



VASHON

THE LOOP

Vol. 8, #3

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

February 3, 2011

Amanda Knox: Injustice on Display

It is surreal watching Curt Knox on television, look away and normalcy resumes on Vashon. Look back and Curt is talking about his daughter's appeal, cautiously optimistic that an upcoming independent review of the DNA will exonerate Amanda and her friend, Raffaele Sollecito. The two are serving prison sentences, near Perugia, Italy, for the murder of Amanda's flatmate, Meredith Kercher, in November of 2007.

Although news of Amanda's arrest stunned many Islanders, the Knox family and their friends believed in Amanda's innocence. How does a child who has demonstrated a lifetime of compassion become a depraved killer in just a few weeks? No one could believe that Foxy Knoxy was their Amanda; a girl well known for her kindness.

Even when the prosecution and police distorted the truth with drug fueled orgies, cartwheels, a Double DNA knife, suspect substitutions, three destroyed hard-drives, AIDS, robbery, cat fights, psychics, poor hygiene, a Beatles T-shirt, leaked diaries, bloody footprints, magical DNA removal, Luminol, a Superwitness, sexy panties, Manga and bra clasps. As the truth began to filter through the lies, we became angry.

After Amanda and Raffaele's conviction in December 2009 our anger toward the Perugian police and prosecutor Mignini, in particular, was electric and palpable. The Foxy Knoxy

By Karen Pruett

Island Resident, Innocence Supporter



Amanda Knox and her dad, Curt Knox, who believes his daughter should be freed from an Italian jail and insists she is innocent. (Courtesy Knox and Mellis Families)

persona should have been called 'Patsy,' it was obvious to us that Amanda was targeted and Raffaele was dragged down with her. That Meredith was used to tug the heartstrings of the world was disturbing and disgusting.

Meredith was also a girl well known for her kindness, grew up near London. Described by her family and friends as witty and beautiful with a dazzling smile, she came to a tragic end at the hands of a petty criminal. An appalling misery for her family and her country. It was English anger toward Amanda that spawned the Foxy Knoxy avatar. Their vengeance at once poignant because

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Vashon's Holiday Open House Proves We Really Are A "Team Town"

I think too often things just "happen" on Vashon without any reflection on the success of the event or genuine thanks given to those that touch it. This being my first year at the Chamber of Commerce spear-heading our Holiday Open House, I would like to share just a few moments of magic that you may have missed and those that made it happen.

Little Freddy (6 years old) had tears in his eyes when the Christmas tree lights finally came at the tossing of the magic elf dust. Charismia (3 years old) now looks at her mother each time they pass the tree in the evening saying "that's our Christmas tree." And the most excited little girl of all actually fell over backwards onto the grass in the park when she was so surprised with the beauty of the lights.

Over 200 people gathered in the Village Green to watch the lighting of the Living Menorah and to receive their gifts of dreidels. What an experience to hear the Jewish story and join in the Hanukkah songs and sense the spirit of a true community. Church of Great Rain added humor to the evening with a performance of "Keep Vashon Weird". And as weird as we are, it seems on that night we were all family.

Our parade, as small as it is, was blessed with three new additions; for those who have been around awhile

you probably remember Doc Eastly, his Clydesdale horses with the huge bells and the wagon rides on this night. Doc is no longer here, but his bells jingled at the head of the parade this year. We enjoyed hearing a Winter Wonderland sung by the third graders of Chautauqua Elementary after they marched in the parade and of course there was Cheerio - the beautiful horse.

On behalf of the Vashon Maury Island Chamber of Commerce I would like to thank the MANY people who braved the cold, climbed the heights, and made the 2010 Holiday Open House and Tree Lighting Festival a magical evening for all.

THE GARLAND HANGING "TEAM" - Thanks to those who braved the cold to hang garlands on Vashon businesses and those that provided a heart-warming chili feed for all the volunteers to enjoy. The task went smooth and in half the time!

VASHON PHARMACY - Tom, Mary and Marta Langland, Dave and Myra Willingham, their Pharmacy staff, families and friends Stephanie Keibel, Lars and Annie Strandberg, Alicia Cronin, Marc and Jemma Langland and Ocean

CHAMBER BOARD OF DIRECTORS - Patte Wagner (CHASE) and Mike, Barb

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Road to Resilience

By Terry Sullivan

Engaging our future

I began working with the Transition Movement (see transitionus.org) when it became clear to me that we were going to have to learn to live with a lot less petroleum and other finite resources. It is generally accepted that peak oil production is upon us or will be shortly, after which our oil supply will become increasingly more limited. Even the oil companies now set the date at 2015. Most of our other resources are following a similar trajectory.

These supplies won't drop quickly but the trend of less rather than more will be a distinct break with the world as we know it. As more and more people fight for fewer and fewer resources, business as usual means rising prices, shortages, permanent recession, more resource wars, a general breakdown of our social and economic institutions. A dire future but not an inevitable one. We have responded rationally to a cheap and abundant energy source, by creating an extravagant and wasteful culture. Even the Europeans, with a lifestyle arguably as high as our own, use half the energy per capita that we use. If we copy the Europeans, add in some creative technology and conscious lifestyle changes, we could be using 80% less energy by 2020, and living within

nature's budget. We have a choice: creative engagement and a reasonable chance for a viable future, or business as usual and the aforementioned dire future.

We've only been able to live as we do because most of the rest of the world wasn't. We use 5 times our share of the world's resources, so, as the rest of the world develops, we will need 6 planets to maintain the world at our level of resource use. Don't expect alternative energy sources to save us the task of trimming down. Renewables are not expected to replace more than 25% of the energy we expend now. There simply is no getting around it; we have to cut back, and we need to do it now.

The Transition Model postulates that this change needs to take place at the community level. The formidable costs of transport will naturally refocus power and economics at the local level, as well it should because diversity is far more resilient than monopoly. Powerful interests at the state and national level are not disposed to encourage strategies that reduce or eliminate their own influence.

Transition Vashon wants to engage our community in an adventure leading to our own sustainable future. We are showing a series of films that explain our predicament quite clearly and suggest steps we can take to successfully adapt.

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Star Anna & The Laughing Dogs

Star Anna was born and raised in the small town of Ellensburg, WA. At the age of eleven she got her first snare drum, started taking drum lessons and began buying some of her first CDs at the local record shop.

She formed a punk metal band (No Continuous Standing) with a few friends during her freshman year. They stayed together for a little over a year and took third place in a few battle of the band contests.

During the summer of 2001, at the age of 16, Star picked up a guitar, taught herself some chords and began writing songs and playing local coffee shops and cafes. Star hit a rough patch that took almost two years to come out of, and when she did she went straight back to the guitar with a little more life experience and a stronger sense of who she was.

After she came back to the music again, she started to develop a more alt country/folk sound. Her style has continued to change, never quite definable but still glimmering with her rural upbringing.

Star Anna & The Laughing Dogs have been playing together since 2006. They have released two full length



CD's (both to critical acclaim), and have been touring regionally for the past two years.

Their music blends brutal honesty with haunting imagery, always brilliantly captured in Star Anna's powerful, aching vocals. And with the fiery playing of guitarist Justin Davis, drummer Travis Yost and bassist Keith Ash, this is one of the rare singer-songwriter fronted groups that does not compromise the music for the lyrics. Instead, the band lays down an instrumental foundation for Star Anna, perfectly mirroring her intensity and integrity. Like another voice, the band joins the conversation. A soaring guitar solo carries a plaintive line to a different level. A steady rhythm section anchors

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Get in The Loop



Submissions to the Loop

Do you have an event or Public Service Announcement? Email questions or submissions to Steven Allen, editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

Town Plan Meeting

The VMICC Town Plan Committee will hold its next monthly meeting, Wednesday, February 16 at 7:30pm at Cafe Luna. The committee is chartered to study the 1996 Vashon Town Plan and recommend changes to improve the well-being of the town and the island. The Town Plan Committee shall undertake the review on a timeline to guarantee inclusion in the 2012 King County Comprehensive Plan Update. Islanders are encouraged to come and participate in the discussion or become voting members. Because the January agenda was changed to accommodate new people, the committee will vote whether to waive the delay policy for the Town Design and Signage motions at the beginning of this month's meeting. The committee meets on the third Wednesday, of each month from 7:30pm - 9:00pm at Cafe Luna. For more information visit: www.vashontownplan.com and www.groups.google.com/group/vashon-town-plan

Need Help With Your Federal Taxes? Or Property Tax Exemption??

Volunteers Wanted
Share Your Talents
Contribute Your Time
Vashon Allied Arts is a fun, fast paced, creative environment. We are currently looking for office support and volunteers at our weekend performances and upcoming special events. For more information contact Office Manager Verna Everitt at 463-5131 or email her at: vernae@vashonalliedarts.org

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

The Vashon Loop
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ASPartners Support Group

New support group forming on the island. ASPartners Support Group.
Are you the partner of someone who has asperger syndrome (AS), or do you suspect they have AS?
Support groups are a good way to find understanding and insight into our relationships. There is no cure for Asperger Syndrome, but there are strategies to help you cope more effectively.
Join us for understanding and shared views from other partners in similar situations.
Meetings are held on the 3rd Thursday of the month at VYFS Playspace, 7:00 pm.
More information at: www.aspartners.webs.com/

Flocking Flamingos Fundraiser

The Harbor School's 8th Grade Class will begin beautifying Vashon properties in February, as a fundraiser to defray the travel costs of their spring class trip to New Orleans. If you would like a flock to visit your yard (or a friend's) please call 206-463-BIRD for all of the details!

Raw/Living Food Potluck

This Sunday, Feb.6, at Pure, 4:00-6:00 is a Raw/Living Food Potluck, BUT!... come at 3:00 to make some living (not dehydrated) cookies (see attachment... post if possible). Do not forget your plates & utensils!
This Saturday, Feb 5, at my home- 9508 S.W. Gorsuch, at 3:00, come make some chocolate and/or carob valentine hearts, 30 minutes from kitchen to table!... by donation. Please R.S.V.P.

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

Green Party's monthly meeting

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 always welcome!
DATE: Tuesday, February 8, 7-8pm
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) "Vashon Transition" followup.
2) Bring the Billion\$ Home Campaign progress.
3) VMIGP Tri-fold brochure.
4) Washington State Green Party Bylaw Change.
5) VMICC Governance.
6) Sponsoring future speakers.
Questions: Melvin Mackey, Secretary, (206) 463-3468

Intercambio: Practicing Spanish/English

Vashon Library, Fridays, 5 - 6pm, January 28 to March 25
We will gather to practice conversing in English and Spanish. We will divide the hour into two parts. The first will be an English language practice for our Spanish speaking friends, and the second one will be a Spanish language practice for our English speaking friends. Free. No registration is required.
For more information please call: Teacher Victoria Clayton- (206) 859-7796, or Vashon Library - (206) 463-2069

Vashon Island Fruit Club meeting "All Things Cultural"

Dave Hunter of Hunter's Mason Bees will be speaking on the commercial use of Mason Bees. Mr. Hunter asks that if you are unfamiliar with the important role Mason Bees play in the orchard, please visit this site: <http://www.huntersmasonbees.com/BeeInfo.html> prior to his presentation.
Islanders Ken Miller and Cathy Fulton will discuss composting and recycling in the garden and the orchard, including the practices of biochar, vermiculture and hugelkultur.
Tuesday, Feb 8th, 7 pm at the Land Trust Building. Refreshments will be served.

Community Drumming

All are welcome to gather for drumming and singing with Vashon Drum Circle and Buffalo Heart, our big community drum, on Friday, February 11, 7-9 PM at Vashon Intuitive Arts. This is a free event; donations help with facility rental. Sponsored by Woman's Way Red Lodge, a non-profit dedicated to promoting balance and wholeness by enlivening the sacred feminine in our communities, Vashon Drum Circle meets every 2nd Friday at Vashon Intuitive Arts.

A School Bond Concern:

For so long Vashon was mostly unused land. There was room for anyone and everyone.
In the late 1980s things changed. Our community approved of building Chautauqua Elementary. In the following twenty years Vashon attracted serious wealth. The roominess is gone; we've become pushy; growth happened here, and once done there's no undoing it.
It's too bad new schools tend to accelerate growth.
It's a sacrifice to say no, but perhaps it's the right thing to do.
Jeff Schnelz
VHS graduate 1978

PTSA Meeting Time Change

There will be no speaker this time so the meeting will start at 7pm instead of 6:30 PM. Same place - McMurray Library Feb 15.

Cerise Noah

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Letter to the Editor

I continue to be disappointed that on an island as politically correct as Vashon, the School Board continues to discriminate against an entire sector of McMurray and VHS students - those who turnout for track. This was the case when I graduated from VHS in 2000 and it has only gotten worse. Even though they did it again, by making the new track part of Proposition 2, I can only hope the rest of the island will correct this inequity.
The facts are clear. VHS has not had a home track meet for over five years. Why? Because the present track is unsafe!?! And yet numerous school boards have done nothing to correct this inequity. For the record, VHS had at least one member of the track qualify for state every year during the 33 years Russ Brazill coached the team, with many returning with medals. Only the wrestling team has been more successful. Despite this success, the School Boards have failed to support these students.
Could you image this would have happened to any other major sport? How fast would such a situation be corrected if the football team had to play all its "home" games, including homecoming, in West Seattle? What about the basketball team? I am sure corrective action would have occurred years ago, if the basketball teams had to practice and play all their home games in Tacoma, like the track team does today. I question how many of these team members even would have turned out for those sports if they knew they would never have the opportunity to play in front of a home crowd on Friday nights.
This inequity can finally be corrected with the passage of Proposition 2. I hope Carol McLean and all islanders will recognize this is not about having "the best athletic fields". It is about long-overdue fairness.
Stephen Harvey

Water District 19 Board Meeting

Pursuant to Water District 19 by-laws we are notifying you in advance of our next board meeting to be held on February 9th, 2010 at 4:30 PM here at the District office.

Next Edition of The Loop Comes out Thursday, February 17

Deadline for the next edition of *The Loop* is Friday, February 11

The Vashon Athletic Club is having a
“New Year’s Healthy Body Special”

Make your New Year’s resolutions
come true by enrolling in VAC’s six-week
fitness and nutrition program!

This unique program features both one-on-one and
group personal training with certified VAC trainer
Jason Everett. As well as a personalized nutrition
program and support from Certified Nutritionist
Jennifer Foege.

Don’t miss the unique opportunity to work with
these professionals in a combined setting. Enrollment
is limited to six students. Deadline for signing up is
January 26th. Class begins on Wednesday, Feb. 2nd.

For pricing and enrollment details,
please call the Vashon Athletic Club at
(206)463-5601 or stop by the VAC front desk.



February is
Fix-a-Cat Month

Vashon Island Pet Protectors and
Fair Isle Animal Clinic sponsor low
cost spays and neuters in February.

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Care Packages Sought
for Fallen Soldier’s Platoon

When Vashon’s 1st Lt. Robert Bennedsen was killed in Afghanistan last
month, he had only been in the country three weeks, but he had already come
up with a plan of support for men and women under his command.

He told his family that while he enjoyed care packages from home, many
in his platoon never received anything. He hoped the people of Vashon would
change that.

Bennedsen’s family and friends wish to fulfill Bennedsen’s plan and ask that
Islanders donate cash to the cause or give items the men and women there have
requested. The list includes mechanic’s gloves, green uniform socks, sunscreen,
hand warmers, preserved foods, powdered Gatorade, cans of tuna, toothpaste,
toothbrushes, razors, reading material, flip flops and hard candy, according to
Lauren Chinn, who is helping to organize the effort.

Islanders can drop off both types of donations for Bennedsen’s platoon at
James Hair Design or Bank of America.

Advertise in the Loop!
Winter is a great time to get back in the Loop.
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Next Loop comes out February 17

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	1-4 issues	5-10 , 10% Off	11-18, 20% off	19-26 , 30% off
2.5x2.5	\$37.50	\$33.75	\$30.00	\$26.25
2.5x3	\$45.00	\$40.50	\$36.00	\$31.50
2.5x4	\$60.00	\$54.00	\$48.00	\$42.00
2.5x5	\$75.00	\$67.50	\$60.00	\$52.50
2.5x6	\$90.00	\$81.00	\$72.00	\$63.00
2.5x7	\$105.00	\$94.50	\$84.00	\$73.50
2.5x8	\$120.00	\$108.00	\$96.00	\$84.00

Inches, WxH	Horizontal rectangle or square			
	1-4 issues	5-10, 10% Off	11-18, 20% off	19-26, 30% off
5x1	\$30.00	\$27.00	\$24.00	\$21.00
5x2	\$60.00	\$54.00	\$48.00	\$42.00
5x3	\$90.00	\$81.00	\$72.00	\$63.00
5x4	\$120.00	\$108.00	\$96.00	\$84.00
5x5	\$150.00	\$135.00	\$120.00	\$105.00
5x6	\$180.00	\$162.00	\$144.00	\$126.00
5x7	\$210.00	\$189.00	\$168.00	\$147.00
5x8, Qtr Pg	\$240.00	\$216.00	\$192.00	\$168.00
Half Page	\$480.00	\$432.00	\$384.00	\$336.00
Full Page	\$960.00	\$864.00	\$768.00	\$672.00

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VashonNews.com and VashonLoop.com 4000 visits a month
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Advertise month by month on VashonPages, VashonNews.com or
VashonMap.com. No long term contracts.

Life In A Ghost Town

Have you ever visited a ghost town? Maybe an old gold mining town devoid of commerce and activity? It's rather Erie walking into an old saloon occupied by only spiders and rats. The old theater and grocery store long since abandoned by patrons who supplied the dollars that fueled the fire of merchants many of whom work tirelessly to also run the town.

Everybody claims to love our town so much but often shop the Internet from the cozy chair and save the buck which belonged to the group of islanders who ran the festival last summer. Many of our business fear closure or worse foreclosure. These good folks also put on the First Friday open house each month, Christmas open house, and Halloween open house.

Can you grasp a vision of Vashon without I.G.A. or Thriftway? Would you like to take a ferry ride for milk, eggs, and wine. What about a three hour commute to go out for dinner. What if we lost True Value or L.S. cedar? Can you afford to lose the pharmacy, the red bike, or quartermaster inn. How about Burton auto, or miles towing.

For a year we were asked to re-

open Fireside Hearth Shoppe only to find people not only buy stoves on the internet but aren't even cleaning their chimneys due to the economy. While it is true that this is crippling the possibility of Fireside remaining open it is also a very risky way to save money during this economic hardship.

Let me dare say shame on you Vashon for not supporting these businesses who work so hard for this community.

My last words from the soapbox today are please get off the Internet, away from the television, and go meet your neighbors for coffee, or share a nice dinner with them. How can we boast community when many of us don't even know the names of people living right next door. Most importantly get your kids off the addiction of video games and try spending time with them. Nothing should be more important than our children who are video addicted and often neglected in the chase for the bigger house, and the fancier car. Support your community, support your Island merchants, get to know your neighbors and then we can brag about community.

By Roger Lehet

Metro Bus Service changes Start Feb. 5

Starting Saturday, Feb. 5, King County Metro Transit is updating its bus service. This includes routing and bus stop changes for approximately two dozen bus routes from various areas of the county that pass through downtown Seattle. The downtown changes are designed to keep people moving during the long-term construction along the Seattle waterfront and SODO area.

That's not the only change coming up in February. Bus riders across Metro's service area should check winter schedules for the routes they use most often to see what's new. They can prepare by picking up a new blue timetable and the Special Rider Alert brochure, which is also posted on Metro Online. Or, use the online Trip Planner for some advance research. Be sure to input a date of Feb. 5 or later, when using the Trip Planner.

Bus riders traveling from Vashon should be aware that in downtown Seattle there are bus routes shifting

from First Avenue to Third Avenue; from Third Avenue to Second/Fourth avenues; and new bus stop locations on Third Avenue for several routes. This affects local routes 116, 118 and 119.

Metro updates its routes and scheduling three times a year to improve service and keep up with the changing needs of transit customers.

Beyond bus service, Metro's Rideshare Services provides resources for carpooling, vanpooling or vansharing. Carpooling and vanpooling match people traveling to common destinations. VanShare helps those who need to make a connection to or from bus service. You can VanShare from home and connect to your bus, or use VanShare from the bus stop or park-and-ride lot to complete a trip to work.

For information about all the services Metro provides, visit Metro Online at www.kingcounty.gov/metro, or call Metro Customer Information at (206) 553-3000.

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Feb 4th

First Friday

Anne Gordon & HEJIRA -Live Concert

STUNNING CELLO & GUITAR WORLD MUSIC PLUS ENERGY ART.....

VASHON INTUITIVE ARTS 7-10 PM

ON THE HIGHWAY ACROSS THE STREET FROM THE ROCK.

To Quilt or Not to Quilt!

Kathy Pierce

Vashon Island Quilt Guild

It's that time of year again when we all wish we had a new project. If that statement fits your desire and need, why not join the Vashon Quilt Guild? You might already quilt and are looking for a place to share your talent or maybe you would like to know more about quilting, the Vashon Quilt Guild is the place to be. You'll be inspired to make that wonderful warm cozy quilt just like Grandma's or a beautiful abstract wall hanging using some of that fabric "stash" you have been hording for years. Either way we can help you!

The Vashon Quilt Guild was formed in 1981 and in 2007 officially became a non-profit corporation for education and charitable purposes. The Guild's purpose is to promote interest in and encourage participation in the art of quilting while maintaining a club for social enjoyment.

Local, regional and even national speakers and outstanding instructors are often guests at the meetings. "Show and Tell" is always an inspiring part of the agenda along with refreshments and social time for "comparing notes and ideas!"

This year the Guild is gearing up for its bi-annual Quilt Show. "Life in Stitches" is the theme. The Show will be held at the Vashon High School Gym

on June 25 and 26. The Guild is looking forward to being able to display more quilts and show off even more local creative talent. Quilts in the Show will be judged by a qualified team from the LaConner Quilt & Textile Museum plus will offer "Viewer's Choice" voting on Saturday. Only Guild members who have joined by March 15 can show quilts in the Show.

A beautiful large quilt called "Stars of the Isle" has been in the making by Guild members during the past six months and will be offered as a raffle item during

the Quilt Show with the winning ticket to be drawn on June 26. The raffle quilt can be seen around the Island very soon and members will be selling the \$1 chances.

The Guild currently has 70 members and offers both a daytime (third Tuesday, 10AM, Presbyterian Church) and an evening (first Thursday, 7PM, Vashon Community Care Center) meeting each month. Dues are \$25 annually.

Want more information? Either attend the next Guild meeting or call Susie Hill, treasurer at 463-3339 or email s.k.hill@comcast.net visit the website at www.vashonquiltguild.org

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Monday - Friday 5:30am - 3:00pm

Saturday 7:00am - 3:00pm

Sunday 8:00am - 2:00pm

17311 Vashon Hwy Sw

Island Life

The More It Changes...

by Peter Ray

I was sitting in Wendy’s truck at a stoplight in Seattle the other day when I was struck by an uneasy familiarity. It wasn’t the déjà vu thing, as I had indeed been there in passing through town many times before. It was more like a gradual unfolding and sudden realization that the scene I was observing through the windshield was of a certain significance. There was a kind of disorienting transformation that overwhelmed my perspective of the intersection when it became apparent that I was experiencing the same scene that I had just seen again on the news the night before- that of an urban streetscape as captured by a Seattle police dashboard camera. This was the place where John T. Williams had been shot four times in his side by a police officer who had given Williams four seconds to prove he was not a threat to public safety. He was found to have “never been a threat” to officer Ian Birk by four members of a jury on a recently concluded inquest into the shooting. This ruling, however, did not bring John T. Williams back.

There were no Native Americans crossing my path- not a drunk Indian, as Williams was often portrayed in the local press, nor “ a carver of formidable talent” as Williams was termed in Canada’s Globe and Mail. There was nobody in the intersection at all. There was, ironically, a blue and white Seattle police patrol car across the intersection from me, just down and to the left of the stoplight that I now noticed was green- a fact that I’m still uncertain as to how long I was oblivious to in my fog of news item disorientation. In the haste of trying to look like I was paying attention I spun the rear wheels on the slippery, uphill street. The cops took no action for this driving faux pas, and I made it to the pool without incident.

The pool in question here is Medgar Evers, the first pool built on Seattle’s and King County’s Forward Thrust bond driven public works project that was passed by the voters in 1968. The pool was named for the slain civil rights leader who was shot in the back as he got out of his car in front of his home by Byron De La Beckwith on 12 June 1963, a day after John Kennedy’s national speech in support of the civil rights movement. I can say that now, since Beckwith was retried and convicted of the shooting in 1994 on newly discovered evidence, after he had been acquitted through deadlock by two all white, male juries way back in 1964. I just learned the other day that Evers’ wife Myrlie and his two daughters had toured the pool facility soon after its opening in 1970.

This is not what I was talking about with Alvin, one of the lifeguards, as I waited for Wendy to finish her laps. It was about remote control helicopters, his fascination with them, and how Wendy and I had talked about this interest when we saw a commercial the night before that involved a particular tomato sauce air drop at a family dinner table by means of a modified, Rube Goldbergian mini-copter delivery system. Alvin proceeded to tell me about how he had gone over to a neighbor’s apartment a few days earlier to trade remote helicopter flying secrets. This was followed by a trip to a bar, an undisclosed number of tequila shots and sleep.

Sometime around 4am, Alvin heard his name being called loudly and urgently outside his apartment window. As it turned out, one of the young ladies in the apartment complex had decided to end it all in the icy waters of Lake Washington and had leapt over the railing into the wet darkness below. What she found in return was that cold water does indeed have a sobering effect on drunks, especially when one is totally immersed in it. As she chose to remain among the living, she decided to climb out. It was then that her somewhat more inebriated friend jumped in to rescue her, missing the self-rescue already in progress and forgetting somewhere along the way that she herself did not know how to swim. This is why Alvin was being summoned. The people in his apartment know of his rescue skills- his CPR efforts have already helped to save the life of one person



in the complex. The police that were called to the scene were not versed in Alvin’s history or ability, and one of them in particular only knew what he saw, and that was that Alvin was black.

The officer quickly assessed the scene- two white women, wet and disheveled, and one tall black man in their midst. While staring at Alvin, the first thing out of the officer’s mouth was, “What are you doing here?” When Alvin said that he had done the rescue, the officer didn’t believe him. For some people, one of the things on the list of things that people of color can’t do is swim. They don’t know, or choose not to know, of Olympic gold medalist Cullen Jones. They weren’t with me poolside back in the late sixties and early seventies to watch Drew Brown turn the water to foam, or to trade words and commiserations with Darrell Oliver over the agonies involved in breaking the one minute barrier in the 100 yard backstroke. In truth, that personal experience should not be necessary in these changed, Obama times.

To be fair, the other officers responding to this call were of a more enlightened nature- Alvin was free to go back to his room and get out of his wet clothes. That action, considering his lifesaving previous one, should not have been in question. I seem to remember something about someone having a dream that supposedly became a reality in 2008. I think it had something to do with equal rights and justice. To quote from MLK Jr., “It is obvious today that America has defaulted on this promissory note, insofar as her citizens of color are concerned.” As they say, the more it changes, the more it remains the same. Happy Black History Month.



Find it on
www.vashonpages.com
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Information

Indian Food for Eve

A Benefit Night for Eve Was Framed

Come Hungry! Come for lunch or dinner!

Spice Route is donating 50% of all meal sales on February 9th for the “Send Eve to College” campaign, a fundraising effort to pay for production costs for Eve’s college spring tour. Goal is \$5,000 and we’ve raised \$1,800 so far!!! Thanks to all of you who have contributed and supported this effort.

“Eve Was Framed... a comedy about misogyny”

A one-woman show written and performed by Lynann Politte (Elizabeth Klob, director)

What Vashon audience members say about “Eve”

“The fight for women’s equality has made great strides, but Lynann Politte shows us – with a razor wit and in no uncertain terms – that the battle for a truly equitable life is still very much worth waging. Eve Was Framed is a work of keen observation and courageous execution.” -- Rebecca Whitman

“Intelligent, sexy, embodied, human, bold, and real. Eve Was Framed takes on the ‘way things are’ with honesty, compassion and humor.” -- Pieter Van Winkle

“Embodying the power of the feminine takes on new meaning and transforms the audience in Eve Was Framed. Highly recommended!” -- Beverly Naidus

“Rough around all the edges – all the sharp and juicy ones. Provocative!” -- Heather Timken

“How powerful to hear the truth spoken in such clear and funny way! Eve



was Frame empowers men and women to reframe their assumptions and views once and for all.” -- Pam Bredouw

“Eve” was juried in as part of VAA’s New Works Series, 2009. See a clip from that performance on YouTube: <http://www.youtube.com/watch?v=BOfCyBmm8cl>

Thank you in advance for your consideration – and SAVE THE DATE for the performance April 29 & 30, 2011, at the Ethnic Cultural Center Theater (3940 Brooklyn Ave. NE Seattle, Washington 98105).

See you and your friends there! Lynann

Ps... “Eve Was Framed” on facebook... here

www.facebook.com/pages/Vashon-WA/Eve-Was-Frameda-comedy-about-misogyny/407070915225?ref=ts



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Recently several queries on a particular topic have flooded my inbox. “Which exercise is the best for me?” Great question...but equally suspicious.

Great question because you understand the importance of getting the most out of your time and effort. Suspicious because on some level it sounds as if you may be looking for the golden ticket.

There is no golden ticket exercise. There are, however, exercises that will provide more benefit and exercises that’s benefit do not out-way the potential for harm.

Here’s an example:
Bicep curls definitely help to build the strength of the bicep muscles when performed correctly.

However...
A pull-up or assisted pull-up will strengthen the back, shoulders, scapula retractors, chest, core AND the biceps when performed correctly.

More harm than good part:
The nature of the bicep curl exercise closes the chest and pulls the shoulders forward stressing the entire shoulder girdle including the joint. The very same thing that happens when you sit in front of a computer at a desk all day. Tightness in the chest and weakness of the back causes many of the shoulder and rotator cuff injuries we see today.

Remedy:
For every exercise that is performed which places focus on the front of the body, a minimum of one and preferably two exercises should be performed that places focus on the back of the body.

Muscle imbalances are key stressors which cause overuse injuries. To combat the imbalances, focus must be placed in the opposing muscle groups to stabilize movement patterns and joints.

One would be better suited to transition from the desire to exercise body parts to learning and exercising movement patterns. This transition will equate to healthier joints, a stronger, well balanced and more flexible body and the workout itself will elicit a higher metabolic effect for those interested in fat loss.

Let’s take a moment and compare several exercises. What you will see listed is a popular exercise for its corresponding muscle group followed by more functional and beneficial compound movement exercises for the

same movement pattern.
Chest- Machine press
Switch to: Learn Shoulder Packing then move to Descending Pushups, then Pushups and progress to Single Leg Pushups.
Biceps- Arm curls
Switch to: Body Weight Rows then move to Assisted Chin-ups and progress to Chin-ups and Pull-ups.
Triceps- Kickbacks
Switch to: see Chest above then final progression is Close Stance Pushup.
Shoulders- Lateral raise
Switch to: Shoulder sweeps then move to Bent Over Lateral Raise and 1-Arm Push Press and progress to Close Grip Clean to Press.

Quads- Leg Extension
Switch to: Wall Squats then move to Shoulder Loaded Reverse Lunge and progress to Shoulder Loaded Split Squat.
Hamstrings- Leg Curl
Switch to: Stick Deadlift then move to Single Leg Deadlift and progress to Externally Loaded Single Leg Deadlift.
Glutes- Glute kickbacks
Switch to: Cook Hip Lift then move to Suitcase Deadlift and progress to Rack Pulls and Deadlifts.

Core- Crunches
Switch to: Plank then move to Side Plank and progress to Stir-the-Pot.
The idea behind the transition is to move the body within its inherent movement patterns as a single entity. All parts of the body working to hold the whole in correct position through individual movement patterns. This transition supports the body in a way no single joint movement ever can.

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Amanda Knox: Injustice on Display

Continued from Page 1

of their loyalty to Meredith and gut wrenching because of their betrayal of Amanda.

Raffaele’s family lives in the Bari region of southeast Italy. His sister, father and stepmother, Vanessa, Francisco and Mara are fiercely supportive. Raff embodies the Italian gentleman and is a hero to Amanda’s supporters because he has suffered greatly from this injustice, but is kindly toward Amanda. Vanessa says that Amanda and her brother are “friends in misfortune.” We don’t tell the Sollecito’s often enough how much we appreciate their son.

The most likely scenario is that Meredith Kercher was murdered and robbed by Rudy Guede, a young Ivorian man who had lived in Perugia since childhood and is a well-known burglar. From evidentiary DNA in the cottage, shared by Meredith, Amanda and two Italian girls, it appears that Rudy sexually molested Meredith and slashed her throat, then stole her money, phones and credit cards. Then he cleaned up and went dancing, apparently to set up an alibi. His knife and bloody clothing were never found, but police did match his shoes to bloody prints found at the scene. He was caught in Germany two weeks later and admitted to being present, but not to murder. Rudy is also in prison for Meredith’s murder, disregarded in the glaring spotlight on trained Amanda.

Curt says that “the room in which Meredith lost her life is very small (8’ x 12’). In the prosecutor’s theory there were four people in it, one fighting for her life. For Amanda to leave nothing in the room of herself (DNA) is hard to fathom. Common sense will tell you that it is impossible for that to take place.”

Steve Moore, FBI (ret), said, regarding the crime scene forensics, “Amanda left not one trace DNA in Meredith’s room, nothing. A speck of Raffaele’s DNA was found on a bra clasp that was not in its original position under Meredith’s body. It was collected, 47 days after the murder, from under a dirty rug in an unsecured crime scene.”

Professor Michael Krom, of Leeds University (Meredith’s school) in Britain, questioned the validity of the DNA collection and processing. From a recent article in the Italian magazine, Oggi, he says, “What I want most is justice for

Meredith Kercher. Condemning two innocent persons to life only creates a third victim: the memory of Meredith Kercher.”

The Massei Motivation, an opinion released by the Italian Court, comprises the reasoning behind the guilty verdict. But the opinion contains a number of inconsistencies, assumptions, innuendoes and statements unsupported by fact. Surprising for such an important document.

We Innocence Supporters see this case as an immense pile of information amassed on top of a simple truth. A rush to judgment and poor police investigation is covered up with cleverly twisted facts and outright lies. Happens every day. Unfortunately it happened to Curt’s daughter.

And this case is a study on the use of media for a Smear Campaign. It is because of the Smear that many Islanders are still confused by what happened to Amanda and so I ask this favor: Please reserve judgment until you have examined the website Injustice in Perugia, a comprehensive review of the case. This website is applauded by the Knox family and many experts in the field of forensics and law. Immensely helpful when sifting through the tangled mess of ‘facts.’

Please allow me to leave you with a thought. Curt’s oldest daughter is the kid that helps out, the scholar with a love of adventure. She is an athlete who, like her father, runs like the wind. She is an artist like her Grandfather. She is an embodiment of her mother’s sunny smile and compassion. She is lucky to have four devoted parents, three loyal sisters and an exceptional extended family. Many Vashon and Seattle friends admire her kindness and sunny disposition. And her international cadre of friends and supporters continues to grow as perfect strangers realize that an injustice occurred in Perugia.

Every one of us wants the world to know that Amanda Knox and Raffaele Sollecito were not in the house when Meredith Kercher lost her life at the hands of Rudy Guede. This case is nothing but a Hall of Mirrors. And there are two places on God’s Green Earth where the truth should be known for respectability’s sake. Vashon and West Seattle, Amanda’s hometowns.

Singing Telegrams for Valentines

The Washington State Fairies Singing Telegram Co. will deliver songs of love and devotion to sweethearts all over Vashon and Seattle! The fairies hail from Vashon Island but decided the mainland could use a sprinkling of fairy dust, too!

Last February Tami Brockway Joyce and Jennifer Sutherland, two moms itching to return to the stage, dreamed up a plan to do just that, while earning a little extra cash. The plan involved tutus, marabou and glitter. Lots of glitter. And so, the Washington State Fairies were born! The fairies, Kalakala (Brockway Joyce) and Klahowya-Tahlequah (Sutherland) deliver singing telegrams with a little extra sparkle.

They debuted their act Valentine’s Day 2010 and found themselves swamped with orders. Since then they have expanded their repertoire to include birthdays, bar mitzvahs and all sorts of special occasions. They even write custom songs, as they did for The Harbor

School graduation last Spring.
“One of my favorite fairy moments,” recalls Brockway Joyce, “was hiding amongst the shelves of plastic bones at The Bone Factory, waiting to surprise a birthday girl at work. It was a crazy scene; two grown women in tutus and red pointy clogs, on hands and knees behind racks of bones. Just another day in the life of a fairy!”

For only \$30 the girls will bring a smile and a song, and see to it that 2011 is the most memorable Valentine’s Day yet.

Chocolate? Cliche.
Flowers? Fleeting.
A song of love delivered by a fairy? Fabulous.

Check us out at
www.washingtonstatefairies.com

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

Love In The Afternoon

Church of Great Rain Is Vashon’s Own Musical - Comedy - Variety show presented before a live audience.

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Planet Waves



by Eric Francis <http://www.PlanetWaves.net>

Aries (March 20-April 19)

Imagine you’re a boat -- a gorgeous, well-made vessel, sitting on the floor of a dry sea. There are places you’ve been, and places you want to go. But you’re stuck. Now, imagine that there is water rising, like a miracle. It’s a calm, gentle flood, soaking the dry land and turning it back into the ocean that it once was. You float up on the water effortlessly. You’re finally free. It’s an amazing feeling, your sensation of mobility and buoyancy. It’s a little like weightlessness, but there’s the solid feeling of being upright and in equilibrium. You could go anywhere, and you directly feel that potential. The sensation of any possibility being open, of any destination being available, feels so good, you don’t have to think about the future, or about the past. You don’t need a strategy. The moment calls for faith in your quest, whatever that turns out to be.

Taurus (April 19-May 20)

This week you just might burst a bubble of old karma passed along by your family. There are many ways these things get passed down, depending on the school of thought or tradition you tap into for a model. Karma is real, though in our culture what often passes for the stuff are really multigenerational emotional patterns passed down over the years -- in a few words, household products that can mark us for life. These include values, the well-documented influences of alcoholism and lesser-documented influences of religion, but it all amounts to the same thing: we are burdened with material from the past, and if we want to be functioning adults, we must let it go and create a new perspective. This will change how you see the world, which in turn will change your experience of the world. And thankfully the resolution can happen a lot faster than the situation itself developed.

Gemini (May 20-June 21)

The more you expand your vision, the more nervous you’re likely to become -- and that’s precisely how you’ll know you’re really doing it. When you step into new territory, you might feel excitement, and you might also feel the fear of punishment or a backlash (that would be guilt) or a shaky sense of embarking on the unknown (that would be dropping an ego shell and feeling vulnerable). What I suggest you look for is the sense that you’re guided to where you’re going. That guidance might hand you a simple strategy; the strategy will have elements of traditional thought that allow you to develop what is in truth a fairly radical or innovative idea. In my view the two go together. Effective revolutionaries are almost always traditionalists. Remember that there’s something truly organic about what you’re creating.

Cancer (June 21-July 22)

Authentic exchange requires trust, and -- if you follow it -- that leads to daring. However, it’s important for you to get these two in order, that is, trusting first and daring later. Trust does not mean certainty. It’s a quiet confidence that feels halfway between the absence of doubt and an odd kind of assurance. When you trust, you just know -- and that is despite any apparent circumstances. The thing to remember is that trust requires vulnerability; on one dimension, they are one and the same. Part of that vulnerability is openness to the feelings and experiences of the people you know. In your particular situation at the moment, there’s something about recognizing what so many people have in common with you. The struggles, desires, need for healing. Once you establish this common ground with people, or even notice it, something unusual is poised to happen, which is about community and sharing mutual purpose -- a very satisfying thing for you.

Leo (July 22-Aug. 23)

This time of year always puts special emphasis on your relationships. And there is a lot to focus on now. You also have plenty

to celebrate, because you’re finally getting a handle on what you want, what you need, and what concepts (I was going to say structure, or boundaries, but let’s include them under concepts) work the best for you. The beauty of the moment is that this is not in a defensive way; you’ve suddenly developed the capacity to handle passion without getting nervous, and to understand commitment as a thing that flows and changes with circumstances. You know that what you put out, you get back, not in theory but in practice. You can, over the next few weeks, look right at anyone and any feeling they might express and call it precisely what it is. Again, this is not defensive -- it is factual, as evidenced by your lack of emotional attachment to what you observe. The feeling is more like, ah! That’s what that is! And this is how I want to respond.

Virgo (Aug. 23-Sep. 22)

You may feel like you can tackle anything at the moment, but I strongly suggest you pace yourself. On the bright side, you have a lot of energy, idealism and some fantastic ideas for what to do, and what to do better. On the other hand, I can see that your energy bodies are processing some healing project. Part of the process is like when you get a piece of glass embedded in your skin and over the course of a few years it gradually comes to the surface. Once it does, it’s an incredibly satisfying feeling of breakthrough that can mark your whole consciousness even though the shard may only be a couple of millimeters long. And if it makes a little injury on the way out, you know that it’s the end of a process that was a long time coming. Meanwhile, over the next few weeks, beware of your ups and downs, sense your energy level as it’s becoming the next state, and respond in advance. If you feel a little tired, stop and take a nap. If you feel a little overwhelmed, take a break. If you feel like you can work for eight hours straight, work for six.

Libra (Sep. 22-Oct. 23)

I have proposed before, as have many others, that the best sex organ is the mind. The senses go there, the nerve endings start up there, the pineal gland is there, and all kinds of fun, interesting, innovative and kinky ideas percolate around. I have also proposed, as have others, that sexuality is the seat of creativity. Sex creates existence. At the moment, about 26 different aspects of this set of facts are coming to the surface. The Sun has entered the already-electrified angle of your chart where all of these experiences usually play out. And play is the word. There are deep emotions involved; you have your history to integrate and develop your ongoing relationship with; you have the adventures you seek, and you have your fears about letting yourself be free enough to go there. Keep your sense of play handy. I suggest you start in your mind, and do your best to make friends with everything that comes to the surface. In our age of paranoia, judgment and manic obsession with control, this is a radical act.

Scorpio (Oct. 23-Nov. 22)

Though you’re an emotionally driven person, it’s often challenging for you to ground in your feelings. This involves the placement of Aquarius in your solar chart. In short, what this creates is a kind of mental refuge from the intensity of your emotions, and this, in turn, has a way of preventing you from feeling what you might actually be feeling -- as a direct rather than conceptual experience. Now, you’re being challenged to do just that. Mars in Aquarius is compelling you to address your deepest insecurities. Don’t shy away from this. In fact, I suggest you embrace the energy as it peaks, because as you face one particular shadow, you will let it out of your psyche and it will never have quite the same power again. I also suggest you notice your resistance; that is, how inclined you are to fight yourself. Remember, that’s where the only struggle really is, and releasing that fight is the only way to make

peace with yourself, and as a result, with the world.

Sagittarius (Nov. 22-Dec. 22)

For a long time I’ve been writing so much about your creative process, you might think I had access to some hidden file that revealed your imminent acceptance to a painting academy in Paris, or that you might be working one-to-one with George Lucas. Yes, I know something about you. I know how talented you are, I know how much energy you have, and more than that, I know how necessary it is for you to express your full identity through your creative process. You are the kind of person who does not ‘make art’. You become the art you are making, and it becomes you. Now the relationship has the potential to go to the depth of full involvement. You may feel a tangible sense of your own potential. You may have a new understanding of your depth of knowledge, and new material to work with. The piece you will need to bring yourself is the focus and discipline to bring your gifts to fruition. You’ve been working at this longer than you think, and you’re further along than you currently believe. So believe in yourself and act on it.

Capricorn (Dec. 22-Jan. 20)

You’re safer than you think. I know that lately you feel exposed to the world, to the elements and to the wild winds of fortune. I know you feel a profound sense of responsibility, perhaps mingled with the drive to succeed that is one part ambition and three parts a matter of something you owe yourself for all your hard work. Still, you feel like there’s a television camera trained on you, and like your integrity is always on the line. That’s not exactly a safe feeling. Yet remember how safe you feel in your own home, in particular, how secure simply being yourself you feel when you’re behind your own doors. Now, imagine that you can take this sensation out into the world, wherever else you may go. Consider how wonderful it would feel to experience the world as a safe place everywhere, despite any potential for uncertainty? That sense of a fully portable safe haven is something you can bring anywhere.

Aquarius (Jan. 20-Feb. 19)

Notice every woman you meet, no matter how casual the encounter. Be alert to anything more formal than sharing an elevator for 45 seconds, and even that might prove to be noteworthy. Listen for her ideas, and pay attention to the hint that she’s connected to something beyond the obvious. Or, you could consider yourself this person: imagine what it feels like to be connected to your source in a way that lights up others when you shake their hand. Experiment with what it feels like to know your ideas are original and excellent, and to stand in the quiet confidence that brings. Respecting your own ideas and your perception of the world is one of the most basic elements of self-respect. If you hold that feeling, and acknowledge its counterpart in every person you meet, this feeling will grow like a crystal in your mind, your relationships and your circle of friends.

Pisces (Feb. 19-March 20)

Of the many cycles in astrology is a 12-year run -- what you might think of as a Jumbo Year. What a difference one of those Big Years makes. What were you doing back then, around 1999? Think about it for a moment, and if you would, consider this. In that moment 12 years ago, did you have any sense of what was about to happen? Could you have predicted where your life would go, the people you would meet, or the adventures you would embark on? You stand today in a similar moment, where a truly original life journey awaits you. This time, you can make your decisions a little more boldly, knowing from the previous cycle that you really are taken care of, that you can make good decisions and that your life works out in highly creative ways you could have hardly ever predicted. You have no need to predict, and you need no reasons to trust.

Read Eric Francis daily at www.PlanetWaves.net.



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I'm Tired, I'm Tired, I'm Tired

by Mary Tuel

There was a program on channel 9 the other night about the Daylight, the Southern Pacific passenger train that ran between Los Angeles and San Francisco between 1937 and 1971, when Amtrak took over passenger service. Trains still run, but not the Daylight.

The trains were striking in appearance, red and orange along the sides and black on top and bottom, with matching specially built steam engines, so the train was one matching design from beginning to end.

I grew up in Watsonville, California, which was on the main line between Los Angeles and San Francisco. Everywhere in the Pajaro Valley you could hear the train whistles blow as they came into the station. My father's sister Thelma and her husband Ray had a farm over on the Monterey County side of the Pajaro River and the trains ran along the edge of their

once again in the background of the train movies connected me to something inside that is deeper than words.

I spoke about that connection to my husband, Rick, and by email to his friend, Hutch. Rick and Hutch were both Army brats who lived all over the world growing up. They met in Germany when they were in high school, and they played and sang folk music together with a third member, Terry MacNeil, as The Balladiers. Yes, spelled with an "i." Talking to Rick and Hutch about trains set off their memories.

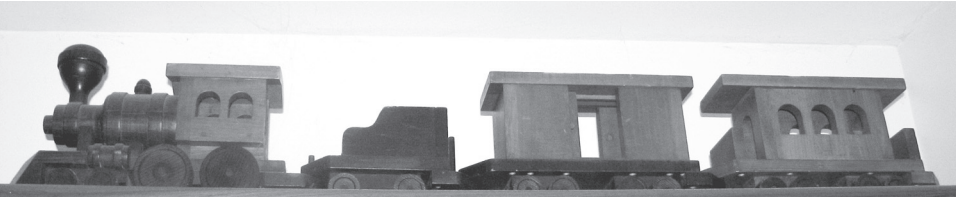
Hutch wrote: "Sometimes, as a family, we would have a compartment, and other times, berths. Either way as a kid I always managed to get the upper. Can you imagine the intimacy of changing into pajamas, passing others in the narrow passageway to and from the bathroom? At least once a trip the train would lurch and you'd fall through the little blue curtain onto who ever's bunk you'd be passing."

Rick wrote: "We must be the last generation to carry such fondness of memory for the era of passenger trains. I'm glad you took the boys back* so they can carry some memory of that time. I developed my love of the 'I'm tireds'** not from watching them pass through but from riding them.

"I never saw a more beautifully evolved choo-choo than the European zigzag trains with their passenger cars all fitted out like lovely wooden jewelry boxes with thousands of different doors and drawers.

"The diesel electrics were a real innovation but nothing said 'train' like the big, noisy, hissing steam locomotives."

*In 1993, I took our sons on a train trip. We went from Seattle to Chicago on the Empire Builder, then from Chicago to Akron on another train. We visited with



fields. I remember how thrilling it was to see those red and orange trains go by, the engines puffing clouds of smoke. It was the beginning of train love for me.

This documentary came on, and I was completely caught up in memories of passenger trains. The show featured many clips of the Daylight chugging through the California landscape. In the background were the hills and valleys and seashore of California. These sights were so familiar to me, and brought up so many memories of my misspent youth and the beautiful places where I misspent it. The low round hills of the Pajaro Valley were the background of my childhood, surrounding me every day like the arms of God. Seeing them

Rick's relatives in Ohio, then caught the train back to Chicago and from there caught the train to Los Angeles, stopping to visit my brother and sister-in-law in Raton, New Mexico, along the way. From LA we took what is now called the Starlight up the coast to Seattle. It was a grand trip that took about three weeks and we still talk about it.

**When Rick was a little boy in Ohio, his grandfather would put him to bed at night and tell him about the steam engines chugging along saying, "I'm tired, I'm tired, I'm tired..." Rick said it didn't take long for him to drop off, and ever since he has thought of steam engines as the "I'm tireds."

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Next Loop comes out February 17

We’ve Got a Lot of Kids The Night Shift

by Kevin Pottinger

The alarm clock bell splinters the dark night. The insistent clang barges headlong into a deep and furious dream, and I stagger to the clock, knocking magazines off the nightstand, and clumsily smack the snooze button in the dark, putting a temporary halt to the jackhammer of an alarm that must have woke every dog in the neighborhood.

I cinch the sash on my robe, and discover three of our four kids queued up in the dark, peeking at me through the door to our bedroom. Our youngest girl is sucking her thumb with a fluffy kitty tied with pink ribbon under one arm. The others hold various stuffed animals as if they were swim toys and they’re waiting for a dip in the pool. They wait rather patiently, but as I clear the bedroom door they all rush for the prime snuggling spots next to Mom in the still-warm bed.

As dawn breaks, the night shift comes to a close.

This is one of my rules: I have reserved the bed for parents only, while I’m in the bed, except for Saturday morning. Plus, before kids and their entourage of stuffed animals and Legos and art supplies can climb into my vacated side of the bed, it needs to be light outside, or at least becoming light outside: nautical dawn. So the kids queue up sometime before dawn, waiting for me to wake up and get out of bed so they can snuggle with Mom who is generally less grouchy about those kinds of things.

Last week I woke to the sound of bare feet on the carpet in our bedroom, a hand sounding for bodies in the bed, then anguished cries, as our youngest boy found both lumps under the blankets. He wailed as he made his dejected retreat to his chamber, gnashing his teeth and rending his garments asunder...eth.

When our oldest boy was born, at bedtime it seemed wrong to ship him off to another bed to sleep, so he slept with us the first night, and every night

thereafter. When the other kids came along, we did the same thing. And we got a bigger bed.

We found out that there was a name for people like us, other than the obvious one. We were part of a movement. We were sleeping in a Family Bed.

When I say it out loud, it sounds like some type of fantastic vehicle, similar to a magic carpet, or like a meeting hall at some progressive, utopian bed-living colony.

But it made great sense to us, especially when my wife Maria was still nursing the kids, and with the twins especially we would not have got any sleep at all if we booked appointments to visit them in their own beds to nurse. Plus, nursing children aren’t enthusiastic about waiting for appointed turns anyway, so in one big bed, one child could drift off, satiated, while the other worked over a breast, and we (OK, mostly me) could get some sleep.

After a few years, we kicked them out. By the time our youngest turned four, we had no kids sleeping with us anymore. Today, everyone has his or her own assigned bed which, importantly, is not our bed.

By long-standing tradition, a tradition that is so much a part of our lives, a tradition permanently written in Sharpie on the interwoven cloth of our existence together that it could not and should not ever be changed, Maria runs the night shift.

She’s become the lightest sleeper: during the blurry, bleary years that began when our oldest was still three and he had three younger siblings, she slept with one ear and/or eye open, vigilant. I changed the odd diaper but mostly jammed a pillow over my ears, managing just enough sleep to keep from nodding off at my desk after lunch.

Therefore, when someone has a bad dream or believes they’re about to barf during the night, Maria fields the call. The next morning, over strong coffee she’ll sometimes recount the highlights in a sodden voice. Often I’ll have slept right though harrowing reports of nightmares, two escorted trips to the potty for each child, and several calls for on-site assistance rearranging blankets and pillows.

I don’t usually offer that I was awake during a lot of the night’s festivities. After all, traditions are what make family life so special.

spend days IN the tree? They actually climb to the top and use a pulley system to perfectly place the lights and star. Thank you!

HAVURETE EE SHALOM, Louise Olson and Risa Stahl and all those that participated in the living menorah, the Hanukkah songs, and dreidels.

THE CHURCH OF GREAT RAIN for a humorous presentation of Keep Vashon Weird.

DOUGSNYDER from TRUE VALUE HARDWARE. - In addition to the garland, Doug helps hang the candy canes and wreaths throughout town, sometimes in horrible weather. He decorates Santa’s “sleigh” and the team at True Value keeps Santa’s Cottage cozy and warm.

DUKE DAVIS from BIG RED CONSTRUCTION & ELECTRIC for lighting up Santa’s Cottage.

DAVID PROUSE from PROUSE CONSTRUCTION - Design and construction of the magic switch that turns on the Christmas tree lights.

ROTARY CLUB HELPERS - Gary Sipple, Verne Johnson, Neil Jungemann and Ka Luomala spent a whole day repairing our candy canes and wreaths.

RON HILL - This is the guy with the



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February 4, at 8:30pm
Tai Shan *plus*
The Alice Evans Band

February 11, at 8:30pm
The Kings of Mongrel Folk

February 12, at 9pm
Star Anna & The Laughing Dog


February 18, at 9pm
Blue Monster & Hifi Reset

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Vashon’s Holiday Open House

Continued from Page 1

Stratton (STRATTTON MEADOWS BUSINESS SERVICES) and Rex, Melinda Sontgerath (THE HARDWARE STORE RESTAURANT) and Dick, Priscilla Schleigh (GIRAFFE), Patti McClements (PSE), Natalie Sheard (CAFÉ LUNA), myself and Gary Richards (HODOCO LAND DEVELOPMENT).

TRUE VALUE - Doug Snyder, KIMCO - Mike Stroble, VASHON BOOKSHOP - Nancy Katica, RICK’S DIAGNOSTIC&REPAIRSERVICE-Rick Slater and Tony Victor, SHEFIDGETS CATERING/SOUND FOOD - Mardi Ljubich.

OPEN HOUSE “TEAM” - Also a HUGE thank you to the following people for their efforts given before, during and after the event ~ we could not have made this evening such a success with you!

BETTIE EDWARDS from THE LITTLE HOUSE - If you know Bettie you know her hands touch everything. She was a great partner in organizing the event. Be sure to thank her for the twinkling rings and the star above Santa’s cottage!

RANDY TONKIN and ANDY JOHNSON - the official Ober Park tree climbers. Did you know they actually

spend days IN the tree? They actually climb to the top and use a pulley system to perfectly place the lights and star. Thank you!

HAVURETE EE SHALOM, Louise Olson and Risa Stahl and all those that participated in the living menorah, the Hanukkah songs, and dreidels.

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RON HILL - This is the guy with the

PUGET SOUND ENERGY - Official Open House Sponsor - In addition to their sponsorship, PSE came to our rescue and purchased new lights when only 3 of the original strands worked. PSE crews also help our volunteers hang the candy canes and wreaths throughout town by giving them a lift. Thank you PSE for your continued support of the Vashon Community and literally lighting the town!



great tractor that pulls Santa, Mrs. Claus and the gang through the parade.

KEN QUEHRN (MR. Q) AND VASHON HIGHSCHOOL BAND - What a great job!

THE THIRD GRADE CLASSES OF CHAUTAUQUA along with their teachers KATHY CONCKLIN, SHARON BOYER, ESTHER MORRISON and musician MAGGIE ZIMBURG who kept them all in tune.

RICK AND DEBORAH BROWN driving the Santa Fire Engine.

VIFR EXPLORERES - Led by John Hemmer, Catelyn Buxton, Marshall

Montgomery, Lizzy Carliss, Andy Hennessey, Tim Hanson, Sam Veaton, Avio Brocklyn and Jack Thompson kept our streets safe!

GRETCHEN THE ELF, DASHER THE REINDEER and of course SANTA CLAUS AND MRS. CLAUS the stars of the show!

THANKS TO ALL !

Deborah Richards
Executive Director, Vashon-Maury Island Chamber of Commerce.
And number one cheerleader for “Vashon Team Town” !

Positively Speaking

“Of Comings and Goings”

By Deborah H. Anderson

Moonlight and the motion of the tide won't wake me up anymore. I will miss it. Everyday here was such an unexpected gift that I held the experience very loosely and at the same time sank deeply into each moment in the present. Two hours a day I simply watched out the window.

A year and a half ago doors opened up in a way I could not have done for myself. That's always a clue something is a direct blessing from God. Frequently I have the courage to move through the door at such a time. I stepped inside.

I discovered, moving here, after twelve years of living in the woods at one place and another and another I had forgotten I am a water baby. Water is my muse. It ministers to me.

The door opened because I had suffered so many losses that a person without faith would be knuckling under, drowning their sorrows or going on self-destruct. I pray. I said "I surrender. You choose". God heard that prayer, smiled, and said, "Have I got a place for you!"

Here I have healed and have been restored. The tide rolled out and the tide rolled in. The boats went back and forth. The engines of tugboats churning away applauded my endurance (given by God). Sailboats turned my heart and mind to lighter things. Speedboats reminded me that life is suppose to be fun. Life Abundant!

My eyes were pointed north to everything that is not the Island. A clear sweep from mountains to mountains infused Grace and majesty into my soul and with it new strength like I had known in previous days. The past slipped away into rich wisdom to carry forward.

Now all that healing can be put to



use to encourage others. Blessed to be a blessing.

It's 4:38 as I write this. Moonlight has woken me up. Two ferries are crossing past each other. The world will be waking soon. We will all join together in adding our energy to God's agenda for the day.

Our lives together are like the tides. Somewhere someone is experiencing sorrow and loss. Somewhere else someone is experiencing unspeakable joy, victory and healing. Someone else is dying. Others are giving birth and holding new life in their arms.

In joining hands and hearts we form the whole that moves the world forward. None of us can tell the story alone. All of us need each other when our lives are in the opposing high and low tides. That's why telling the real truth about our stories is so important. Move beyond romance this Valentine's Day. Love yourself. Love your neighbor. Love someone who is where you once were. Love someone who has different values than you.

Love like the motion of the tides moved by a moon so bright it wakes people up in the middle of the night. When the sun comes up put that love in action.

Rise and Shine!
Love
Deborah



Deborah will be out and about offering free words of encouragement at various venues on the Island in February. Look for her table and have a seat to receive brief words of cheer and good wishes.

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Irish & Scottish Baroque & The Russian Guitar

In the second of four 2011 programs of early chamber music on period instruments presented by the Salish Sea Early Music Festival, guitarist Oleg Timofeyev and flutist Jeffrey Cohan will explore two distinct worlds of musical expression in Irish and Scottish Baroque and the Russian Guitar on Thursday, February 10 at 7:30 PM at Vashon United Methodist Church at 17928 Vashon Highway SW on Vashon Island.

Early 18th-century Scottish and Irish works for the one-keyed wooden baroque flute with lute during the first part of the program will include Bridgit Cruise, written for his girlfriend by the blind Irish harper Turlough Carolan, born in 1670, whose music is still widely performed today by Irish folk musicians; a set from Mr. Burk Thumoth's 18th-century Scottish and Irish Airs including The yellow hair'd Laddie and The Irish Cry for unaccompanied flute; selections including The Marvel of Peru from Scottish transverse flutist James Oswald's The Seasons; and a set from A Collection of Old Scots Tunes, published in Edinburgh in 1742 by the Italian composer Francesco Barsanti, who married in Scotland. And on solo lute, Mr. Timofeyev will perform arrangements of I love my love, in secret, and Down the burne davie along with other Scottish melodies from the Straloch and Balcarres Lute Manuscripts, two 17th-century Scottish sources.

Russian and European compositions from Beethoven's time will be heard during the second half on an 8-keyed flute made in London in 1820, similar to those used by Irish folk flutists today, and the Russian 7-string guitar, which acquired a seventh string in Czechoslovakia in Mozart's day. It was the only guitar to be used in Russia through the early 20th century. Music by Ingaz Held and Mauro Giuliani will be performed along with variations on Auld Land Syne, based on a Scottish folk melody with words by the Scottish poet Robert Burns, written in the early 1800's by American flutist Joseph Kennedy, with whose great-great-great granddaughter Jeffrey Cohan has been in contact.

Oleg and Jeffrey performed a similar program throughout Ukraine last February.

The suggested donation, a free will offering towards expenses, will be \$15 for each of the concerts. Youth 18 and under are free. For further information the public is requested to call Vashon United Methodist Church at (206) 463-9804. Please see www.concertspirituel.org for further information.

~ THE PERFORMERS (for February 10 only) ~

OLEG TIMOFEYEV plays the renaissance, 10-course, and baroque lutes, 19th-century guitar, viola da gamba and recorder, and is one of the world's foremost authorities on the Russian seven-string guitar. He was an Artist in Residence for the School of Music at the University of Iowa, where has been Visiting Assistant Professor for the Department of Russian since 1999. He also has taught at Grinnell College and Cornell College. Mr. Timofeyev has a Ph. D. in Performance Practice from Duke University and has received many fellowships, grants and awards, including two separate Fulbright grants for recent research into the Russian guitar in Moscow and for teaching early plucked instruments in Ukraine. His editions have been published by A-R Editions, and his articles have appeared in the New Grove Dictionary of Music and Musicians and in the Lute Society Quarterly among other periodicals. In Moscow he founded and directed the still active early music group Pratum Musicum for the Moscow Palace of Culture. He is guest lecturer/ performer with the annual Vanamuusika Päevad, an Estonian early music festival, and directs the annual International Russian Guitar Festival and the International Academy for Russian Music, Arts, and Culture, both in Iowa City, Iowa. He has made many solo recordings for Dorian Recordings.

Flutist JEFFREY COHAN has performed as soloist in 25 countries, most recently Ukraine, Slovenia and Germany, on all



transverse flutes from the Renaissance through the present, and has won the Erwin Bodky Award (Boston) and the top prize in the Flanders Festival International Concours Musica Antiqua (Brugge, Belgium), two of the most important prizes for period instrument performance in America and Europe. He has premiered many concerti and other works by Slovenian and American composers. He directs the Capitol Hill Chamber Music Festival in Washington, DC, the Black Hawk Chamber Music Festival in Illinois and Iowa and the Salish Sea Early Music Festival. He can "play many superstar flutists one might name under the table" according to the New York Times, and is "The Flute Master" according to the Boston Globe.

~ UPCOMING ~
MARCH 3

• On Thursday, March 3 at 7:30 PM at Vashon United Methodist Church, An Elisabethan Broken Consort will explore renaissance chamber music with Jeffrey Cohan, renaissance transverse flute, Courtney Kuroda, violin and Lisa Michele Lewis, harpsichord.

A renaissance "consort" of different sizes of like renaissance instruments, such as lutes, stringed instruments, recorders, etc., was considered "broken" when instruments from different families (in this case wind, string and keyboard) were brought together. This Broken Consort performance will feature music from 1550 through 1650 for the very seldom heard renaissance transverse tenor and bass flutes with violin and harpsichord.

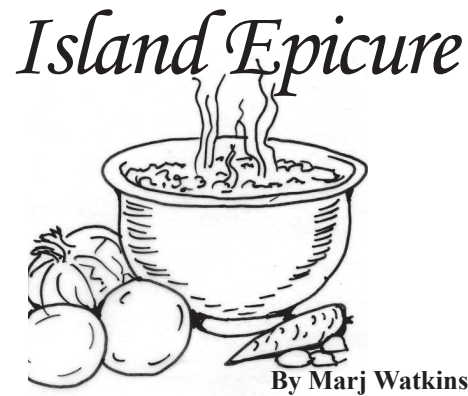
APRIL 14

• On Thursday, April 14 at 7:30 PM at Vashon United Methodist Church, the final 2011 Salish Sea Early Music Festival program entitled J.S. Bach's Musical Offering will feature harpsichordist Hans-Jürgen Schnoor from Lübeck, Germany, baroque violinist and director of the Seattle Baroque Orchestra Ingrid Matthews, and baroque flutist Jeffrey Cohan in a performance of one of the greatest works of chamber music of any era, the complex and beautiful Musical Offering trio sonata written by Johann Sebastian Bach on a theme provided by King Frederick II "The Great" of Prussia, in addition to sonatas and other works by J.S. Bach for flute, violin and harpsichord.

• The Salish Sea Early Music Festival presents period instrument performances of chamber music on Vashon Island, featuring some of the finest period instrument performers from the Northwest and the USA, Canada and Germany along with artistic director and flutist Jeffrey Cohan. Chamber music by familiar as well as little-known composers from the Renaissance through the present is heard in period instrument performances which shed new light upon early performance practice. Unpublished works from the Library of Congress and other libraries and unusual instruments and instrumental combinations that were familiar in earlier times are to be given particular attention.

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A Chocolate Valentine

Nothing says “I love you,” like something chocolate. It tastes good. Eating it makes you feel good – probably the caffeine – and chocolate, as long as not too much sugar goes with it – may even lengthen your lifespan to its full allotment and enjoy the living.

One Valentines day, our grandson James, made a chocolate Valentine pizza. He melted milk chocolate, spread it about ½ inch thick in a wax paper lined heart-shaped cake pan and decorated it with red hots, silver sprinkles, and coconut shreds. James grew up and moved to the mainland, but he has the heart-shaped pie pan with him.

So if I make a chocolate valentine for my true love this year, it will be in an ordinary round pan. Perhaps I’ll draw a whipped cream heart on top.

Remember Mud Pie? The frozen chocolate ice cream pie? This is a fun chocolate pie to make with a cooking kid. If you don’t have a live-in kid, perhaps you can borrow one.

MUD PIE
8 servings

1 pre-made graham cracker crumb or crumbled chocolate cookie pie shell

1 quart (2 pint containers) chocolate ice cream

1 pint whipping cream

½ teaspoon vanilla

3 Tablespoons sugar

Chocolate sprinkles, optional

First, put a very large metal mixing bowl and your egg beater, or the beaters of your electric mixer in your freezer, or

if there’s not room for it there, put it into your refrigerator. Or if it snows, put them out in the snow to chill.

Clean out your refrigerator enough to make space enough for a pie.

Let the ice cream soften for 20 or 30 minutes – however long it takes to soften enough that you can scoop it into a large bowl and mash it to a stiff spreading consistency. With a rubber spatula, scrape the ice cream into the premade pie shell. Mound it slightly in the center. Put it into the freezer.

Just before serving whip the cream, adding the vanilla and the sugar when it starts to stiffen. Spread the whipped cream over the top of the pie. There will be plenty of it to make pretty swirls. Sprinkle the whipped cream with chocolate sprinkles, if desired.

You could use spray-on whipped cream to save time and effort.

A special dessert with less sugar in it is this Chocolate Angelfood Cake from my small cookbook Bake Gluten Free, available at Minglement or The Country Store. This cake makes a good base for slightly thawed frozen strawberries. Add whipped cream and you have a delightful version of strawberry shortcake.

CHOCOLATE ANGELFOOD CAKE

Preheat oven to 350 degrees

Makes 8 servings

Sift:

3/8 cup brown rice flour

6 Tablespoons Splenda®

2 Tablespoons unsweetened cocoa

¼ teaspoon salt

Beat until foamy:

6 egg whites at room temperature

Beat in and beat to stiff peaks:

1 tablespoon cream of tartar

dash salt

Fold the dry ingredients into the beaten egg whites, one-third at a time. Transfer the batter to an ungreased 5x9-inch loaf pan.

Bake 25 minutes or until a toothpick inserted at the cake’s center comes out clean.

Cool upside down on a rack for 30 minutes

**Next Edition
of *The Loop*
Comes out
Thursday,
February 17**

Deadline for the next
edition of *The Loop* is
Friday, February 11

Find the Loop on-line at
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Titus Needs A Home...

Talk about a very handsome gentleman! Meet Titus - a sweet and loving 8 year old chocolate lab mix. Titus has a patch of white on his chest which only makes him more handsome! Titus is very energetic and fun and loves his walks and playing fetch... and watch this guy swim! Titus loves/thrives on glucosamine for his joints and at his age, is doing very well. Titus is a wonderful and sweet guy and deserves a person or people who he can love and bond with. Older children, please...and a person or family who has the time for a dog who is so very loving and deserves the best home ever. For more information on visiting with Titus, please contact Vashon Island Pet Protectors at 206-567-5222. There is a \$100 adoption fee.



Go To www.vipp.org Click on Adopt

Road to Resilience

Continued from Page 1

Our next film will be “Escape from Suburbia”, a tale of ordinary citizens making extraordinary choices to adapt to our future of diminishing resources. It will be shown at Café Luna on February 19 at 6 pm, donation requested but not required. There will be a discussion following the film.

Meanwhile, what to do? When you think about it, our entire lifestyle is built around fossil fuels. Ever since we started to gear up to using it a 200 years ago, we found that this versatile material which just came out of the ground and was free for the taking could be used to do and be just about everything we needed. We now eat it (fertilizers), wear it (polyester, makeup, etc.), travel with it, sleep in it, and are buried in or cremated by it.

Are we addicted to oil? The definition of addiction is the utter dependence on something outside of ourselves that we continue to use despite the negative consequences. Is that oil? Yes. It’s been a fun ride transforming our lives with heretofore unimaginable luxuries and conveniences. Faced with the prospect for a seemingly diminished future, our natural tendency is to discount, deny, and just pretend it isn’t happening. It’s

easy to do. Going into the unknown is scary. However, if you allow yourself to consider our alternatives, it isn’t nearly as bad as it seems, in fact, it could be a whole lot better! Imagine a simpler, more meaningful life in a secure and close knit community.

If we approach it one step at a time, one day at a time, what appears unthinkable becomes palatable in small steps. We need only keep a kind and gentle, but firm, intention in our minds that we will seize the opportunities to step away from oil whenever we can.

I’m not saying this will be easy. Looking at leaving our well known and loved world behind and stepping into the unknown will certainly conjure up feelings of fear, grief, and anger, along with hope and excitement. In addition to talking more about what we are all doing to make a more sustainable, resilient Vashon, I want to use this column in the future as a place where I can converse with you about your thoughts, stories, and feelings about embarking on this venture.

Write me at
terry@vashonloop.com

Vashon’s Yellow Pages on line.
Find it on
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In the heart of beautiful Burton by the Sea...

Drama Dock Sweetheart Weekend

Drama Dock, Vashon’s community theater has your Valentines weekend plans covered!

As with most non-profit arts organization, Drama Dock has felt the pinch of the recession and is responding with opportunities to offer support while enjoying a variety of entertainment options that will tie into Valentines weekend plans. I Love You You’re Perfect Now Change, and the reading of a new play by Mary Humphrey Baldrige, Fata Morgana.

Celebrate Valentine’s weekend with your sweetheart at Drama Dock’s presentation of I Love You You’re Perfect Now Change at the Open Space for two performances only on Friday-Sat. February 11th and 12th at 7:30 pm: I Love You, You’re Perfect, Now Change, has been one of Off-Broadway’s most phenomenally popular musical reviews running for over 4,500 performances!. The show celebrates the modern-day mating game and joys of romance, dating, marriage, lovers, husbands, wives and in-laws.

The show was written by playwright/ lyricist Joe DiPietro and composer Jimmy

By Shannon Flora

Roberts. Don’t miss your opportunity too see this extraordinary Vashon ensemble: Louis Mangione, Stephanie Murray, Marshall Murray and Elizabeth Ripley, accompanied by Linda Lee on the piano and Karin Choo on the violin.

Ticket prices for this fund raiser are \$20 General Admission, \$15 for Drama Dock Members and \$10 for Seniors or Youth. Tickets are available at Books By The Way, The Vashon Book Shop, and at the door.

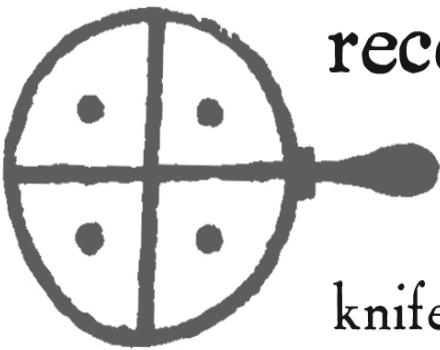
If this whets your appetite for more theater, come enjoy an afternoon reading of a new play by Mary Humphrey Baldrige, Fata Morgana, Sunday Feb. 13, 4pm at the Ober Park Performance Space. This too is a fund raiser in support of Drama Dock and donations will be collected at the door. Baldrige is known to Drama Dock audiences as the playwright for last year’s show, The Revenge of the Dinosaur Lady and will be in town from New York to present this new work. Fata Morgana is a play about ‘magic’ and false illusions that delves into the topics of mother daughters and loss.

Chance Needs A Home...



Go To
www.vipp.org
Click on Adopt

Chance may be 12 years old but he’s a spry guy and loves to go on walks, play fetch and chase birds from the yard. He really enjoys trips to the beach but isn’t into swimming. He is house trained and crates up voluntarily at night in his kennel crate. . He is an outdoor dog most of the time but minds well in the house and will crate up on command. Chance is good with kids and most other dogs. He does like to chase cats and shouldn’t be given the opportunity to go one on one with a chicken. Unfortunately, his family has to move where dogs are not welcome so Chance is hoping to spend his Golden Years with a family that appreciates an older fella. If you would like to meet Chance, please call Vashon Island Pet Protectors at 206-567-5222. There is a \$100 adoption fee.



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Loopy Laffs

Honk if you love Jesus. Text while driving if you'd like to meet him.

Women have finally found acceptance in virtually every occupation except bookkeeping. With all the progress, there's still no accounting for women.

I work as a County Sheriff. My partner and I were in our patrol car when we were dispatched to break up a domestic dispute. We spoke with the couple, and the problem was quickly resolved.

On leaving, I was admiring the craftsmanship of their turn-of-the-century home and reached for what I thought was the front door. Realizing my mistake, I was turning to back out of the coat closet in embarrassment when I heard my partner say, " . . . and if you have any more problems, we'll be in your closet."

A minister parked his car in a no-parking zone in a large city because he was short of time and couldn't find a space with a meter. Then he put a note under the windshield wiper that read"

"I have circled this block 10 times. If I don't park here, I'll miss my appointment. Forgive us our trespasses."

When he returned 2 hours later, he found a citation from a police officer along with this note:

"I've circled this block for 10 years. If I don't give you a ticket I'll lose my job. Lead us not into temptation."

Young couples often go to horror films because they love each shudder.

A friend and his wife were considering traveling to Alaska for a trip that the husband had long dreamed of taking. He kept talking about how great it would be to stay in a log cabin without electricity, to hunt moose, and drive a dog team instead of a car.

"If I decided we should live there permanently, away from civilization, what would you miss the most?" he asked his wife.

"You," she replied.



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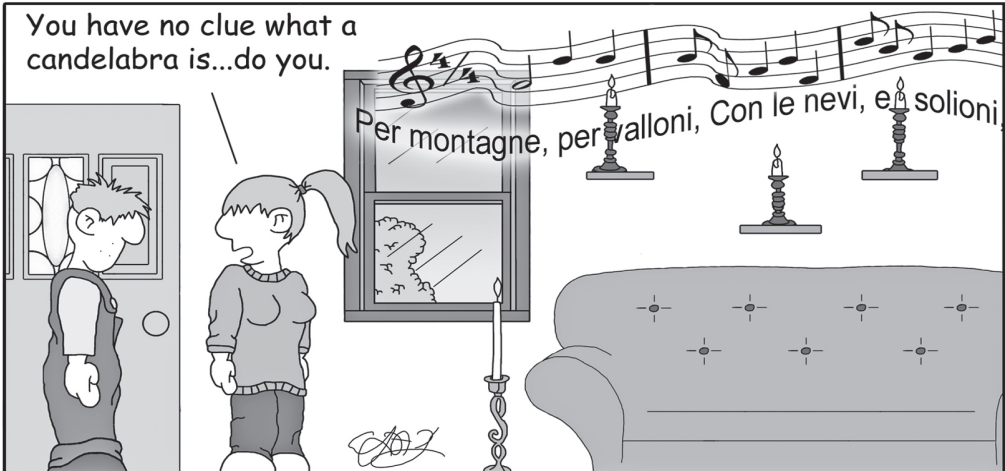
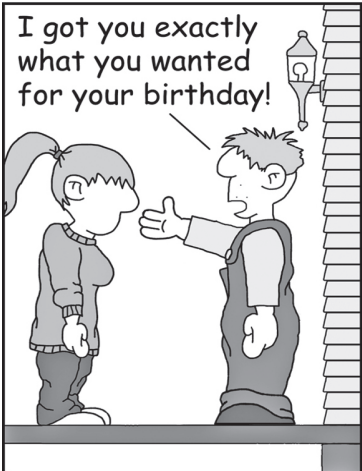
Where the locals go!

Moose Lake

He didn't like the casserole,
And he didn't like my cake.
My biscuits were too hard. . .
Not like his mother used to make.

I didn't steep the coffee right,
He didn't like the stew,
I didn't mend his socks
The way his mother used to do.

I pondered for an answer
And was looking for a clue.
Then I turned around and smacked him. . .
Like his mother used to do!



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Deadline for the next edition of *The Loop* is **Friday, February 11**



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HAWLEY

Get In The Loop
Send us your Art, Music or Show information
and get included in The Vashon Loop.
Editor@vashonloop.com

Performing & Showing February 4-6

First Friday Art Walk with Tai Shan Plus
the Alice Evans Band



Born and raised in Seattle, Washington, Alice Evans absorbed the musical landscape of the town- Cobain, Hendrix, Pearl Jam, and Ray Charles- and weaved her jazz piano stylings into singer-songwriter territory, creating a style that evokes the sound of Tori Amos, Lucinda Williams, Fiona Apple, and a touch of Tom Waits. Her mentors -Wayne Horvitz and Kelly Harland- along with her collaborators- Ben Smith of Heart, acclaimed Seattle bassist Chuck Deardorf, and guitarist Maximillian Keene from the Lani Rose band- made a world-class album that will be on the forefront of pop music for years to come. Alice will be performing solo, then joined by her band to close out the night.

This is an all-ages show 'til 11pm, 21+ after that. Free cover!



City Arts magazine raves “Tai Shan’s music is like hugging a total stranger – kind of awkward and totally wonderful.” She has been described as sounding like John Mayer and Jack Johnson with the voice of Joni Mitchell. Her clear soprano voice and complex guitar melodies have been featured on nationally released CD’s, international videos, local TV and radio stations. She has performed throughout the West Coast at venues such as Seattle’s Benaroya Hall and San Francisco’s Grace Cathedral. This has resulted in her developing a dedicated following and fan base.

Friday, February 4, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Artist Reception Colin Brynn
Travels through Burma

Colin has traveled the globe, documenting the people and landscapes of Central America, South America, Western Europe, Southeast Asia and the western United States. Drawn to current events, political statements and nature, he has discovered a way to speak to the world and convey history through his photography. His travels have granted a broader perspective of our global community and a chance to juxtapose the differences of each culture.

Over the past twelve years, he has searched the world to perfectly blend his two greatest passions, photography and culture. He captures the world he sees through images with a vision to connect his audience to his subject. Organic, vivid and authentic images are the true vision of Colin’s art. He currently resides on Vashon Island and continues to search for a new perspective of our species.



Friday, February 4, 6-9pm, At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com

Lunavision Presents: Gasland
A Film by Josh Fox

The largest domestic natural gas drilling boom in history has swept across the United States. The Halliburton-developed drilling technology of “fracking” or hydraulic fracturing has unlocked a “Saudi Arabia of natural gas” just beneath us. But is fracking safe? When filmmaker Josh Fox is asked to lease his land for drilling, he embarks on a cross-country odyssey uncovering a trail of secrets, lies and contamination. A recently drilled nearby Pennsylvania town reports that residents are able to light their drinking water on fire. This is just one of the many absurd and



astonishing revelations of a new country called GASLAND. Part verite travelogue, part expose, part mystery, part bluegrass banjo meltdown, part showdown.

www.gaslandthemovie.com

Saturday, February 5, 6-9pm, At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com

Second Friday Wine Tasting
Music with Ronnada Cadle

Vashon Winery’s Ron Irvine continues his search for the best table wines from around the world with the Second Friday Wine Tasting. Irvine urges Islanders to start their Friday nights with the wine tasting experience he provides at the Café, in a friendly, intimate setting. He offers five wines for \$10, and the tasting happens at the tasters own pace. Tasters can taste the wines in any order that they choose, and they are invited to hang around and enjoy Ronnda Cadle’s acoustic guitar.

As a solo guitar instrumentalist, Ronnda Cadle is known for the melodic hooks she coaxes from her guitar. With over 20 years experience playing her original compositions before live audiences across the U.S., this musician from Camano Island, WA has developed a devoted fan base. She has shared the stage with many other well-known musicians including Sarah Bettens, Al Petteway, Atlanta Rhythm Section, Mother’s Finest, Patty Larkin and 2003 American Music Award Winner, Moe Loughran. Ronnda’s style fuses heartfelt emotional content with masterful guitar work. She perfected her craft while listening to guitarists whom she considers her greatest mentors - Nancy Wilson of Heart, Caroline Aiken, and Emily Saliers of Indigo Girls. Ronnda says, “I wouldn’t be the player I am today if it were not for these strong and amazing women. I hope to bring my own voice to the generations of women musicians to follow.”

Cadle is in the process of recording

Friday, February 11, 6:30pm, At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com



her third release with former Windham Hill Founder and Producer William Ackerman at his Imaginary Road Studios in Vermont. Her latest release ‘After’ with the String Poets has been featured on the Public Radio International program Echoes playlist and has had several songs selected for the PBS television program and online site Roadtrip Nation.

“Ronnda Cadle’s music offers purity that is breath-taking. The sincerity of her expression leaves no room for anything but the essential. Though a very accomplished guitarist, there is an innocence to her music in which beauty, grace and open emotion are un-observed by ego and unencumbered by gratuitous flourish. When you listen to Ronnda Cadle you believe her unconditionally.”
– Will Ackerman, Windham County, VT

www.ronndacadle.com

Upcoming at Cafe Luna
Second Saturday
Salsa Dancing
Author Event
Shauna & Daniel Ahern



Join Darryl Caldwell, Saturday, February 12, 7-9pm.

The first 30-45 minutes will be instruction and then students are on their own to dance the night away. No previous Salsa experience necessary. No charge. At Cafe Luna.



Gluten Free Girl and the Chef: A Love Story with 100 Tempting Recipes.

In honor of Valentine’s Day Shauna and Daniel will share romantic stories and recipes inspired by gluten free living.
www.glutenfreegirl.com

Sunday, February 13 at 3pm.
Cafe Luna

Learn To Fly

Intro to Aerial Apparatus with Esther Edelman New Beginner workshop series for Adults at the Open Space. Come learn to fly! in this safe, non-competitive environment for adults (16 years and older). We will learn basic ways to invert, climb and stand in the air on multiple apparatus such as a fabric, sling, and hoop. It’s a great way to get in shape, challenge yourself with new skills and have fun at the same time.

Level 1 Classes begin Feb 2nd-16th. Wednesday evenings 7:30-8:30p. Cost \$45. Ongoing Level 2 classes on Monday evenings 6:15p-7:30p for those who have taken an aerial class before. Next series start Feb 7th. Please contact Esther Edelman 206.46.6765 or email esther@silkaerial.com to register.



Matt Smith brings humor to stage



Hilarious to poignant, adult and compelling, Matt Smith’s 85 minute monologue All My Children, will be performed on the Blue Heron stage one night only, 7:30 p.m., Saturday, Feb. 5.

In his inimitably adept comic style, Smith, trainer, screen and stage actor, auctioneer and playwright ponders the possibilities of what happens when a

By Janice Randall

man’s biological clock stops ticking. His character, Max Poth, tracks down grown children of his ex-girlfriends, and the misadventures ensue.

Rated PG-13 (language) All My Children was called ‘daringly funny,’ by one critic. Among his credits, Smith co founded Seattle Improv and Stark/Raving Theatre. His acclaimed monologues include My Last Year with the Nuns, Helium, My Boat to Bainbridge and Beyond Kindness. Screen credits include Outsourced, Spiderman, Sleepless in Seattle Northern Exposure and more. He auctioneered for the VAA Art Auction among others and has worked as communications facilitator for an impressive list of corporations including REI and Microsoft. Smith also teaches theatre workshops for regional theatre companies.

Tickets, \$15/\$18, are available now at Blue Heron, Heron’s Nest, Books by the Way, BrownPaperTickets.com or by calling 463.5131.

Panache Jazz features Trio

By Janice Randall



Celebrate Valentine’s Day with your sweetheart or best friend, a complimentary glass of bubbly and dessert when the Nelda Swiggett Trio swings into the Blue Heron 8 pm, Saturday, Feb. 12, for an evening of full-on jazz. Northwest composer Nelda Swiggett, piano and vocals, together with accomplished band mates Chris Symer, acoustic bass and Byron Vannoy, drums will explore a rich palette of sound and color via Nelda’s original compositions. They will also perform jazz and Latin

standards, in particular tunes with the theme of love for VAA’s Panache Jazz Series.

Drawing from jazz, Afro-Cuban, gospel and blues the trio released their debut CD, This Time, in March 2010, on Seattle’s award-winning jazz label OA2 Records. Praised as a stunning project by JazzTimes, Swiggett’s compositions and performance were lauded as a bright palette, a sinewy execution and a powerful, assertive command by AllAboutJazz.com. Her swinging style has often been compared to Thelonius Monk.

Among their recent accomplishments, the Nelda Swiggett Trio was selected to perform in Seattle’s internationally renowned 2010 Earshot Jazz Festival and was coined by one reviewer as easily one of the best performances of the year

Tickets, available at Blue Heron, Heron’s Nest, Books by the Way, BrownPaperTickets.com or by phone, 463.5131, are \$15/\$18 and include complimentary champagne and desserts.

Star Anna & The Laughing Dogs

Continued from Page 1

the anguish of heartbreak.

Star Anna & The Laughing Dogs are as honest and unrelenting as the winds that blow through the high plains above Star Anna’s Central Washington hometown.

This is an all-ages event ‘til 11pm, then 21+ after that. \$5 cover. See this band on Vashon while you can....they are destined for sold-out stadiums in the near future!

“Star Anna is an American original. I am a huge fan of her music and especially her voice. She sings from a place of beauty and pain that translates to my soul and takes me to a higher place. Wherever Star and the Laughing Dogs play I go when I am in town. Her Cds rarely leave my player. In the vein of Neko Case and Lucinda Williams , Star is on her way, I hope to great musical heights. Justin Davis is an awesome guitar player who delivers the hooks and leads that round out Star Anna’s

sound. I watched Star Anna steal the entire show at our Hootenany for Haiti last year and we had about 16 local and well known musicians playing on and off the whole night!”

- Mike McCready, Pearl Jam
\$5 Cover This is an all-ages show ‘til 11pm, 21+ after that.

Saturday, February 12, 9pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

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Blue Monster & Hifi Reset



Salamander, Suite 16, and has recently completed a solo recording project. He was also one of the first to actually see the monster.

Jason Lollar, Hammond B-3 organ, keys. Although he is known primarily for his guitar playing and electric guitar pick-up business, this local legend was recently coaxed into the band to push the sound barrier with the B-3. Pure monster bait.

Dave Desrochers, Sax

A man with a shady past who plays a mean sax, Dave escaped from a Texas jail and hopped a freight train to Seattle a few years back. He’s been hiding out here ever since. Like Dr. Kimball and his search for the one-armed man in The Fugitive, Dave hopes that when he finds the monster he will be exonerated.

Every few years, a band bursts onto the music scene with a new sound that blazes a unique musical path, while paying homage to their influences. Hi-Fi Reset is that band. Forming in June of 2009, the group’s style has covered genres ranging from Funk, Afro-beat, Latin, Hard-Rock, Pop and Acid- Jazz. It’s this diverse, yet inclusive attitude that has been gaining the attention of fans all over Western Washington. Based in Seattle, they’re been branching out to the East Side, the Olympic peninsula and Tacoma area. They’ve been able to thaw the “Seattle Freeze” and get people to boogie down on the dance floor! If your a fan of high energy funky music and wished there was more around, Hi-Fi Reset is here for you.....

This is an all-ages free cover show until 11pm, then 21+ after that.

Friday, February 18, 9pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

The Kings of Mongrel Folk

Mark Graham & Orville Johnson



Why would two of the most talented, zany and widely-respected roots musicians in the United States - both of whom have appeared on Garrison Keilor’s Prairie Home Companion - choose to go on the road as a duo? Simple: Mark Graham and Orville Johnson love the magic when they play together as much as their audiences do. “People comment on that all the time,” says Orville. “They can tell we’re having a good time up there. We play on a lot of different emotions.”

Wry humor, virtuoso harmonica, soulful blues, hot pickin’ and sweet country vocals - that’s what you get when Orville and Mark combine forces as the Kings of Mongrel Folk.

Graham’s harmonica virtuosity on Irish and American fiddle tunes and his rich, woody sound on clarinet are well-known to fans of Kevin Burke’s Open House. Graham’s sardonic skewering of contemporary life, in such songs as “I Can See Your Aura and It’s Ugly” and “Zen Gospel Singing” have been cult classics for years. His songs have been recorded by many, including the Austin Lounge Lizards, Bryan Bowers, and the Limelighters.

Orville Johnson, an instrumental gunslinger whom the Seattle Times describes as “player’s player,” has a gift of finding the “secret ingredient” that makes a song sound letter-perfect, whether it’s an R & B tune from New Orleans, a country blues or a jazzy

ballad. Orville’s guitar, dobro, and quavering, honeyed vocals have seasoned more than two hundred recordings, soundtracks and countless TV and radio commercials. He also produces records and teaches at events like the International Guitar Seminar and Pt. Townsend Country Blues Workshop. He has shared the stage with artists such as Doc Watson, Bonnie Raitt and John Lee Hooker.

Between the two of them, they have played many of the most coveted gigs in North America and Europe: the Newport Folk Festival and Caffé Lena, out East; South by Southwest, in Texas; the Bay area’s Freight and Salvage and Kuumbwa; London’s Festival Hall and Glasgow’s Celtic Connections Festival, in Europe;and on their home turf, Bumbershoot and the NW Folklife Festival.

This is an all-ages show ‘til 11pm, 21+ after that. Free cover!

Friday, February 11, 8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959



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Next Edition of *The Loop* Comes out Thursday, February 17

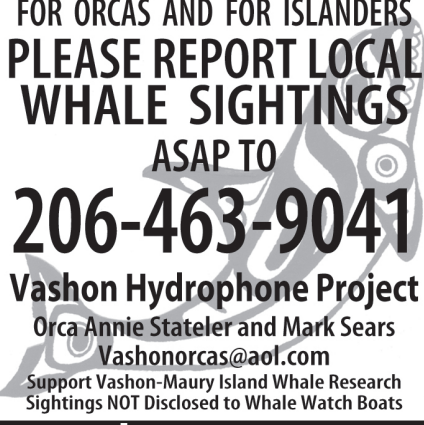
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