. One of the designs will be chosen as the “official” Vashon flag, and you can rest assured that there will be a prize worth winning. Judges will be selected from the local arts community, and we will endeavor to have an actual flag made from the winning design.

Flag designs should be submitted in color on paper or board (any media) that is no larger than 11x17 and drawn to scale such that the design can be easily enlarged to create a flag that is three feet by five feet in finished size. Dimensions are important. Designs can be hand-drawn or otherwise created, and will be judged on content rather than execution. Each artist should also include a paragraph describing the design and the theme(s) that he/she used to create the design and that are employed to represent the island.

For submission information, contact Greg Wessel at 206-250-2222 or email to TwoWallGallery@aol.com. All entries must be received by April 1st. We’re not fooling.



# Vashon Pizza

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

Relax....We Deliver

Located between Vashon Market and Vashon Dance

## Call 56-PIZZA

Open Fri-Sat 11-9, Tues-Thurs, Sun 11- 8

### CASA BONITA

Express Menu  
(Available only to go)

Tacos - Assorted delicious tacos,  
2 for \$2.99

Tortas - A traditional Mexican sandwich made with your choice of filling for \$4.99

Burritos - Flour tortilla stuffed with beans, cheese and chicken, ground beef or picadillo  
Three sizes to fit your appetite!  
Pequeno (8 inch) \$1.99  
Grande (10 inch) \$4.99  
El Muy Grande (12 inch) \$6.99

Chips and salsa \$1.99

463-6452

17623 100th Ave ~ Vashon

## Wipe Out

Carpet & Upholstery Cleaning

**Randy Bruce**  
(206) 463-6314 Office  
(206) 300-5905 Mobile

Certified Carpet Technician  
Adv Truck Mount Equipment  
(Environmentally friendly Formula)

Certified Upholstery Cleaner

Oriental & Antique Rugs  
Pet odor control  
Water Damage  
Deodorization  
Carpet Repairs

## WolfTown!

Wolfstown needs your help in these critical times. We are helping others, won't you help us? Become a member for \$35 or just make a contribution. Wildlife season is upon us and we need to purchase medicines, feed and supplies. Think \$5 or \$10 bucks doesn't make a difference? What if everyone on island sent \$5 or \$10 bucks.....

Mail a check to  
**Wolfstown**  
PO Box 13115  
Burton WA 98013

206-463-9113  
wolftown@centurytel.net  
[www.wolftown.org](http://www.wolftown.org)

Share office suite/  
waiting room  
with Acupuncturist at Courthouse Square. Available Tues, Thurs, Fri, Sat,  
Sun. Ann Leda 206-463-3967

## Olympic Instruments, Inc.

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

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

16901 Westside Highway SW  
Vashon, WA 98070

Phone (206) 463-3604  
[www.olympicinstruments.com](http://www.olympicinstruments.com)  
[www.cunninghamairwhistles.com](http://www.cunninghamairwhistles.com)

## reconditioned kitchen

knife sharpening  
restaurant service

206.463.3009 rex morris

# Phil Spencer

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

**KELLER WILLIAMS**  
REALTY  
Seattle Metro West

(206) 679- 9859



# PANDORA'S BOX

Come see the new wedding cake stack of beautiful, durable and luscious mocha dog beds. You will want one - probably for yourself.

We also have a passel of new dog treats to try...well they might not taste good to you, but your dog will love them.

Cheryl's pick of the week:  
TRUE VALUE

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

