Continued on page 4

**Would You Pay a Higher Fare?**

By Pat Paquette, 2008 [Some rights reserved]

WSF recently released a draft of the new ridership survey it plans to conduct. There are the usual questions such as “why are you traveling today,” followed by a series of detailed questions about how much more you’d be willing to pay, what additional services you’d pay for (e.g., reservations), etc. It was absurd, and suddenly I thought of Sam-I-Am hounding the antagonist in Green Eggs and Ham until he gets his way. With apologies to Dr. Seuss ... 

**WOULD YOU PAY A HIGHER FARE?**

Would you pay a higher fare? I will not pay more than my share.

Would you pay from here to there? I would not pay from here to there. I would not pay to anywhere.

Would you pay it at the house? I would not pay it at the house. I would not pay it with my mouse.

Would you pay it from afar? I would not pay it from afar. I would not use my Visa Card. I will not pay a higher fare. I will not pay more than my share.

Would you, could you From your phone? Pay it, Or you won’t get home! I would not, could not, not, from my phone.

Had the survey included questions about how much more you’d be willing to pay, what services you’d pay for, and under what circumstances, then Islanders might have more reason to worry.

Tuesday, February 5, about 20 Vashon Rotary, VMICC Transportation Committee and Ferry Advisory Committee members went down to Olympia to talk to legislators about the many issues with the ferry system. The Island now needs a turn out on the scale of the recent Democratic Caucus meeting in the form of calls, letters and emails to the governor and legislature. Articles on Page 4 and 5 give the details on the issues and how to contact the specific government officials.

**Ferry Show Down**

by Ed Swan

On Saturday, February 9 more than 1600 Islanders turned out for the Democratic Caucus at McMurray Middle School. It’s time for that kind of effort from the Island concerning the ferry system. Overall funding for maintenance and growth, frequent user fees and the suitability of the boats for Vashon runs all face major decisions right now. It would be inaccurate to say that the Vashon Ferry Advisory Committee and the Vashon Maury Island Community Council Transportation Committee need your help. Rather Islanders need to ask the Committee members what email and letters must be written, calls made and visits with politicians scheduled by each Islander. Otherwise we’ll all be paying more money for longer waits for boats that continue to break down.

Found a dead bird? Gary Shugart brings them back to life.

New Wrestling Award Created.

Page 7

**Vashon Cartoonists Puncture Politics**

“LEFT, RIGHT, & WRONG: Celebrating the Art of Editorial Cartooning”

Cartoonists Northwest and The Art Institute of Seattle Presents Provocative Exhibit of Political Humor

By Luke Martin, Special Projects Director, Cartoonists Northwest

Editorial cartoons by two Vashon cartoonists will be among works appearing in Left, Right, & Wrong: Celebrating the Art of Editorial Cartooning, at The Burnley Gallery from February 25 to March 31 on the campus of The Art Institute of Seattle. The show is proudly presented by Cartoonists Northwest (CNW) and The Art Institute of Seattle.

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“We think it’s important — especially in this election year — to recognize the power of art in shaping political discussion,” says Roby Gilbert, show curator and Director of the Animation Program at The Art Institute of Seattle. "We think it’s important — especially in this election year — to recognize the power of art in shaping political discussion,” says Roby Gilbert, show curator and Director of the Animation Program at The Art Institute of Seattle.

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Get Ready, Vashon! Those winter storms are on the way.

14th Annual Science Fair
Saturday April 19th 10 am - 3 pm at McMurray Middle School in the Multipurpose Room
Information packets and entry forms are now available at the Vashon Library and at Chautauqua Elementary School. This community event welcomes all entries and visitors. In addition to science fair projects on display, we will have special guests and lots of fun activities for all ages. For information or to volunteer for this event please contact Donna Gagner, 463-4225. This event is sponsored by the Vashon PTSAs.

Fix a Cat Month
Vashon Island Pet Protectors and Fair Isle Animal Clinic will offer LOW COST cat spays & neuters during February Fix-A-Cat month. Spays are $25, neuters $35. Call Fair Isle Animal Clinic at 463-3607 for an appointment.

VEA Thanks PTSAs
Dear Members of the PTSAs,
The Vashon Education Association would like to thank you for your very generous donation of $50 to every teacher in the Vashon Island School District!! This was especially appreciated in light of your already generous donations to our programs and schools. We are so fortunate to have such an conscientious group of people who are dedicated to supporting our schools, their teachers, and their children. You have helped to lighten the load. And, for this, we are truly grateful!

Sincerely, Elizabeth Golen-Johnson, Vice President, VEA
Glendale Business Center  
Your Home Team Realty  
(206) 463-LIST (5478)  
www.yourHTR.com

Just Listed  
Immaculately maintained, lovely private setting

- 3 bedrooms  
- 2 1/2 Bath  
- fully fenced  
- easy walk to buslines  
- Only $439,000

Just Listed  
Build Your Dream Home in Dilworth

Shy two-acre lot overlooking the Sound, the mainland, and the mountains beyond. Paid Heights water share, approved 3 BR septic design, and house plans included. $295,000

End of the Lane in Bethel Park

Imagine yourself living at the end of the lane in this lovingly maintained and totally adorable 1920’s era cottage. Two bedrooms plus a bonus room provide plenty of cozy living space. The recently remodeled kitchen and bath assure modern convenience - the architectural details take you back to another era. There's more: a full basement, an attached single car garage, and a detached two-car garage for even more parking and storage. All this on a lovely third acre lot with a peek view! $329,000

Adorable Cottage in Beulah Park

Adorable, fully remodeled cottage with eco-sensitive finishes. Kitchen features recycled glass tile, beautiful cement counters, low voltage lighting, stainless appliances, Marmoleum floors. In the living room, Kempas hardwood floors make it cozy, the vaulted ceiling and skylight make it spacious and bright. Outside, catch a breeze, listen to the creek, and gaze at your pond from the large deck. One full sized bedroom and a small office make it perfect for downsizing or just starting out. $329,000

On the Creek

This historic house was once the camp kitchen for Beulah Park Camp. Now, it’s a spacious and unique house in charming Beulah Park. The 1/4 acre lot borders a breathtaking ravine open your bedroom window and listen to the soothing sounds of the creek tumbling into Colvos Passage. It's like living in a treehouse - with a cantilevered foundation and metal roof! The interior needs fresh paint and flooring, but the house is rock-solid and ready for an owner who wants something special. $359,000

Interest rates are way down! The average 30 year fixed loan rate is 5.78%. There are lots of properties to choose from on Vashon - it's a great time to buy! Want to see everything that's on the market? Check out our website at www.yourHTR.com. You can set up your own search, or we’ll do it for you!
Wake up and get off your duffs, Vashon!

By Karl Ulatski

What if you had to pay more to ride the ferry during rush hour — a lot more? This is not a hypothetical question. As you read this, the State Transportation Commission and the Legislature are considering a plan to do away with your frequent-user discount pass and to charge you a premium to take the ferry to work during rush hour.

Ferry fares — rightly called “tariffs” in Olympia (a tariff is a toll or a tax) — currently are frozen. However, the Transportation Commission by law has to start working on a new law in June covering any increasing tariffs when the freeze is over next year. It is becoming increasingly clear that the preferred approach will be peak-period pricing. In a nutshell, this means you pay a higher tariff during rush hour, when everyone is going to work. If you wait until off-peak periods, you can buy a ticket for less.

Do you really think that long ferry lines aren’t enough of a deterrent to traveling during rush hour? If you could change your work hours, wouldn’t you do so already? Clearly, this half-baked plan is just a ruse for charging us more while not giving us any additional service.

Our delegates in the 34th District and Kitsap County are working hard to ensure that ferry riders get a fair deal. But we are outnumbered and outgunned by influential legislators from Island County and the rest of Washington State and — dare I say it — your own governor.

We’re on our own, folks. We need to fight and to find allies. We need to get smart and feisty. And we need to do it NOW! If we wait until the new fares are announced later this year, it will be too late!

A handful of us are working on this, but we will not succeed unless the entire community takes a stand together. We can make a difference!

Get involved today.

Or, choose to do nothing and watch your rates go up 25, up to 45 percent in the summer.

Yes, this letter is meant to be incendiary, and yes, it’s addressed to:

WAKE UP AND GET OFF YOUR DUFFS, VASHON! It’s your island, your community and it’s time to fight for it!

Karl Ulatski is the Chair of VMICC Transportation Committee. The Committee needs volunteers for both short- and long-term tasks including ferry issues, bus connections on and off island, the Dockton Road project, PO Boat route planning. She can be reached at kulatski@centurytel.net or call her at 206-567-0587. Help keep your community, your island livable and affordable.

Please mark your calendars for the VMICC meeting with Washington State Secretary of Transportation Paula Hammond on Thursday, March 20. Watch the Loop for more details.

Ferry Action in the Legislature

by Alan Mendel, Chair, Vashon Ferry Advisory Committee

First, the good news. On February 6th, the House Transportation Committee unanimously passed HB2718 relating to frequent user discounts for ferry riders. This bill would restore language removed last year authorizing consideration of frequent user discounts. A public hearing was held on the bill on February 5th in Olympia and approximately 20 Vashon residents attended. Also present were about 10 Kitsap County residents who also supported the bill. Seven Vashon residents testified in favor of the bill, citing issues such as: fairness, the economic impact of the elimination of the discount and our total reliance on the ferry system.

The bill now directly to the floor of the House where it was passed last year, and has been referred to the Senate. Unfortunately there is no companion bill in the Senate so it is unlikely that any changes will be made this year. However some of the groundwork has been done for next year and we can renew our efforts then.

HB2453, which would eliminate the 30 minute lockout preventing multiple uses of the same car during a driver’s frequent user ticket, was heard by the House Transportation Committee in January and is still being considered by them. Favorable action is expected soon. There is a companion bill in the Senate which has not yet been, and may not be, scheduled for hearing. Although this is an important issue it does not affect as many ferry users as does the issue of frequent user ticket discounts, so our efforts should be focused on SB6688 at this time.

Even though this is a short session of the legislature there is a lot happening on that is of interest and concern to ferry users, which we all are. Everyone needs to make their voices heard by their own legislators and those who are on the House and Senate Transportation Committees. Please do what you can to help all of us make our interactions with Washington State Ferries as painless as possible, both financially and otherwise.

Now the bad news. There has been much publicity about the need for new ferries to serve the Port Townsend-Keystone route. The current plan is to build a 50 car ferry very quickly to go into service on that route early next year. In the meantime WSF is leasing a very similar ferry from Pierce County to be in service in the interim. There are very serious questions as to whether this type of vessel will be able to handle the seas and weather it will encounter in that part of the Sound. The Secretary of Transportation, Paula Hammond, was quoted last week as saying that this 50 car boat would be a good fit on the Point Defiance-Tahlequah route or as a backup boat if it wouldn’t work on the route for which it is specifically being built. This boat will not work on the Point Defiance-Tahlequah route. It will not work as a backup. 50 cars is just not enough capacity. The Rhody carries 48 cars. By the time it will be replaced we will need a bigger boat there. The smaller boats on the Fauntleroy route are 87 car boats and the larger ones 124 cars. Replacing either of these with a 50 car boat will have too great a negative impact on capacity to be viable. The only place a 50 car boat would work is between Vashon and Southworth when the Triangle is broken up. But that was not mentioned by Paula Hammond.

If you are concerned with this issue, contact the Secretary of Transportation and your legislators. They are the people who can do something about this situation.

Would You Pay a Higher Fare?

Continued from page 1

You may like it.

You will see.

You will get more for a fee.

If I would not, could not pay a fee.

Not from my phone! Now let me be.

I would not pay it at the house.

I would not pay it with my mouse.

I would not pay it from afar.

I would not use my Visa Card.

I would not pay from here to there.

I would not pay anywhere.

I will not pay a higher fare.

I will not pay more than my share.

A boat! A boat!

We need new boats!

Could you, would you, for a boat?

Not for a boat! Not for a fee.

Not from my phone! Don’t mess with me.

I would not, could not, not at the house.

I would not, could not, with my mouse.

I would not use it from afar.

I would not use my Visa Card.

I would not pay from here to there.

I would not pay to anywhere.

I will not pay a higher fare.

I will not pay more than my share.

Send this form to:
The Vashon Loop
PO Box 253
Vashon, WA 98070

Thank you for your support of independent media on Vashon Island, West Seattle, and points beyond.

Marc and Troy

Would You Pay a Higher Fare?

Continued on page 5
It looks like we have survived the first ferry crisis of the year. I do not think it will be the last, but we can hope. The ferry system has very deep problems that will take years to work through.

The best news from the last month and last summer is the apparent recognition, finally, that Vashon is the 4th largest route in the WSF system. With the addition of the Southworth traffic we are nearing the third largest in vehicle traffic and have a very respectable passenger count. We are by far the largest users of discounted fares (tariffs) in the system.

With the two Issaquah 124 class ferries we were able to maintain an average 92% of the normal capacity. Vashon took the brunt of the loss in the morning when we did not have the two dedicated Issaquah runs. Southworth was worse off in the evening. The big question will be what happens if we have a two boat schedule with two Evergreen State class vessels on our route. A two boat schedule with this class would only handle some 65% of normal capacity. The Vashon FAC has put that question to the department. Whatever the point will be brought home to Secretary Hammond when she comes to the Island next month.

The current maintenance schedule is very aggressive. It stretches out into the Summer. We all need to be prepared. At any one time there will be up to six vessels out of service. This leaves no spare vessels for any possible breakdowns. Since we are the only route with three boats we can expect to suffer some consequences.

I know that we have serious overall issues, WSF knows this too. So far we have been unable to get them to monitor and record this information. We are the only major ferry destination that does not have web cameras to monitor the traffic. We have only hand written tally sheets to work with. The overload estimates are mostly guesses by the terminal workers.

To help remedy this, the Vashon FAC is working on signage for the main highway so ferry riders can report the overloads. To report overloads an email can be sent to vashonfac@comcast.net. When reporting we need the date, time arriving in the line and which departure you were trying to make. Additional information about moving up in the line and the departure you make will be helpful as well.

Until signs are in place the following locations relate to the cumulative line up:

- On the Dock 35 vehicles
- Below 113th 83 vehicles
- Ferry sign at corner 102 vehicles

The Vashon FAC is looking for help in data entry for our ferry statistics. We are looking for someone interested in improving our spreadsheet. For students this will count toward your community service requirements. Anyone interested please respond to the email above.

These traffic statistics will be used to maintain and hopefully improve the ferry service of Vashon as they are the only way we can be compared. It is also possible that we can prove the need to get the third ferry running more hours on the weekends. Without our work they cannot expect to improve, let alone maintain our service level.

OK! If you will let me be, I will try it. We will see...

Would You Pay a Higher Fare?

Continued from page 4

You do not want a higher fare? You do not want it, what's not clear? Why?

Would you, for a HOT lane pass? Would you, for less greenhouse gas?

I would not, for a HOT lane pass. I could not, for less greenhouse gas.

I would not pay at the house. I would not pay it with my mouse. I would not pay it from afar. I would not use my Visa Card. I would not pay from here to there.

I would not pay to anywhere. I will not pay a higher fare. I will not pay more than my share.

You do not want it. So you say.

Who else do you think will pay? We will take your boat away!

by Greg Beardsley, Co-Chair, Vashon FAC

Think back to recent Rhody days, afternoon overloads and imagine a boat that carries 5 less cars each trip. Well, ladies and gentlemen, if you don't write letters to object to a 50 car boat on your run on a permanent basis, it may happen in the future.

Last week new DOT head, Paula Hammond, announced to the Everett Herald that if the new 90-car Stellicom II boats don't work on the Keystone to Pt. Townsend route, the boats would be reassigned to Vashon. We should ask, “maybe two of them”? We don’t know because no one is talking to folks on Vashon Island. Does the DOT know where Vashon Island is? Do they know that there are over 12,000 people who have just gone to the theater (that was what Commissioner Bob Distler compared our frequent user fares to when arguing for congestion pricing) but also school and medical treatments? As WSF planners have been working on designing Taj Mahal tourist trap terminals while aging boats in their fleet were about to sink, we now find them in panic mode to fill the holes left in the largest ferry fleet in the United States. WSF deck crews are telling the DOT and the Governor that the three Stellicom II vessels for $100 million are not appropriate for WSF’s fleet, especially in the northern rough waters of Puget Sound and they are voicing concern for passenger safety. We must also ask this is an appropriate use of our tax dollars if they don’t know if the vessels will work for the location they are being assigned initially.

I watched in horror interviews on February 4th as passengers on their way to Pt. Townsend told their stories of hitting a rogue wave between Keystone and Pt. Townsend while riding the only passenger boat Snohomish and the ‘common’ vessel, Kemah, too a 20% downward tilt. Immediately following the cabin filled with six inches of water and all the passengers had to run for higher positions if they don’t know if the boat is right. Approximately 2,000 gallons of water came into the vessel through the ceiling and set off the alarms. Yes the waters do get rough up there and the crews know that and no one is listening to them. If there...
Spiritual Smart A leck

It’s for You

By Mary Litchfield Tuel

Lent has begun, and the focus of my Lent this year will be “call.” Right now the calls most of us are getting are recorded messages from or on behalf of Presidential candidates. That’s not the kind of call I’m talking about. I’ve started reading the book of Acts, also known as the Acts of the Apostles. The reason I wanted to read this book is because it contains them. He fell on the ground, and perhaps you’ve heard this story, but I’ll go over it for those of you who are a little fuzzy on your Bible.

In first century Palestine there was a man, Saul of Tarsus, who took it upon himself to persecute the followers of Jesus of Nazareth. He imprisoned many people in Jerusalem, and then he thought he’d do the same in Damascus, so he headed there with a few friends.

But something happened on the way to Damascus. “Suddenly, a light from heaven flashed around him,” Saul heard a voice saying to him, “Saul, Saul, why do you persecute me?” – Acts 9:3-4, NRSV

It does not say in the Bible that Saul was bitten by a monkey, so I can’t say the Lord knocked him off his ass in order to knock him on his ass, but there, I worked it in.

Anyway, Saul was pretty freaked out lying there in the dust, not least of all because he realized he was now blind. “Who are you?” he yelled. The voice replied, “Why, I’m Jesus, the one you’ve been persecuting.”

Saul’s friends saw him fall and heard the voice speak to him. I get the impression they were standing with their mouths hanging open.

How do you discern the difference between being called, and being crazy? Well, a call might tell you to give your life to God and do good in the world. Craziness might tell you to do violence to yourself or others. That’s a basic difference. You need to check out your call with a sane spiritual advisor. It is best not to tackle these things alone. It’s too easy to get lost with no more perspective than your own.

You might have a hard time thinking there is something greater than yourself that wants you to stop being such a self-centered doofus and do your part, however small or large, to be a better person and make the world a better place. Sometimes God knocks you on your ass, or to your knees, or shows up where you least expect to be found, and you can’t explain it but you know your number is up, and you have been called. Try to be graceful, and go forward one step at a time. You may never know what effect you have, but what you are called to be is faithful, and that’s all you need to know.

Here. It’s for you.
I often receive calls about dead birds. Islanders find, so I thought it might be a good idea to get more of a word out about what to do when they find. Birds on Vashon find “life” after death in a number of ways. The Island has an incredible resource in Gary Shugart, the Collections Manager at the Slater Museum of Natural History at the University of Puget Sound. Gary takes dead birds (and amphibians and reptiles and mammals, for that matter) and prepares them as specimens for several different kinds of reasons.

If the bird is fresh and in relatively good condition, Gary preserves the birds in its natural shape for study by scientists and others at the museum or for use in classrooms and other settings. Gary stores the specimens as part of the curriculum. It’s incredible how the life-like bird specimens hold the attention even of preschoolers who will stay on topic and paying attention for up to an hour. Contact Sue Trevarthen at 463-1484/sue.trevarthan@centurytel.net if you have a classroom or other group that would like a presentation. Gary says that Thursday is “prep day” if anyone wants to come over and see how it’s done. Contact him at (253) 879-3357, gshugart@ups.edu.

Birds in less than tip top shape still serve a purpose. Gary takes DNA samples for a variety of studies for both the Slater Museum and also UW’s Burke Museum of Natural History. The Slater Museum also holds a collection of wings for comparison. The wing collection can be viewed online and a lot of other information and databases can be searched at the Slater Museum website: http://www.ups.edu/slatemuseum.html.

Bird bodies assist work in other areas as well. Scientists especially check crows and waterfowl for avian-borne diseases. Crows and the corvid family in general provide a “canary-in-a-coal-mine” function for West Nile Virus. Waterfowl receive scrutiny for the as yet slim possibility of avian flu.

If you find a dead bird on the Island, get in touch with Gary as suggested above. Gary keeps a cooler outside his garage door for drop offs and is often willing to pick them up from Island houses if given directions. Collecting birds or their feathers privately is against the law to protect birds from over enthusiastic fans, only educational institutions may maintain and keep such birds.

If you find a live, injured bird, call Wolftown at 463-9113. They possess a license for rehabilitating raptors and can often help other birds or provide suggestions or referrals for bird care.

News of live birds has been light since the Christmas Bird Count with two exceptions. Gene Hunn found a Thayer’s Gull at KVI Beach and a Yellow-billed Loon in Tramp Harbor in late January. Thayer’s Gull, while locally common around Puget Sound, rarely show up on Vashon. The loon observation gave the Island only its second record for this species closely resembling the Common Loon. If you have a question about local birds or an interesting Island sighting or bird photo, contact me at (206) 463-7976 or edswan@centurytel.net. The next three months bring Vashon’s bird species diversity to its highest peak as returning breeding birds join the winter water birds before the waterfowl head north for their nesting season. If you know someone interested in guide service to find Vashon birds have them give me a call or email.
Feminism. It is a word whose meaning I've had to consider on multiple occasions over my years as a stripper. I had to think about what my actions meant for other women, both in and out of the industry. There were long discussions in the locker room about what our job meant - were we being exploited or were we exploiting our customers? Did our job further the Feminist movement? Were we representative of Third Wave Feminism? Was Third Wave Feminism something we wanted to embrace?

The questions and discussion were endless. I found it entertaining and engaging to be around such strong, confident women from all over the country and the world. And, God help me, I loved the crazies too. The broken girls who were struggling to survive with mental illness and drug addiction. They were all part of the discussion; in no other format have I ever found their voices so audible - certainly not in the academic Ivory Tower discussions of Feminism.

By the time my stripping career came to a close, I had a solidly developed and confident grasp of it related to me and more importantly, how it related to the perceptions and goals of other women. I was comfortable being myself, appearing in 8 inch heels and being comfortable in my ability and right to be out on maternity leave, she is be out on maternity leave, she is

We're The Reigning Queen of Everything. I can't control how others behave or the circumstances of the storm. I can't control how it related to the perceptions and goals of other women. I was comfortable being myself; appearing in 8 inch heels and being comfortable in my ability and right to

Others can be dishonest around me but I can be honest and fair in the way that I do conduct myself. Slowly, however, I begin to see the chinks in my armor. I feel the spirit and drive of competition propelling me forward. I look for ways that my work can be noticeable, visible to those in positions to further my career. This ambition is fine, but with this title and pay raise that I want I've started thinking about how I want my life to look over the next few years and banking starts to play a bigger role. The stakes are higher. It matters more if I win because I've committed myself to this challenge.

And so far, I have been successful in my endeavors. I wrote down what I wanted from this job and four months later I had it. I have a new lease on my way to reaching them: more money and a better title. Nothing wrong with all of this, right?

In the New Year, with the announcement of the merger, there was a big shuffle of personnel. The one who had needed a role filled. He came to my boss, MK, and asked if she knew of anyone. MK said the only person she could recommend and commend was me. I heart MK.

I am pleased to report that things are going well. I have been a number of times that I am outstandingly my predecessor by leaps and bounds.

Smile. Here is where the smile ends. Not in terms of job performance, but in terms of ethics, most specifically Feminism.

The reason that HOD needs someone like me is because the woman who performs my function is out on maternity leave. She will be out until late August. Pregnant Lady has the title and pay raise that I want. The rest of her way to reaching them: more money and a better title. Nothing wrong with all of this, right?

In the New Year, with the announcement of the merger, there was a big shuffle of personnel. The one who had needed a role filled. He came to my boss, MK, and asked if she knew of anyone. MK said the only person she could recommend and commend was me. I heart MK.

I am pleased to report that things are going well. I have been a number of times that I am outstandingly my predecessor by leaps and bounds.

But I Know What He Looks Like

Our kids produce great big mounds of art. Most afternoons, they're hard at work at the kitchen table, coloring, painting, pounding slabs of bruise-brown salty Playdoh and snapping full-sized sheets of paper into tiny pieces and throwing them all over the floor.

We use our high-ceilinged entryway as gallery space. The sixteen-foot crisp white walls are perfect for clusters of kid's paper, colorful objet d'art crowding around it? It is sucking the "E" sound out of it. Another of his drawings depicts our family; smallest to largest. Colin and his Momma are the largest; we sport five long spindly stick fingers as long as our legs, long spindly necks and several strands of multicolored hair standing completely on end.

Our three-year-old twins. Their Twin Majesties the Babies, have utterly different styles of painting with water colors. Alec dips his wet brush experimentally into each color, and proceeds to paint with enthusiastic pointillist plops, as if the brush were heavy and he was in a hurry to put it down. His sister MK. Smiling.

This is the 14-inch thick in places, creating by Kevin Pottinger.

I asked three-year-old Gracie what her painting represented. After a thoughtful moment, she replied wistfully, "Art", followed by a heavy sigh. I signed both Alec and Gracie, on the other hand, digs her thumbs in a hurry to put it down. His sister MK. Smiling.

This is the 14-inch thick in places, creating by Kevin Pottinger.

I asked three-year-old Gracie what her painting represented. After a thoughtful moment, she replied wistfully, "Art", followed by a heavy sigh. I signed both Alec and Gracie's names to their pictures and ended up staying for the class. He was the only boy in the class, and when he skipped across the floor, all the little girls tittered instinctively like a flock of starlings, hands over their mouths. We found a natural flair for ballet in Colin; now he's taking ballet lessons too.

One afternoon, Colin was standing by the door to Meredith's ballet class waiting for her, and got swept in with the crush of girls heading into the ballet class, and ended up staying for the class. He was the only boy in the class, and when he skipped across the floor, all the little girls tittered instinctively like a flock of starlings, hands over their mouths. We found a natural flair for ballet in Colin; now he's taking ballet lessons too.

Over the last few months, Colin has been developing his theme, "Colin's Theme", on the piano in the living room. It's about ten seconds long, using two fingers of each hand; chorale, cha-cha, cha-cha. He's been adding to it over the last few weeks, starting on different notes, varying the volume, using the sustaining pedal. Meredith quietly sings a wordless, shapeless, pretty tune when she's drawing her houses and hearts: the Houses and Hearts tune. Alec and Gracie seem to find their self-expression pummeling one another.

Perhaps that's how drums were invented.

Continued on page 79
Gleditsia triacanthos (locust) is a deciduous tree native to North America. It is mostly found in the moist soil of river valleys ranging from southeastern South Dakota to New Orleans and central Texas, and as far east as central Pennsylvania.

Natural ecosystems have not only always produced more planetary wealth than our supposedly progressive methods, they have consistently maximized the food available to the planet’s inhabitants. Cows always produce less meat than the naturally occurring herbivores.

According to a recent study, “...an untouched savanna is capable of an annual production of 24 to 37 tons of meat per square kilometer in the form of wild animals, while the best pasture-cattle systems in Africa can yield only eight tons of beef per square kilometer per year. Yet in the name of agricultural progress and the imperative of control, many ungulates are being threatened with extinction, and other herd sizes are being substantially reduced.”

Everywhere we have gone, civilization has cleared the forests and plowed the prairies with the excuse of feeding ourselves, yet it has turned out we were actually setting ourselves up for starvation. We insisted on having beef, when eland and wildebeest would have been a better choice.

We have been stupid about what we chose to grow and eat. Urban people, so divorced from the production of food, would never know there were other choices. Rural people, intimately engaged in the production, would not dare admit it.

Since we persist in our ignorance (the root of which is ‘ignore’), our standard of food to fall in love with is acceptable to us as food. Most of us will die, never having consumed honey locust flour, venison, elk meat, or cattail. I have eaten cattail pollen and it is quite tasty, with some part of plant available to eat year-around, and it is quite productive.

Cattail is eager to grow in the marshy areas we have always felt as swamps. It is machine harvestable so, despite its superior nutrition, its abundance right here on Vashon Island and its flavor, you won’t be finding it a superfood. It is acceptable to us as food. Most of us will die, never having consumed honey locust flour, venison, elk meat, or cattail. I have eaten cattail pollen and it is quite tasty, with some part of plant available to eat year-around, and it is quite productive.

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I think we have to talk about the reinvention of agriculture, something based on the European farm village in which people live in culture, not just in a way that is viable in cultural life, with farms and wild lands just outside the village. We could adapt that model on Vashon and Grandmother knows, She has provided us plenty of dear to eat around here.

Of course, we are not only talking about the reinvention of the human community, we are talking about redesigning the dinner plate, the kitchen and the recipe collections—changing everything from the production approach to marketing. I don’t have a lot of recipes for elk and cattails, but I’m willing to learn.

Next time: why are Haitians making and eating cookies out of dirt? ME

Dear Madame Toujours,

I am really struggling with my choice for the democratic candidate for president, and I think you are probably the only person who could help me with my choice.

Here’s my difficulty: Barack Obama is a charming, personable man with many fine qualities, and I agree with many of his positions, and he makes me feel all warm and fuzzy. The thing is, I really believe our country needs a strong man to lead us out of the mess we’ve gotten ourselves into, and I just can’t help feeling that Hillary is that man. I mean, she’s got a plan, she’s organized, she’s tough and compassionate, she’s a staunch Methodist, and she’s got loads of experience.

On the other hand, she’s also got Bill. I mean, he’s a charming man, but do we really want him roaming around the country getting up in people’s faces and making us feel the way he does? I mean, some of things he’s been saying on the TV! Poor Hillary. Still, can’t she keep him on a leash, and if she can’t manage her husband, can she really manage an entire country?

And by the way, what is this business where people call her “Hillary”? When her husband was campaigning, everybody referred to him as “Clinton.” Is this some kind of discrimination? Are people not taking her seriously because she’s a woman? Does this mean she is weak? And how long before we can elect Chelsea—I mean Ms. Clinton Jr.?

Sincerely,

Perplexed

Chere M. me, Perplexed,

Oui, c’est tres difficile the important decisions for the running of the country. Who to be voting for, what to be voting for, whether the husband of M me. President is an ornament to the nation.

M. de, I cannot be making for you the important personal political decisions, but possibly, I can be helping for you to clarify the rules.

Bien sûr, the sensible females are always being attracted to the gentle fellows with the warmth and the compassions. You can be marrying him with the impugnoses. Possibly, he is the excellent candidate to be the warm and compassionate husband for the nation.

However, possibly, you have the correctness to be wishing for the strong female type who is whispering the nation into shape. Naturally, you are looking at the husband for the example of the competence of the wife.

Ben Chanc, I am suggesting that you are glancing across the living room at the husband who is sitting in the La-z-boy with the “Cheetos” crumbs on the facial whiskers and the beer postpones on the belly. Now look at the husband of M me. Clinton. Suddenly, M me. Clinton, she is looking very competent, n’est pas? Nobody is controlling the husband. He is mostly the undomesticated animal who is making you proud if he is not scratching himself lewdly in the public venues.

Bon Chance, M me. Perplexed, and as for the question of the correct address for M me. Clinton, yes, it is the cultural practice to be addressing the female types very when by the given names. This is the expression of the charm and warmth, and nobody is much caring as long as they are addressing her as Madame PRESIDENT Hillary.
Passenger ferries to improve

by Dow Constantine, King County Councilmember

In contrast to the recent troubles with the Washington State Ferry car ferry service at Vashon and Maury, there is good news on the passenger ferry front. This June, the newly-formed King County Ferry District will assume operation of the Vashon Island-downtown foot ferry service while the state continues to operate the boats. In June 2009, the ferry district will assume direct operations from Washington State Ferries ensuring that this valuable lifeline for residents stays in operation. The King County Council voted last April to establish the ferry district, which will also operate the Elliott Bay Water Taxi (West Seattle-downtown) and allow the creation and future operation of five new passenger-only ferry routes elsewhere in King County.

Countywide ferry districts were authorized by the state Legislature as part of a general abandonment of local passenger ferry service. Vashon has retained its passenger-only ferry route due in large part to the heroic efforts of the 34th District's legislative delegation.

King County plans to not only preserve service, but to improve it. The King County Ferry District's future plans for the Vashon-downtown route are:

- To return to three morning and three evening runs, rather than the two-and-two service currently offered by Washington State Ferries.
- When the third boat was cut, daily ridership fell from about 300 people per day to 270—the goal is to reverse that trend.
- To serve the route with cleaner, more fuel-efficient, faster 149-passenger catamaran ferries that can travel up to 30 knots.
- To charge fares both ways, a system that won't penalize one-way riders, without summer surcharges or extra fares for those bringing bicycles aboard.

Passenger ferries are just one part of the solution to our region's transportation problems. Foot ferry service is easier, quicker, and cheaper to establish than building new roads. The benefits of the King County Ferry District will stretch well beyond Vashon Island: Two-thirds of King County residents live in communities situated on Puget Sound or Lake Washington. Passenger ferries already carry millions of riders in cities such as Vancouver, San Francisco, and New York.

Ferry districts are also authorized under state law to create new shuttle bus service connecting docks with nearby neighborhoods. This could enable King County to supplement the current Metro bus service to better serve islanders.

I have a husband, two daughters and a full-time job, and I live in Vashon Island; the last thing I need is an unreliable ferry system. For those of us who depend on ferries day in and day out, the situation has become worrisome. We are first-hand witnesses to the steady deterioration of the Washington State Ferries system. Since the passage of Initiative 695 in 2000—which repealed the motor vehicle excise tax that funded the ferries—the state has been forced to reduce investments in our ferry system, with increasingly negative effects for us.

On February 5, eighteen islanders took time out of their busy schedules and made the trip to Olympia to testify before the House Transportation Committee regarding House Bill 2718, one of several measures aimed at providing relief to ferry commuters. I was pleased to join them in a rally before the hearing to draw attention to the fact that ferries are our highways.

I was appointed to the Legislature in November and I feel that I arrived here at just the right time to work on the ferry system. I have joined with legislators from Bainbridge Island, the Kitsap Peninsula, the Olympic Peninsula, Whidbey Island, and the San Juan Islands to press for more funding and better oversight of the ferry system.

In addition, our entire ferry system will benefit from the new leadership, as Governor Gregoire has chosen David Moseley to be Assistant Secretary of Transportation for Washington State. Moseley comes with a strong record of fixing troubled organizations. He's got a big job ahead, but we're optimistic that he will bring the accountability and efficiency needed for improvement.

We have to keep in mind that the ferry system didn't go downhill in a day, so fixing it will take time. We're working hard and carefully studying the best long-term solutions for Washington State Ferries. Just as many islanders and others in the area, I am tired that my children's lives have been severely disrupted due to the broken ferry system, and I am excited that the State is finally taking action to address these long-simmering problems.

We will work with new leadership at Washington State Ferries and the King County Ferry District to better connect bus service to both auto and passenger ferries and to offer routes that reach more areas on the island.

Vashon and Maury Island residents deserve better transit options. The new King County Ferry District will be a big step in the right direction.

Feminism

Continued from page 8

Part of me says yes, because life is about choice. But the part of me who believes in women as equals says no. A woman who is doing something that I think all women should be entitled to: Have a career AND a family. I should, by feminism, be supportive of this. But then there is the other side of this argument.

To get something, you must give up something.

My boss, MK, who is very high up the corporate food chain, does not have any children. She made a choice about that she wanted. If she was leaving the office early to care for children, she wouldn't be where she is now. She made a choice. I support her choice.

If you decide to have kids, should you have to give up that career trajectory?
Such intrusive development will jeopardize vital habitat for forage fish, salmon, shorebirds, and killer whales.

Vashon-Maury has 50% of the undeveloped nearshore in King County, a considerable chunk of which lies within the Maury Island Aquatic Reserve. In fall and winter, chum salmon runs draw Southern Resident orcas here. Ours is the only island in Central Puget Sound that J, K, and L pods routinely circumnavigate.

As they traverse East Passage, the Southern Residents frequently hug the Maury Island shoreline. Maury’s herring spawning grounds attract salmon and orcas. Killer whales hunt fish in this area. If Glacier’s expansion despoils crucial eelgrass beds, herring and salmon will suffer. If local forage fish and salmon stocks are further compromised, the Southern Residents will be forced to expend more energy during their most vulnerable time of year to search elsewhere for food.

The Southern Residents find respite here, where they can forage, socialize, and give birth in comparative peace. Vashon-Maury waters serve as an orca nursery in fall and winter. Since the early 1990’s, VHA associate Mark Sears has discovered about a dozen newborns around the Island. Pt. Robinson, within underwater acoustic range of the Glacier site, may be the best place in Central Puget Sound to encounter Southern Residents with calves. Here, as many Islanders know, orcas swim close to shore, sometimes just a few feet from adoring fans on the beach.

If the extended pier, barging activity, and underwater noise at the Glacier site disturb the Southern Residents, they will avoid the Maury Island shoreline. We will not see future generations of baby orcas anywhere near the Glacier dock.

In expert testimony to the Shorelines Hearings Board, orca researcher Dave Bain validated concerns about lengthening the pier and noise from barging. He said, “They (killer whales) won’t want to go past it. That could undermine their use of the Vashon Island area altogether.”

Dr. Bain also noted that an environmental-impact statement for Glacier’s proposed expansion did not consider research that shows underwater noise is a likely contributor to the Southern Residents’ decline.

For the ACOE to say that pier construction would occur only when orcas are not visible in the area is facile and misses the point. Sound travels five times farther in water than in air. Killer whales have the most sensitive hearing of any marine mammal. The work of the Vashon Hydrophone Project has discovered about a dozen newborns around the Island.

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Osteoporosis is a problem in the Western world, one that women need to take very seriously as they approach and enter menopause. Most women I know are aware of this issue and work diligently at strengthening their bones by religiously swallowing calcium supplements. But are we doing the right thing? Research increasingly indicates that we are not.

First off, most of us are unaware that our protein intake has a substantial negative effect on our bones. Evidence exists that excess protein in our diet, especially animal protein (meat, dairy, chicken, pork, fish, etc.), likely causes osteoporosis. While we need protein on a daily basis for health, metabolizing protein generates acidic waste. In order to buffer this waste as it is transported to the kidneys for removal, we will have to risk being wrong.

Numerous studies of dietary patterns and disease from around the world support this conclusion. The US, Canada, and Europe have the highest intake of animal protein. These countries also have the highest rate of osteoporosis. In countries where dietary protein is limited, osteoporosis is rare. According to the World Health Organization, we only need 20-30 grams of protein a day while our government recommends 45-60 grams a day. A farmer in Southeast Asia eating a mostly vegetarian diet gets about 65 grams a day. The average American eating animal products usually gets 100 to 160 grams each day. Those on an Atkins diet can get between 200 and 400 grams a day. So, the first step in preventing osteoporosis (as well as many other diseases) is to limit the amount of animal protein in your diet and give up your protein shake.

Second, most of us have been told that we need extra calcium in our diet to maintain bone strength. Unfortunately, most try to get calcium through dairy products. This contributes to an excess of protein in the diet, ultimately leading to more calcium from the bones than the dairy provides. Others take calcium supplements on a daily basis, often 1-1.500 mg/day. While some studies suggest this is a wise move — at least if the supplement also contains some magnesium — newer studies indicate that this too is a mistake.

The most recent study carefully analyzed the data from all of the large studies on the ability of extra calcium to prevent hip fractures. The results show that, at best, consuming large amounts of dietary calcium did not in any way reduce a woman’s risk of suffering a hip fracture. In postmenopausal women, calcium supplementation did not reduce the risk of a vertebral fracture at all. And shockingly, calcium supplements instead increased the risk of hip fractures by 64%.

Other studies have also found that taking large amounts of calcium each day does not help prevent osteoporosis. Instead, it appears that increasing magnesium intake may be better for the bones. In one study, women on a low protein diet who took 500 mg of calcium citrate with 600 mg of magnesium a day reversed postmenopausal bone loss. They are now studying the effect of taking 1,000 mg of magnesium a day. (Most calcium supplements provide the opposite ratio, and consist of about 1,000 mg of calcium with 500 mg of magnesium.)

This leaves us on the horns of a dilemma. We will not have scientific proof of how best to prevent osteoporosis for many years to come. In the mean time, those of us who suspect will have to decide what to do and we will have to risk being wrong. The safest bet is that an appropriate diet will be the best preventative. This diet should be based on Western standards and dairy and meat should be occasional treats rather than a daily food. We should eat large amounts of dark leafy greens, rich in calcium and magnesium, as well as other vegetables and fruits. Such a diet will be high in fiber as well as minerals, and will support an intestinal flora that aids our ability to absorb these minerals. This is actually a very safe bet as a healthy diet not only prevents osteoporosis but prevents most other chronic ailments as well. Regular weight bearing exercise with plenty of sunshine in the summer and a vitamin D supplement in the winter are also important.

If I were at particular risk for osteoporosis, I personally would not eat much dairy and I would not take a high dose calcium supplement. I might take a magnesium supplement. Of course, being an herbalist, I would instead rely more heavily on an herbal remedy. My first choice would be to take kudzu (Pueraria montana) root because it prevented bone loss in animals and also actually stimulated bone formation. Lots of people will argue that my approach is crazy, certainly the dairy industry will, but I am confident that getting our minerals from vegetables and herbs is the very best way to go.

The Quandary of Osteoporosis

By Kathy Abascal

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 has written two books on medicinal plants: Clinical Botanical Medicine and Herbs & Influences - How herbs used in the 1918 flu pandemic can be used today.

She is now available for health consultations at the Full Circle Wellness Center. These consultations will help you choose herbs and supplements as well as make dietary changes that will support your health. An evaluation of these changes might affect prescriptions you may be taking in the consultation. She teaches ongoing Conscious Eating for Health & Longevity classes at the Vashon Libraries and will be adding classes on perimenopause, nervines, and basic herbalism later this fall. For more information, contact Kathy at 463-9211 or at anmepos@gmail.com.

By Kathy Abascal

Kudzu

Firstly, it is important to understand that osteoporosis is a serious health concern, particularly for postmenopausal women. It is characterized by low bone mass and structural deterioration of bone tissue, which leads to increased bone fragility and risk of fracture. Calcium and vitamin D are essential nutrients for bone health, but their role in the prevention and treatment of osteoporosis is a matter of ongoing research.

Recent studies have suggested that calcium supplements may not be the best option for preventing osteoporosis. One study found that women taking high doses of calcium supplements had a higher risk of hip fractures compared to those who consumed calcium through dietary sources. This could be attributed to the improper ratio of calcium to magnesium, which is crucial for bone health. Magnesium helps to buffer excess calcium, reducing the risk of bone loss.

In this context, it is interesting to note the role of kudzu (Pueraria montana) in the prevention of osteoporosis. Kudzu is a leguminous plant that is native to parts of Asia and has been used for centuries in traditional medicine. Research has shown that kudzu root contains compounds that may help prevent bone loss in animals.

Furthermore, kudzu is rich in magnesium, which is essential for maintaining bone health. A study published in the Journal of Agricultural and Food Chemistry found that a kudzu supplement containing 500 mg of calcium citrate with 600 mg of magnesium reversed postmenopausal bone loss. This suggests that kudzu may be a promising natural alternative to calcium supplements.

While more research is needed to fully understand the role of kudzu in bone health, these findings highlight the importance of exploring natural remedies for osteoporosis. Kudzu is just one example of a plant-based approach that may offer benefits to those at risk of bone loss.

In conclusion, the prevention and management of osteoporosis require a multifaceted approach, including a balanced diet rich in calcium and magnesium, regular weight-bearing exercise, and possibly the use of natural remedies like kudzu. As we continue to learn more about bone health, it is important to consider the potential of traditional plants in supporting our overall health.
Aries (March 20-April 19) If you experience a social injury or insult of some kind, consider the gift that it gives you in helping you to find it. You can do that, rather than feel emotionally injured. The opportunity could be about learning to understand your vulnerabilities. And here is the razor's edge. To be close to people, we need to be vulnerable, but that is different than hypersensitive. Any one who is sensitive is open to both pleasure and pain. Anyone who is hypersensitive is basically preoccupied with pain, and you should be pretty good at not making a miscalculation. Meanwhile, bear one crucial maxim in your mind: People who are currently extremely powerful transmitters are people going to feel, and they are going to respond. When two or more are gathered in mind what you project onto one another. Or for that matter, what you project onto the world when they project onto you. Eric Francis has more of your astrology for you at PlanetWaves.net.

Capricorn (Dec. 22-Jan. 20) It is an unusual professional opportunity may arrive in the form of doing something "pro bono", public service, something else. Money is not the issue in this particular experience; rather, all you need to focus on is opening up your mind and allowing your creativity to flow. The flow is what you are after; allowing your true creative energy into the environment. Regarding another aspect of your work, there is a commitment involved, though you've already got established. There are many involved, but it doesn't emerge through any one endeavor but more through the shared experience that you make of it all. The key here is that everyone's horizons will expand, not just those of one individual involved. Honor that one idea and you are in for some pleasant surprises. Eric Francis has more of your astrology for you at PlanetWaves.net.

Gemini (May 20-June 21) Mercury has made its way into Aquarius, and this means adventure! If you are flying on a jumbo jet or an airplane or the Space Shuttle, try taking a road trip of at least two hours and one over. You may be busy, but this will help you focus your ideas and clear your head. If you think a kid is holding you back, you are correct; the kid's need is movement, the expansion of your geographic horizons, which will key right into the transmutation of your psychological horizons. I guess in a pinch, getting together with some good friends and tripping will suffice. But after a rather close and stuffy experience of someone or something the past few weeks, you really seem to need some fresh air and the sound of British humor on your feet. Eric Francis has more of your astrology for you at PlanetWaves.net.

Libra (Sep. 22-Oct. 23) How is your home-improvement project coming? Now is the time to knock down walls, pull up square feet that are out of character, clean out closets and generally get the show on the road. Perhaps rent a dumpster or get a second hand box of new tools. Don't worry if you lack the plan or the funds to finish the job — start with the better. And if you lack the money sufficiently to let the funds, the plan and the theme combine, see that image is just being not only bigger than the inside, but substantially better. This astrology lasts throughout the year, but the coming week or so (preferably this weekend) is unusually significant for starting projects that get greater-than-possible results. The issues is predictability of one how you use, arrange, organize and work within physical space. Try making some small adjustment and see what happens. Eric Francis has more of your astrology for you at PlanetWaves.net.

Scorpio (Oct. 23-Nov. 21) A loved one may seem like he or she is on an adventure; and if it happens to be with someone else, take the chance to do the same thing. This is the path that you need to do. If it happens to be wrong, make sure you get some time to yourself the next couple of weeks (and I extend this to those with rules and rules, ruled signs, including Aries and Capricorn). We are in the final weeks of a rare solar conjunction. There is deep in your psyche that is striving to heal itself, to mend and join with itself. You are surely to do that in a sexual context with another person, but the more meaningful journey at this point will be allowing the hemispheres of your own mind to mend and heal into one unity. You need to see the opposite viewpoints you have about yourself, review your agreements with yourself, and see yourself both from the sides of the mirror. Eric Francis has more of your astrology for you at PlanetWaves.net.
Small Feasts
By Mary Watkins

Even when you’re only cooking for one or two, sometimes you’re in the mood for an elegant, superb-tasting entrée. And it doesn’t always work well to cut your chosen recipe in half, or a quarter, or seem worthwhile to put forth the effort of cooking such a small quantity.

Here’s where the principle of cook-once, eat-twice applies. And the simpler the original recipe, the better. Here’s an example. Carbonade de Boeuf, basically just beef and onions stewed in beer meets those requirements beautifully. Add a few herbs, and the dish goes gourmet.

**Carbonade de Boeuf Flamande**

**Belgian Beef & Beer Stew**

**Servings:** 4, **Prep:** 35 minutes, **Cooking:** 1 hour 38 minutes,

- 2 Tablespoons olive oil
- 1 large onion, wedge sliced
- 1/2 leek, split lengthwise, cleaned and sliced
- 2 or 3 cloves garlic, sliced
- 1 teaspoon dried marjoram leaves
- 1 bay leaf, broken in pieces
- 1/2 lb. stewing beef or round steak cut in bite-size pieces
- 1 cup flour for dredging beef
- 1 teaspoon salt, or to taste
- 1/2 cup flour
- 1/4 teaspoon coarse ground black pepper
- 1 cup Coors or other light beer
- Water to cover

**Variation:** Substitute for the beef 1 lb. stewing beef or round steak cut in bite-size pieces.

Heat oil in a Dutch oven or large, heavy skillet. Stir-fry the onion 3 to 5 minutes. Add leek, garlic and herbs. Stir-fry 3 minutes more. Remove and reserve vegetables.

Dredge beef, shaking off excess flour. Brown the meat in the same skillet adding more oil as needed. Sprinkle with salt and pepper. Return the onion mixture to the pan. Add beer and water.

Reduce heat to medium low. Cover. Simmer until meat is fork-tender, about 1 1/2 to 2 hours.

**Menu:** Beef Stew of the Carbonade; Salad of green leafy lettuce, chopped apple, peeled and diced kiwi fruit, and walnut halves with blue cheese dressing; whole wheat bread and real butter; carrot juice, cranberry juice, or Cabernet or Merlot wine.

Perhaps you only have a cup or so of leftover Carbonade de Boeuf. Ah! You have the basis for a delicious and easy soup.

**Soup of the Carbonade**

**Prep time:** Cooking time: 

- Servings: 2 to 3
- 1 cup leftover Carbonade de Boeuf Flamande
- 1 (10 oz.) can condensed Campbell’s beef consomme
- 1 can water
- Oregano, marjoram, or Italian seasoning to taste
- Assorted leftover cooked vegetables, i.e., carrots and peas, spinach, asparagus cut in 1-inch pieces, zucchini, summer squash, and tomatoes.

Bring all ingredients to boiling. Cover. Simmer 5-7 minutes to blend flavors.

**Variation:** Substitute for the leftover cooked vegetables or part of them: 1/4 cup frozen peas, 1 cup canned stewed or diced tomatoes, 1 to 2 Tablespoons dried onion flakes, 2-3 Tablespoons chopped parsley or any of the above. Bring to a boil, reduce heat, and simmer 2-4 minutes.

**Menu:** Soup of the Carbonade; Chef’s Salad, fruit plate, garlic toast, almond milk.

**Loopy sez:** Deadline for the next edition of The Loop is Friday, Feb. 22

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**Building Circles Organization of Vashon** is looking for a forward-thinking landowner to build the first “living green” dream home on Vashon. This custom house would be the pilot for BCO’s progressive housing designs, enabling mature adults to live affordably and independently in environmentally smart homes. These homes can be either a Primary Residence or an Accessory Dwelling Unit (ADU), as allowed by King County. The pilot custom home will aim for mid-level affordability and combine low-maintenance, durability, and energy efficiency. Ultimately, BCO hopes to evolve the designs into lower-cost, quality housing that can contribute environmentally sound solutions to the local and global housing crises.

Robert Bornn and Laura Worth founded BCO on Vashon to actualize Bornn’s shelter design concepts. ArchEcology, LLC in Seattle will provide architectural and universal design services. Bornn stated, “We propose to combine the comfort, accessibility, and safety necessary for independent living with carbon-neutral sustainability and extreme durability. We are fortunate to work with ArchEcology’s founder, Nancie Henderson, who is well-respected for combining principles of ‘universal design’ with affordability and sustainability in Seattle. As a LEED® Accredited Professional, she will work closely with King County to assure that our advanced architecture is in compliance.”

Bornn went on to explain, “We take a comprehensive approach to living green housing design that goes way beyond ‘green chic.’ These high quality, but simple homes will reflect the effort to reverse environmental degradation. This is finally a chance for people to not only build a lovely and affordable home in which they can ‘age in place,’ but also to model a new approach to housing solutions.” The organization describes their single-story, naturally lit, compact homes as “nature-integrated” to blend into Vashon’s rural character.

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**B ancora floor plan**

Reflect the effort to reverse environmental degradation. This is finally a chance for people to not only build a lovely and affordable home in which they can ‘age in place,’ but also to model a new approach to housing solutions.” The organization describes their single-story, naturally lit, compact homes as “nature-integrated” to blend into Vashon’s rural character.
The Behind of Luxury
by Deborah H. Anderson

After what appeared to be the perfect set up, the dang thing rode around in the back of the car for four weeks before I could find two friends (thanks J&W) to haul it out and push it into the waiting hole in the entertainment center which once cost ten dolllars but for me was free. See, the Thursday before New Years Eve we came, my daughter called to tell me our TV had died. It would turn on but wouldn't stay turned on. I tried it myself when I got home and sure enough... pop, momentary electrical noise, two words heard and fade to black. Well, it was going to be a big TV weekend and since the 19 inch was so valiantly struggling to sustain the on position, I thought I would give the 27 a try. After all, having been a Christmas gift from Aunt N and Uncle D, I skipped upstairs to check Craigslist.

As blessings would be bestowed upon us, a friend was visiting on Capitol Hill for $50 with DVD player. Wrote and in record time had secured only the TV (and it turned out the base upon which it sat for $25). I called my son, “Scored a great deal. Can I pick you up from work, you go with me to lift a TV and then I take you home?” Sure, sure. After a half an hour and a quick game of six degrees of separation with the woman selling the TV, I went out to the parking lot to snag any available male to help carry the thing fifty yards to the car because this TV was so big it could serve as a coffin for a Great Dane. Definitely not a flat screen.

Home again; smug in the lovely circumstances that blended together so well, I turned to go up our hill and my daughter texted, “TV working fine. Hmmm.” You have got to be kidding me! So... because there was no way my bedroom only had one TV, I decided to turn to go to the library for email and on the Internet for over a year and believe me, in my line of work, it’s hard to spend two hours a day making time to go to the library for email and word programs.

And I like granite countertops and stainless steel appliances. I don’t eat off of paper plates if I can help it. That doesn’t mean I live high on the hog or beyond my very limited means. I’ll always be a bargain hunter. I don’t mind owning what means. I’ll always be a bargain hunter. I don’t mind owning what I need. (The BCO ‘living green house’ will be highly insulated and well ventilated, maximizing its capability to heat and cool itself. They will utilize our aesthetically pleasing, ‘solar-energy ponds’ for heating water and living space along with a ground-loop cooling system to provide year-round comfort.)

Borin added that the homes will work in a collaborative style to translate concept designs into affordable homes that encourage each home an expression of individual style.

Primary Residence or ADU on a property can be rented if the owner lives in either. The organization believes that for Vashon, an added benefit of these homes would be potential island rentals that would help maintain diversity without crowding.

Under King County code a Primary Residence or ADU on a property can be rented if the owner lives in either. The organization believes that for Vashon, an added benefit of these homes would be potential island rentals that would help maintain diversity without crowding.

Borin stated, “The BCO ‘living green house’ will be highly insulated and well ventilated, maximizing its capability to heat and cool itself. They will utilize our aesthetically pleasing, ‘solar-energy ponds’ for heating water and living space along with a ground-loop cooling system to provide year-round comfort.”

Borin went on to say “BuildingCircles homes should achieve low-cost maintenance and reduce risk from vermin, fire, and earthquakes. These above-grade, earth-sheltered homes will be constructed of durable and highly insulated, thin-shell steel and concrete. Living roofs will permit

Quality Affordable Dream Homes in “Living Green”

Under County code on a

Contact BuildingCircles Organization by calling Robert Borin or Laura Worth at 463-4284, rob@buildingcircles.org or www.buildingcircles.org. Contact Nancy Henderson at (206) 860-2904 or nancyh@archecology.com.
Vashon Girl Wrestlers Place 3rd in Districts, Qualifying 3 to Regionals Next Weekend!

The Vashon Girls Wrestling Team proved that quality is more important than quantity, placing 3rd in the 20 team District Tournament. Bringing three wrestlers to the event, all three qualified for Regionals next weekend in Arlington. “We may not have had as many girls as Fife or Mt. Tahoma, but our girls are tough as framing nails and they will continue to hammer on their opponents next weekend,” stated Girls Head Coach (and Guys Asst. Coach), BJ Nelson.

VHS Winter Sports Updates

Sylvie “Karate” Shiosaki pinned her Mt. Tahoma opponent in the finals to become Vashon’s 1st Girls District Champion. Madeleine “Mad Dog” Wolczko won her first two matches before losing a decision to an Olympic opponent in the Regionals, placing in the top 5 there will qualify for Girls State.

Vashon Guys Team Places 2nd in Tri-Districts, sending 10 wrestlers to Regionals!

Vashon (ranked 12th in state) had 8 wrestlers in the finals of the tournament, locking up 2nd place behind Orting (ranked 2nd in state). 10 wrestlers will be moving on to the Regionals on February 8th in Castle Rock. 1st place winners were Stammin’ Sam Chapman, Edward “Scissorshands” Protzeller, Rogen “Rodge” Lopez, Adam “Baloney” Thalhofer, and Tiny Tim Jovanovich. 2nd placers were Masta’ Quang Patrick, Alex “Steamboat” Sterne, and Geran “G-Webb” Webb. 3rd place: Kyle “K-Mart” Martin, Jr., and 5th place winner was Dominick “D-Train” Sterne. All 10 wrestlers can qualify for the State Tournament by placing in the top 6 in Regionals. Ben Salazar, Noah Crozier, Graeme Britz, and Keegan Shrum all competed and have been valuable members of the team this year.

Come out and support both the guys and the girls at the Regional and State Tournaments!

Regions: Guys: Castle Rock (Starts at 4:00 on Sat. Feb. 9th and 10:00 on Sat. Feb. 9th)
Girls: Arlington High School (Starts at 10:00 on Sat. Feb. 9th)

The State Tournament: The Tacoma Dome on Friday and Saturday, Feb. 15 and 16th. Wrestling starts at 10:00 on both days. Both Guys and Girls Teams will be competing there!

The Vashon Island Guy Wrestling Team placed 2nd in Tri-Districts, sending 10 winners to Regionals. Dominick “D-Train” Sterne will remain in the Vashon high school wrestling budget.

Dingerson Wrestling Award Created

This past fall, Vashon Wrestling lost one of its finest fans. When “Grandpa” Gary Dingerson passed away, his wife, Marilyn honored his love for the sport by naming Vashon’s Grappler’s Society as the requested donor in his memory. In his name, Vashon Wrestling’s Society formed the Dr. A. Gary Dingerson Rock Tournament Team Sportsmanship Award that will be granted annually at the prestigious Rock Tournament. This award will be presented to the visiting wrestling team that displays model sportsmanship qualities throughout the tournament.

At this season’s Vashon Rock Tournament on December 29, Marilyn was presented with a marble plaque inscribed with Gary’s picture and the name of the award. The team from Quincy, WA was awarded this year’s Sportsmanship honor and received a plaque in recognition. A third plaque will remain in the Vashon high school wrestling trophy case inscribed each year with the named team.

The Grapplers’ Society has been grateful for the contributions to its organization in Dr. Gary’s honor, but most importantly, it has started a tradition acknowledging the merits of sportsmanship, a core value and award that Grandpa Gary would be so proud to bestow.

Ask Ernest

The court jester of sport

VHS Winter Sports Updates

The Vashon Island Guys Wrestling Team placed 2nd in Tri-Districts, sending 10 wrestlers to Regionals. The Vashon Islanders battled back to place 3rd, gaining momentum for next week’s Regional Tournament. Girls who place in the top 5 there will qualify for Girls State which takes place in the Tacoma Dome on February 15 and 16 (same place and time as the Guys State).
Loopy Laffs

Could it be that the people who have nothing to say are the ones we should listen to?

Money can’t buy happiness, but it can buy ice cream, and that’s close enough.

I wish the buck stopped here. I could use a few.

Teleevangelists are the Pro Wrestlers of religion.

One Liners

There’s no place like home if you don’t have the money to go out.

We should have cake on our birthday and fudge on our age.

Know what to expect before you connect.

DIAPER spelled backward is REPAID.

If you can’t be kind, at least be vague.

Your calendar days are numbered.

I doubt, therefore I might be.

It’s bad luck to be superstitious.

DIAPER spelled backward is REPAID.

There is justice for all, but it doesn’t seem to be equally distributed.

There are two classes of people: those who have ulcers and those who give them.

One Liners

There was a young lady named Hall, Wore a newspaper dress to a ball. The dress caught fire And burned her entire Front page, sports section, and all.

At 188 decibels, the whistle of the blue whale is the loudest sound produced by any animal.

A police officer stops a guy up town for speeding and asks very nicely to see his license. The guy replied, in a huff, “I wish you would get your act together. Just yesterday the judge took away my license and then today you expect me to show it to you.”

How many mystery writers does it take to change a light bulb? —It takes only one, but he has to give it a good twist.

Money can’t buy happiness, but it can buy ice cream, and that’s close enough.

Stilts were invented by French shepherds who herded sheep in marshes near the Bay of Biscay.

Grief can take care of itself but, to get the full value of a joy, you must have somebody to divide it with. —Mark Twain

There really is a disease called the laughing disease, where people literally laugh themselves to death.

At 188 decibels, the whistle of the blue whale is the loudest sound produced by any animal.

A man goes to a psychiatrist. The doctor says, “You’re crazy.” The man says, “I want a second opinion!” “Okay, you’re ugly too!”

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**Loop Arts**

**Latin Group Plays with Panache**

By Janice Randall

Songstress, Alma Villegas, pictured here with three members of her band, (l-r) Ben Verdicer, piano, Matt Dressler, timbales and Steve Okimoto, bass, will serve up a spicy evening of Latin jazz, from jazz standards to Cuban rhythms to Brazilian bossa novas, Saturday, Feb. 16, 8 pm, at Blue Heron Art Center. The band will also be joined by Ricardo Guity, congas and Fran Lukas, alto and tenor sax. Call 463.5131 to reserve by phone. Tickets are also available at Heron’s Nest and Blue Heron.

**LELAVISION in Play to the Third Power**

By Janice Randall

If you haven’t seen Lelavision perform, treat the whole family to an amazing evening of musical sculpture with choreographed movement, all delivered with a whimsical sense of smart humor. “We decided we’d call the show Play to the third power…playing with sound + playing on sculpture + playing through space,” said Ela Lamblin and Leah Mann, when they described their upcoming Blue Heron show, Saturday, Feb. 23, 7:30 pm. “The gist of the show will be as much of our best new and favorite work that we can fit into the Blue Heron space.”

Using sculpture, music and movement with themes based on myth, nature and spirit, Island residents, musician/sculptor, Ela and choreographer, Leah have delighted audiences of all ages around the world since they started collaborating more than a decade ago. Whether they are spinning in a metal, balancing on a musical tight wire or comically moving across the floor inside orbs, Lelavision offers unexpected surprises with a distinctive flair toward genius.

Don’t miss this show! Reserve tickets in advance as seating is limited, by calling 463-5131.

**February Music at the Back Bay**

By Dan Brown

It will be a musical Back Bay Valentine’s weekend, starting on Thursday evening with Riverbend, Friday with the Geesers, and Saturday with the Impromptu Trio. The Geesers will play from 6 to 9 pm, during the dinner service, Friday, February 15th. They cover mostly the instrumental tunes of the American Roots genre of music, and early folk tunes. They are; Dick Paulson on bass; Dick Gordon on fiddle, mandolin; Paul Billingsley on banjo, Peter Larsen on guitar.

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**Wind and Wood, courtesy photo.**

**Juno**

2/15 - 2/21

**Sweeney Todd**

2/22 - 2/28

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**Loopy sez: Deadline for the next edition of The Loop is Friday, Feb. 22**

Angela Reed, courtesy photo.
Loose Change
Play Bishop's Pub

Loose Change, inspired by the big & bold soul sound of Bishop's, aims to entertain with non-stop danceable tunes and a commanding stage presence. The band will take the stage at the newly remodeled Bishop's Pub and Bistro on Saturday, February 23rd at 9pm. Troy Kindred and the band have been performing together for many years now and are island favorites. For those who don't know Loose Change, when they tear it up, it is virtually impossible not to get up and shake your groove thing. So bring your dancing shoes and get ready to have a great time. There is a suggested cover charge of $5 come early the room will fill up fast!

Sibel Edmonds is “the most gagged person in the history of the United States of America.” — ACLU
“Absolutely, she's credible. And the reason I feel she’s very credible is because people within the FBI have corroborated a lot of her story.” — Sen. Charles Grassley (R-IA)

Prior to screening Kill the Messenger, the original 60 Minutes interview of Edmonds from 2002 will be shown, as well as an interview of her on Democracy Now! from 2004. Altogether, those pieces total 85 minutes. Following this, we will discuss what we've just seen and talk about what we can do to help expose Sibel’s full story to the world.

Kill the Messenger
Produced by Zadig Productions
Directed by Mathieu Verboud and Jean Robert Viallet
Saturday, February 16, 7:00 PM, Land Trust building

This screening of Kill the Messenger is sponsored by the Vashon Democratic Club. We request a donation of $2-$5 per person to help offset our costs.

For more information about this special event, contact Roger Fulton at (206) 669-9497.

Loopy sez: Deadline for the next edition of The Loop is Friday, Feb. 22

Donate Now!

Now is the time to support quality education on Vashon by donating an item the 2008 PTSA auction. All kinds of donations are welcome, such as professional services, baked goods, arts and crafts, dinner parties, or a stay at your vacation home. Cash donations are also welcome and will go directly to supporting PTSA programs and purchasing needed educational materials for our schools.

Donation Deadline: April 1

To donate an item, please fill out a procurement form, available at all three public schools or online at www.vashonptsa.org.

Sibel Edmonds, courtesy photo.

The documentary Kill the Messenger explores the abuses behind the State Secrets Privilege as invoked in Sibel Edmonds’ case as well as highlighting the travails and persecution of U.S. national security whistleblowers. This film has been featured in prime time in France, Belgium, and Australia, but don’t expect to see it on American television anytime soon—if ever.

Out of love for her newly-adopted country, Sibel Edmonds agreed to join the FBI as a translator in the wake of 9/11. But her world gets turned upside-down when she reports wrongdoings to her supervisors: one of her colleagues from the Transportation Unit is secretly working for the same Turkish officials who are “targeted” by the top-secret FBI investigations that Edmonds is working on. As a result, Sibel Edmonds is fired from the FBI.

Today, she is fighting for the very ideals that American democracy relies on, and is facing, against overwhelming odds, some of the most reckless and powerful officials in the U.S. government. Kill the Messenger is a true spy story about the only American citizen who took on the FBI. It is a story that we can attempt to expose the truth on some specific yet hidden aspects of today’s “War on Terror” and give the American people the protection and security the U.S. government has failed to provide.

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Sibel Edmonds, courtesy photo.

THE GREEN PARTY BOOK CLUB

The February Green Party Book Club meet is at 7pm on Sunday, Feb. 24th at the Vashon Tea Shop. The book this month is: “This Land is Your Land- Letters of warning to a young patriot” by Naomi Wolf. All are welcome. You do not have to be a member of the Green Party to participate; just interested in discussing books of a political nature. For more information, please call Ivy Sacks at 463-9579.

Loopy sez: Deadline for the next edition of The Loop is Friday, Feb. 22

This Land Is Your Land
by Peter Ray

While many people may take it as an obvious given, I find that I often need to be reminded that you don’t necessarily need to bash people over the head with facts, figures and the latest up close and graphic footage from the frontlines to make an important point and get it to sink in. Indeed, I had forgotten in all my self-flagellatory viewings of “documentaries that matter” as of late that film drama can be just as powerful as a confrontation with the raw truth, until a recent viewing of No Country for Old Men wrenched that realization out of me in no uncertain terms. It took a while, but I have recovered from the feeling generated from that screening that my soul had been hooked to a car battery and repeatedly shocked while my guts were ripped out and the word “hope” was scrawled on the wall in front of me in my own blood and then set on fire while I watched with my eyes held open with toothpicks. But there I go again, head bashing.

If you are still reading, and I hope you are, I can say that the documentary we are bringing to the screen this February 17th at 8pm has no such cinematic blurb terms is an effective but overwhelming tsunami of info and stats put forth by the chief whistleblower of U.S. national security, Sibel Edmonds. This film “Kill the Messenger” is a true spy story about the only American citizen who took on the FBI. It is a story that we can attempt to expose the truth on some specific yet hidden aspects of today’s “War on Terror” and give the American people the protection and security the U.S. government has failed to provide.

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Sojourn House Vacation Rental
4 bedrooms, 2 baths, sleeps 8
Luxuriously furnished
2 night minimum, weekly, monthly
www.sojournhousevashon.com
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W e W ant t o B uy!
High quality small antiques
(china, pottery, etc.)
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www.owensantiques.com

Meadow House
Lovely one bedroom apartment.
Short term leases. No smoking or pets. $750/month, all utilities, cable tv, high speed internet incl. First, last deposit and references req. Call for availability. (206) 463-3009

Art, Antiques & Collectibles
Vender Space Available
And remember, “You don’t have to be rich, just fun.”
1731 Vashon Highway - on the North side of home by Pandora’s Box
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SSC
Sound Contracting & Consulting
(206) 463-2055
Michael O. Bradley
Contracting & Consulting Services
- Custom, cost effective building plans
- Licenses with DOEES for permits, land use issues
- ODCS display resolutions
- Remodeling ideas and installations

Pandora’s Box
This coupon entitles your kitty to a $20 Kitty Care Package for only $10
Redeem at Pandora’s Box by February 29, 2008
Kitty Care Package Coupon

Basic Rifle Class
February 16, 8:30am - 5pm
February 17, 1 - 5pm
Course Fee: $75
Open to all community members, Taught by NRA Certified instructors
To pre-register call
Stephan @ 463-4041
Phil @ 408-7009

Vashon Sportmen’s Club: