

Susan McCabe Appointed Community Outreach Organizer for Voice of Vashon

By Richard Rogers

In an ongoing effort to foster community-powered media on Vashon Island, Voice of Vashon has brought Susan McCabe on board as Community Outreach Organizer. McCabe's goals for 2013 and beyond will be to create partnerships with local arts and education organizations while generating support for a community low-power FM station.

Voice of Vashon president Jean Bosch welcomes Susan McCabe's new role. "We're honored Susan has chosen this as a next step in her career after doing such a great job with the Vashon Park District. She's a long time VoV volunteer, having served as vice president, president, VoV TV Content Coordinator and she currently serves on the Emergency Alert Team for 1650AM."

About her new position with VoV, Susan says "In my years on Vashon, through various personal and professional prisms, I've observed tremendous potential for synergies among our various agencies and organizations. Voice of Vashon, through some great work on the part of the VoV board, now has resources to capitalize on some of that potential for the benefit of the community."



She sees opportunities to form partnerships with theater, music groups and other live arts by rebroadcasting performances to make them as widely available throughout our community.

"I am excited about community outreach via Voice of Vashon because I see it as the perfect outlet to share all that is uniquely Vashon, both within and outside our community. I hope to work with community organizations to amplify the service VoV brings to

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When the lights go out, the fun begins...



*The full cast. Back row: Fred Alpert, Marshall Murray, Randy Martinez & Chaim Rosemarin
Front row: Louie Mangione, Stephanie Miller, Bryanna Savelesky & Dianna Ammon.*

Foto by Jenn Reidel

Elizabeth Ripley - Drama Dock

Did you ever think a power outage could be fun? Playwright Peter Shaffer turns darkness into light--pun absolutely intended--in this hysterically funny farce, Black Comedy, directed by Vashon's very own funny man and master of laugh-out-loud comedy, Steffon Moody.

Like any farce worthy of the name, there is total confusion: Will Harold, played by Randy Martinez, discover his expensive furnishings have been "borrowed" by Brindsley in order to impress the curvaceous Carol's fusty

father, played by Chaim Rosemarin? Will Brindsley, played by Marshall Murray, be able to shuttle Harold's couch back and forth between their two apartments? Will Miss Furnival, played by Dianna Ammon, unwittingly betray Brindsley to Harold after too much time at the drinks table? Most importantly, will Brindsley be able to keep Carol, played by Bryanna Savelesky, and Clea, played by Stephanie Murray, apart, when the feisty Clea turns up unexpectedly? And who is the elusive

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Road to Resilience The Call Of The Oyster

I want to express my appreciation to Steve Allen, editor of the Loop, for giving me this front page space every issue for over two years. Although I strive for credibility and accuracy in this column, I know I strike a nerve now and then. If Steve has gotten any negative feedback, he hasn't told me. It takes special courage and foresight to allow a curmudgeon like me to say things that most of us would just rather not think about.

I must also praise Leslie Brown who, as editor and standard bearer of the Vashon Beachcomber, was willing to write and print a front page lead article on acidification of the oceans. This nasty effect of the excess carbon we are pumping into the atmosphere is just as dangerous as climate change. Our local canary happens to be the oysters in Puget Sound. It appears that the acidity in our Puget Sound waters is making it difficult for oyster larvae to precipitate calcium carbonate to make shells. Tom Dean points out that as the oyster larvae are at the bottom of the food chain, their collapse could have a disastrous effect all the way up to salmon and orcas.

As Brown says, much of the acidity is due to an upwelling of acidified calcium

By Terry Sullivan, Transition Vashon

carbonate deficient waters from the bottom of the ocean into Puget Sound. However, Brown quotes a research scientist, Adrienne Sutton, as saying that 75% of the acidification in Puget Sound is due to local inputs. This is the important part. That means we can do something about the plight of the oysters and maybe the entire food chain in the Sound. Changing some of our habits right now can actually make a big difference.

So, what can we do? Probably the largest single source of CO2 around Puget Sound is our beloved cars and trucks. Maybe the possibility of not having any fish in our waters is enough to motivate us to drive less. I know this is a really hard one. Some of us, in pursuit of our dreams, have no reasonable option but to drive a long commute every day. Barring any other alternatives, I hope you are using or thinking about getting a low impact vehicle or looking for carpool possibilities. As I am self-employed and semi-retired, I'm in no position to criticize. We could pay heavily for the baubles and conveniences of our present world. I'm hoping in the future we will be able to design a much saner economy that allows all of us the opportunity to work in the community in which we live.

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Presenting the 2013 Vashon Strawberry Festival Logo!

By Jim Marsh

Vashon's Strawberry Festival means many different things to many different people. Jim Marsh, Executive Director of the Chamber of Commerce, feels that the staff, board and members of the Chamber are stewards of this event and, as such, welcome the many different ways people view the festival.

This year Jackie Merrill brings her passion, creativity and tradition to the logo design. Jackie said that her creation was reminiscent of an old-style circus poster or a retro can label. She chose this design as a nod to her ancestors (her grandmother, Lorraine Kimmel, was crowned Vashon's Peach Queen in the 40's when the festival was called The Vashon Peach Festival) and because of her passion for nostalgia. Although this year's design clearly states "strawberry festival", Jackie herself is not opposed to a name change.

Jackie, who grew up on Vashon and graduated from Vashon High School in 1988, has a background as a layout artist and graphic designer. She enjoys creating logo's and fonts, environmental graphics and planning marketing events, which she does on a freelance basis.



Sue Stinson, who approached Jackie about this year's logo design, said many people like the old-fashioned, jam jar feel of the logo. "It is obvious that Jackie loves the festival and has deep roots here on Vashon. Her design definitely brought a historical element to the logo which is the fun part of having different viewpoints in the logo designs".

In summing up her thoughts on festival Jackie said "I grew up on the Island and enjoyed many Strawberry Festivals. I love that the traditions live on for my own kids to remember. Now let's bring back the Down Hill Derby!"



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Submissions to the Loop

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

Vashon Drum Circle

All ages are welcome to drum and sing with Buffalo Heart, our big community drum. Vashon Drum Circle meets Friday, April 12th, 7 PM at Vashon Intuitive Arts. The evening is a free event, and donations are gratefully accepted.

Sponsored by Woman’s Way Red Lodge (www.wwrl.org), a non-profit dedicated to promoting balance and wholeness by enlivening the sacred feminine in our communities.

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The Vashon Loop

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Community Service Center

Islanders that the Vashon Community Service Center will be closed on Tuesday, April 23. Normal hours will resume on Tuesday, April 30, noon to 7pm. (The Vashon CSC is only open one day a week.)

The main website for the CSC Program is www.kingcounty.gov/CSC. The specific page for the Vashon CSC is www.kingcounty.gov/operations/csc/locations/vashon.aspx.

Community Poets Get Ready

Calling community poets to get your poetry on. Dig up something tried and true, or something brand new. Bring your poem to the Community Read at the Land Trust Building on Saturday, May 4th, from 2-4:30pm.

Community poets will read alternately between readings by poets published in Jean Davies Okimoto new poetry anthology, *The Weird World Rolls On*. Poets wishing to read should sign up at the door and they will be given a slot (by a draw of a number) , when to read their work.

Community Reads are fun and surprising, and open to all ages. There is no cost.

If you have questions regarding the read please send your questions to vashonpoets@gmail.com.

Following the Community Read, Vashon Poets Laureate will be announced, including the 2013-2015 Vashon Poet Laureate and the 2013-2015 Co-Vashon Youth Poets Laureate.

Too Good To Toss

Got some old doors, sinks, windows and other building supplies taking up space in your garage? Now is the time to gather them up and bring them to the Transfer Station. King County is partnering with The RE Store to keep this stuff out of the landfill. This is a Free Event!

Bring your doors, windows, hardware, sinks, plumbing fixtures, low-flow toilets, tubs, extra tile, stone and bricks, wrought iron, garden design materials, wood trim, wood flooring and miscellaneous lumber, and cabinets. All of this needs to be in relatively good condition, which means you would use it if it weren’t hanging out at your house for the last couple of years so keep in mind that not everything may be acceptable.

Help clean up your garage. Help clean up our Island. Bring these reusable and therefore recyclable building products to the Vashon Recycling and Transfer Station on Saturday April 21st and Sunday, April 22nd, between 11am to 3pm.

Next Edition of The Loop Comes out Thursday, April 25

Deadline for the next edition of *The Loop*
Friday, April 19

Strawberry Festival Grand Marshal Nominations

The Vashon-Maury Island Chamber of Commerce is accepting nominations for the 2013 Strawberry Festival Grand Marshal. Nominations are submitted to the Chamber of Commerce via letter or email. When nominating someone please tell us how they have enhanced Island life, given back to the community, their involvement in community service work, how long they have lived on Vashon, and why you think they should be Vashon Island’s Grand Marshal. The Grand Marshal will be honored with a special place in the Grand Parade on Saturday July 20th and the Car Parade on Sunday July 21st as well as their name etched on the Grand Marshals plaque displayed at the Chamber office.

Please send nominations for Grand Marshal to the Chamber of Commerce at PO Box 1035, clearly marked “nomination” on the envelope or email to discover@vashonchamber.com with “nomination” in the subject line. Nominations must be received by 3pm on Friday, May 17th.

Drug Take Back

The Prescription Drug Take Back will be the 27th of April from 10am to 2pm at the Farmer’s Market. Volunteers from VARSA, the Vashon Pharmacy and the King County Sherriff’s Office will be under the tent to safely dispose of your unused or expired medications. For more information please contact the Vashon Pharmacy or Lee Ockinga at 463-9328. www.dea.gov then click on Drug Take Back and put in the 98070 zip code

Community Council Meeting

We all know what CSAs are right? Perhaps not. In addition to a common agricultural marketing term CSAs stand for “Community Service Areas” and Vashon-Maury Island is one of seven in Unincorporated King County. Come to your April 15 Vashon-Maury Island Community Council (VMICC) meeting 7pm, McMurray Middle School to learn how the CSA program affects all of us.

This is an important time for this discussion because King County is holding their annual CSA presentation to Vashon-Maury Island on Wednesday, April 10th, 7pm McMurray Middle School. They are bringing out KC Council Representative Joe McDermott, Deputy County Executive Rhonda Berry, and the heads of all of the major KC departments that affect our island.

There is going to be a lot of information given at the CSA meeting, much of which could greatly impact the island. Our VMICC meeting gives everyone a chance to learn more through a vigorous discussion about the details presented and the CSA program in general. We also will spend time gathering further questions we have for the County and ways we can get follow-through and oversight. Bring your energy and ideas to this important and informative discussion.

Stephen Buffington – VMICC Secretary

The Transition Study Group

The Transition Study Group, originally scheduled for this Monday, April 8th, at 7 PM, will begin on the next Monday, the 15th and continue for six weeks. The class will be held at the Presbyterian Church from 7 to 9 PM. There hasn’t been enough response yet to get a full class, so I will be publicizing the class more widely to build attendance. If you would like to participate, please contact me by email or give me a call at 206-265-9929 to sign up and get a study guide. The study group is free, but you need to get a copy of the Transition Companion book. You can get a loaner, or purchase it at the Vashon Bookstore or through other sources.

The Transition Companion is a compendium of practical advice and real world examples from places all around the world that are moving their communities towards a more sustainable twenty-first century model. It includes discussions of local agriculture, energy descent strategies, local currencies, co-ops, tool libraries, building refitting projects, and a host of other topics too numerous to mention. All are examples of real world projects that Transition Towns around the world have actually done.

If you have questions or want to discuss the course content further, give me a call. I look forward to seeing our new group get started next week.

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“Trip the Light on Art” Brings Harbor School Record-Breaking Support!



By Allison Reid Auction chair, Lanora Rosenberry

Harbor School’s 14th Annual Benefit Auction, “Trip the Light on Art,” generated record-breaking support for the school and sold-out attendance – two “firsts” in the school’s history. In addition, the Special Appeal “Paddle Raise” – a new arts initiative – received a surprise challenge gift from Charley and Lanora Rosenberry that matched dollar-for-dollar all donations. With the added generosity of the Rosenberry’s, and a tremendous crowd of Harbor School families, alumni, faculty, trustees and friends, the new arts initiative raised over \$40,000! Combined, the event raised over \$109,000 in support of Harbor School.

“I am thrilled with the success of the evening! The highlight was the video of Harbor School children dancing with our community sponsors and creating art for the student gallery. It was inspiring to see so many people moved by the Arts Initiative vision,” said Lanora

Rosenberry, 2013 Auction Chair. Auction Chair and current parent, Lanora Rosenberry, was motivated by Harbor School’s need for a new arts curriculum and program (including a dedicated classroom) and used her energies to pull together island artists, student art projects, and community support. Over 75 pieces of art were created by Harbor School students and over 40 island artists donated their work in support of the school’s vision for a new integrated arts curriculum.

Auction night was enhanced further by the visual lighting talents of Simon Clark of Stageworks and his extensive crew. The auction venue at Open Space, was transformed on the exterior by a fantastical show that illuminated student artwork, facilitated by Alisara Martin, and set the tone for a visually stunning night. Islander and Harbor School parent,

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Merger between Highline and Franciscans

The affiliation agreement between the secular Highline Medical Center, which manages our Vashon Health Clinic, and the faith-based Franciscan Health System has been completed.

What does this mean for Vashon?

I understand that the purpose of the affiliation is to improve the finances of the Highline system, which lost millions last year. This in turn could benefit the clinic on Vashon, which struggles to maintain a positive cash flow, according to Rita Cannell, clinic manager.

Franciscan Health Systems must adhere to “Ethical and Religious Directives for Health Care Services” written by the United States Conference of Catholic Bishops. It is no surprise that the directives forbid certain types of health care: contraception, abortion, some modern fertilization techniques, and some options for terminally ill patients.

Since this is an “affiliation” rather than a “merger”, I wonder if Highline

will have more flexibility in terms of allowable care? What is the difference between affiliation and merger?

Cannell assured me there will be no change in health care provided at our clinic. The good news, she reports, is that far more charity cases will be seen and a wider range of insurance plans will be accepted. She also believes that the Franciscans will undertake providing the Island with a quality facility that meets the needs of clinic staff.

Come to a community informational meeting to have your questions answered on April 25 from 7 to 9 at McMurray Middle School Multi Purpose Room, 9329 SW Cemetery Road. There will be a presentation by Dianna Kielian, Sr VP of mission for the Franciscans. Mark Benedum, CEO of Highline Medical Center, will also be at the meeting making a presentation.

Kate Hunter
Vashon HealthWatch

Vashon Goes Wild Wild West - YEE HAW!

The Vashon Maury Cooperative Preschool (Co-op) invites islanders to a Wild Wild West fundraising auction on April 27st at 6pm at The O Space. The auction, a beloved event on the island, raises nearly 40% of the school’s budget, enabling the organization to keep tuition affordable and offer scholarships to families in need.

This year’s 14th annual Co-op auction will be at the O Space with entertainment for toe tapping and grub to get lips smacking. The saloon will offer Cliff’s beer, wine, and a signature cocktail featuring Vashon’s own Rocket Vodka. While saying howdy to all their partners, guests will enjoy a fabulous shopping experience, choosing from terrific items including a scuba and snorkeling resort trip in beautiful Roatan, a farm-to-table dinner at The Jesus Barn

Farm, a Seattle stay-cation, and lots more! With Co-op Dad and Vashon all-star performer Craig Sutherland as host, the evening is guaranteed to be blast for all the generous guests who come out to show their support for the Co-op.

Tickets are \$30, available at The Vashon Bookshop and Brown Paper Tickets.

The Co-op is a 501(c)(3) non-profit organization and has been part of the Vashon community since 1970. Over the years, thousands of families have benefited from the Co-op’s unique approach of educating both children and parents.

Additional Information at www.vmcop.org

The Vashon Maury Cooperative Preschool is on Facebook as Vashon Maury Cooperative Preschool

Oreo Needs A Home...

Oreo is a darling four year-old miniature poodle. Sadly, his owner died and he needs a new home. Oreo often sat on his owners lap, or was held, so that is a requirement for this sweet little guy. He also loves his treats. He has settled quickly into foster care with other small dogs and cats and undoubtedly will adjust well to his permanent home. Not recommended for households with young children. VIPP requires a \$125.00 adoption fee.



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Island Life Skullduggery at Parks

by Peter Ray

I have always liked the word “skullduggery” for various reasons, not the least of which has to do with the visuals it inspires. As usual though, once you start looking into an origin or true meaning, some of the lustre and mystery of it sometimes will wither up or melt away. There is of course the whole pirate thing it has going on for it, with skull and dug and the images of pirates digging up or burying something, regardless of whether or not that has anything to do with the meaning of the word, which it doesn’t. Defined in various places around the interwebs, skul- or skullduggery is known as a ‘euphemism of uncertain origin’, supposedly coming from the Scottish word sculduddery or sculdudrie, with meanings ranging from bawdry to adultery to obscenity and fornication. Some of its synonyms are listed as hanky panky, hocus pocus, jiggy pokery, artifice, dissemblance, perfidiousness, hypocrisy, guile and fraud. It is noted in some places that Skull Duggery was a villain in the first episode of the Japanese anime classic Speed Racer from 1967. It also notes that the villain’s name was changed in following episodes, although the character’s appearance remained the same.

This kind of brings us back to my reasons for the title of this column, which is actually a misquote of what Island surveyor Jerry O’Hare told me regarding a survey map he did for the Vashon Park District of the area containing the Vashon Elementary School or VES Field project. What he told me over the phone was that there was no skullduggery (his word) going on at the VPD regarding the recording and re-recording of the map and survey which was completed on 3 June 2009. He said that he had simply forgotten to put in the road, which in this case meant the line and descriptive call out for the Rosser’s driveway along the south border of the VES property when he first had the document recorded with the county. I said okay and thanks and that was that- sort of. Before we go further I will refer you to another bit of video deconstruction that has been loaded and ready for viewing on the You Tubes. One can find it here:

www.youtube.com/watch?v=FtC03mySX4Q , or as an alternative, you could also go to the land of the youtubes and search “the Rosser Driveway Debate Revisited”.

What happened last night at the VPD commissioners board (or bored) meeting was mostly uneventful. During the public comment period, Islander CC Stone got up to ask the board about the problems that are fairly apparent in the

timeline and reality of the three survey maps mentioned in the video above. As part of his answer, Commissioner Hackett used the term “conspiracy theory” to describe any speculation about the myriad reasons why someone might change these documents. As we all know, the conspiracy label is a bit of a spoiler, as there is a certain nut job association that now comes along with a mention of the term. But with the actual map objects in my hand, his sleight becomes more like the pleas of the Wizard of Oz to pay no attention to the man behind the curtain, or Exxon’s banning of media from their Arkansas oil disaster so it can’t be reported on- if you can’t see it or even if you can and told you can’t, it isn’t there. And then there was this. After getting off the phone with Jerry O’Hare I called Gay Rosser, since Mr. O’Hare had said that she had talked with him a short while before. In talking with Gay I found out another interesting tidbit- Mr. O’Hare had let on that he was talking with her from the Park District office. I’ll leave speculation as to why he was there up to you, you darn conspiracy theorists, you.

The problem with Mr. O’Hare’s explanation is that I have seen the man behind the curtain and the oil on the lawns of Mayflower, Arkansas. I’ve also seen all the survey maps in question. In our case, it is the original whiteprint of the VES field survey which is dated 3 June 2009 that is of primary importance. This has the Rosser driveway on it with it’s exclusion from the VES property noted on the legal description above. While the legal description of that exclusion remains on the copy that was recorded with the county on 16 July 2009, the line designating the road, along with its legal callout, have disappeared from the scene. There is no drawn curtain, just an undrawn line. For some reason I would like to think that things like this do not happen by accident, nor by paranormal activity as some reality TV shows might lead one to believe. After obtaining a copy of this record and pointing out the discrepancy of the missing line indicated by the still intact legal description, the person at the desk at the County Records Office said that if the drawing does not reflect the legal description on the page, then it should not have been accepted as a legal record of the property. Why is any of this important? I don’t know, which side of the conspiratorial coin does one fall on if someone has a survey indicating a county record that shows that your driveway does not exist as your property, even though you know it does and it is? I don’t think we ever were in Kansas on this one, Toto, but if one looks closely at another part of the legal description on that page, it has the adjacent property that the Harbor School is on listed as being in Pierce County. That, as they say is another story.



Amanda Knox: Waiting To Be Heard

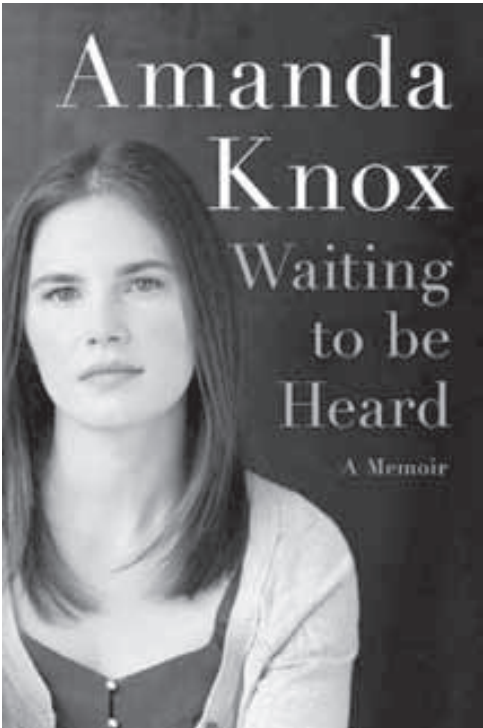
By Karen Pruett

April 30, 2013 was Amanda’s first interview since her release from an Italian prison near Perugia in 2011. She was wrongly convicted of the murder of her roommate in 2009 along with her friend Raffaele Sollecito and ABC’S Diane Sawyer will host the segment where Amanda will finally be able to speak freely about her ordeal in Italy and discuss her upcoming memoir.

Amanda’s point of view has been a long time coming after first chafing under a gag order for four years (2007-2011) while in prison and then complying with contractual obligations of her publisher for the past year and a half. While the obligations to her publisher offered time to regain her sense of self and was a welcome relief, Amanda is now anxious to tell her side of this tragic story.

Her book, “Amanda Knox, Waiting to be Heard” is available for presale on Amazon and will be released April 30, 2013. Amanda has also recorded the audio version so that tonal inflection and pronunciation is correct, underscoring that her voice and her perceptions are important to understand the truth of the matter: that she and Raffaele never harmed Meredith Kercher or had anything to do with her death.

Her codefendant and friend, Raffaele Sollecito, released his memoir in September 2012 and the story of his bravery in the face of frightening odds is touching, as not many can say that they spent four years in prison to save a stranger. Amanda and Raffaele, who were virtually strangers when this began, are now brother and sister bound by an incredible judicial debacle and the strength to live through it.



“Honor Bound: My Journey to Hell and Back with Amanda Knox” tells of Raffaele’s indomitable will against both the Perugians and some members of his family who wanted him turn on Amanda and lie to destroy her alibi simply so he could get out of prison. It was his integrity that kept him strong in the face of such odds and now he offers the unique view of an Italian citizen exposing flaws in his own judicial system. With his father and lawyer by his side, he survived the hell that the Perugians imposed on him for his honesty.

I hope you will support both of these fine young adults by reading their first person accounts of becoming trapped in a perverse justice system though no fault of their own, cautionary tales for any international traveler or student abroad.



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Another Internal Organ Bites the Dust

By Mary Tuel

My gall bladder recently decided to pre-decease the rest of me.

This is not uncommon. I am amazed by the number of people who have advised me to get rid of that sucker, because I'd feel a lot better without it. As I write I am 24 hours out from its removal. Just got home from the hospital, and am waiting for the feeling a lot better to begin.

My need to have my gallbladder removed became apparent the Saturday night before Palm Sunday. I had a gallstone attack that landed me in the ER with intense pain, throwing up, taking the Lord's name in vain, going through my entire repertoire of swear words, practicing labor and meditation breathing, reciting the Jesus prayer, and singing hymns.

The technical name for what I experienced: biliary colic. Technical names do seem to sanitize what they're talking about.

The doc at the ER gave me a drug called dilaudid for the pain. It was given to me in an IV and when it took effect I felt like I'd fallen off a cliff and hit the ground, then been run over by a steamroller. It did make the pain of the gallstones retreat to somewhere far, far away, and after that I was like a drunk at a bizarre medical costume party.

My abdomen was ultrasounded to a fare-thee-well and in the fullness of time a Dr. Shirk - I am not making that up - came in to tell me that I did indeed have gallstones, and needed to have my gallbladder removed, here was a surgical referral, now go home.

Sadly, I had nothing to put on but the clothes I had worn in, and during one of the convulsive throwing up episodes on the way in, I had lost control of my other bladder (most mothers can relate to this), so my jeans now smelled like an outhouse. I rinsed them out as best I could, and dried them also as best I could with some towels in the bathroom, then put them on, damp and smelly. So picture me then: reeking, stoned, long gray hair sticking up in an even more disheveled way than usual, being released from the

ER after midnight without a cent to my name because my purse had been left at home when the EMTs carried me out.

At this point a tall, beautiful young brunette woman named Amy arrived, a social worker. I gave her my friend Becky's name and number, and Amy went to call her. When she came back, she told me that Becky and her husband Roy were coming to get me. She handed me a slip of paper with Becky's cell phone number on it, gingerly holding it with her thumb and forefinger as if afraid she might get cooties if she got any closer to me.

In that moment I realized that I had become the Other: a smelly, stoned, fat old lady with wild, crazy, gray hair. A while ago I was a patient who was being treated. Now I was someone they hoped would leave as soon as possible, because I was, you know, icky. The transition from being wife, mother, grandmother, smart aleck writer and singer, person with home and family and friends and church and a Facebook account, to modern day leper - stinky, drug-addled street person - was as stunning as it was swift.

Becky and Roy did come, bless them. This is friendship above and beyond the call of duty. They brought me clean clothes and my purse and the reassurance of my human connections. We caught the first ferry home. A friend remarked to me later that some people will do anything to get out of attending the Palm Sunday liturgy.

So that was my Saturday night doing drugs with the stones. My gall bladder is history now. The surgeon said it was "gnarly." Not a technical term. I'm on the mend and I hope not to be hauled to the ER for any reason in the near future, and I will never look at stinky, drug-addled street people the same, especially old ladies with wild, crazy, gray hair.

My deepest gratitude and thanks to my family, friends (especially to Roy and Becky for coming out in the middle of the night to collect me), all the doctors and nurses, everyone who prayed, sent good wishes, and remembered me kindly. Blessings on you, every one.

By Karen Pruett

March 25, 2013, Rome, Italy. The Italian Supreme Court sent Amanda Knox and Raffaele Sollecito's case back to the appeal level for review to the disappointment of the university students who were wrongly convicted of the death of Amanda's roommate, Meredith Kercher, in 2007. Amanda's family, as you may remember, are beloved members of our community and Islanders have closely followed her ordeal in Italy. I had hoped to be telling you, my friends, the good news that the Supreme Court had agreed with the lower court and upheld the Innocence Verdict. Sadly, that is not the case. But the outpouring of sympathy from the community is both welcome and heartwarming.

Amanda and Raffaele remain free and presumed innocent until the Supreme Court makes its final ruling on the case; that may take years. Amanda cannot be extradited during this process and will continue with her ordinary life as this extraordinary event unfolds. If the Italian Supreme Court's final ruling is "innocence" then the murder charge is put to rest once and for all. If it is "guilty" then Italy would have to provide the US State Department concrete proof that Amanda was involved before extradition can occur.

There is a 1% chance of the State Department believing a dirty old man's creepy fantasy, sorry, I meant Prosecutorial Theory, and only if it is staffed by flesh eating zombies.

This case could move between the appeal and supreme level more than once to correct things as mundane as a comma or as complex as reexamination of evidence. We will know for sure what the judges want when the Motivation Report is released in June 2013, but speculation leans toward finally opening the handle of the knife and clarification of several points in the appeal motivation report.

The Knife and the Bra

Amanda and Raffaele: A Disappointing Setback

Clasp, used to tie the kids to the crime, were the only pieces of evidence examined at the appeal level and both items were dismissed as compromised by poor collection and processing procedures. The defense has long maintained that both items were contaminated at the crime scene or in the lab.

In a crime scene awash in DNA the Perugians, led by Giuliano Mignini, presented only a few skin cells as proof of the kid's involvement. Then, after years of blocking defense access to certain evidentiary items or having evidence independently examined, it seems the fickle Perugians argued successfully that more evidence should be retested. How Ironic.

The defense lawyers, disappointed in the court's decision, know their young clients are innocent and are resigned to deal with the judicial system in an honest and forthright manner. In official statements Amanda and Raffaele expressed their sadness:

Amanda said, "It was painful to receive the news that the Italian Supreme Court decided to send my case back for revision when the prosecution's theory of my involvement in Meredith's murder has been repeatedly revealed to be completely unfounded and unfair. I believe that any questions as to my innocence must be examined by an objective investigation and a capable prosecution. The prosecution responsible for the many discrepancies in their work must be made to answer for them, for Raffaele's sake, my sake, and most especially for the sake of Meredith's family. Our hearts go out to them. No matter what happens, my family and I will face this continuing legal battle as we always have, confident in the truth and with our heads held high in the face of wrongful accusations and unreasonable adversity."

Raffaele commented, "I am deeply saddened by the decision handed down by the Italian Supreme Court to send my case back for revision when my involvement in Meredith's murder has repeatedly been shown to be unfounded. My book details what Amanda and I went through and I will continue to fight for my innocence, hopeful and confident that

truth will prevail. My thoughts are with Meredith's family, Amanda and her family, and all of our friends and supporters."

Stephanie Kercher, Meredith's sister said that "Whilst we are not happy about going back to court, and it will not bring her back, we have to make sure we have done all we can for her. We still have a long journey ahead and we are very grateful for the support of the public and in Italy - we just want justice for Mez. We are very hopeful that it going back to court will help find those answers and find out the truth of what happened that night."

Claudio Patrillo Hellmann, the Appeal judge said of the ruling, "I'm at peace with my conscience. I foresaw that the decision of the Supreme Court would be annulment with a new trial. The party of the PM's* is very strong in the judiciary. I want to see who will assume the responsibility to condemn two innocents, or at least I challenge anybody to demonstrate that there is the proof to condemn them. However, we have to wait to read the motivations of the judges. Were there legal errors in our motivations? I don't believe so. And so therefore the motivations were either insufficient, contradictory or illogical. Certainly there wasn't the proof of guilt." *PM is the Public Minister's office that Giuliano Mignini held in Perugia while he doggedly pursued Amanda and Raffaele.

Ironically Rudy Guede, the real killer, will be eligible for parole about the time Amanda and Raffaele's retrial starts, sometime in 2014. Everyone, including the defendants, wants the Kercher family to have full confidence that the right person is already in prison. And that person IS Rudy Guede.

The Knox and Sollecito families want two things from the Italian judicial system. Fair Play and that the Kercher family knows beyond a shadow of a doubt that Amanda and Raffaele never harmed Meredith. It seems Italy owes that to all three families, at the very least.

For more information on this case please visit my synopsis on Gather.com or a complete review at InjusticeInPerugia.org and visit Facebook's "Amanda Knox and Raffaele Sollecito" page to join in the conversation and show your support.

Gather.com
www.gather.com/viewPostsByMember.action?memberId=1073628

InjusticeInPerugia.org - www.injusticeinperugia.org/

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Aries (March 20-April 19)
You are starting to find your voice and your confidence, which you may have discovered is easier if you encourage others to find theirs. I would say there are two kinds of confidence, at minimum -- one based on the idea "I am better than you" and another based on the idea "we're all growing, and we can support one another on this trip through the unknown." Over the next week you will have opportunities that you can meet with a spirit of competition or mutual support; the choice is yours. To embrace the latter option, you would need to consider the idea that what you offer to others increases, particularly if what you're offering is an idea or a feeling. You have plenty of these things to go around, particularly ideas. You're also figuring out that you value your freedom above all else, particularly your freedom of thought and expression. That's something truly collective, available to everyone or not at all. I suggest you lead the way.

Taurus (April 19-May 20)
Venus returns to your sign in a few days, though before it gets there, it's completing a trip through your sensitive 12th solar house, Aries (along with many other planets in that house). This is likely to be coming with various experiences of being lost and then found again; debates over whether and to what degree you exist in the world. You certainly exist, though when there is so much pressure to change, to evolve and to become, you might have those moments of deep questioning. I suggest that you stop, look and listen -- rather than question or judge. You will feel calmer and more grounded if you tune into your senses. You may even find it easier to experience the sensation of being carried over a limit or a threshold, into a new space of self-awareness. The feeling may be something akin to releasing yourself from the prison of a certain kind of self-concept, which may currently be limiting your ability to know and feel who you actually are.

Gemini (May 20-June 21)
Mercury is done slogging through Pisces (where it's been most of the year), and is now in fire sign Aries. This is likely to speed you on your way, at the same time you become aware of the solution to a particular problem you've been grappling with for months. That is difficult, given that you crave proceeding with total commitment in whatever you do. Over the next few days, you may have one idea after the next for what direction to turn. Let these ideas emerge, and evaluate them without judging them. By early next week, they may suddenly all add up to something truly unusual -- something so life-changing you will need to pause for a few days and reflect carefully on the implications. You may choose to let it go, in which case I suggest you move on quickly. Yet if you choose to go this new route, put your plans into motion immediately and without delay or hesitation.

Cancer (June 21-July 22)
The current days you're in are likely to come with one breakthrough after the next on the vital matter of career. Not so long ago, you embarked on a path that was totally different than anything you'd ever done. This has likely brought many developments in your life, and now is the time to assess those changes and make some refinements. The truth is that you're genuinely an innovator and pioneer, though you may not feel like one. What we do almost always feels ordinary, and it's usually a good idea to avoid telling yourself how innovative you are. So please let me tell you. You are a visionary influence on your environment, particularly your place of work and especially the people you collaborate with. I suggest you invest some energy into focusing the efforts of the people you work with; you're a kind of spark plug in that fuel-rich environment. It looks like you're on the brink of a breakthrough, one that will benefit you and everyone who shares your goals.

Leo (July 22-Aug. 23)
You are a success magnet right now, and the only thing that could possibly stop you is self-doubt. Therefore, if you feel any of that, refuse to feed it, justify it or rationalize it. It might help to know that what you think of as your doubts are really those of someone close to you -- a parent or early caregiver -- though they may feel like your own. You are no doubt aware of an evil tendency for one generation to pass its fears and limitations along to the next. If you're a parent, make sure that this tradition stops with you; this means not accepting the doubts that others projected onto you, which is the one thing you need in order to not pass them along to others. While you're often inclined to work hard and earn what is yours, your real gift is that of strategy. You're in an unusual and brilliant moment to consider any problem or complex situation you may face, and bring to it the certainty that there is a solution, if you can tune into it.

Virgo (Aug. 23-Sep. 22)
You may be feeling released from a bogged-down relationship situation for the first time in months. This may involve a person, it may involve a pattern or it may involve a feeling. It's gone on so long you may have forgotten that other possibilities are available. You're now being presented evidence of many, many other possibilities, including a big reminder about the whole notion of change and why it's a good thing. There is nothing wrong with stability, but worshipping stability in service of fear is indeed a toxic psychic factor. One way to approach your current moment is how it's a study in agreements. Every relationship is about mutual agreements on one level; what you're discovering about yourself is that you have some genuinely original ideas about what works for you. You may also have a parallel idea that those things won't work well for others, though I suggest you drop that prejudice and assert yourself. Ask people you meet what is true for them, and tell them what is true for you -- without delay or hesitation.

Libra (Sep. 22-Oct. 23)
You seem to have unleashed a whole series of rapid changes, and you may be wondering whether you're in control of your life. I suggest you not ask that as a general question, but rather that you identify specific areas where you have the ability to make decisions, and others where you seem to be at the mercy of other people or of your circumstances. Start with where you know you have the power to choose and try making some decisions. You're likely to experience the other factors coming into focus and gaining a sense of clarity as you do. I would remind you that your life is not about having fixed values. You have an odd tendency to be inflexible just when you need to stretch and flex the most. You will feel more strength and less chaos when you open up and consider things from a diversity of viewpoints. There is likely to be a clear meeting place between you and someone you care about, if you're willing to move with what is, in truth, a rapid flow of developments.

Scorpio (Oct. 23-Nov. 22)
Planets are collecting in your opposite sign Taurus these days, and that is likely to present you with options. Yet you're unlikely to see and feel those options unless you let go of an old perspective that you've been struggling with like gum on your soul. You may feel like some prior commitment is making it difficult for you to be in the moment. At the same time, you seem to be on a quest to stretch into new territory, especially in your relationships -- though that's challenging you to be real from moment to moment. One image I see in your solar chart is the need for a more flexible idea of commitment. Our society seems to have three modes: friends but don't you dare think of sex; the drunk one-night stand; and marriage. None of these reflect actual human feelings

or social needs, nor do they give you much wiggle room to experiment. I would propose three alternates: let's explore life together and see what we learn; sex with friends is better than sex with enemies; trust is the foundation of love.

Sagittarius (Nov. 22-Dec. 22)
You may be feeling a tug away from experimental and creative mode, into get-serious mode. I would recast this another way -- your experiment is starting to get results, and it's time to act on what you're learning about yourself and your environment. It's true that you need something solid to work with, and you'll soon have that opportunity to an increasing depth. Said simply, that something solid is a sense of purpose, though this may be the last thing you are inclined to trust. I understand there's something about the times we're living in where we think that 'meaning is meaningless'. (In academic terms, this is an aspect of postmodernism.) You can get around that one by connecting with the fact that sincerity is always meaningful. One by one, planets are moving into the angle of your chart that describes healing, focus and service. The energy in your life will cool down in degrees, though the gradually diminishing raw heat will leave plenty of fuel and oxygen for passion and purpose.

Capricorn (Dec. 22-Jan. 20)
Your chart looks like you want to spend a fewYour chart looks like you want to spend a few nights at the Super 8 so that you can get a bit of sanctuary. If so, I suggest you do something like that -- get away for a few days, or even overnight, and spend enough time alone to figure out what's going on with you emotionally. Other people will be happy to share their opinions, and they will, even to the point where they drown out your ability to sense what you're feeling, what you need and what may be prompting you to feel insecure. If you have the desire to take some space, how do you feel when you consider doing it, or enact the plan? If you're feeling any guilt, then you know you have some solid emotional material to work with. The presence of guilt would imply that you're under the influence of someone, verging on control. I understand that you have a lot to take care of, though help is there if you ask for it.

The Road To Resilience

Continued from Page 1

In the meantime, we can all make small steps in the right direction. Try when you can to make one trip to town instead of two or three, or carpool. Bus service in Seattle and Tacoma still leaves a lot to be desired unless you are going downtown. If you are downtown bound, though, the bus is the only way to go. The last time I drove to downtown Seattle, I vowed never to do it again. We found ourselves sitting in a field of idling unmoving cars for as far as we could see and for long enough to ponder both the monumental quantity of fuel being guzzled and CO2 expelled for nothing. It was a great sculpture except for the climate change part. We were looking for a place to park and we ended up paying more than the cost of a five trips on the bus, not counting the gas used, nerves frayed, and time lost. Try the bus; you may be very glad you did. The new Metro Rapid Ride service that replaced the old 54 in Seattle comes every 10-15 minutes, every 30 minutes after 11pm. until around 3 am. Get an Orca card and you will never have to fumble for change or transfers or ferry tickets.

Another big input is the stuff that we let run off our roads and yards. Not driving is the first thing to consider, but making sure you are not leaking oil is important. Cut back on the lawn chemicals. Let your lawn express itself; maybe it favors a few dandelions and a little moss. Brown is natural. I love the brown of summer: a sign that I can leave the mower in the stall.

Aquarius (Jan. 20-Feb. 19)
This whole responsibility thing is getting tired, I know. Or at least it has its low moments and its more meaningful ones. Yet you seem compelled to go there, and to develop that aspect of who you are. I would propose that you're doing this at the right time in your life; it's one of those necessary aspects of existence that you need to be in harmony with, as a prerequisite for happiness. Let's put it this way: regardless of whatever else you may or may not be, you're not a slacker. You can trust that, and in doing so, I suggest you not push the whole responsibility bit too far. you need to have fun, and I suggest you attend to that sooner rather than later. I am not, however, talking about the kind of fun that's a diversion or entertainment. I'm talking about the kind of fun that's about being in creative harmony with your purpose, with the service you offer and most of all with a job well done.

Pisces (Feb. 19-March 20)
You have a lot to offer the world -- especially right now. You also have plenty that you want to do and experience. I suggest you emphasize that rather than what you have to offer, since no matter what you're doing, people will benefit from it. Let's put it this way: What if you didn't have to prove yourself to anyone? What if you needed no validation of your 'worth' whatsoever? How would you live differently? The truly beautiful development in the current astrology is that you can indeed experiment with living this way -- and explore what it's like. Your self-esteem fuel tank is just about all the way full, and you've tapped into some unusual mode or source of confidence in yourself. This will allow you to shift your needs to wants, which in turn defines them as something fun rather than something in response to any urgency or survival need. I suggest you proceed with the confidence that your survival needs are all met, or will be met without a fuss.

Read Eric Francis daily at
[www. PlanetWaves.net](http://www.PlanetWaves.net)

I have an electric lawn mower that I love. Simply plug it in and flip the switch. You have to wield the power cord like with a vacuum cleaner (only a little more seriously). I've found it much easier than I expected to mow with a cord and I don't miss splashing gas about, pulling muscles in my back trying to start the engine, listening to the loud roar, breathing the fumes, paying for the repairs, or feeling guilty about the excess green house gases.

The oysters are telling us that climate change is here; it's time for us to change too.

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Island Epicure



By Marj Watkins

12 ways to stretch your food dollars

As the cost of living keeps edging up but incomes, especially on those of us living on pensions or saved-up retirement funds, continuing to eat nutritious foods we like without busting our budgets gets to be more and more of a challenge.

To make the most of your food dollars:

1. Shop the specials. Stock up when coupons or sales reduce net per item prices.
2. Avoid spoilage. Put leftovers in right-sized containers, sans airspace at the top. Cap tightly or cover with plastic wrap. Date and use within 4 days.
3. To keep produce fresh until used, remove lettuce and other greens from the plastic bag you brought them home in. Wrap in a paper towel to absorb moisture. Return to bag and refrigerate. Treated this way, lettuce will stay crisp and fresh until the last leaf of a head is used up.
4. Don't wash greens until just before you are going to use them. Do wash leaves of lettuce, kale, chard, etc. under

running water, pat dry with clean dishtowel, then tear or cut in appropriate sizes for salad or cooking.

5. Make meat last longer: Ground meat will keep in the refrigerator for two days. To keep it longer, break value packs down into portions each containing enough servings for one meal. Put them into freezer bags, squeeze air out, and zip shut. Freeze and use within three months

6. Fresh herbs from your garden: Harvest at their prime. Wash and dry, lay them on a paper towel. Microwave them 30 seconds. Crumble and store in airtight containers, labeled. Baby food jars work well here. So do small chicken or beef granule jars.

7. Keep your refrigerator set below 40 degrees; say 37 or 38.

8. Cool leftovers before refrigerating them. To refrigerate piping hot things warms up the nearby foods already in there.

9. Put foods that would spoil first in the front of your refrigerator.

10. Fruits: Eat the most vulnerable to spoilage first. Grapes and bananas, then pears, apples, oranges, grapefruit, lemons. Avocados are something else. Buy only firm ones. As soon as they yield a tiny bit when squeezed, eat them.

11. If you see any mold on any fruit, toss it. Left with the others, the mold spores will migrate to other pieces of fruit causing their neighbors to mold.

12. Take inventory often. This will help you keep track of what you have and by when you need to use each food item.

A Community Conversation About Health and Responsibility: Vaccines and Beyond

Part 3: Individual Power in Community Health Dynamics

by Karen Crisalli Winter and March Twisdale

Nothing in healthcare is simple. We have a limited understanding of the human immune system. The study of the human biome is in its infancy. Vaccine science is imperfect. Microbes keep evolving and antibiotic effectiveness is plummeting. Feel powerless yet?

Actually, we have a lot of power. Small decisions matter. We have the power to protect the community. When it comes to contagious diseases the moment of power can come when we wake up with cold symptoms and face the hard decision of whether to go to work...or stay home and take care of ourselves.

We live in a society that values tenacity and often regards self-care as weakness. Stepping back from obligations can be viewed as inconsiderate. Perhaps it is time to challenge these values?

Challenging an entrenched social value is always easier with good tools. These 6 steps illustrate a new way of approaching our role in community health care.

Step 1: Take care of yourself
Many pathogens are opportunistic. If your immune system is in poor shape, you are more likely to catch something nasty and more likely to spread it through the community. Start with the basics. Get enough sleep, get enough exercise, eat good food, drink enough water, get medical care as appropriate.

Step 2: Body awareness
Early signs of illness can be very subtle. Unfortunately, this is often the time when you are most contagious. Learn to notice that you are ill before you are flat in bed with a fever of 103. Aside from the community benefits, caring for yourself early may shorten the duration of the illness and return you to full health more quickly.

Step 3: Observation
When a lot of people are sick with similar symptoms, it's probably the same pathogen. If you've been hanging out with these folks, you have probably been exposed. Now is a great time to take extra good care of your health. A strong immune system can't prevent all illness, but it usually helps. Remember that in certain cases you can be a disease carrier even if you don't have any symptoms.

Step 4: Research!
When researching, look for the incubation period, contagious period, normal progression of the disease, possible complications, treatment, testing, and high-risk populations.

Step 5: Minimize contact
If you have symptoms,

assume you are contagious unless you have medical evidence to the contrary. If you've been heavily exposed to an illness, consider the possibility that you might be an asymptomatic carrier. This means you can be contagious even if you have no noticeable symptoms. Take reasonable precautions based upon the illness to which you've been exposed. This might be anything from washing your hands a lot to putting yourself in full quarantine. Be especially aware of vulnerable populations like tiny babies, pregnant women, immunocompromised individuals, and frail elders.

Step 6: Support others
There are many forces in society that pressure people to "keep going" despite being sick. Try not to be one of these forces. Encourage employees, volunteers, students, and clients to stay home and rest when ill. Offer to pick up groceries for a sick friend. Take whatever actions you can, large or small, to support people in making responsible choices.

Of course...sometimes we get lucky and get specific information about the disease that is circulating. Suppose you get a memo from your school or workplace that several people have been diagnosed with pertussis. How would you apply the above process?

Step 1: Research
You are lucky! You know what you're dealing with...so you can start with research. You will discover that pertussis is annoying for most healthy adults, terrifying for people with health challenges, and potentially fatal for infants. It would also be useful to gain a realistic understanding of the potential benefits and failures of the vaccine, the accuracy of available tests, the likelihood of an inaccurate diagnosis, and the fact that over 50% of adult pertussis cases never have the characteristic "whooping" cough. In fact, some people can be entirely asymptomatic carriers. It would be useful to know that antibiotics can be helpful, but only if given early. You also might like to know that up to 30% of pertussis cases are actually caused by parapertussis, for which we have no vaccine. All of these details are important if you are to take effective steps to protect yourself and the community.

Step 2: Take Care of Yourself
Evaluate your own risk factors. Apply what you learned in Step 1 to your unique situation. Respect the disease and respond accordingly.

Step 3: Body Awareness
The first signs of pertussis are trivial and look just like a cold or even allergies. A runny nose, nasal congestion, sneezing, red and watery eyes, a mild fever, and a dry cough are the classic symptoms of early pertussis. Notice them. If you have a known exposure to a specific case of pertussis, assume you have pertussis. Otherwise, track your symptoms on your calendar to see if they match the patterns of pertussis. Keep your health provider informed, and err on the side of caution. Your mild case can give a deadly case to another person. Respect the disease.

Step 4: Observation
In this scenario, someone told you that pertussis is circulating in your community. But you won't always get a memo. If you notice a steadily growing population of people who have an odd cold that lingers for months, pay attention. It could be pertussis.

Step 5: Minimize Contact
When you have a known exposure to pertussis, stay away from newborn babies and pregnant women in their third trimester. This is true whether or not you have developed symptoms. People who have been vaccinated against pertussis must be especially alert, since the protective effect of the vaccine increases the likelihood of them becoming an asymptomatic carrier.

Step 6: Support Others
Encourage others to openly discuss the complexities of this disease. Support the use of masks, working from home, taking time off, visiting the doctor, and other forms of self-care. Most importantly, remind everyone to keep all coughs away from newborns and anyone in close contact with newborns.

There are many powerful tools available to us in our quest for personal and community health. These six steps are a good start. By using them, we can help limit the spread of communicable disease and protect the most vulnerable. In the case of pertussis, we can even save a life.

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"A Community Conversation About Health and Responsibility: Vaccines and Beyond" is an ongoing series written by two close friends with a passion for improving community cohesion and building respectful relationships in a diverse world. This article was co-created by Karen Crisalli Winter and March Twisdale.

BLOG: Vaccinesandbeyond.blogspot.com

Email: KarenandMarch@rocketmail.com

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Positively Speaking

How to Believe in Good When Evil Happens:

Strength, Endurance & Ease

Joy is lying next to me on the white couch with too many pillows. Her soft sock body suits her name and her purpose. Her cornflower blue thread of eyes and pale salmon pink lips dot her face. Hands are shaped like mittens. Feet only have definition when the soft leather white Mary Janes with teeny tiny bow appliqués are on. They cover the stretchy little socks that roll down over themselves because... well...Joy has cankles, poor thing; straight posts of legs with no definition.

With no voice or self-determined movement, her personality is completely external. Her femininity displayed in the soft bleach brown tendrils of hair is more fully defined by the pinafore and under-dress in reversed pattern and colours; white underlay with small blue and yellow flowers covered by blue pinafore with large pale green, blue and yellow flowers.

The doll Joy, was a present to my daughter from one of our hosts during a long siege of couch surfing. That my daughter named her Joy calmed the fears I had as her mother as we endured the first of many months of homelessness.

Today, 18 years later I have sewn the ponytail back on her head that had come loose during our many travels. I have put the shoes and socks back on her feet that had come off and been put in one of the boxes my daughter and I had explored two weeks ago.

I will write today of choosing life, choosing inner health that leads to outer health. I am an expert on being healed. I have seen the alternative and it is diseased and deadly.

Why? Because there is new research out, and a new book that tells this great wonderful new finding. If enough people do good, bad things change. History tells us that.

So what is good and what is evil? Good is integrity. My daughter pointed out to me that the new tires that were gifted to me have the word 'integrity' written on them. If you have to get ahead by deceit or outright lying, you are dead inside and no good will come of it for you. If you feel ashamed of yourself and who you are and won't reveal your true self, you are missing out on the greatest connection ever. You will never find out people like you just the way you are and THAT is the most powerful experience ever. You will never find out the people see goodness in you that you don't see in yourself.

Next to Joy is a Trader Joe's bag filled with the crafting of an afghan I am knitting. It's for Aunt Nancy and since she never reads my column but only wants me to finish the book I started with Bruce this won't spoil the surprise. I love it that one of my biggest supporters doesn't read my stuff. She just knows my insides and figures the writing must reflect my insides. She's right.

By Deborah H. Anderson



Anyway, I ran out of the creamy white yarn I picked up somewhere and Red Heart SuperSaver 'Aran' seemed like it was going to be a good match. It's not exactly the same so I had to rip out the partially done panel that connects the squares but it will be close enough that if I use that ripped out yarn for one of the squares, the new panel in the new colour will be approximately close enough. I bought one \$2.99 skein.

Somewhere in China there's a machine that needs to be fixed. Both ends of the skein were tucked inside the long tube of yarn. There was no loose end on the outside with which to roll the skein into a ball. I began to roll from the inside. It didn't take too long to have a total twisted mess on my hands. The more I tried to unravel, the worse it got. Rolling it into a ball to use was proving impossible. But I knew what it would feel like when I had straightened the last thread and knot-by-knot, twist-by-twist I persevered. There were times I felt it was too strong a metaphor for my life and put it down. But I did not give in to the temptation to feel it was too big a job. Again and again I began again to roll the ball. Sometimes it was too tangled and I would cut the yarn and begin with a new piece. That happened four times. Four separate balls. By the end of the week I was knitting with the yarn.

That is how you move yourself through events when evil seems like it is winning. You focus on the end result that will be good. You do not focus on the evil that got you into the mess. And you do not walk away and let evil win. Even if it seems only a small victory you take the victory you can have that will add to the goodness in your life. Focus on allowing yourself to be blessed and be a blessing. Don't argue with evil.

If you are in pieces, look for what is lost and find it. Restore to wholeness one body part at a time.

If you are tied in knots, be patient, use your eyes to see where the situation can be unknotted. Do what you need to do to loosen the threads. Pull carefully to see where they are twisted together. You will untangle the mess.

Most of us are not in big powerful positions. Most of us are just cogs in wheels living at the end of somebody else's life and choices. Your life does not have to reflect their bad choices or woundedness. You keep your eyes on what is yours to make the most of. That adds the most good to this world. Because the world changes on the hearts and actions of little people who make truth important and kindness a sacrament and integrity a virtue. Be part of the collective good. It changes the world for the better.

Love,
Deborah



Save the date!!

"Come one , Come all church people....Saturday 13 April 2013... 3-6 PM, 'Graced and Thawed' a Second Saturday lecture the Vashon Land Trust...with small group ecumenical discussion around whether your Faith defines your church experience or your church experience defines your Faith. "Graced and Thawed: what do we do with tradition and mercy?"

Free Family Film Series

April 14th "The Egg and I"...jeans and plaid shirts advised!

May 12th Mother's Day You are Invited to "UP!" The perfect gift for a child to give to Mom...a free movie!

June 9th "Footloose" end of the school year dance bash. Come dance in the aisles like no one was watching!!

All movies shown at 1PM at the Vashon Theatre.

The Galloping Gerties at Pt. Robinson

On Saturday, 20 April, the Galloping Gerties, the Tacoma Ford Model A Club, will be holding a gathering out at Point Robinson. The cars, all of which will have been driven from Puyallup via Southworth, will be mustered around the lighthouse starting at about 1030. These cars have all been restored to their original splendor, and are the pride of their owners-and few of them are painted black! The cars will be grouped in such a way that great photographs of them all together can be taken from the top of the lighthouse tower.

The Galloping Gerties, the Keepers of Point Robinson and the Vashon Park District invite the entire Island community to come, talk with the owners, enjoy the hard work that goes into restoration of old vehicles, and visit with friends old and new. I will have the Lighthouse meadow open for general

parking for this event, with the area around the lighthouse reserved for the Model A Fords. The Galloping Gerties will stay until all have finished lunch, had a tour of the lighthouse, with emphasis on photographs from the tower of the cars assembled, answered questions, and revived memories, especially of the more senior hands, who may well have started their romantic lives in Model A cars!. (Mine started in a 1939 Ford DeLuxe, but that is an another story for another time). (And no, I am not that old!)

I will be giving the tours of the lighthouse myself, and will be at the light all afternoon. Come on down, bring a picnic, bring a trash bag, see the cars, take the tour, come and see our favorite and most-used park in full bloom.

Yours for a real Spring day on the 20th, Captain Joe, President, Keepers of Point Robinson.

Harbor School Record-Breaking Support!

Continued from Page 4

Kevin Joyce, was master of ceremonies with Jennifer Sutherland as co-host. A special video presentation highlighting the students and their work was included during the Special Appeal, thanks to the efforts of Martha Enson, Harbor School parent, and Jeff Reid, parent and Harbor School trustee.

"We feel blessed to be teaching children on an island so filled with creative, generous artists. The benefits that we have gained from them have been wonders to behold, and with a revived arts curriculum, we hope to be able to contribute artistically to a community that has given us so much," said James Cardo, Head of School.

Harbor School is grateful to now be in a position to move forward and begin implementing a planned arts initiative – integrating art concepts and principles into the school's core academic subjects, providing a broader spectrum of arts electives through drama, dance, music and visual arts, and adding a dedicated new studio art space on campus where it can all be housed. Islander, art educator and Harbor School grandparent Anita Halstead, has been engaged to consult on the new curriculum along with feedback and guidance from art instructors like Janice Campbell, Kathy Larsdotter, Dave

Zike and Nadine Edelstein (who have taught art periodically at THS).

Harbor School welcomed over 180 guests on Saturday, March 30, 2013. In support of the event, over 30 current parents, alum families, trustees and friends volunteered their time and energy. A dozen Harbor School alumni were on hand to assist throughout the evening. The delicious culinary talents of May Kitchen + Bar, Casa Bonita, Express Cuisine, Nirvana and La Biondo Pizza provided the scrumptious "Taste of Vashon" dinner menu. Harbor School is especially grateful for the support of many businesses and individuals who sponsored the auction, they include: Sawbones, Henrybuilt, John L. Scott, Island Home Center & Lumber, Vashon Central, Stageworks, Meadow Creature, Seattle Mosaic Arts, Edward Jones, Fair Isle Animal Clinic, Blooms & Things, Charley & Lanora Rosenberry, the Jewson family, Jeff & Allison Reid, Connie Sorensen, and John Lewis. The night's Business Partners featured in the silent auction also included support from Pandora's, Spider's Ski & Sports, Vashon Liquor Store and Vashon True Value.

All in all, it was a phenomenal success!

Susan McCabe

Continued from Page 1

our Islands by showcasing Island talent and advancing media literacy among our youth." Says McCabe.

She also envisions strong partnerships to support youth and education by working directly with Vashon Island School District and Vashon Youth and Family Services.

Speaking about long-term goals for VoV, Jean Bosch says "By taking advantage of special grant funding this year from three foundations including the Little Family Foundation, Norcliff Foundation and Satterberg Foundation, VoV is able to have the new Community Outreach Organizer position active to further our goal of better serving the Vashon-Maury Island community."

Susan McCabe has a strong broadcast and performance arts background that includes radio and stage comedy including Radio Theater with the Park District and her one-woman show "Hot Flashes - Cold Showers". She was host of VoV's Morning Scramble music and talk radio show, a writer and performer for the popular

Church of Great Rain show, and produced her own radio programs "Ladeez of the Evening" with Karen Biondo about life on Vashon and the "Venus Envy" talk show where men talked about their feelings.

Susan McCabe's performance, radio and TV broadcast experience is well suited to seeking community support for Voice of Vashon's goal of a low-power FM station when the organization applies for a license In the not too distant future. Voice of Vashon currently streams radio programming at VoiceOfVashon.org while offering visitor information and emergency updates at 1650AM.

Make a date with Vashon!
www.VashonCalendar.com
Vashon Library Events
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Submit your Event on line at
www.vashoncalendar.com

A Tribute to Bob Woodman

As a tribute to Bob Woodman the Garage Boys will host a jam at the Minglement Coffee Roasterie Friday evening April 12th at 7:30PM. We would like to invite those folks who played with Bob over the years as well as the folks who came to listen to come and enjoy the music that Bob helped keep alive and nurture here on the island. Bob gave us so much over so many years that we thought it only appropriate to say goodbye in the best way he would relate to – a good old-time country music jam.



Bob and Ginger

Coronation Concert



Mozart’s Coronation Mass and other masterworks composed for British coronations are on the program at the Vashon Island Chorale concerts this weekend. Soloists Gary Koch, Marita Ericksen, Jennifer Krikawa and Andrew Krikawa will be featured in the Mozart piece along with a twenty-member orchestra and 75 singers. Concerts will be held at Bethel Church, Sat. 4/13, 7:30pm and Sun. 4/14, 3pm. Tickets at the door, \$15 & \$10. www.vashonislandchorale.org.

Shakespeare at The Parks Department

The kids company of Vashon Island Shakespeare are preforming an abridged version of William Shakespeare’s Romeo and Juliet for one night only. Directed by Aimée van Roekel with production help and support of The Vashon Island Parks Department. Come support the kids and enjoy the show!

At Ober Park Performance Space, Friday, April 19, 7:30pm

Andre Feriante with The Bohemian Entourage

Seattle-based Andre Feriante, world-class Spanish/classical guitarist, poet and singer/songwriter has made his living from his art alon for twenty years. Yet for someone who has released 11 albums and played highly successful concerts worldwide, he remains remarkably humble.

“It all falls out from the center,” he says. “I play for my own healing and for close friends; a wide audience is icing on the cake. It’s a gift that I have to pass on.” Feriante defines himself as a cross-over artist in the vein of YoYo Ma or Sting.

His repertoire represents bold fluid musical fusion and features music from Bach to Leonard Cohen, flamenco improvisation to jazz standards, even poetry by Federico Garcia Lorca, Rumi and Feriante himself. The evening will also include Beatles songs from newest album, Beatles Masquerade. On stage, Feriante surrounds himself with Northwest-made guitars and a ukulele.

The Bohemian Entourage is Vashon’s own Jason Everett on 7-string and stand up basses and Stella Rossi, flamenco dancer with ballet and modern dance experience.

Saturday, April 13, 8 pm, Vashon Allied Arts - Blue Heron



Publish The Quest

Publish the Quest, a band with deep Vashon roots that has made a name for itself worldwide as both a musical and philanthropic force, is coming home to Vashon this weekend after several whirlwind trips around the world.

Jacob Bain, frontman for the group and also a founder of the all-Islander ensemble Trolls Cottage, grew up on Vashon and lives here now. The group plays an energetic and danceable mix of blues, rock, ska and world pop.

A passion for social and musical outreach has taken the group around the globe. Working with a nonprofit called Learn Africa, Publish the Quest has made several recent trips to Cape Verde, Zimbabwe, Mali, Poland, Portugal and Spain, where band members have played in festivals and music halls, recorded with local artists, and conducted music workshops and jam sessions with under-privileged children. On their most recent trip to Zimbabwe, this summer, the band brought along a trove of donated instruments and soccer balls to give to kids in Harare and Hatcliffe Extension, a slum just



outside the city.

An impressive roster of international stars has collaborated with the band – Femi Kuti, Nneka Lucia Egbuna, Matt Chamberlain, Eyvind Kang, Radioactive, Oliver Mtukudzi and Vieux Farka Touré have joined forces with the group on recordings and in concert. A recent single, “Sodade,” was recorded with Cape Verdean vocalist Laise Sanches, with all proceeds from the sale of the song going to benefit the cause of arts education in Africa.

Bain said he has found great inspiration in working with kids and musicians in Africa – people

he said had “an insatiable appetite for music.” To share the healing aspects of music with children in Africa, he said, has been a joy.

Publish the Quest’s latest album is called “Then What!?”, and Bain said he is currently working on a new album as well as a short film that will document the band’s work in Africa.

Saturday, April 13 at 9pm. There is an 8\$ cover for this show. This is an all-ages show ‘til 11pm, then 21+ after that.

At the Red Bicycle
17618 Vashon Hwy SW
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www.redbicyclebistro.com

Strange Jerome

Seattle based Strange Jerome combines the right amount of grit and edge with dynamic harmonies and gripping melodies. By blending alternative country, shadowy folk and blues influences, this clever roots rock band has crafted a provocative sound that has been described as Lucinda Williams and the rockin’ side of Neil Young meets the Pretenders.

The Strange Jerome story began when eight year-old Sherri Nudelman discovered a guitar belonging to a friend’s older brother in their basement. Inspired and obsessed, she began to incessantly harass her parents for a white electric guitar. Despite her disappointment with the small child’s acoustic that actually showed up one Christmas, Sherri demanded guitar lessons. An early fixation with the likes of Elvis and the Beatles fueled her desire and she was determined to become a rock star. Sherri, born and



raised in New Jersey, started writing songs at unknown early age and performed them for her babysitters. It wasn’t until her late teens that she began a serious attempt at songwriting. Countless hours spent alone in her room yielded songs which lead to her experience playing in the band The Animators. Sherri teamed up with a variety of other musicians and singer songwriters and played the NYC circuit. She had always wanted to change her last name to something that was a little more performer friendly, but with her father deceased she felt a bit guilty abandoning the family name. The solution, she decided to take his first name

as her last.

Sherri Jerome headed to Seattle in the mid 90’s. After collaborating with many musicians and doing solo performances, Sherri joined forces with guitarist Michael Beckworth. The two met while networking at a popular Seattle open mic night. The partnership has proven to be one that works well. Michael’s definitive, gritty guitar sounds and tasteful phrasings bring a distinctive essence to Sherri’s songs.

As the driving force behind Strange Jerome, Sherri and Michael still perform as a duo but most often with a variety of other musicians as a full band. The current line up consists of Sherri Jerome – lead vocals, acoustic and electric guitars, Michael Beckworth – back up vocals, electric guitar, John “Johnny Cat” Ramsdell- bass, and Jon Hedges- drums.

Strange Jerome’s new CD, “Guns, Ammo Jewelry, Coins”, delivers a diverse yet cohesive collection of songs. The follow up to the bands debut CD “Vicious Tattoo”, “Guns, Ammo, Jewelry, Coins”, delivers dreamy eclectic singer/songwriter infused Americana.

Friday, April 19 at 9pm. This is a free cover all-ages show ‘til 11pm, then 21+ after that.

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Impossible Bird



Impossible Bird: A duo that will shake your bones. A rare opportunity to see them live on Vashon Island in a Vashon Events production at Nirvana.

Nick Drummond is former front man and songwriter for the hit Seattle band The Senate. Tyler Carson is an internationally known fiddler/violinist most recently from Jack Maple. Together they have teamed up to combine their unique talents into one formidable pairing. Fiddle, guitar, voice. Welcome, to the new beginning.

Tyler, who’s musical career has spanned two decades (he’s 28, now) began his musical journey busking with his sister Kendel Carson, drawing large numbers of people in with their twin fiddles and electric stage presence. Together they would travel the world, with tours of Japan, Thailand, the Cayman Islands, New Zealand, the Jerry Lewis Telethon in Hollywood, as well as multiple appearances as soloists with the Victoria Symphony Orchestra. However, despite tours around Europe and the world playing classical and folk music, he says he

has finally found a musical home within the music he and Nick are creating. “This is the first time I’ve ever gotten to draw from every one of my musical backgrounds – and often within the same song!” he says.

Adding to his technical prowess on the violin, is his new instrument, a Strohm, or resonator violin. The bowed sound coming out of a brass horn is a haunting, disembodied sound which according to one audience member “sounds like a dream, but feels like the truth.”

Holding it all together, is Nick’s percussive guitar. At times reminiscent of early Dave Matthews but with sparks of world influence, it provides a solid and evolving groove for his captivating lyrics and Tyler’s soaring instrumental counterpoint. Together they weave musical tapestries which run the gamut from haunting to joyful, melancholic to spiritually alive.

Friday, April 12th, 8:30pm at Nirvana, 206-463-445

Concert with Ensemble Electra



Virtuosic Music of the Baroque Seattle-based trio Ensemble Electra is thrilled to join forces with Swedish cellist and viola da gambist, Joanna Blendulf to present an exciting evening of sonatas for violin, recorder, cello and harpsichord by J.S. Bach, G.P. Telemann, D. Buxtehude, H. Schmeltzer among others.

Ensemble Electra has been enchanting audiences since 2005 with their unique mix of virtuosity, charm and wit. Their enthusiasm for playing together is infectious and uplifting.

Friday, April 26, 2013 at 7:30 pm, 15420 Vashon Highway SW
Suggested donation: \$20.00. Tickets available through Brown Paper Tickets www.brownpapertickets.com/event/361413 and Vashon Book Shop (206-463-6217) or at the door on the evening of the performance. Further information: 206-322-6462

When the lights go out, the fun begins...

Continued from Page 1


millionaire Georg Bamberger? Is it Fred Alpert or is it Lou Mangione? Will Brindsley discover his true love? Or will chaos ensue? What do you think? And what about that precious Buddha?

Although Black Comedy premiered by the National Theatre in London in 1965, it certainly has legs, which means that it’s as funny now as it was when it opened. It’s also interesting to think that Clea was originated in the London production by Maggie Smith and in the Broadway premiere by Geraldine Page. Carol was played by Lynn Redgrave and Brindsley by Michael Crawford, famous for originating the Phantom in The Phantom of the Opera.

This is Steffon’s first time helming a Drama Dock production. “I’m honored to have been asked. I love to direct. I feel like a kid given free-reign in a toy shop. The

twist of the play is that the lights go out and the characters interact in the dark for the remainder of the show.” (For the audience the lights actually get brighter.) “It is the perfect situation for physical comedy. The greatest challenge of the show will be the comic timing. Many movements will have to be tightly choreographed, and the actors are going to have to learn how to move as if they cannot see. I look forward to creating a tightly knit ensemble with the eight performers. We will be getting very close (literally).”

You will have only one weekend to forget your troubles and enjoy this funny, funny play, produced by Drama Dock at the Vashon High School Theatre. Tickets are available at the door of the Vashon High School Theatre and, in April, at the Vashon Book Shop. Tickets \$20, Drama Dock members: \$15, Youth & Senior: \$10, Drama Dock Youth and Senior Members: \$7.50.



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Loopy Laffs

LOGJAM



BY Jeff Hawley

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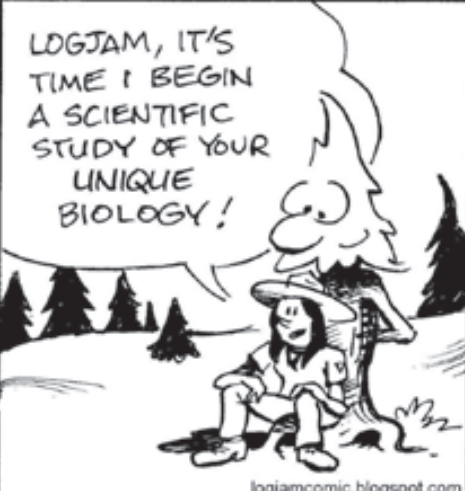
It says here, the Vashon Chamber of Commerce involves itself in removing traditional names from cultural events. This year's EASTER EGG HUNT had been renamed "SPRING FLING 2013" and the EASTER BUNNY had been renamed "BIG BUNNY"!

Since the titles of all proposed events will offend someone somewhere, the Chamber will be renaming all seasonal events to the word "THE" with the event dates following. For example: our Vashon 2013 STRAWBERRY FESTIVAL will now be labeled, "THE, JULY 19-21".

...however, since some people who follow ALTERNATIVE CALENDARS are offended with the use of the GREGORIAN Calendar, the 2013 STRAWBERRY FESTIVAL will simply be referred to as "THE".



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I'LL RUN BACK TO THE OFFICE AND GET MY LAB ALL SET UP!



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HAWLEY