



Here they go again | 'Mamma Mia!' comes to SJC Theatre



CLAIRE KIERSKY PHOTO

BY SIENNA BOUCHER
Staff reporter

The San Juan Island Community Theatre is putting on its first big indoor show since 2019. "Mamma Mia!" will run through Nov. 21.

Executive Artistic Director Nathan Kessler-Jeffrey said, "When our community fills the theatre, it comes to life."

Tickets and show-time information can be found at <https://www.sjctheatre.org/>.

During the pandemic, the theatre was able to bring in artists to film performances, along with having outdoor productions at the

fairgrounds and smaller indoor productions. In fact, its filmed Youtube performances garnered thousands of views and outdoor performances brought in almost 2,600 attendees.

While Kessler-Jeffrey is thankful for being able to come together virtually, he said, "Nothing compares to the vibrancy and immediacy of being in the same space at the same time, experiencing the same story."

This show has been a long time coming since "Mamma Mia!" was canceled in 2020 and efforts were made to reschedule it for the spring of 2021. When the vaccines weren't

readily available in time for the theatre to feel comfortable putting on a show, it left the fall of 2021 as its only option. Kessler-Jeffrey said there was no way they wanted to select a different show for that time slot.

"This is a joyful, fun, energizing script and score, and exactly the type of show I want to see after a pandemic," he said. "I'm not in rehearsal every night, but every time I am, I go home humming these tunes and dancing to the music in my head."

SEE MAMMA, PAGE 3

Newly elected officials weigh in on their plans

BY SIENNA BOUCHER
Staff reporter

San Juan County voters cast their ballots in a number of races and measures in the Nov. 2 general election. There are 14,567 registered voters in San Juan County. There were 5,278 total ballots counted and a turnout of 36.23%. There are 1,000 ballots remaining and the next count will be on Nov. 8.

Mayor of Friday Harbor

The community showed they wanted a change when Ray Jackson secured his position as mayor at 67.35% over incumbent Farhad Ghatan's 31.16%.

"I'm just stoked," said Jackson.

He has marked his first priority as mayor as unifying the community once again, which he thinks can be done by placing the voice of the community over his own personal opinions, as he said it is crucial to work for the people.

"I would like to commend Farhad for his work as mayor," said Jackson.

He would like community members to know that a website is soon to be created to benefit those who are looking to reach out to the mayor with questions or concerns.

Port Commissioner

Victoria Compton dismantled Greg Hertel's 30-year-run as Port Commissioner in the 2021 election. While going against so much experience takes confidence, she won with a landslide of 74.14% over Hertel's 25.47%.

"I am truly proud and humbled by the support of my beloved island community," Compton said.

She named her first priority to be striving to ensure that Port projects and initiatives are informed by a strong focus on environmental and fiscal sustainability, and the creation of good jobs for islanders.

I am truly proud and humbled by the support of my beloved island community. I look forward to working on islanders' behalf at the Port of Friday Harbor, on initiatives of benefit to us all.

Fire Commissioner

Since there are more votes to be counted, Colley is wary to respond too much as he is unsure if the results may shift. "During my campaign, I promised I would ensure the fire district operates in the public interest and the taxpayer can be assured everyone connected with district provides full transparency and accountability for any action taken," he said.

Charter Amendments

Only Charter Amendments no. 2 and no. 5 were approved.

With no. 2 passed this means that county charter council members would be able to run for three consecutive full terms of office and after

SEE ELECTION, PAGE 3

When breast cancer is a triple threat

BY DIANE CRAIG
Staff reporter

A diagnosis of breast cancer remains one of the most terrifying and unsettling diagnoses a person can receive. For Tina Christian, however, it was her second diagnosis that proved the most frightening.

"I'd been diagnosed before in 2008. I was 35 and opted for the standard procedures: mastectomy

and reconstruction. In 2018 I was diagnosed with aggressive triple-negative breast cancer. This time, however, I was more prepared and took greater control over the process."

For Christian, a nurse practitioner and mother of two, who calls San Juan Island home, her personal well-being, ability to handle the recovery process, and its long-term effects of treatment were top of mind.

Triple-negative breast cancer is a particularly aggressive type of breast cancer that appears to target pre-menopausal women, many of color. According to breastcancer.org, roughly two of every three breast cancers are hormone-based, either estrogen or progesterone positive. A smaller percentage, about 20% is a result of an overabundance of the HER2 protein causing the cells to grow and divide quickly. For patients with hormonal-based cancer, several therapies are available to disrupt the effects of progesterone, estrogen, or the HER2 protein. In about 10-20% of breast cancers, the patient tests negative for all three markers making traditional hormone-blocking therapies or medicines that target the HER2



CONTRIBUTED PHOTO

A healthy, happy Tina Christian.

protein ineffective. It's the lack of targeted medicines that can make a triple-negative diagnosis even more disconcerting.

Early diagnosis is particularly critical because triple-negative carcinoma spreads fast and wide, potentially causing greater tissue damage and the removal of more lymph nodes.

Facing such aggressive cancer, Christian agreed to chemo,

surgery, and radiation. However, instead of the traditional photon radiation which generally damages a greater share of tissue, she opted for proton radiation, a highly-targeted form of therapy that tends toward reducing damage to nearby healthy tissue. Because it's so targeted, proton therapy can also reduce the side effects of radiation, risks potentially more severe with the addition of chemotherapy

and surgery.

According to Dr. Christine Fang, an oncologist with SCCA and the University of Washington, "proton therapy is primarily considered in breast cancer patients who have lymph node involvement or prior radiation to the same area, including triple-negative breast cancer. There are also some other more unusual situations such as unique and challenging anatomy that make conventional radiation difficult." Fang also notes that the set of long-term side effects for proton radiation is the same as conventional radiation. But because there is less exposure to surrounding normal tissues, both in dose and volume, our expectation and hope is that this will lead to lower rates of long-term side effects compared to conventional radiation."

For Christian, it was a simple decision. With the possibility of less tissue damage and less potential for complications, she chose proton radiation and fought to have her insurance company cover the treatment.

"I had a wonderful team at Seattle Cancer Care Alliance," Christian explained. "They worked with me every step of the way helping me

SEE TINA, PAGE 2

Facts about triple-negative breast cancer

It is considered more aggressive with a poorer prognosis than other types of breast cancer. It tends to be higher grade than other types of breast cancer - on a scale of 1 to 3, triple-negative breast cancer is often graded 3.

It usually is a cell type called 'basal-like'.
Who gets triple-negative breast cancer:
Younger people - This type of breast cancer is more likely to be diagnosed in people younger than 50.

Black and Hispanic women
People with a BRCA1 mutation - about 70% of breast cancers diagnosed in those with an inherited BRCA mutation, particularly BRCA1, are triple-negative.
Source: www.breastcancer.org

How often is proton therapy used in breast cancer patients; and is it only used for Triple-Negative breast cancers?

Proton therapy is primarily considered in breast cancer patients that have lymph node involvement or have had prior radiation to the same area, including triple-negative breast

cancer. There are also some other more unusual situations such as unique and challenging anatomy that make conventional radiation difficult.

Are there any known long-term side effects from the proton treatment?

The set of long-term side effects for proton radiation is the same as conventional radiation. But because there is less exposure to surrounding normal tissues, both in dose and volume, our expectation and hope are that this will lead to lower rates of long-term side effects compared to conventional radiation.



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Rainbowed robber; morning menace; custody confusion | San Juan County Sheriff's Log

The San Juan County Sheriff's Office responded to the following calls.

- Oct. 27**
 - A Lopez deputy was called to check for a dog running at large. The dog had returned home before the deputy arrived in the area.
 - A San Juan deputy responded to a report of a driver that passed a school bus with its red lights flashing. A citation was mailed to the driver.
 - A deputy on San Juan responded to a report of an attempted vehicle prowling and learned the vehicle was damaged when someone tried to make entry into it. There are no workable leads or suspects at this time.
 - An Orcas deputy took a report of credit card fraud. There are no current investigative leads.
 - On San Juan a deputy responded to a report of a residential burglary where a person had entered the residence, ate food, took a shower, and stole a rainbow unicorn costume. The suspect was located wearing the costume and returned to its owner who declined to pursue the matter criminally.
 - A San Juan deputy responded to a vandalism

- complaint. Four juveniles were reported breaking items in the street from a "free" pile. The juveniles were located and identified.
- A Lopez deputy stopped and cited a driver for speeding 47 mph in a posted 35 mph zone on Center Road.
- Oct. 28**
 - A San Juan deputy responded to a stalking complaint. The incident was investigated, but no evidence was found to support the allegation.
 - A deputy responded to an unwanted person call in Friday Harbor. The caller stated his ex-girlfriend showed up from off the island around 5 a.m. at the house he rents and refused to leave. The unwanted person was issued a trespass letter and left the location.
 - A deputy responded to a found property call in Friday Harbor. The reporting party turned in a cell phone found on the street. An owner was unable to be located and the cell phone was entered into the Property and Evidence Room per policy.
 - A San Juan deputy responded to a report of found property. The property's owner was unable to be located and it was entered into evidence.

- An Orcas deputy stopped and cited the driver of a vehicle for speeding 50 mph in a 35 mph zone on Terrill Beach Rd. A report was sent to the prosecutor's office for driving while a license is suspended - third degree.
- Oct. 29**
 - A San Juan deputy received a request for assistance from Child Protective Services. The investigation is still ongoing.
 - An Orcas deputy conducted a fraud investigation on the 200 block of Rossel Lane.
 - A Lopez deputy responded to a minor collision between a vehicle and a tractor.
 - A San Juan deputy was told of a reported kidnapping. An investigation revealed the incident was a custody dispute and no crime was reported to have occurred.
 - A Lopez deputy investigated a telephone harassment complaint. The suspect number belonged to a person who admitted to using profanity when he called a number back that was identified as a scam caller on his phone. It was determined no formal enforcement action was

- required.
- A deputy on San Juan responded to an assault-in-progress. The person in question had fled the scene and the incident was investigated. The suspect was later identified and probable cause was forwarded to the prosecutor's office for a charging decision.
- A San Juan deputy stopped the driver of a vehicle as the owner was known to have a revoked driver's license. The driver was cited for driving with a suspended license first degree and for operating a motor vehicle without an ignition interlock device. A citation was also issued for not having insurance.
- San Juan deputies responded to a report of a domestic assault. One person was arrested for second-degree domestic violence assault, and domestic violence assault-fourth degree and was booked into the San Juan County Jail.
- A deputy on San Juan responded to a report of an abandoned vehicle blocking Miller Road. The registered owner will be issued a citation for leaving an unattended vehicle on the roadway.
- A San Juan deputy responded to a report of an overdose. The subject declined help and appeared to be under the influence of drugs and alcohol. Because small children were in the residence, a report was sent to child protective services.
- A deputy on San Juan came upon a single-vehicle collision on Egg Lake Road. The driver was arrested for DUI and issued a citation

- for driving with wheels off the roadway.
- Oct. 30**
 - A Lopez deputy was sent to investigate an unattended overnight single-vehicle rollover crash. The owner of the car was contacted at home and found to be uninjured. He reported that he swerved to avoid a deer and removed the vehicle later in the day.
 - A deputy on San Juan documented an incident of fraud. No suspect information exists, and the reporting party's bank was in the process of refunding the lost funds.
 - A San Juan deputy took a telephone complaint of harassment.
 - A deputy on Orcas conducted a traffic stop and issued the driver a citation for speeding, 44 mph in a 25 mph zone.
 - A deputy conducted a traffic stop on Orcas. The driver was issued a citation for speeding, 50 mph in a 35 mph zone.
 - Lopez deputies responded to a citizen assist by providing a courtesy battery jump to a dead vehicle.
- Oct. 31**
 - A deputy received a report of a cold assault that involved no physical contact. The person requested information on how to obtain an order barring contact with the other party. Deputies provided the information and generated a report.
 - An Orcas deputy responded to an abandoned vehicle on the 100 block of Orion Lane. The vehicle in question was blocking the public roadway/cul-de-sac and was subsequently towed.

- A San Juan deputy responded to a solo rollover vehicle collision on a private road. Two occupants of the involved car were uninjured.
- A deputy on San Juan observed a juvenile smoking a cigarette. The juvenile was issued a citation for possessing tobacco.
- Nov. 1**
 - San Juan deputy responded to a report of found property. The owner was located and the property was returned.
 - A Lopez deputy was called to assist another agency with a home visit.
 - A San Juan deputy responded to a report of an agency assist.
 - A deputy on San Juan took a report of fraudulent activity. The caller stated she received a possible scam call but did not provide much information. The caller was advised to watch their personal information.
- Nov. 2**
 - A deputy on Orcas responded to a two-vehicle accident at the intersection of Mt. Baker Road and North Beach Road. Neither party was injured and the at-fault driver was issued a citation for failing to yield at the intersection.
 - A San Juan deputy responded to an in-progress disturbance at a residence. Peace was restored and no crime was found to have happened. The deputy stood by until one of the parties voluntarily left.
 - A Lopez deputy responded to a fallen tree on Davis Bay Road. When the deputy arrived on the scene, the tree had already been cleared off the road.

Three-boat schedule remains; still no reservations

Washington State Ferries will temporarily operate reduced sailing schedules on most routes until further notice. These changes will help offer more predictable and reliable service systemwide in the face of crewing shortages due to a global shortage of mariners that has been worsened by the pandemic.

The updated schedules are currently listed as "inactive" on the schedule page online and will become active when they begin.

In an effort to accommodate customers affected by the service change who still need to travel, new reservations for travel in the San Juan Islands have been closed until further notice. The suspension is intended to leave capacity for those who were on canceled sailings who still need to travel. Customers with reservations for sailings no longer in service will be given priority on other sailings and loaded on a first-come, first-served basis. Existing reservation holders whose sailings were not affected should still plan on arriving to their departing terminal at least 45 minutes before their scheduled sailing.

Customers who choose not to travel during this time will not incur a fee. Those passengers who need to travel standby without a reservation may encounter delays and should get to the terminal early.

Food product development class



Submitted by Kate Mikulak, Agriculture Program Coordinator

WSU Extension is presenting "Introduction to Value-Added Food Product Development" on Dec. 8 and 9 from 8 a.m. to 5 p.m. Each day will focus on a different category of food products. You can attend one day or both days. Register today to let us know what food products you want to develop. Once we hear from registrants, we will announce the focus of each class closer to the event dates, so you will be able to plan accordingly.

The fee is \$10 per day. The class is at Brickworks, 150 Nichols St. Friday Harbor. Register at <https://www.eventbrite.com/e/value-added-food-product-development-workshop-tickets-194070178127>.

The class is geared towards small-scale producers of preserves, sauces, dressings and vinegars, snacks, baked goods and other value-added products. This workshop will provide the region's current or interested small-scale prepared food producers

with up-to-date information and technical knowledge of the food product development process for the specialty food industry and how to bring such products to market. Targeted towards start-up entrepreneurs and food product developers.

Participants will be guided through the various steps from concept development to the market, with an emphasis on factors to consider for scaling up the product from the kitchen to commercial production. Speaker(s) will provide examples to illustrate the steps and end goal.

The lead presenter is Dr. Girish Ganjyal, WSU Extension Food Processing Specialist. Contact Kate Mikulak, WSU San Juan County Extension Ag Program Coordinator, at kathryn.mikulak@wsu.edu or 360-370-7664, regarding registration or contact Girish Ganjyal, Extension Food Processing Specialist at girish.ganjyal@wsu.edu or 509-335-5613 for content questions.

TINA FROM 1

understand my options and were incredibly attentive to my needs and concerns.

"Having so much support gave me greater confidence advocating for myself and the right to have the proton radiation covered by my insurance. I knew it was a better choice for me and my future health."

Christian ultimately underwent 25-30 proton radiation treatments, each lasting 15-25 minutes. Through it all she continued fighting for coverage, ultimately receiving approval. Today she is healthy, cancer-free and happy with her choice of treatment. Still, it wasn't easy.

"I encourage women to advocate for themselves. Follow your gut. If a treatment or procedure doesn't feel right for you, talk about it with your medical team. Talk about it with other women. Do your research.

"Don't be passive," she stressed. Dr. Fang stressed that women should

delay their mammograms.

"It's easy, in the midst of COVID to put off getting checked. Because early detection remains the best choice, I encourage all women to get back on schedule with their check-ups," she said. Dr. Fang also understands that because of the pandemic, many people are frightened.

"Detecting cancer like Ms. Christian's early can make a huge difference. Don't wait," she stressed.

Breast Cancer Awareness Month ended Oct. 31 but emphasis on detection is year-round.

Women who have been diagnosed with breast cancer and would like to share their experiences with other women in the San Juans are invited to contact this reporter at dmcraig68@gmail.com for more information about an ongoing breast cancer support group.

Editor's note: Nov. 13 is the third-year anniversary of Diane Craig's breast cancer surgery.

FRIDAY HARBOR DRUG

COMMUNITY NOTICES

MAMMA MIA!

FRIDAY, NOVEMBER 5 - SUNDAY, NOVEMBER 21

WHITTIER THEATRE

Mamma Mia! celebrates the hilarious story of a young woman's search for her birth father with hits by ABBA. This sunny and funny tale unfolds on an island paradise in Greece. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years ago.

GO FIGURE!

The human form has served as muse to artists since the beginning of time. In its current Go Figure! exhibit, The San Juan Islands Museum of Art has brought together eight dynamic artists with different backgrounds, art mediums and styles to highlight the human form in an unexpected array of works. The exhibit will remain at the museum through Dec. 6.

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NOW SHOWING!

THE ETERNALS

The saga of the Eternals, a race of immortal beings who lived on Earth and shaped its history and civilizations.

Starring: Gemma Chan, Richard Madden, Angelina Jolie

FRENCH DISPATCH

A love letter to journalists set in an outpost of an American newspaper in a fictional twentieth century French city that brings to life a collection of stories published in "The French Dispatch Magazine".

Starring: Benicio del Toro, Adrian Brody, Tilda Swinton

★ ON SATURDAYS CLOSED CAPTION ON 3 PM MATINEE SHOWS ★

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