Prom Night on Vashon

These six young beauties stopped by Thriftway Saturday afternoon to show off their prom dresses. Prom was held Saturday night at the Experience Music Project in Seattle. Left to right, they are Veronica Graham, Brittany Thomas, Callie O’Grady, Amy Pruett, Ashley Thomas, and Jenny Garcia. Loop photo.

Vashon 101:
The Story of Vashon and its College

By Susan Wolf

Joe Meeker was our last instructor for Vashon 101. For one hour, he held us spellbound with the story of his pioneer ancestor Ezra Meeker, who founded the city of Puyallup. Coming out west Ezra and his wife, who were looking for farmland, came to a fork in the road. There they parted ways with a single bachelor friend, who went south to the gold mines of California, while Ezra and his wife came north to Washington State. And so it was with many early adventurers – families came to Oregon and Washington while the ambitious, single folk traveled to California. Those people shaped the communities and the atmosphere of the places they settled.

The importance of storytelling goes beyond this story, however. Dr. Meeker explained that an in-depth study of over 800 mass or serial murderers found that as children, these criminals could not tell or listen to a story nor play well. All work and no play doesn’t make Jack a “dull” but rather a dangerous boy.

Continued on page 16

Low Tide Celebration at Point Robinson

By Rayna Holtz

Get your boots out. Festivities at the second annual Low Tide Celebration will start with zest promptly at 11 a.m. on Saturday, May 19, with a geology talk, nature journaling, beach walking, and lighthouse tours. Under the broad canvas of the Vashon Park District, tent out near the lighthouse, David Frank and Tom DeVries will co-present a brief introduction to the geology and morphology of Maury Island beaches.

Immediately following their talk, they will team up with native Black-clawed crab.

Continued on page 6

School Board Busy with Extra Meetings

By Mary Litchfield Tuel

School Board Summary: In recent meetings the Board has hired Terry Lindstrom as Acting Superintendent, established a Budget Modification Committee to find ways to pare the budget by 2% by mid-May; authorized Lindstrom to lift a hold on purchase orders for the District; declared April 28 Jim Martin Day; upheld the Board’s decision not to pursue communications and public relations for the District; and discussed the strategic plan, the safe pathways project, and other issues.

Baseball Community Honors Jim Martin

By Larry Allman

The Vashon baseball community turned out in full force on Saturday (4/28) to honor Mr. Baseball, Jim Martin. It was the opening day ceremony for Vashon Youth Baseball & Softball (VYBS), with Lance Morgan as the day’s Emcee, and Art Thiel of the Seattle P-I as the keynote speaker. The highlight of the festivities was undoubtedly the tribute to Jim Martin. Head Coach Steve Hall spoke warmly about his assistant coach, and even made a joke saying “...we wanted to name the field after Jim, but the school board said we had to wait until he

Continued on page 16

Protesting Bush Veto

Anti-war protesters came out last Thursday to blow the horn against President’s Bush’s veto of a bill which would have set a date for withdrawal from Iraq.

Protest organizer Vern Johnson. Loop photo
Diabetes Group Meets May 11

"Living with diabetes: Ideas for taking care of ourselves when we get sick — short term and long term" will be facilitated by Sally Frazee, BSN, RN, CDE at 10 a.m., Monday, May 14 at 7 p.m. in the courtroom at Courthouse Square. Information will be provided on how to file and what you need to know about matters such as providing information for Public Disclosure. A representative of each board will be hand to give a view of the work involved in participating on their particular board. Everyone is invited to attend. You are not planning to run. You might be considering it for the future or may be just curious. For more information call Jennie Edgson, (206) 463-5400.

Adopt-a-Cat Days

Vashon Island Pet Protectors will host an Adopt-a-Cat Day every Saturday in May from 11:30 a.m. to 2:30 p.m. at Pandora’s Box. Please stop by or call VIPP (206) 393-3855.

Oil Spill Rescue Volunteers Needed

Wolftown Director T Martino is looking for island volunteers to help out in the event of a oil spill on the island. Martino recently took Washington State’s advanced oil spill training course. Concerned wildlife enthusiasts interested should call Wolftown, (206) 463-9113, to get their contact information on the list.

“We need a list of people who will obey the rules. They should help with capture, providing transportation for wildlife, bird washing, or whatever they are told. We’re also going to need supplies, like towels, basins, and soap.” Martino said. “Interaction with wildlife is really regulated now. The State does not want people to do wildlife rescue unless they are trained.”

Italian Wine Classes

Chris Zimmerman, a Vashon resident and one of the country’s premier Italian wine experts, will be leading a series of classes about Italian Wine over the next six months. The classes will be held one Sunday evening a month at Ferrara Ristorante from 5 to 6:45 p.m. Each session will have its own focus and will include a broad wine tasting, tasting notes, maps and some food to accompany the wines. Photos from Chef Chris’s extensive travels throughout the Italian wine growing countryside will sometimes be shown. Chris is a renowned speaker and expert educator and has his own classes that type all over the country. This is a unique opportunity to get a good understanding of the basics of Italian wine. To enroll, email Martino at chrisz@vashon.net or call VIPP at 5903 or email him at zigzimvino@msn.com.

Farmers Market Open Every Saturday

Join the farmers and artisans at the Farmers Market to taste and purchase local food. Every Saturday from 10 a.m. to 2 p.m. you will find plant starts including tomatoes, salad greens, cheeses, meats, eggs, milk, wine, fresh flower bouquets, fruits, vegetables, handmade soaps, jewelry, cutting boards, reconditioned kitchen knives, and handmade clothing. For lunch, visit Paul Motyjas of So Soup. He has hot soup, tea, and panini sandwiches. Come on down, Vashon — the Farmers Market is up and running, rain or shine! See you at the market!

Orchard Tour

On Saturday, May 19, Vashon Island Fruit Club is having an orchard tour that will feature the care and maintenance of well-established fruit trees on Saturday afternoon. The tour starts at 1:30 p.m. and will visit the adjacent properties of Jeff and Clair Bronson (17526 Westside Highway SW) and Holly and Molly Greenly (17775 Westside Highway SW). You can get to these properties by driving west on Cove Road, south on Mcintyre Road, and south on Westside Highway past 172nd Street Park. Along the highway and walk to the Bronson’s place first. Nonmembers are welcome and can sign up for a membership on the tour. For further information, please contact Mary Orrsted at 463-0565.

You can’t have everything, mean, where would you put it? —Steven Wright

Vacant Land For Sale 4.8 acres vacant land FSBO on the South end of Maury Island. Water share and current septic design included. $280,000 (206) 755-1162 www.loudraven.com/vashon

Two company’s Three’s the result.

Vacant Land For Sale

4.8 acres vacant land FSBO on the South end of Maury Island. Water share and current septic design included. $280,000 (206) 755-1162 www.loudraven.com/vashon
Troy & Marie Talk
Title Insurance

Title insurance is one of those things the average person does not think about every day. In fact, the average person does not think about it every YEAR! It’s really only something you think about when you are buying real estate, or in that rare instance when you have a claim.

We talked to Paulette Starheim of First American Title Insurance to get some basic information about title insurance for our readers. Paulette has been in the business about 12 years, and with First American for the last 8, so she knows a thing or two about the issue.

Paulette: We should probably explain that there are typically two policies issued:
One provided by the seller of the property to the buyer and one that is provided by the buyer to the lender to ensure that there are no clouds on the title or outstanding interests such as judgments or liens.

Marie: A cloud is a quaint-sounding term that means there is some kind of problem with the title. It can be something as simple as a misspelled name. When a title insurance company such as First American issues a policy, they are agreeing to defend the policy holder against any future claims that affect the value of the property.

Troy: For the two policies, it makes sense. The lender wants to be sure the property they are agreeing to defend the policy holder against any future claims that affect the value of the property. Paulette, what else do you do when you issue a title policy?

Paulette: Well, we make sure that the property is accurately vested.

Troy: In case our readers are wondering, ‘vesting’ means the way that the owner or owners hold title. For example, an unmarried couple could hold title as tenants in common, which means they each own a percentage of the property, or they could hold title as joint tenants with right of survivorship, which means that if one of them dies, the other one gets the property.

Marie: I know there are different types of policies, with different requirements and different deductibles for certain claims. I’m sure it’s too complicated to explain fully, but could you give us just a brief recap?

Paulette: Sure. There are three kinds of policies: Standard, Extended and Eagle (our homeowner’s) policy. The standard policy has no deductible and does not require a survey for the policy to be issued. The extended policy has no deductible, no maximum pay out and does require a survey, and the Eagle policy has some deductibles and maximum payout. Coverages are different for the different policies. For example, the Eagle policy covers subdivision violations and insures on boundaries, lines and fences to name just a couple. However, there are certain limitations.

Marie: That makes sense. We can’t get into the specifics here, but if any of our readers want more comprehensive information about the various types of policies, we would be glad to send them a schedule that explains it more fully. Thanks for talking with us, Paulette.

If you have suggestions for topics to cover in Tips For Homeowners, or if you want to receive your copy via email, please write marie@kwvashon.com.

And if you need real estate services, please give us a call at (206) 463-LIST. We would love to work for you.
Dying of Depression
By Susan Wolf
Like most of the folks who showed up last Wednesday night to hear Ms. Nancy Radford and Mary Simon discuss depression, my family has struggled with it for generations. We too, have felt the impact of suicide. While depression is a common illness, it’s important to remember that for every death, there are many more of us who have survived.

Sixteen years ago, I found myself in a narrowing tunnel of darkness, unable to escape on my own. After a childhood of severe abuse, two failed marriages, a recent hysterectomy, a change of jobs so personal, why would I choose now to escape on my own.  After a childhood of severe abuse, two failed marriages, a recent hysterectomy, a change of jobs and so personal, why would I choose now to escape on my own.  After a childhood of severe abuse, two failed marriages, a recent hysterectomy, a change of jobs and am struck by the contrast.

The shrill at the hospital, after having me take a stress test, called me “an exceptionally strong woman.”  “Uh, Doc!” I joked, “If you haven’t noticed, we’re in the Psych Ward.”  He pointed out last Wednesday night to hear Diana Spalding, Nancy Radford and Kay White. Photo by Harry Reinert

The Loop:  “I see no love, friends or future.  Life was like I was alone on an empty planet with no romantic relationship, I crashed. It was as if I was on empty planet with no love, friends or future.  Life was suddenly black and white and small and no love, friends or future.  Life was

Even death by depression doesn’t zero out the sunshine is only a cloud away.  Even death by depression doesn’t zero out.  Even death by depression doesn’t zero out.  Even death by depression doesn’t zero out.  Even death by depression doesn’t zero out.  Even death by depression doesn’t zero out.  Even death by depression doesn’t zero out.

The Great Silent Grandmother Gathering
Editor, The Loop:
I ask you to join me on Sunday, May 13, at Oder Park from 1 to 2 p.m., for a silent time of prayerful intention – being with one another and sharing the thought of peace in the world.  It might be a safe haven for our children and grandchildren and all future generations.  I’ll leave it to you to discern who you would like to invite.  The only qualification is that you want to do something at this time in this world.  It could be friends, family... anyone you meet on the street or in the store. What will it cost? An hour that (coupled with everyone else in the Northwest and around the country being intentional for that focused period of time) could dramatically change who we are as people. What if it works? How will we know unless we try? We may not know in this lifetime, but I do think that one day, however, that the universe and M other Father God and Creator are powerful forces that I am not prepared to second guess. Come... please take this hour and join me.  Go In Peace to Love and Serve the Lord.

The Rev. Sally Carlson

Tips for Talking to Kids about Suicide:

Don’t get visual in descriptions – just say a loved one died from depression – a disease.

Do allow children to talk and express their emotions.

Tell children that depression is treatable 80-90% of the time, but in some extreme cases, people lose the battle with the disease.

Do allow children plenty of physical exercise to get frustrations and emotions out – running, playing ball, swimming, pounding on modeling clay, etc.

Changes in Behavior for Children

Withdrawal from friends, clubs or enjoyable activities

Changes in sleep and eating patterns

Persistent headaches, stomach aches, etc.

Agitation, irritability, tantrums, anger or sadness

Talking about running away

Going online for information about suicide

Grades slipping

Ask yourself:  Is there a family history of depression?

Things to Do if Concerned about Your Child

Provide environments for a child to talk comfortably with you – riding in the car, working on a project or chore together so that it is non-confrontational.

No More Empty Chairs:
A Letter from High School Principal Susan Hanson to the Community

Editor, The Loop:
In the past, I addressed my springtime concerns to only the senior parents, but as a mother and a principal, I fear for all our children. Too many teens are consuming alcohol then driving to and from social events. We must continue to work together to change a dangerous night of the year, followed by Hurricane Katrina.

For more information, resources and avenues to contact, please see attached.

Quote:  “I thought anti-depressants were for desperate housewives or fragile poets.” - Chris Rose, reporter for the New Orleans Times-Picayune quoted in the U T N E Reader Magazine, May 2007, after being diagnosed with Post Traumatic Stress Disorder following Hurricane Katrina.
Get Your Tickets Now for PTSA Auction

And some inspiring student artwork on display during May Gallery Cruise!

Tickets are on sale now for PTSA’s Abundanza auction, Saturday, May 19, which will take place at the Veteran’s (formerly VFW) Hall. Tickets are available at Books by the Way, and the Vashon Bookshop; or reserve them online at www.vashonpta.org.

Enjoy a sit-down meal of fresh Mediterranean fare and fine wines. Proceeds will buy much-needed school curriculum for science, literacy, arts and music.

We’ve got some great items this year, including a selection of outstanding student art projects led by artists:

Douglas Granum. The highly acclaimed sculptor worked with Jenny Granum’s second-graders to decorate a sturdy basalt column with delightful copper cutouts. See it now at the Hardware Store restaurant.

Catherine and Ray Beard created three beautiful butterfly benches trimmed with exquisitely quilted cushions that incorporate colorful images by kindergarten artists. At US Bank starting May 4.

Frank Daniel’s second-graders. At Kronos.

Granum’s second-graders to decorate a sturdy basalt column with delightful copper cutouts. See it now at the Hardware Store restaurant.

Catherine and Ray Beard created three beautiful butterfly benches trimmed with exquisitely quilted cushions that incorporate colorful images by kindergarten artists. At US Bank starting May 4.

Dean Hamner worked with third-graders to create a whimsical indoor panel screen documenting ferry travel. At Kronos, May 4.

The Vashon Loop, p. 5 May 9, ’07

Tickets on sale now for the best PTSA auction yet

Come for great Items. A trip to France, a party featuring the Vashon Filmmaker, a Douglas Granum sculpture, a tour of artist Claire Dohran’s studio, fabulous student art and much more.

Come for great food. Appetizers, antipas- ti, insalata, a selection of main courses and a dessert dash for quelles baked goods.

Come for our kids. We’re raising money for sorely needed books and supplies critical for quality education.

Tickets:

Adult- $35/person, general seating
Benefactor- $50/person, reserved seats
Fasteners- Reserve a table for ten friends.

5055 Call Carrie Van Buren, 206-331-1121 for details.

Tickets for this adult only event available at Island book stores & www.vashonptsa.org

Bob the Ferret Runs for Honorary Mayor

Bob the ferret, who was the campaign manager for Mayoral candidate Michael FitzPatrick a few years ago, is running for Honorary Mayor. Bob is running, of course, to benefit the non-profit Ferret Shelter Northwest. FitzPatrick will act as Bob’s campaign manager, and serve as translator and strategist for the grueling campaign.

“We plan on starting early and finishing strong,” said Bob. “Anyone wishing to volunteer should call Bob at (206) 463-4337, or by email.”

Shuttle Vans and Drivers Needed During Auction

Childcare will be provided during the Abundanza auction at McMurray. Shuttle rides are being offered from McMurray down to the VFW. One 13 passenger van and adult driver have been secured so far, but more drivers and vans are needed to provide shuttle service the night of the auction. Volunteer’s please call. Wendi Abella at (206) 938-1761.

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It was 1970, or ’71. I can’t remember the year, much less the season or the day, but it was right around 1970. I was a young woman living in Los Angeles, hoping to become a rock and roll star, and not realizing yet how ill-suited I was to that line of employment.

So there I was, this long-haired biker, driving my ’58 Chevy south on Fairfax Avenue, just north of Santa Monica Boulevard. The light turned red, and traffic stopped. I put on my brakes and was sitting there minding my own business when the car behind me plowed into the rear end of my Chevy.

It wasn’t a hard hit, but hard enough to make me open the door and get out of my car to inspect the damage. The car that hit my car was a light-colored Volkswagen Beetle. When the driver saw me get out, he got out, too. He was a little man, in a khaki or camel colored coat, and he wore a brimmed white hat. He peered at me over his car door and said, in what I can only describe as a Truman Capote-like voice, “Oh, darling! Are you all right?”

Oh, I thought, I’ve been rear-ended by a homosexual. It was no surprise; this was West Hollywood, where stereotypes were born and grew up. I figured he was a Truman Capote type.

We looked at each other, then looked at our cars. Mine was fine, and so was his. We agreed that both we and our cars were none the worse for wear. He mentioned that he was on his way out to Palm Springs to visit someone. I wished him a pleasant drive, we said good-bye, got back into our respective vehicles, and drove our separate ways.

I sensed he was immensely relieved that there was no damage to either car, which was appropriate because he was at fault.

A few hours later I noticed that my rear license plate was missing, and that brings me to what was for me the most amazing part of the story for the next 37 years. The next day I drove back to Fairfax Avenue, and there, lying right where it had fallen off the rear bumper of my Chevy, was my license plate. It was flattened out from being driven over for about 24 hours, and had new bumps caused by the little rocks underneath it. I dashed into the street in a quiet moment, grabbed my flat bumpy license plate, and took it home, where I re-attached it to the rear bumper of my car.

For years I told the incredible story of how I’d found my license plate right where I’d left the day before on a busy street in L.A.

It was not until a few months ago when I was watching a DVD of the movie Capote, with Philip Seymour Hoffman doing his Oscar-winning turn as the tormented diminutive author, that the other part of the story began to click.

Who was that guy who rear-ended me? He made me think of Truman Capote on sight, and certainly when he spoke. I thought he was a Truman Capote type. Belatedly I realized that Truman Capote was not a “type.”

Still, it was West Hollywood.

I discussed the incident in an email to a friend. How could it have been Capote? I was a New Yorker. My friend replied that Capote, although famously a New Yorker, did come to L.A. to appear on The Tonight Show frequently in those days. So he could have been in L.A. As a New Yorker, he did not drive often, so that might account for the bad driving.

The look, the voice, the bad driving...maybe?

I don’t know how I could find out if Truman Capote borrowed a VW Beetle while visiting California 37 years ago, and subsequently drove it into the back of my Chevy on his way to Palm Springs. I now suspect that it was him, but how could I know?

If it was him, it wouldn’t be the first or last time I refused to believe the truth even when it drove into me, because it was so unbelievable, so ridiculous.

Reality can be so frustrating.
Don’t Forget the Birds

Got a Camera? Take Bird Pictures

By Ed Swan

With the proliferation of more powerful and increasingly cheaper digital cameras, photography is becoming accessible to an expanded pool of potential new photographers. More and more people seem to have cameras capable of taking fairly good pictures. I want to encourage all of you to use them to take pictures of birds, other wildlife and plants. I’m not asking everyone to join the ranks of the many professional and amateurs who might as well be professional photographers on Vashon, just take what you can take when the opportunity presents itself.

The reason I suggest people give wildlife photography more of a try lies in the great way a photo documents the existence of species and places in a given time. In the last couple of years, a number of non-professional and semi-professional photographers sent me very good shots of unusual birds or interesting behavior by run of the mill birds. For photographers sent me very good professional and semi-professional pictures in the recent Enjoyment of Wildlife photography at the Holliaze Bazaar, Debra Paulson showed me another picture of a Townsend’s Solitaire that she took in October. This thrush species is rare for Vashon. One or two birds show up for quick sightings once a year here. They almost always appear in April. Her photo gave the Island its first October record for Vashon.

With digital cameras, you can also help prove appearances of rare birds easier. What’s nice with a digital camera is that you can take a lot of shots and the ones that are impossible badly can be deleted without spending money to develop them. Bird identification also does not require an awesomely beautiful, artistic or even perfectly clear shot. Most species possess a few “diagnostic” field marks, plumage characteristics that distinguish it from other similar birds. If the field marks come out enough in the photo, that’s good enough, no artwork necessary. Also, digital photos prove much easier to manipulate quickly on a computer so with the proper software, one can often enhance the needed area of the bird to see the field marks better. Finally, a digital photo allows email to spread the picture within minutes to experts who can identify the more difficult species quickly enough that others many times get to view the bird in person before it leaves the area.

Besides documentation, the increase in bird photography on the Island helps immensely in the Vashon Audubon chapter’s ability to educate the public. Over the last several years, Vashon Audubon members created a number of excellent courses on local birds with excellent high quality photos from local birders. Photographs from Islanders Pete Murray, Jack Dawdy and Steve Caldwell provided most of the pictures in the recent Enjoyment of Birding class. This gave the chapter an extremely important contribution because photos generally cost a lot of money to use and photos from other sources often show birds that may be the same species but none the less appear different because they come from sub-species living in other parts of the world.

Speaking of photography, Vashon Audubon plans a great program by Islander Maria Robinson at the Land Trust Building Thursday, May 17, at 7pm. Last year, Maria was one of ten student photographers internationally selected for the North American Nature Photography Association’s National High School Scholarship Program. Her slideshow will explore in photos and anecdotes some of the bird, butterfly and other species she has encountered in travel in the Southwest United States, Alaska, and Central and South America.

In local bird news, the Purple Martins showed up April 25 with birds seen at Tramp Harbor by Susan Bublitz and at Colvos by Rich Siegrist. Southeastern retnue included Caspian Terns Bert Lauer and Joy Nelsen seeing a Yellow Warbler April 30. Other interesting returnees included Caspian Terns seen along inner Quartermaster Harbor by Gilbert and Jean Findlay and a Marsh Wren at Mukai Pond. Another great donation/sighting was the find by Orca Annie of a dead Common Gulleneby at Colvos. I was able to reach Gary Shugart, Islander and curator at the Slater Museum at UPS, in time for him to pick it up and preserve it for the museum’s and the Vashon chapter’s bird collection. If you find a dead bird of any kind that is recent and not rotting away, bag it and put it in the freezer and get in touch with me for picking up. If you have an interesting bird to report or a question about local birds, call me at (206) 463-7976 or email me at edswan@centurytel.net.

With spring and summer slowly approaching, if you have visitors to the Island interested in seeing Vashon’s birds, I am available for guiding tours to the best birding hot spots on the Island or for finding particular species. Also, I visit properties to help identify birds present and give advice on attracting birds to one’s property. Give me a call or email. I’m available both during the week and weekends.

Solution on page 17
**Bambi Gets Mugged**

By Sarah Blakemore, RQE

Q: What’s the definition of a Republican?

A: A liberal who has been murdered.

So goes the conventional wisdom: The idea being that everyone is blindly sympathetic to the individual you’ve just shot until faced with the reality that poverty is ugly and desperate.

Why am I thinking about such things now, my readers, this Liberal got mugged.

My friend and I were walking home from a lovely evening of drinking wine, eating cheese and chatting. The weather was perfect — such a rarity in New Orleans — that we decided to walk. We happened along a party in a building off of St. Charles Avenue. We crashed the party and danced with perfect strangers to some good New Orleans jazz.

But of course, not really.

We continued walking up the avenue. Out of nowhere the blackest man I have ever seen rode up on his bike right at me and yelled at us, commanding us to give him our purses. Thelma and I are not women to hand over our things very easily. You bet I screamed, I attract the attention of the attacker’s rage. It was as though I was standing in front of me and faced the brunt of the city’s character rests upon. Thelma was very narrow in places due to the fact that we are women in this here city. Thelma was very in front of me and faced the brunt of the city’s character rests upon. Thelma was very narrow in places due to the fact that we are women in this here city.

She dropped her purse and run away screaming. In looking around I see cards, and a McDonald’s, across the street. The story of a girl who was found with a bullet in her head half a block from her house flashes through my mind. I need to make noise. I need to scream and yell and make sure that the entire world knows that we are in trouble. Okay mother-fuckers if you are going to take our money, I will continue running around screaming and yelling and make sure that the entire world knows that we are in trouble.

Hating poor people who mug nice people because they produced so much land. Hating the bedrock on which this country rests. Of course I still hold animosity against anyone who uses things too. Of course I will never consider a poor person to be the recipient of so much venom.

Corporate America is symbolic of this country’s situation. You are the worst sort of human being if you don’t make use of that opportunity and instead rob people of the rewards of their opportunity. When someone is faced with legitimate opportunities available to them people have to ask themselves why. A living leads to uncomfortable answers because we have to recognize that you are the success is not without its victims. Americans do not like to leave others to their own despair, so any American and ask them why their Ideal America looks like it will always involve wishes for every child to be fed and happy, for everyone to have a roof and a place to belong. We don’t have centuries old fighting like the Sunnis and the Shiites.

Corporate America is symbolic of this country’s success. We love our corporations. When they do something bad we can compartmentalize our dislike of the bad, bad corporation to protect the rest of Corporate America from scorn. If we hate Corporate America then we hate everything that’s meant to be great about this country. And we can’t afford to.

Hating poor people who mug nice girls on their way home is easier than hating the bedrock on which this country rests. Of course I still hold animosity against anyone who uses things too. Of course I will never consider a poor person to be the recipient of so much venom.

I consider it to be one of our ancestors wretched 3 generations ago, let alone working to complete a project they started. It is commonly held knowledge that the potatoes from South America were taken to Europe. Some people embraced them but others did not. An incident at the French court slowed the acceptance of potatoes among the upper classes. Potatoes were brought to the royal kitchens but the chef, unfamiliar with the vegetables, discarded the lumpy roots and cooked the greens and flowers for the queen and her guests. The greens, being poisonous, sickened all who ate them.

They were embraced first by poor people because they produced so much food from so much less land than any crop available at the time. This popularity grew into a dependence and, because it took the great potato famine, which devastated Ireland and that’s another column.

What is not so commonly understood is that the popularity of the crop among the poor and the land poor Europeans led the colonists in America to import them. This re-importation is what led to the introduction of the potato to Native American farmers and gardeners. I find that fascinating.

They, of course, became quite popular among the colonial growers as well — and for the same reasons they became popular in Europe — yield per acre. That popularity led to this old prayer, preserved for us, and now, passed on to you:

Laziness! Desperation? Maybe he was a drug addict. Maybe he needed to feed his kids and the welfare check was late. Or maybe he is just a rotten human being. When something traumatic happens you want to put things back into place. Your brain wants to organize and categorize the traumatic information into something useful you can avoid future trauma. Nearly drowned? Afraid of water? Car accident? Drive really slow. Get mugged? Hate poor people. For what people that happened I am rewarded with plenty of disgust about poor people, especially poor black people. In this World Com, and Big Tobacco, who cause widespread suffering, why are poor people the recipients of so much venom?

Because it is easy to hate them.

Poverty is symbolic of everything that this country hates. This is the land of opportunity. You are the worst sort of human being if you don’t make use of that opportunity and instead rob people of the rewards of their opportunity.

Bambi Gets Mugged

By Milarch

Most people know that the potato originated in Peru, where every variety of potato we have today was evolved from one common ancestor. Thirty-five generations of farmers created the various potatoes we now enjoy, from the baking ruskets, the new reds, blues, and fingerling to the flavorful golds. I consider it to be one of our ancestors wretched 3 generations ago, let alone working to complete a project they started. It is commonly held knowledge that the potatoes from South America were taken to Europe. Some people embraced them but others did not. An incident at the French court slowed the acceptance of potatoes among the upper classes. Potatoes were brought to the royal kitchens but the chef, unfamiliar with the vegetables, discarded the lumpy roots and cooked the greens and flowers for the queen and her guests. The greens, being poisonous, sickened all who ate them.

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Mightier Than the Sword

A Personal Essay by Alice Orr

I’ve long made a point of not writing anything particularly important — anything with weight — that should it topple in one direction or another, might do damage. Yet, I have fantasized about having a corner of a great story, having the inside track on what really is going on in a critical situation. I’d untwist the labyrinth the virus was taking on, and write the hell out of whatever truth I found; consequences bedamned. At least, that’s what I hope I would do.

Anyway, this fantasy was the reason I love the film All the President’s Men so much. I’ve watched it over and over again. It can quote goons of dialog verbatim. Then, recent Vashon events caused me to rethink my fascination. I now realize it is not the catalyptic roleplay theme that keeps sucking me back into this story. It is the characters speaking to the writer, and the reader, in me in phrases I am drawn to hear again and again.

“But careful how you write it,” says illustrated Washington Post managing editor Howard Silber.

The hothead reporter and his newbie partner on the Waterbury burglary story should have taken that advice, because, not long afterward, executive editor Ben Bradlee stops their ambitions cold with a simple question: “Who the hell do you think you are, just adding and continuing to chip away till those walls fell down; doing the legwork until the story is solid, and then cutting it out? Did anybody at any point stand up, like my guy Ben, and shout, “Where’s the god—damn story here?”

Getting back to Vashon, a placemen folks likely think of as bit of never—never land, over and over again, my question is this: Was the decent thing done? Was the hard evidence there because the hard work had been undertaken? The stedum of phone calls; getting stonewalled; getting stumped; going around in circles; anybody at any point stand up, like my guy Ben, and shout, “Where’s the god—damn story here?”

Upon some research I may have no idea at all what I’m alluding to, inferring and being so elliptical about here. So, apologize for my uncharacteristic lack of directitude. However, common sense tells me that their attorneys are most certainly bigger than mine, thus they could simply have assurances me in their case if they so desire.

The fields would not exist today were it not for Jim’s extraordinary dedication, love and care. As the weeks turned into months, his hard work turned into a labor of love. With the help of many other community members, the fields were ready for the season.

Leaving the fields in their pristine condition, we can only hope that future generations will continue to cherish and appreciate the legacy Jim has left us.

Leaving Wild Animals in the Wild

Dear Vashon! You hope are having a great spring, Wolf town is ready to rebuild from last winter’s storm and is making excellent progress. We still need folks with carpentry skills and someone who knows how to lay cement and weld.

NOTE: Some ideas that will be helpful to Wildlife:

- If you have confirmed or truly orphaned wildlife the quicker you get it to us the more likely it will survive. If you do find injured or orphaned wildlife put it in a dark box with a lid closed and place in a warm dark, quiet place. Do not handle it, do not let your kids touch it, and do not have it around pets.

- It is best to not feed injured or orphaned wildlife unless you have talked to Wolf town or Fair Isle Animal Clinic first. Do not leave their fawns and go off to forage. Baby animals are on the ground might be learning to fly and not be orphans. Call us: (206) 463-9113. A quick question can be very helpful.

Wild animals belong to themselves. They are other... “Nation’s caught in the web of life are we.” They do not make a good meal.

It is illegal to take animals out of the wild. Once a wild animal is taken and will not be released back into the wild and is in danger because it is too used to humans and has not been taught by its parents to survive. Realize that even though Wolf town will take in imprimated animals for education, a lot of wildlife sanctuaries euthanize such animals immediately. When Wolf town raises wild orphans they work hard to keep them skilled in wild living and not leave them imprint.

If you would like to help, write to help us..

Wild town for all of your help, love and support.

T’ Martino

And the staff and volunteers of Wolf town

Lutheran Church: Blessing of the Garden

There will be a “Baptism Service” to bless soil, seed, water, the church garden, and garden tools at Vashon Lutheran Church during the regular worship time on Sunday, May 27 at 10:30 a.m. The produce of the church garden goes to the Vashon Food Bank.

weather permitting, the rite may include a procession on the church grounds to place crosses, as a way of blessing the fields and the garden, and praying for them to be fruitful. Following the service, you are invited to enjoy food and drink for your body, and refresh your soul with the fruit of fellowship.

The word “rogation” derives from the Latin verb “rogare” and means, “to ask, to beseech.” A brief service of the Word will follow the blessing, and a portion of the offering will be directed to the church’s food pantry.

The loop, p. 9

Tom Wallace

Farrier

Licensed Massage Therapist

Practicing on both humans and equines

Because there was a cracked合约
who took a cooked horse

Jim Martin Field

Let’s Make It Happen

Editor, The Loop:

On April 28th, the opening day ceremonies for Vashon Youth Baseball & Softball (VYBS), several hundred people gathered to honor a prominent and beloved member of Vashon community—Jim Martin. This quiet, unassuming man did not ask for this tribute, but we felt compelled to show him some appreciation for his many years of service to our youth. We had wanted to do more.

Months ago, letters of support were sent to our school board asking to name the high school baseball field Jim Martin Field, in preparation for the event on the 28th. Those who signed their names included business owners, school staff, coaches, parents, and players. We had garnered so much community support for the idea that we were not prepared for the school board’s response. They enacted a facility naming policy that limited consideration of facility names to persons who were deceased. We had been stunned. These fields would not exist today were it not for Jim’s extraordinary generosity. As far as the baseball field and coach are concerned, these were Jim’s fields. He worked to renovate them, helped build storage facilities, provided funds to extend the playing field, and maintained the safety and well-being of the players who use the field.

The board did issue a resolution to proclaim a Jim Martin Day for the April 28th celebration. But they missed an opportunity to more appropriately honor this man by having this event become a field dedication ceremony. They can still rectify this oversight by authorizing this to happen. Perhaps they need to hear from a few more of us in the community to give them the courage to do so.

Rita Santiago-Allman

Leave Wild Animals in the Wild

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T’ Martino

And the staff and volunteers of Wolf town
In early May, Odin and I completed an Artists in Schools gig with Carolyn Carson, a music teacher helper; Carolyn Chautauqua Elementary. Wethoroughly enjoyed it, and we hope our students did, too! With any luck, we impressed upon our listeners of all ages that Coastal Native cultures and traditions are something that we must treat our fragile planet as if every day is Earth Day; and that other living beings merit the same respect typically extended only to other humans.

"Creatures and Creatures" was the theme of our residency. We finished with an assembly where students danced and drummed around an Eagle Salmon, and Killer Whale dance screen that Odin created, with help from numerous student painters. See the accompanying photo.

Many thanks are in order: to our student orators, Phillip and Margaret; Aaron, a music student helper; Carolyn Candy; Carrie Van Bergen; Geri Wilson; True Value Hardware for donating red and black paint; Vashon Allied Arts; Vashon Island School District; Vashon Partners in Education; King County Councilmember Dow Constantine and Washington State Arts Commission. Our apologies if we overlooked anybody or misspelled any names – please let us know.

For a taste of what we shared with Island students, come to the Point Robinson Low Tide Festival on Saturday, May 19, at 11:30 a.m., where Odin and I will stand up in the First Nations way for our cherished orcas in a "Whales of Puget Sound" presentation.

Please support the work of the Vashon Hydrophone Project (VHP); Report Local Whale Sightings ASAP to (206) 463-9041. Thank you to Jessica, Jade, and Kathryn for recent sighting reports.

A super-appearing-shout-out goes to Captain Scott abroad the Skagit for reporting a young gray whale along the West Coast and observed a plethora of species unkonown to our area. We know the seasonal variations and the history of exotic sightings in Island waters. Between us, we can identify any marine mammal that swims into the Sound. Call the VHP the next time you spot a critter you do not recognize.

Bearded seals from the Arctic are showing up in Florida. In this challenging era of erratic climate, Mark and I anticipate unusual visitors in Puget Sound. You can help by calling us, the local "boots on the ground," so we can verify any significant changes.

Odin and I are grateful to Woffton for a big favor. In appreciation, sales of Odin’s pieces, “St. Giana: Haidlea-style Killer Whale” and “Prestigious Eagle” (see photo here), will benefit Woffton and the VHP. These pieces are on display at the Vashon Island Coffee Roasterie.

Finally, not to be missed: the ACS/PSpeaker on Wednesday, May 16 at 7:30 p.m. is veteran eco-warrior Captain Paul Watson, Founder and President of the Sea Shepherd Conservation Society, Co-founder of Greenpeace, and former Director of the Sierra Club. He will talk about Sea Shepherd’s recent campaign to Antarctica and their worldwide efforts to oppose illegal whaling.

Join us at the Phinney Neighborhood Center, Room 6, 6532 Phinney Ave. N., Seattle, just north of the Woodland Park Zoo. Check www.acspugetsound.org for more details, or contact Orca Annie at Vashonorcas@aol.com.

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Some folks are barking up the wrong tree, struggling to identify what they see around here. VHP associate Mark Sears is a lifelong resident of Puget Sound, and I have lived on Vashon since 1994. We have traveled to many ocean hot spots along the West Coast and observed a plethora of species unkonown to our area. We know the seasonal variations and the history of exotic sightings in Island waters. Between us, we can identify any marine mammal that swims into the Sound. Call the VHP the next time you spot a critter you do not recognize.

When I first read The Irish Opinions of Tristram Shandy, Gentleman, by Laurence Sterne, back in my dim and distant youth, I thought it was the most original and funniest book ever written. For years I hesitated to reread it in this eighteenth-century oddity, fearing disillusionment after becoming enamored of such twentieth-century giants as the chortle, the chuckle and the giggle as Thurban, E.B. White, Perlman, Benchley, and others who enlivened the New Yorker’s pages during its heyday of humor. Not to mention later-comers like Woody Allen and Steve Martin, and TV comedians like Jon Stewart.

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Cheryl and Marge were shopping for special bargains - come see if we found any. Thanks for your support during the recall mess.

Horus appreciates all your care and concern over his health. He is hanging in there, and enjoys your visits.

(206) 463-3401

$8 Nail trimming with no appointment
17321 Vashon Hwy SW Big Red building with Animal Stuff on the porch

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**Tristram Shandy**


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**On Mother's Day, give her a good book!**

**Queen Without a Country**

By Rachel Bard

A historical novel about the queen of King Richard of England

Or **Isabella: Queen Without a Country**

By Rachel Bard

A historical novel about the queen of King John of England

Available at your bookstore.

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To ignore what didn’t attract or inspire him, and to devote himself to places where interesting things happened to his protagonist, Yorick, and where he met interesting people. Yorick relates his anecdotes of chance encounters with good humor and self-deprecation. When he was once royally jostled by a humble monk in a monastery he refused to give him alms and gave him a lecture instead. Almost at once he scolded a fellow monk for his lowness. A lady chanced by whom he was immediately attracted, and partly to impress her, partly out of shame at his earlier refusal, he apologized to the monk and made him a magnanimous gift. And his acquaintance with the people of Iceland was

We thoroughly enjoyed it, Chautauqua Elementary.

Candy’s music classes at Schools gig with Carolyn Carson, a music teacher helper; Carolyn Chautauqua Elementary. Wethoroughly enjoyed it, and we hope our students did, too! With any luck, we impressed upon our listeners of all ages that Coastal Native cultures and traditions are something that we must treat our fragile planet as if every day is Earth Day; and that other living beings merit the same respect typically extended only to other humans.

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School Board

Continued from page 1

The Long Version

Sunday, April 29 – The Board approved the hiring of Terry Lendrum as the Acting Superintendent of the District.

Wednesday, May 2 – The Board met and addressed two motions. One motion was to address the continued problems on campus. The motion was seconded and passed.

Bob Hennessey reported that a student had been arrested for possession of a weapon. The student was also involved in a打架 incident.

The second motion addressed the suicide of McMurray teacher David Foege. Jacobovitch said, “We need to keep in mind to think twice before we speak. This is a special community. This is a time we need to communicate, and have compassion.”

Bob Hennessey acknowledged the teacher’s students and volunteers (Ted Jennings, Libbie Anthony, Teri Tipton and Sue Wiley). We had costumers to beat the band (Julie Golen-Johnson, Elizabeth Dinan-Skaggs, and many more).

We had 28 kids and one adult in the Vashon Elementary School cast, and many more in the McMurray cast. The hardest part was that we had to be mean sometimes. I don’t care for that thing about being a Mom, I find, that I have to be mean sometimes.

Thanks to the producers. We had 82 kids and they rehearsed 81 hours for over three months. They faced lateness. They weren’t allowed to eat. We made them stop playing catch in the hallways and foosball in the McMurray lobby. I made them be quiet behind the scenes and do a lot, I don’t really know much else, because I make it my business to know as much as possible. I say, directors and screenwriters. But as much as I respect them, producers have never been high on my list.

Now, having produced my first “acting this is the name it has been called” (“Do your job and I will”), I am finding it doesn’t work with the whole production. There are many, many people he’s with us, and for other communities.

Many of them have received permits, but bids are higher than expected. Osborne also reported that he had gone on the walk through the K2 building, which would produce savings in the General Reserve Fund.

Lindstrom to implement a General Fund Accounting Procedure. The District can purchase critical supplies. This would lift a hold on purchase orders which would produce savings in the General Reserve Fund. This would also save money on undesignated capital fund balances.

The Board is discussing what goals are necessary to find solutions that are, “most cost beneficial.”

The Board discussed clarifying that the Capital Fund cannot be used to pay bills for the General Fund, however, the Capital Fund may purchase equipment which would produce savings in the General Reserve Fund.

This past motion was declared that the Board needed to find solutions that are, “most cost beneficial.”

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Eating for Health and Weight Loss
By Kathy Abascal

A while back, I formed a small group to explore an interesting way of eating for health. We have been meeting since late January and are thrilled with the results. We've learned that our food and weight have changed. As a result, we have all lost weight, and all of us are feeling better. Our sleep is improved and many of us have lost weight and our aches and pains have gone away.

Our new way of eating focuses on three things: The first is using food and herbs to reduce inflammation. The second is avoiding foods and life style that promotes inflammation and weight gain. The third is to use our eating to fit with the needs of our bodies. At our weekly meetings, we continue learning and experiencing how nutrition affects our health, for better or worse.

Much of our new way of eating focuses on inflammation. Inflammation is a necessary immune response to infection. It is used to fight off viruses and bacteria. On the other hand, prolonged inflammation is bad for the body. It is associated with hypertension, heart disease, obesity, and many other chronic ailments. Modern drugs, like Vioxx, suppress inflammation. They work quickly to quell the inflammatory process and can provide considerable pain relief to ailments like arthritis. On the other hand, they also suppress beneficial inflammation and weight gain. The third is to use our eating to fit with the needs of our bodies. At our weekly meetings, we continue learning and experiencing how nutrition affects our health, for better or worse.

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Plants contain nutrients that moderate inflammation. That is, they reduce destructive inflammation but do not suppress all forms of inflammation. As a result, they can significantly improve health but without the side effects that anti-inflammatory drugs have. In our group, we are using learning how foods can help our bodies eliminate chronic inflammation and the problems it causes.

At the same time, we are eliminating foods and aspects of lifestyle that increase inflammation. Many foods, and chemicals used in making processed foods, strongly promote inflammation, weight gain, and poor health. Of course, eliminating these foods is not a cure for most of us. We often eat to soothe our moods and for emotional comfort. Unfortunately, many of our comfort foods are bad for our health. Many of us, for instance, know that sugar and certain fats are bad for us, but when we are stressed or tired, we nonetheless reach for the chips, ice cream or pizza to soothe our mind – at the expense of our health and body image. The group setting has been enormously helpful in coming to grips with this issue. We are exploring why we satisfy our emotional needs with inflammatory foods. We are learning how to change these habits, providing support for each other as we go.

The third focus of the diet is the when and how of eating. There is a lot of interesting information on how and when you eat set off cascades in the body. Depending on timing, you can increase or decrease your body's tendency to store food as fat or you can increase its ability to use and burn off the calories in the food. You can increase storage even if you eat the healthiest of foods at the wrong time. In our pilot group, we were all somewhat skeptical of this idea initially but have been pleased to experience that it works. We are all still eating more food than we need. That is, we are all eating more protein, fiber, and carbohydrates than recommended for our size. Nonetheless, two of us have been eating enough calories that, according to the calorie charts, we should each have gained ten pounds. Instead, one of us has lost 15 pounds, the other 25. This is an exciting aspect of this diet.

After a few months on the diet, I am satisfied with how it works and I am now ready to offer this program on a regular basis. I will be beginning a 5-week session on May 20th. The first two weeks are called Phase I. During these three weeks, one eliminates all pro-inflammatory foods and all possible food allergens. We learn when to eat and when not to eat. The last two weeks, we begin to add potentially inflammatory foods back into your diet and end up with an expanded list of foods that you can eat for the rest of your life, Phase II. But even during Phase I, you work with a very full list of foods that are “allowed” without concern for amount. This way of eating is not about deprivation, it is about conscious eating.

For logistical reasons, I need to have those who would like to participate sign up in advance. If you are interested in joining, you can either contact me directly (206-463-9211) or register at the Roasterie. Hope to see you there! — Oscar Wilde

Kathy Abascal is a professional member of the American Herbalists Guild and is certified by Michael Moore of the Southwest School of Botanical Medicine. She recently started a blog which you can read at www.herbandinfluenza.com/blog. You can email her if you have questions about herbs (Anemopsis@yahoo.com) or you can stop by the Roasterie on your Friday afternoons to discuss any aspect of herbal medicine with her in person. You can buy Kathy Abascal's book Herbs & Influenza - How herbs used in the 1918 flu pandemic can be effective today at local Vashon store. For more information on the book and on the 1918 flu pandemic, visit Kathy's website at http://www.herbandinfluenza.com

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For more information on the book and on the 1918 flu pandemic, visit Kathy's website at http://www.herbandinfluenza.com

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Education is an admirable thing, but it is well to remember from time to time that nothing that is worth knowing can be taught. — Oscar Wilde

http://www.RegisterExp.com
effects. Indeed, over the next few days as you begin to assemble the pieces of what you have accomplished and of the changes that have worked their miracles on you, you are likely to realize that the one thing that has never spoken to you about your experiences is your love for expression. Indeed, perhaps it has presented itself to you. I say “thing,” but really it is a quality of experience that all allows you to live your life in the world at the same time, and is available to it, and enables you to have the experience of your needs being met in a way that is loving, and know it well enough to recognize it when you encounter it again.

Leo (July 22-Aug. 23): Desire for achievement is often looked at assek by those who fancy their ambitions as grander, but these days by you the desire to get ahead is having a beneficial effect on your spirit. If we throw away all the presumptions that various belief systems make about the world, we can embrace what we need to do from day to day as having actual significance to ourselves and our communities. What you are doing now works for you and it works for everyone around you. You seem to understand you have not only a serious responsibility but also a need to push yourself to grow and accept an idea about yourself to you. I say “thing,” but really it is care for others. Your needs are met, and you are likely to have opened in a relationship, where you actually felt that your needs were met. I suggest you do two things: one is to assemble the details of this experience like the pieces of a dream; second, stick with the feeling of the dream, the feeling of liberation, rebellion, inspiration or creative passion — whatever it was for you — and proceed with that feeling in your heart and mind.

Virgo (Aug. 23-Sep. 22): If you are one of those Virgos who think you think too much, I hope you’re enjoying Mercury in Taurus. What you are trading is a lot of small ideas for one big idea. I suggest you allow yourself the time and space to focus, and set small matters out of your concern for a while. Also, you need to know that you are not simply rolling the stone with your bare hands. The thing you are trying to move will give more easily if you borrow an analytic concept you are trying to move will give more easily if you borrow an analytic concept. Perhaps this will help: imagine that there is a space between the very essence of the material, as I understand it, that “dreaming” is a way of training our attention. It’s not so much about stopping dreams, though those are kind of a psycho-gymnastic way we can use almost any time. Dreaming is shifting one’s entire awareness from passive to active from foggy to clear. These days, all the metaphors of your astrology involve the 12th house, the house of dreams; for you, Aquarius, Chiron and Neptune are in Aquarius, your 12th house and Saturn (the ruler of the 12th) is opposing Neptune. This is a long, slow and distinctly effective calling for you to open your mind, focus and meditate on your dream not every day but every moment.

Eric Francis has more of your astrology for you at PlanetWaves.net.
**GI values below rate cereal grains for about 2/3 cup, cooked.**

In this table, GI=Glycemic Index, and GL=Glycemic Load. This first number is the GI, and the second is the GL.

<table>
<thead>
<tr>
<th>Cereal Grain</th>
<th>GI</th>
<th>GL</th>
</tr>
</thead>
<tbody>
<tr>
<td>White Rice</td>
<td>73</td>
<td>21</td>
</tr>
<tr>
<td>Brown Rice</td>
<td>57</td>
<td>17</td>
</tr>
<tr>
<td>Barley</td>
<td>55</td>
<td>15</td>
</tr>
<tr>
<td>Oat Bran</td>
<td>55</td>
<td>15</td>
</tr>
<tr>
<td>Quinoa</td>
<td>53</td>
<td>12</td>
</tr>
<tr>
<td>Amaranth</td>
<td>97</td>
<td>21</td>
</tr>
<tr>
<td><em>Barley</em> (Canada)</td>
<td>5, 11</td>
<td>11</td>
</tr>
<tr>
<td><em>Brown</em> (Australia)</td>
<td>87, 33</td>
<td>33</td>
</tr>
<tr>
<td><em>Brown</em> (USA)</td>
<td>50, 16</td>
<td>16</td>
</tr>
<tr>
<td><em>Buckwheat</em> (Canada)</td>
<td>49-63, 16- average</td>
<td></td>
</tr>
<tr>
<td>Glutinous</td>
<td>98, 31</td>
<td></td>
</tr>
<tr>
<td>Jasmine</td>
<td>109, 46</td>
<td></td>
</tr>
<tr>
<td>Long grain</td>
<td>68, 25</td>
<td></td>
</tr>
<tr>
<td>Uncle Ben's 10 minute</td>
<td>68, 28</td>
<td></td>
</tr>
<tr>
<td><em>Uncle Bens converted 20 minute</em></td>
<td>31, 14</td>
<td></td>
</tr>
<tr>
<td><em>Uncle Bens 8Superior Basmati</em></td>
<td>57, 24</td>
<td></td>
</tr>
<tr>
<td>Rye</td>
<td>29, 13</td>
<td></td>
</tr>
<tr>
<td><em>Whole Wheat</em> (American) averages</td>
<td>12-16</td>
<td></td>
</tr>
<tr>
<td>Low GL Cereals: Rice</td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>African Sesame Seed Biscuits</td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>Preheat oven to 450 degrees.</td>
<td>1-1/2 cup barley flour</td>
<td>1/2 cup rye flour</td>
</tr>
<tr>
<td>Low Gluten Biscuits</td>
<td>1/4 cup+1 Tablespoon sesame seeds</td>
<td>2 teaspoons baking powder</td>
</tr>
<tr>
<td>African Sesame Seed Biscuits</td>
<td>Preheat oven to 450 degrees.</td>
<td></td>
</tr>
<tr>
<td>Low Gluten Biscuits</td>
<td>2 Tablespoons light olive oil</td>
<td>1/4 cup plain yogurt</td>
</tr>
<tr>
<td>Low Gluten Biscuits</td>
<td>Sift flours with baking powder and salt.</td>
<td>Grind 1/4 cup of sesame seeds in coffee grinder or nut mill, and stir into dry ingredients.</td>
</tr>
</tbody>
</table>

**Enjoy the Other Grains**

**By Mary Watkins**

Today's recipes are gifts to Margaret, Michelle, Jenna, John M., Jeannie, and all our friends and family members who are diabetic or pre-diabetic, and/or looking for better carbohydrate choices for weight control, or allergies.

Whole grains have flavors, more fiber, and more nutrition than white flours. Corn, rice, and buckwheat flours are gluten-free, as are tapioca, potato, and garbanzo flours. Barley, oats and rye are low in gluten. Oats, rich in soluble fiber, have almost 85% more iron than wheat, and 62% more protein. Dark rye flour yields 45% more iron and 25% more protein than whole-wheat flour.

Barley has 245 milligrams of magnesium to whole-wheat flour's 136 mg. per cupful, plus more protein and more iron. Barley is rich in soluble fiber, and more nutrition than white flour.

Whole grains yield generous amounts of magnesium. Quinoa makes a gourmet pilaf. Use it in any dish where you might use rice.

Quinoa’s nutrients per cup, raw:
- Protein: 22 grams
- Iron: 16 micrograms
- Calcium: 17 micrograms
- Magnesium: 357 micrograms

The Glycemic Index rates how fast each carbohydrate food is (Sugar is highest at 100). The more finely a grain is ground, as in making flour, the higher the glycemic load. Unfortunately, GI and GL figures are not available for flours at this time, but a glance through the table below will give you comparisons.

The Glycemic Load measures carbohydrates’ effects in our bodies. The lower the number, the less damage. Any GI number below 55 puts the food in the less-fattening category. Of course, if you eat too many calories of it, you will get fatty anyway, barring lots of exercise. The
A Cup of Tears: When Our Worst is our Best
By Deborah H. Anderson

Newspaper deadlines being what they are, the question “How do you handle adversity” had already been cyberserved by the time our community tears flowed. When I had made the decision (and challenged and applied) or standing place for a student at what I knew was going to be an overwhelming remembrance service, I had to construct my own grief ritual.

Three events brought healing that tip of sorrow during that week we all cried together: a community forum at McMurray, a tour of K2 and the movie Reign Over Me. Calling to mind Seattle Roasterie and the Hardware Store, I have observed motives. The choice for us was, the question “How do you handle adversity” had already been cyberserved by the time our community tears flowed. When I had made the decision (and challenged and applied) or standing place for a student at what I knew was going to be an overwhelming remembrance service, I had to construct my own grief ritual.

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Pirates’ Baseball Digest: Pirates to Play-Offs!
By Larry Allman

Pirates Win Third In A Row
April 23 The Pirates copped off a beautiful and sunny day on Vashon by defeating the visiting Eagles from Life Christian 4-1. Chris Pieterick turned in a great performance for Vashon by pitching a one hit complete game and striking out ten batters along the way. After allowing the Eagles their lone run in the first inning, Pieterick slammed the door and pitched shutout baseball the rest of the way.

The Pirate offense was led by Max Bean, who was 2 for 3 with an RBI single and a triple. Byron Starkey was also 2 for 3 with two singles and an RBI. Also getting hits were Justin Calhoun with a double and Pieterick with a single.

Gannaw made several nice plays at first base and Calhoun made some nice stops and throws over at third base. The line on the game saw Life Christian with 1 run, 1 hit, and 4 errors, while Vashon had 4 runs, 6 hits, and 1 error. The Pirates now stand 6-2 in league and are one game behind both Chimacum and Orting, who are tied for first place at 7-1.

Pirates Continue Winning Streak
The Varsity Pirates won their fourth straight game on 4/25 beating Seattle Christian by a score of 6-4. The game was played on a very cold and windy Seattle afternoon at the Seattle Christian field. Blankets, gloves, and hot cocoa were the only thing that could warm up the players.

The Pirates hit a single in the bottom of the second inning, Pieterick slammed the ball for a double and his team leading second HR of the day. The Eagles couldn’t respond as Calhoun took the mound and pitched a complete game allowing 4 runs, 6 hits, and 1 error. Calhoun was 2 for 3 with an RBI single and a triple.

Calhoun pitched an amazing game as he completely dominated the opposing batters. It was a masterful display. Of the 21 outs recorded by Calhoun, 17 were strikeouts. He had the Orting players completely silence. Scattered amongst his 17 Ks, the Cardinals did manage five hits and a run against Calhoun. In addition to his arm, Calhoun contributed with the bat as well, going 2 for 3 with a couple of RBIs. However, the big hitter on the day was Justin Calhoun and a perfectly placed bunt on the right side of the diamond by Ben Hanusa. In the seventh inning, Tarshumaker was double at least a double by a crouch catch made by the center fielder.

Pirates Clinch Playoff Position
The Varsity Pirate baseball team has qualified for District playoffs by clinching at least 3rd place in the 1A Nisqually League. Monday’s (4/30) 4 to 1 victory over Orting leaves the team one game behind the second place Cardinals. District playoff dates and locations have yet to be announced. Prior to the game, Orting had won a coin flip against Chimacum and would have won first place if the two teams had been tied at season’s end. However, Justin Calhoun and his Pirate teammates made sure the coin flip a mute point with their victory. Calhoun pitched an amazing game as he completely dominated the opposing hitters. It was a masterful display. Of the 21 outs recorded by Calhoun, 17 were strikeouts. He had the Orting players baffled and dumbfounded and at game’s end they strolled to their bus in stunned silence. Scattered amongst his 17 Ks, the Cardinals did manage five hits and a run against Calhoun. In addition to his arm, Calhoun contributed with the bat as well, going 2 for 3 with a couple of RBIs. However, the big hitter on the day was Justin Calhoun, who went 3 for 4 with a double and two singles. Chris Pieterick was 2 for 4 with a 2 RBIs triple and a single. Calhoun was 2 for 3 as well. Byron Starkey and Schumaker each added RBI singles to the Pirate totals. Seattle Christian tallied 4 runs, 7 hits and 3 errors, while Vashon had 5 runs, 9 hits, and 2 errors.

Pirates Fall To Chimacum
For the second time this season Vashon faced the all-time top rated team in the Southeast, Chimacum. In the first meeting, Vashon played a very competitive game against the tough Cowboys from Chimacum, who are currently ranked fourth in the State. But once again the Pirates came up short. Friday’s (4/27) final was 2-0 in favor of the host Cowboys. Vashon had no runs, 2 hits, and 1 error, while Chimacum tallied 2 runs, 6 hits, and 3 errors. Pitching for the Cowboys was ace Arlo Evasick. Even though he was not perfect this day, like his first outing against Vashon, Evasick still pitched a great game going 9 complete innings allowing just two infield hits while striking out 10 batters. Pitcher starter Eric Anderson, in perhaps his best pitching performance of the season, also threw a great game. Anderson struck out six and scattered just six hits over the seven innings. The two Pirate hits came on a swinging bunt down the third baseline by Justin Calhoun and a perfectly placed bunt on the right side of the diamond by Ben Hanusa. In the seventh inning, Tarshumaker was double at least a double by a crouch catch made by the center fielder.

Jim Martin Day
Continued from page 1
was dead.” After presenting Jim with a plaque containing the varsity team photo plus a ball signed by the players, Steve read the inscription, a quote from Jackie Robinson, which he said summed up the man perfectly: “A life is not important except in the impact it has on other lives.” Also unveiled was a 4x4 wood sign generously donated by Wagons of Steel which will be installed under the scoreboard at the baseball field. The event finale was the announcement of the dual mayoral candidacy of Lance Morgan and Jim Martin for unofficial mayor of Vashon Island’s Strawberry Festival. The mayoral race is a fundraiser, with voters plunking down a dollar per vote. Proceeds will benefit Vashon Youth Baseball.
Top speed of a chicken at full gallop: 9 mph.

In a time of deception telling the truth is a revolutionary act. —George Orwell

Loopy Laffs

Some folks are wise and some otherwise. —Josh Billings

If you don’t learn from your mistakes, there’s no sense making them. Some people hustle for success when they should be scratching for it. I tried sniffing Coke but ice cubes got stuck in my nose.

Dear God: Please send me a pony. I never asked for anything before. You can look it up. - Bruce

If you can’t read this, you’re illiterate.

Readers of the Washington POST were asked to compose a very unwise line for a college application. A few winners:

“When I told my friends I was applying to LeHigh, they were like, no way, and I was like, yes way. And they were like, way cool.”

“Four years of fees at your institution come to about $78,000. Just bill my father and mail me half the money. He’ll never find out.”

“First off, coach said there wasn’t going to be no writing.”

“To demonstrate my love for your school, I have spray-painted your logo on my town’s water tower.”

“College is probably the last place they’ll look for me.”

In one of his last interviews, Capt. Wally Schirra said he was struck by the fragility of Earth and the absence of borders. “I left Earth three times. I found no place else to go. Please take care of Spaceship Earth.”

My formula for success is rise early, work late, and strike oil. —J. Paul Getty

I’ve had so many wives I can’t remember all their names. To keep it simple, I just call them all “Plaintiff.” —Lewis Grizzard

Remember, if you smoke after sex, you’re doing it too fast. – Woody Allen

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Hey, Loop comics fans! You can see Logjam online now at: http://logjamcomic.blogspot.com Besides reading Jeff Hawley’s fabulous strip on the web, you can also read his pun-diferous strip titles and comments. Warning: not for the faint of humor.

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If I’d known I was going to live this long, I wouldn’t have treated my body like a rental car.

Loopy Zen

Zen and the art of Jewish motorcycle maintenance: Get rid of the motorcycle—what were you thinking?

Cowboy Wisdom

The cowboy life is great for men and dogs but hell on women and horses.

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Cusic plays the hell out of that guitar.” – Eddie

There is a scary scene or two. The snack
will be provided.

Steve Chesebrough

Steve Chesebrough Is Bringing the Blues
to Café Luna

There are people who can play the blues, and people who can talk about the blues. Steve Chesebrough does both, masterfully.

He brings to life the acoustic country blues and hokum of the 1920s and ‘30s in the tradition of Blind Boy Fuller, Memphis Minnie, Charley Patton, Robert Johnson and Bo Carter by re-creating the music and recounting the lives, legends and lore of the fascinating men and women who created the blues, and the land they came from.

Chesebrough learns a song off a scratchy old 78 and re-creates it loud and
dear, here and now, preserving the spirit and intricacies of the original while making it his own. He sings from the heart, accompanying himself on antique-style guitars that look as beautiful as they sound. He adds touches of harmonica and percussion to his spellbinding one-

man act.

“...just sits there and smiles and plays the hell out of that guitar.” – Eddie Cusic

Mary Win. Courtesy photo

Mary Win at Café

Luna This Saturday

On Saturday, May 11, at 7:30 p.m. Mary Win and David Guilbault will appear in concert at Café Luna.

Mary Win is a songcraft-artist who
hasn’t forgotten it’s all about melody. Born in
Bangkok, Thailand to Burmese political refugees fleeing the military dictatorship in neighboring Myanmar (formerly Burma), she soon settled in Seattle when ten months old. Eighteen years later Mary has a prolific singer/songwriter. Her songs are imbued with beautiful melodies, exploring the soundscape of ACOUSTIC Hard Rock, Indie Pop, and Americana. Her voice has a vibrato-less sweetness and she makes it sound easy to sing. Her singing captures the moment and feeling of her poignant lyrics. For more info visit www.marywinmusic.com.

Special Movie Night

at Vashon Theater

The Oscar nominated (2005 best foreign film) A S I T Is H E R E is directed by well known Swedish director Kay Pollock. Louise Olsen, Katherina Hirsch and Kate Packard will show the movie for free on Thursday, May 10, at 6 p.m.

SHARP, ONE SHOW ONLY at the Vashon Theater (English subtitles). Come early, WE MUST start on time.

When all this began Katherina loved the Swedish movies: it is a H E R E and just wanted to share it with Kate who loved it so much she wanted to share it with Louise who loved it so much she just wanted to share it with the rest of Vashon Island. You see, it has never been distributed in this country.

This exceptional movie is about the humorous and at times heart-rending transformation of a sad little choir in a small community, and of people gently brought together by music, and their director, a man willing to have his heart opened and able to support others to risk the same. This is a movie that will not leave you untouched.

Says Liz Shepherd, Vashon Island

Mary McMichael Composes

And Performs Score for Peter Pan

Well-known Vashon harpist and

cellophil Leslie McMichael has been commissioned by Seattle’s Northwest Film Forum to compose and perform a new musical score for the 1934 silent version of Peter Pan. McMichael’s score for the film will debut on May 18-20, at 7 p.m. each night at Northwest Film Forum, 1353 - 12th Avenue, Seattle. Tickets are on sale now at http://nwfilmforum.org or (800) 636-3006.

McMichael has also been asked to perform the score in June for Los Angeles’ prestigious Redcat (Roy and Edina Disney Calarts Theatre) as part of the second annual Redcat International Children’s Film Festival. Performance dates for Los Angeles are tentatively set for June 2 and 3.

Liz Shepherd, Vashon Island E-News resident and curator for the Northwest Film Forum and Redcat presentations said, “Leslie was such a natural choice for scoring Peter Pan. Everyone on Vashon knows that Leslie is one of the guiding lights behind the Vashon Film Society. I thought, ‘why not combine her love of film and her genius on the harp?’

Shepherd hopes to bring McMichael’s accompaniment for Peter Pan to Vashon within the year.

McMichael founded the harp department at the Suzuki Institute of Seattle and now directs three independent Suzuki harp programs in the greater Seattle area. She also co-founded the Vashon Island Harp School. Having recorded traditional music for her electric harp, McMichael says she takes great delight in presenting harpists and harp music in unusual situations.

This film version of Peter Pan (directed by Herbert Brenon, USA, 1924, 102 mins) has a fascinating history. J.M. Barrie insisted on handpicking the star of the first-ever film version of his famous play. After viewing screen tests by Gloria Swanson, Mary Pickford and Lillian Gish, Barrie chose Betty Bronson, an unknown and inexperienced teenager from New Jersey, to play the part of Peter Pan. Bronson’s glowing stage performance was almost lost to history when Paramount mislabeled the film in the late 1930s. Thanks to a suspenseful and brilliant rescue and restoration, this long-lost interpretation of Peter Pan is onceagain thrilled audiences both young and old. Anna May Wong joins the cast as Tiger Lilly and Ernest Torrence, best known for his hilarious portrayal of Buster Keaton’s father in Steamboat Bill, Jr., as Captain Hook.

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Says Gary Morris of Bright Lights Film Journal, “Bronson literally soars in the title role, beautifully capturing the character’s alternating strains of puckishness, petulance, and occasional melancholy at the prospect of growing up.

Remember, writers, double negatives are a complete no-no.
Two Shows for Mother's Day Opera Gala

The Mother's Day Opera Gala will be held on Saturday, May 12, at 8 p.m., and on Sunday, May 13, Mother's Day, at 3 p.m. at the Methodist Church. Tickets are on sale now at Books By the Way.

Participating Vashon's most operatic voices, including Gary Koch; Jennifer and Andy Krikawa; Marita Erickson; Elizabeth Nye; Elizabeth Ripley; Elaine Ott; and Kali Heffernan and Leigh Huggins; all accompanied by “wonderful Evan Stultz,” according to producer Nancy Bachant.

“Selections include arias and duets from Die Fledermaus, including this show’s all-cast finale, ‘Sing to Love’” Bachant said. “Also When at Night I go to sleep…’ from Hansk and Gretel, sung by youngsters Kalie and Leigh; a duet from the Pearl Fishes sung by Andy Krikawa and Gary Koch; ‘Prés des Ramparts de Sevillé’ from Carmen sung by Elaine Ott; and Elizabeth Ripley doing ‘Glitter and Be Gay,’ an absolute hoot and perfect for her. Andy will do a solo aria. ‘Figaro, figaro, figaro’ very very fast!” Elizabeth Nye is directing.

“This is an informal group of intrepid opera lovers,” Bachant said, and we will, like last time with the Magic Flute, benefit Island animal groups once the cost of the production is paid. Last time we raised $3000 for these groups. Hope you can make it!”

Time to Channel Your Inner Sanjaya!

The tradition continues with Vashon Idyll '07, a down-home entertainment event, loosely based on television’s “American Idol” reality show. Come witness the very best of Vashon Island high school talent, or be part of the fun and polish up your own act for the Friday, June 1st event. Sing, dance, lip sync, standup, magic...the sky’s the limit. Students need to fill out a “Vashon Idyll Performer Application” now available in the main office at Vashon Island High School. All performers must be high school age students. The return deadline and location will be on the application.

Vetern performer Dom Wolczko and his band will take the stage, along with several other acts, to create a memorable evening. Discriminating Judges will share their insightful opinions. All performers will attend for free and receive a prize for their efforts! Members of the class of 2000 who sign up ahead of time to help will also attend for free.

Tickets are $5 and will be available at the door. Your ticket buys you 5 votes to cast for your favorite acts, a complimentary beverage, plus delicious hors d’oeuvres! Inside you can purchase additional votes and drinks. The VHS Gym doors will open at 6:30 p.m. Friday, June 1, and the show begins at 7:00 p.m. in the Vashon High School gym.

This event is sponsored by the Class of 2008, and the Safe and Sober '08 Grad Party Planning Committee. To find out how you can help with planning the show, or the event, please contact Holly Berry 463-2032, or Janet Chapman at 463-2345.

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Marlene, Who? – and Emily, too
By Gordon S. Fisk

Marlene Dietrich, of course. Shedied in 1992. I’ve never written about Marlene and most likely won’t do it again. So, pay attention. The best thing that Agatha Christie ever wrote – this is personal opinion – was The Witness for the Prosecution. Not a short story, but a short story with a short story when it appeared in 1914, it was later turned into a successful three-act play and then into a movie. Witness for the Prosecution, the movie, came out in 1957 starring Tyrone Power, Charles Laughton, Elsa Lancaster, and Marlene. I saw the movie, and again received when I rented the video from Vashon’s Movie Magic.

I found the DVD over in Tacoma at Borders, now I own it. It’s in black and white as are many great movies. Marlene is married to Tyrone, or is she? Charles is the defense barrier recovering from a heart attack, and Elsa (his real life wife) is his nurse. Marlene has been in and out of my life that film was her best and still is. But just this month there she was again, still full of surprises on channel 75 – that’s Arts and Music in my television rally.

The surprise was something she recorded in 1972 – a Pete Seeger song that I wouldn’t have expected to find in her repertoire. Marlene, what a gal, sings, “Where Have All the Flowers Gone?” Where have all the flowers gone? Long time passing Where have all the flowers gone? Long time ago

Young girls picked them every one O when will you ever learn? O when will you ever learn?

Where have all the young girls gone? Long time passing Where have all the young girls gone?

They’ve taken husbands, every one O when will you ever learn? O when will you ever learn?

Where have all the young men gone? Long time passing Where have all the young men gone?

They’re real in uniform O when will we ever learn? O when will we ever learn?

Thank you, Marlene, and I’ve got a question. Marlene, that last verse? You recorded that Seeger song in 1972. We were involved in Vietnam at that time. Was it part of an antiwar protest? We’re now involved in another war. Did the Arts Channel put your video on as an up-to-date antiwar protest?

Where have all the young men gone? They’re real in uniform O when will we ever learn? O when will we ever learn?

It was Emily Dickinson who wrote: “To live is so startling it leaves little time for anything else.”

Thank you, Marlene, and Emily, too. More and more as I get older and older it seems that reading words – and stringing words together – creates a sort of rosary of words that take on an importance beyond just the words and becomes a part of the meaning of life. We need to find meaning in life… – Gordon, at 82

Next time: Moxie!
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