



THE VASHON LOOP

Vol. 2 # 1

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM

January 12, 2005

Vashon Gets Own Cable Channel

by Marie Browne

Vashon-Maury Island will soon have its own public cable access channel for broadcasting community meetings, local theater productions, dance performances, concerts, and other content of interest to Islanders.

Just getting approval from Comcast to release a channel and funding from King County to go forward with the project has been a monumental undertaking. Islander Marc Pease started the process fourteen years ago, and has been jumping through hoops and over hurdles ever since. He first presented the proposal to King County in 1991, with the backing of the Vashon-Maury Island Community Council. More recently, former Community Council member

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Time to Quit Smoking

By Kathy Abascal

You have decided to quit smoking. You've been through the garbage for the umpteenth time, you have nothing to smoke, and the critical moment is here. Are there any herbs that will help you resist the impulse to go buy just one more pack? Willpower and perseverance will ultimately carry the day but herbs can definitely help you reach your goal as well.

The physical addiction to nicotine is said to last for about two weeks; after that you are dealing with mental/emotional issues rather than physical addiction. During those first weeks, herbs that bind to the nicotine receptors in your body can be helpful. Theory suggests addicts may find it soothing to have those receptors occupied by

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Documenting Dockton

By Holly Taylor,
Vashon-Maury Island Heritage Association

The Vashon-Maury Island Heritage Association's photography collection includes some amazing photographs of the Dockton community in the late 18th and early 19th century, when it was home to the largest dry dock on the west coast, and was bustling with industrial activity. This visual record of Island history was created largely by amateur photographers, and has been preserved by many descendants of early Dockton families. But who will document life on Vashon and Maury Island at present, to create a record for future generations?

Maybe you will! The Vashon-Maury Island Heritage

Association is offering its first photography workshop with Island photographer Ray Pforter, beginning on January 26th. The workshop is titled "Making a Difference with Your Own Photography: Documenting Dockton." Students who are interested in improving their photography skills are invited to become part of a team on a real assignment: documenting the Dockton community for a spring exhibit at the Heritage Museum—and for posterity. Follow in the steps of past Island photographers Oliver Van Olinda and Norman Edson who created a record of Island life in the 19th

Continued on page 9

Legendary Jim Messina to Play Vashon Theater

For some people music is more than a profession; it's a passionate adventure that drives their life, shaping both them and the people they touch with the music they create. That's the way it's always been for **Jim Messina** who will be performing at the Vashon Theater on **Friday January 28th** at 8:00pm.

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MLK Remembered With Music

By Lauri Hennessey

In today's global climate, many turn more and more to the words of peace, reassurance, and strength of the Reverend Martin Luther King Jr. To commemorate what Dr. King achieved in his lifetime, and to look at what his words mean today, Islanders will gather this weekend for the 15th annual Martin Luther King Interfaith Observation. The event will be held Saturday at the Havurate Ee Shalom, 15401 Westside Highway, at 7 p.m.

The event has been organized for the last 15 years by the Havurat, under the direction of islander Emma Amiad. It is a chance for islanders to gather, think of Dr. King's Legacy, and remember him in music. This year's theme is "What Would Martin Luther King Say Today?"

This year the speakers will include Pastor Joyce O'Connor-Magee and Father Tryphon. The event was organized by the Havurah's Social Action Committee, and is emceed by Andy Schwarz.

Music this year will be provided by a brand new gospel band on the Island. The band—still being named!—includes Marita Erickson, Randy Bruce, Dan Brown, Jean Richstad, Lauri Hennessey and Mark Wells. The singers have all sung in other groups, on and off Island, for many years. They all have a deep interest in gospel music, and are looking forward to sharing some of their new numbers with the community. The group will sing some a capella gospel arrangements, and also feature some instruments. Among this year's selections are "Amazing Grace" and "Down to the River to Pray."

"Dr. King moved people. He still does," said Erickson. "We think this music will move people, too."

The Vashon community is invited to join in the celebration, and the event is free of charge. There will be refreshments, and children are welcome to attend. Call 567-1608 for more information.

www

Get in The Loop



As part of The Harbor School’s ongoing commitment to Service Learning in our community, students collected donations to give to the Vashon-Maury Community Food Bank for the holidays. From soups to stews, tuna and peanut butter, canned vegetables to staple toiletries, the donations were generous and made for a sizeable contribution to the Food Bank.



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Saturday, January 22nd from 11:00 am - 1:30pm, \$25.00 per person
You won’t go away hungry!

DSHS Here

On **Wednesday, February 2**, from 10 a.m. to 1:50 p.m., a worker from the Department of Social and Health Services (DSHS) will be at Vashon Youth & Family Services to handle food stamp applications and answer questions. This is a chance for Islanders to find out about DSHS services without having to leave the Island, and no appointment is necessary. Clients should plan to arrive no later than 1:30, as the DSHS worker leaves VYFS promptly at 1:50. For more information, please call the local Community Services office of DSHS at 341-7430. DSHS is located in White Center, at 9650 15th Ave SW. Access is easy: Take either Metro #54 or Sound Transit #560 southbound, and get off at the White Center Transit Center. The DSHS office is less than a block away. (VIVA staff at Vashon Youth & Family Services can provide bus tickets for clients who need to go to DSHS.)



NEED HELP WITH YOUR TAXES???

File your taxes at
The Vashon Library
on Thursdays from Noon to 2PM
Starting January 27th & Ending April 7th

This is a **FREE SERVICE** for people who make \$25,000 or less.
You may have money coming back to you if you qualify for the Earned Income Credit.
Drop in or by appointment.
Call Hilary at 463-7277



Hilary Emmer will once again be preparing income tax returns free of charge for people who earn less than \$25,000 a year. You may have money coming back to you if you qualify for the Earned Income Credit! This year the service will be at the Vashon Library on Thursdays from noon to 2pm, starting January 27th and running through April 7th. This service is free, and is available for drop-ins or by appointment. For an appointment call Hilary at 463-7277.

Study Group in Energy Medicine

Wednesdays, 7:30 - 9:00 pm, beginning January 12th
How to tune up your body, plus deal with stress, headaches, addictions, insomnia, depression and low energy by working with your energy fields. Led by Rondi Lightmark, who has been researching energy medicine for the past ten years. No charge. Call or email for more information and location: 463-6255 or lightmark@copper.net

Portapotty Won’t Do It

A Portapotty or an outhouse just won’t solve the problem. Visitors to the Island, especially bikers, need a restroom. At a recent brainstorming workshop sponsored by the Vashon Maury Island Community Council Board, Islanders identified the lack of a public restroom as a high concern. As a result of that workshop, this year VMICC will be tackling one of the identified problem areas at each month’s council meeting; the issue of how to get a public restroom on the Island is first on the list, and will be discussed at the meeting on **January 17 at 7:30 p.m.** at Chautauqua School in the multipurpose room. Everyone who has been involved in trying to solve this problem and those who have ideas or an interest in it are encouraged to attend to participate in the discussion.
In addition, there will be a brief tribute to Dr. Martin Luther King Jr. as well as a presentation by Paul Reitenbach, of King County DDES on the 2005 King County Comprehensive Plan and other 2005 planning initiatives. Sharon Nelson, senior staffer for King County Councilman Dow Constantine will give an update on the King County Redistricting which reduces the number of representatives from 13 to 9 and how it affects Constantine’s area and our representation.

Documenting Dockton Photography Class

Class #1 – Wednesday, January 26, 2005, 7:00 to 9:30pm
Island Heritage Museum, 10105 SW Bank Road
Creating the Photograph - topics to include camera handling, subject matter, composition, editing through the lens and afterwards, and available resources. The session will also include a look at historical photographs of Dockton and a discussion of the assignment with members of the Heritage Association.
Class #2 – Saturday, February 5, 2005, 1:00 to 4:00pm
Field Shoot – meeting in Dockton to practice shooting on site (rain or shine). Students are encouraged to return to Dockton during the month of February to shoot additional pictures on their own.
Class #3 – Wednesday, March 2, 2005, 7:00 – 9:30pm

Sharing the Results – group critique of each participant’s selected photographs of Dockton taken from February 5 on. Discussion of how to produce fine art prints – topics to include framing, signing, limiting editions, and pricing.
Fee: \$90 (proceeds benefit VMIHA). To register, mail a check for \$45 payable to the Vashon-Maury Island Heritage Association to: VMIHA, PO Box 723, Vashon Island, WA 98070. Registrations should be postmarked by Tuesday, January 18, 2005. For questions regarding registration, contact Barbara Steen at 463-9355 or VashonSteen@aol.com. For further information about the class contact Ray Pfortner at Pfortner@centurytel.net or 463-3043.

Extension Watershed Stewardship Training Applications Now Available

Every spring for the past 15 years, newly selected participants gear up for nine weeks of learning, networking, and getting their hands dirty. These volunteers-in-training are preparing to join the ranks of Extension Watershed Stewards with Washington State University King County Extension, a group of community-based volunteers nearly 300 strong.
Having been trained by a wide array of experts, Extension Watershed Stewards work to educate youth and adults to make informed choices regarding sustainable stewardship practices in our region. The theme for this year’s nine-week training will be, “Connections between urban, rural, and wild landscapes of King County”. Applications are now available and must be returned by the Feb. 25th deadline. Training begins in April.
Forestry, salmon enhancement, farming, wetland resources, and household impacts to watersheds are just some of the topics covered in the 70+ hours of classroom and field training. Participants will be selected based on their background in natural resources and their commitment to volunteering, as 60 volunteer hours are required the year following training. A fee of \$40 will be charged to offset the costs of materials and some transportation.
Extension Watershed Stewards are community members who contribute their time in a variety of ways. Some lead nature walks or conduct workshops for their neighborhood associations, while others work with Girl Scouts or collaborate with Extension staff at public education booths at events like Small Farm Expo and King County Fair. Many are involved with natural area restoration projects. Volunteers tailor their service to their individual preferences and talents, and are limited only by imagination.
For more information and an application, please contact Paul Racette at 206-205-3171 or paul.racette@metrokc.gov.

Adopt and Fix

Vashon Island Pet Protectors will host an Adopt-A-Cat Day **Saturday, January 15th** from 11-2p.m. and **Sunday, January 16th** from 12:30-3p.m. at Pandora’s Box. Please stop by or call VIPP at 206-389-1085.
THE BIG FIX IS COMING...February is Fix-A-Cat Month. Vashon Island Pet Protectors and Fair Isle Animal Clinic are offering LOW COST Spay & Neuter. A cat neuter is \$28 & and cat spay is \$42. Please call Fair Isle for an appointment at 463-3607.

Loop Reader’s Survey

In time-honored tradition, we here at *The Vashon Loop* are making a New Year’s Resolution: We resolve to make every issue of the 2005 *Loop* stunningly wonderful (or at least worthy of reading before becoming bird cage liner).

To do that, we need your input. Please take a moment to tell us what you love, hate, and couldn’t care less about in *The Loop*. Mail this survey to us at PO Box 253, Vashon, WA 98070. Respondents will be entered in a drawing, and one lucky winner will get a FREE MAIL SUBSCRIPTION for personal use or for a friend. Now that’s worth 37 cents, right? If you prefer to remain anonymous, that’s fine, but obviously we can’t enter your name in the drawing. If you just want to write some comments, email editor@vashonloop.com.

OK, here we go:

1. How frequently do you read each of the following columns?

Among Our Piers	Always	Usually	Sometimes	Never	What’s that?
Ask Ernest	Always	Usually	Sometimes	Never	What’s that?
Dating on an Island	Always	Usually	Sometimes	Never	What’s that?
Don’t Forget the Birds	Always	Usually	Sometimes	Never	What’s that?
Dorsal Spin	Always	Usually	Sometimes	Never	What’s that?
Film Thing	Always	Usually	Sometimes	Never	What’s that?
Garden the World	Always	Usually	Sometimes	Never	What’s that?
Horoscope	Always	Usually	Sometimes	Never	What’s that?
Hoytus Interruptus	Always	Usually	Sometimes	Never	What’s that?
Island Life	Always	Usually	Sometimes	Never	What’s that?
Living Well With Plants	Always	Usually	Sometimes	Never	What’s that?
Madame Toujours	Always	Usually	Sometimes	Never	What’s that?
Pet Vet	Always	Usually	Sometimes	Never	What’s that?
Positively Thinking	Always	Usually	Sometimes	Never	What’s that?
Spiritual Smart Aleck	Always	Usually	Sometimes	Never	What’s that?

2. What about puzzles and cartoons and fun stuff? How often do you look at/do/read these?

Crossword	Always	Usually	Sometimes	Never	What’s that?
Croctic	Always	Usually	Sometimes	Never	What’s that?
Loopy Laffs jokes	Always	Usually	Sometimes	Never	What’s that?
Offshore	Always	Usually	Sometimes	Never	What’s that?
Not All There	Always	Usually	Sometimes	Never	What’s that?
Wild World	Always	Usually	Sometimes	Never	What’s that?

3. What do you think of our coverage of the following areas, and how important is each?

News	Excellent	Good	Neutral	Poor
Importance?	Very Important		Somewhat Important	Not Important
Arts	Excellent	Good	Neutral	Poor
Importance?	Very Important		Somewhat Important	Not Important
Community Happenings	Excellent	Good	Neutral	Poor
Importance?	Very Important		Somewhat Important	Not Important

4. What other subjects would you be interested in reading about on a regular basis? (Circle or write in your own suggestions.)

Cooking	Gardening	Child Care	Education	Local Politics	Health/Fitness
Travel	Local History	Sports	_____	_____	_____

5. Do you spend your money with a *Loop* advertiser rather than with a non-advertising competitor?

Always	Usually	Sometimes	Never
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Enough multiple choice. Here come the essay questions:

Where do you pick up your copy of *The Loop*? _____

What does *The Beachcomber* or *WS Herald* do better than we do?_____

What do we do better than they do?_____

What else would you like to tell us? _____

Thank you! Mail to PO Box 253, Vashon, WA 98070 by January 10, 2005.
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Loop

Letters From the Edge

Editor,
After reading Laura Wishik’s letter to the editor in the December 29, 2004 *Loop*, I read once again the ordinance language relevant to mitigation fees. I would like to cite the relevant sections so that your readers can decide for themselves if my statements have been misleading.

K.C.C. 21A.24.390 was amended to read, “There is hereby created a critical areas mitigation fund. The King County finance and business operations divisions shall administer this fund.”

K.C.C 21A.24.400 was amended to read, “King County shall deposit all moneys received from penalties resulting from the violation of rules and laws regulating development and activities within critical areas into the fund.”

K.C.C. 21A.24.410 was amended to read, “Moneys from the fund shall only be used for paying the cost of enforcing and implementing critical areas laws and rules.”

A new section, K.C.C. 21A.24.151 was added to the code. Paragraph E states, “The department may develop a program to allow the payment of a fee in lieu of providing mitigation on a development site. The program should address:

- “1. When the payment of a fee is allowed considering the availability of a site in geographic proximity with comparable hydrologic and biological functions and potential for future habitat fragmentation and degradation; and
- “2. The use of the fees for mitigation on public or private sites that have been

ranked according to ecological criteria through one or more programs that have included a public process.”

A search of all existing and newly passed ordinances does not reveal a section that creates a second “critical areas mitigation fund.” It would seem logical that “fee in lieu of mitigation” payments are the penalties resulting from violation of the rules regulating activities within critical areas and therefore should be placed in the “critical areas mitigation fund” as called for by K.C.C. 21A.24.400. Once in that fund, K.C.C. 21A.24.410 spells out clearly how they can be used and mitigation isn’t one of the options.

This scenario was pointed out to the King County Council in both written and spoken testimony and a conversation was had with Council staff. If the intention was to place the fee in lieu of funds into a second fund, the council had ample time to amend the proposed ordinance to create that fund. An amendment put forth by David Irons to attempt to clarify this was defeated. It would seem their intention to only have one fund is clear.

Your readers can decide for themselves whether this is an example of poorly worded legislation or a cleverly calculated way for developers to buy off enforcement. I’m already on record that it is the latter.

Rodney McFarland, President, Citizens’ Alliance for Property Rights

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Editor,

Putting aside all the claims of misinformation being spread by both advocates and non-supporters of the Critical Areas Ordinances (CAO), it is hoped that the actual goal of everyone involved is to maintain their forests on Vashon-Maury Island in a healthy state. Of concern is the statement made by many that we should leave our forests untouched, “as is”, so that generations to come may enjoy them as we do today. This is impossible. We can not leave the forests to our descendants exactly as they are found today.

Our forests are dynamic, constantly growing, dying, and changing. Leaving the forests untouched will dramatically increase the potential for the spread of tree disease and uncontrolled wildfires over large areas of the Island. The Douglas-fir (*Pseudotsuga menzieslii*) has become a victim of Laminated Root Rot. The infestation of Dwarf Mistletoe is killing hundreds of Western Hemlocks (*Thuja heterophylla*). The spread of highly flammable noxious weeds such as Scotch Broom (*Cytisus scoparius*) is increasingly evident.

With the enactment of the CAO, what can we as property owners do to protect our forests? One action that has been available for a number of years is to submit a Forest Stewardship Plan to the King County Department of Natural Resources and Parks. At the meeting held at the Vashon Library on December 8th, King County Councilmember David Irons stated that anyone who had such a plan was exempt from the restrictions of the CAO, and could clear their land at no charge and without having to obtain a permit, as long as their actions were consistent with their approved Stewardship Plan.

Six years ago, we attended the initial class offered at the Vashon-Maury Island Land Trust building to help us develop and submit a Forest Stewardship Plan for our ten acre lot on Vashon Island. In early December, 2004, expressing our concern of the possible impact of the CAO on our approved plan, Mr. William Lober, Forester for the KCDNR Office of Rural and Resource Programs, wrote “I want to reassure you that this will not limit you in any way from managing your land as you have for the last 6 years. In fact, if you bought your property in January 2005 and

built a house, you would still be able to manage your forestland as you are, as long as you prepared or had prepared a forest stewardship plan.” Mr. Loeber went on to say “Anyone wanting to practice forestry is in no way limited by this new legislation.” Mr. Loeber would like to arrange a meeting/workshop on Vashon in the Spring to inform residents on Vashon-Maury Island of the fire risks of unmanaged forests. He stated that he agrees that “We need to inform rural landowners of the hazards of not managing for forest health.” Mr. Loeber can be contacted for further information at (206) 296 7821.

Mr. Tom Dean, Executive Director of the Vashon-Maury Island Land Trust, plans to offer another session of classes during 2005 for preparing Stewardship Plans for residents of the Island. Although there is a fee for the Stewardship Manual and property evaluation, these classes will be free. He states that this year, in addition to classes for the Forest Stewardship Plan, they are going to offer other land management classes including those for the newly conceived Rural Stewardship Plan involving an easier means for meeting the needs of King County for Island residents. He has tentatively scheduled February 2nd for an initial information class for the Rural class, and February 9th for the Forestry class. Depending upon your needs, there will be six to eight additional classes. It is recommended that you contact Mr. Dean at (206) 463 2644 for the finalized dates and any further information concerning these classes.

The goal of the King County Department of Natural Resources and Parks is for landowners in King County to maintain their forests with a quality of trees rather than quantity of trees. Your plan, as has been ours, can include the thinning of your forest to maintain the health of remaining trees, removal of all diseased trees, and removal of underbrush to reduce the ground fuel load for uncontrolled wildfires. For the past five years, the summer season of Puget Sound has become increasingly warmer and dryer each year. The question is not if we going to experience an uncontrolled wildfire on Vashon-Maury Island, but when?

Nanci & Jack Nelson

Editor,

The following is my reply to Armen Yousoufian today regarding some troubling accusations and callous references to me and my friends as ‘thugs’ for our efforts in Vashon central on December 12, 2004, as we encouraged your fellow islanders to sign our petitions to reverse the Critical Areas Ordinance legislation passed by the King County Council in October. We spent the better part of that day waving to passersby and talking to folks on the street about why the CAO is overkill and is a power play by politicians to strip basic constitutional rights away from rural land owners.....which, in case no one has noticed, includes everyone on Vashon Island, since none of it is incorporated. My and Armen’s concerns are in response to Laura Wishik’s letter to the editor describing heresay

references to us as ‘thugs’ and as ‘packing a gun’, etc.

I find her statements troubling at best and worthy of at least this letter of response on my part, if not legal action as well. She has no business making these kinds of statements about me and my well-intentioned associates.

I own acreage in East King County as well as a residence in Redmond. I have a lot to lose by the ludicrous measures and rules adopted by the CAO, as do most Vashon residents, but my dedication to reversing this bad law is rooted in my soul and not my pocketbook. And I truly resented one of the local guys on the street implying that I was being paid to carry my sign against the CAO. Nothing is further from the truth, unless it is Ms. Wishik’s even uglier insinuations. *John Hudson*

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Marie and Troy

Slinging Stones: David vs GoliathGlacier

By Marnie Jones

David was facing Goliath, a huge monster of a giant. No one had ever stood up to him with any success, but David stood his ground, grabbed his courage, a strap and a stone.

This story has been used more than once to describe our fight against monster Glacier. The cool thing is that David flung that stone and took that giant down. Can we take out our giant with a little of their own ammo-a stone?

The Loop doesn't seem to think so, but we do. Would this dedicated group of islanders spend every waking hour working this hard if we didn't think we had a chance? Not likely.

Our monster presents us with more than one battle in the war and we have more than one stone and quite a few Davids. One Goliath, many Davids-our greatest strength. By the time we are done with this, Preserve Our Islands volunteers will have significant knowledge of political science, earth science, community activism, public relations and, gee, how to fight a LULU (Locally Undesirable Land Use). AND, the community a network which is unlikely to ever allow another Goliath to get this far.

OK, so here are the bones of the fight and how we are doing with it. 1997 had Lone Star (Glacier by former name) claiming that they would be mining in 90 days. NOPE, Sorry guys. All the stuff they had to get PLUS all our challenges to their ba-a-a-d maneuvers has kept them busy for all this time. They pretended they didn't need to build a new dock, tried to get a bill through the legislature which would have exempted them from dock permits, and all sorts of devious things.

Finally in March of 2004, the county said no to the dock and Glacier appealed. (Two years before in 2002, Fisheries had given them their only permit, but against the advice of their own best scientist. Their aquatics lease was denied in 2000...) The Shorelines Board, which is made up of political appointees from several agencies, and which is known to have a bias toward business, overturned the county's decision. An appeal is due to be heard on July 11 in King County Superior Court. POI attorneys feel that several of the board's decisions are highly questionable and could be the basis for another win for us.

The county has been pressured into issuing dock permits which

they will revoke if the appeal goes against Glacier. AND, there are "fish windows", which limit construction projects to July 15 to September 30. Glacier is trying to get around this so they can build sooner. Not so fast, Goliath.

Meantime, one of the many permits Glacier still needs is from the Army Corps of Engineers. Glacier applied on December 13 and we are asking the Corps to give us an on-Island public hearing. Otherwise, the public comment period is up on January 13. Our community is generating some amazing letters and lots of them.

Does this really sound like we are losing? No way! Does David have some challenges? No kidding! But so does Goliath!!

Our DAVID is growing and collecting straps (strategies, ideas, helpers) and stones (bucks!). Maybe even silver bullets. So, Glacier, beware. The strap is tightening. Goliath is not welcome here. Not now, not ever! Ping!

Support

The Loop!

See opposite page for details and check out our reader's survey on page 3

5 Alarm News

Islanders for Representative Fire Leadership

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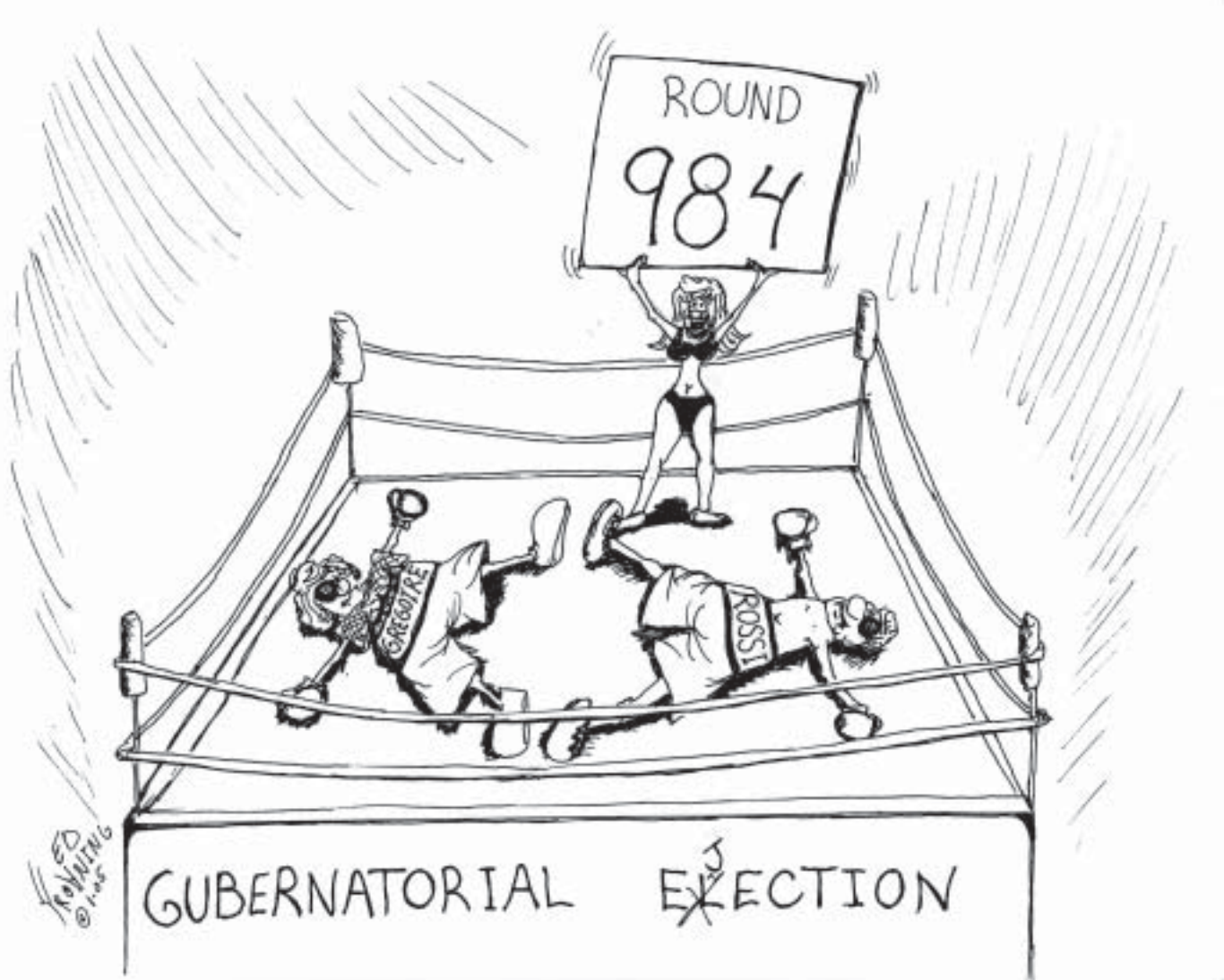
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Emily, Emily

Emily Dickinson scholar William H. Matchett, professor emeritus of English at the University of Washington, will give introductory remarks prior to the February 6 presentation of *Emily, Emily*, a musical about the life and times of Emily Dickinson written by islander Bill Wood. *Emily, Emily* will be performed on Saturday February 5 at 8:00 pm and Sunday February 6 at 5:00 pm at the Blue Heron as part of Vashon Allied Arts' 2005 New Works Series. Cornish School theater instructor Kathryn Mesney is directing the production with Gaye Detzer serving as music director.

Lisa Breen will play Emily Dickinson. Other actors include Caryl Greene, Joan McCabe and Stephen Siegel. The cast also includes singers Jeanne Dougherty, Adrienne Mildon, Pat Bara, and Randy Bruce. Tickets are \$7 for seniors, students, and VAA members and \$10 for nonmembers. They may be purchased at VAA or at the Vashon Bookshop.



Spiritual Smart Aleck

by Mary Litchfield Tuel



Beware of Nice People

Note: This column is rated IL, for “Immature Language.”

The angriest people in the world are nice people. Some nice people are seething cauldrons of rage and resentment.

The reason for this is that some people tend to use and abuse nice people. There is a misperception that kindness, or courteous behavior, is weakness, and an invitation to take advantage.

I speak from bitter experience. The Worst Boyfriend I Ever Had once bragged to a mutual friend that I was easy to cheat on because I was so dumb I would believe any lie he told me.

I was dumb, but not in the way he thought. I was well aware of his lying and cheating, and I was dumb enough to hope for a long time that if I was nice to him he’d wise up to what he had in me and stop his lying and cheating. That’s how I was dumb, and that’s how dumb I was.

When I wised up and realized that all I had to look forward to

with him was more lying and cheating, I told him – nicely - that I was leaving. He had the nerve to be surprised and angry.

There have been others: The roommate who took off and left me responsible for the rent and all the utilities, then wrote to me demanding money. The business partner who sold product and pocketed the money herself. The saintly Christian lady who



emanated hatred like silent flatulence.

People who think that copyright laws do not apply to them.

People who think that I’ll put up with anything, and let any

behavior pass because I am sooo nice.

Wrong.
Nice lady bites.

Once our good friend John was telling us about a person with whom he had worked in the theater. “He is,” John said, “a roaring (pause) clanging (pause) ROARING (pause) CLANGING (pause) ASSHOLE.”

This particular phrase struck us as being so delicious that it became part of the family language, and we occasionally describe someone as a roaring, clanging asshole.

I tend to be nice, out of a desire to please or be liked or not offend. I’ve been trying for years not to be a goody-goody two shoes, tried to let people know that I’m not as meek, weak, or pushable as they think. When pushed far enough I can be a roaring, clanging asshole. I don’t want to be. I regret the necessity. But sometimes it really is the only way to get people’s attention and

get them to stop being assholes to me.

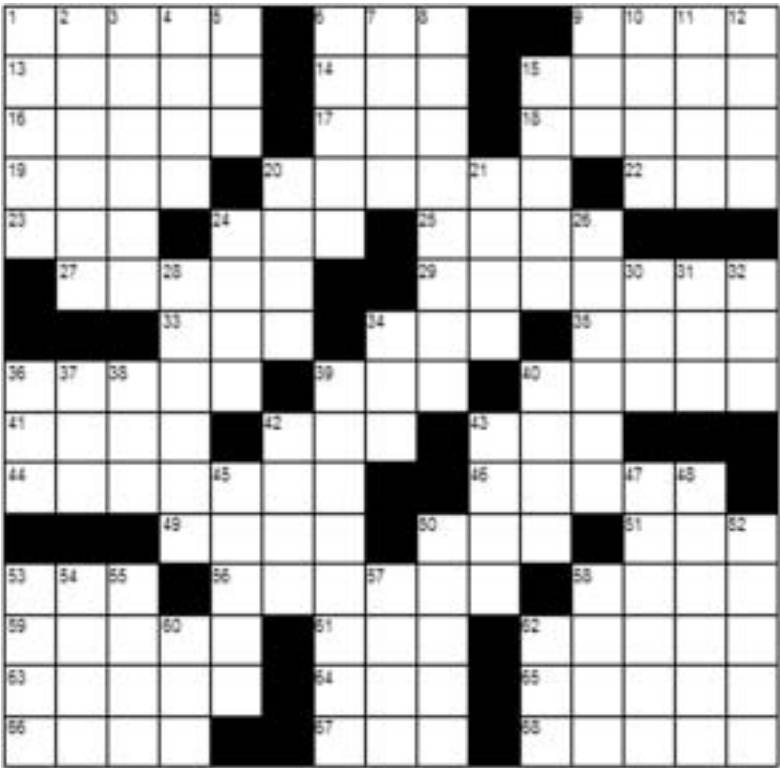
When asking nicely fails repeatedly, there comes a time when even the nicest person in the world may turn on you and take you out, and if you thought they were just meek little saps that you could walk on with impunity, you are going to be really surprised.

So, a word of warning to all you bullies and manipulators out there: beware of nice people. You can’t treat other people that badly and expect to get away with it forever.

What you don’t know is whether you are going to be that one person, on that one day, who pushes that nice person that one step too far, and what you thought was a doormat is going to turn out to be a landmine.

You could avoid the risk by behaving decently, respectfully, and honestly to other people. You might fear that doing so would only invite other people to abuse you, but you might learn what nice people already know: being a nice person may sometimes invite abuse, but it sure beats spending your entire life being nothing but a roaring, clanging asshole.

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Down

- 1. Eight
- 2. Bathroom wall fixture
- 3. Pilot
- 4. Swats
- 5. Expert
- 6. Indian woman
- 7. Outer shell
- 8. Home of Old Faithful

- 9. Delivery service
- 10. Goad
- 11. Dazzle
- 12. Astringent
- 15. Hallway
- 20. What children make
- 21. Rodents
- 24. Alter
- 26. “The ___ Strikes Back”
- 28. Eye covering

Across

- 1. City
- 6. Reserved
- 9. U.S. Department of Agriculture
- 13. Civil
- 14. Status ___
- 15. Dismay
- 16. Corny
- 17. Ship initials
- 18. Car manufacturer
- 19. Epochs
- 20. Creators
- 22. Radioactivity unit
- 23. Kid

- 24. Quilt
- 25. Man
- 27. Stinks
- 29. List
- 33. Affirmation
- 34. Possessive pronoun
- 35. Broke
- 36. Gain an extension
- 39. Unrefined metal
- 40. Pine tree nut
- 41. Football league
- 42. Adam’s wife
- 43. Golfer’s goal
- 44. Deem
- 46. Legal claim
- 49. Tinter

- 50. January (abbr.)
- 51. Japanese money
- 53. McDonald’s “Big ___”
- 56. A flowing in
- 58. Apt
- 59. M*A*S*H’s Alda
- 61. Long time
- 62. Scriptures
- 63. Canned chili brand
- 64. Feed
- 65. Lazed about
- 66. Gorilla “king”
- 67. Cell stuff
- 68. Ales

Solution on Page 16 (funny)👉

- 30. Charged particle
- 31. San Diego attraction
- 32. Sea eagle
- 34. Anger
- 36. Press
- 37. Compass point
- 38. Football assoc.
- 39. Give too much food
- 40. Injury
- 42. Tied
- 43. Listerine alternative
- 45. Looking at

- 47. Half a byte
- 48. Vendor
- 50. Governing group
- 52. Requires
- 53. Cover
- 54. Singing voice
- 55. Family group
- 57. What a bank gives
- 58. Military officer
- 60. Scrambled food
- 62. Baby eating apparel

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Don't Forget the Birds

By Ed Swan

Vashon Winter Bird Hot Spots: Lisabeula

If you take 220th westward past Westside Highway and Wax Orchard Road and follow it to the end, you come to Lisabeula lane, which leads down to a nice little park on Colvos Passage. The area makes a good beach picnic spot in summer and in winter may provide some close up views of water birds that usually keep farther out. The little ponds and fields along the way past Wax Orchard Road add the opportunity for puddle ducks and a variety of upland birds.

Along the shoreline in the park, Colvos Passage flows swiftly by with the tides. Common Murre and Rhinoceros Auklet, usually seen farther out, sometimes forage closer in here. Grebes, mergansers, and goldeneye also float by. The cove to the south, private property but viewable from the park, often hosts a good-sized wigeon flock. This year the flock includes several Eurasian Wigeon and in the fall, a Northern Pintail.

Where 220th makes a hard left to the south to turn into the park, there's a short block with a number of holly trees and other shrubs that attract many birds. Robins and Cedar Waxwings eat the berries, and woodpeckers, chickadees, wrens, kinglets and sparrows forage in the trees, brush and ground along the road.

Along 220th from Wax Orchard toward the park grow more roadside trees backed by fields. Raptors such as Red-tailed, Sharp-shinned and Cooper's Hawks hunt the fields and the surrounding yards. Larry Huggins heard a Barn Owl a number of times recently along here as well. In the hedges and turf bordering the road, a sparrow flock of Golden-crowned, Song and Fox Sparrows feeds. The flock provides one of the best opportunities to find a White-crowned Sparrow, a common breeder in summer but rare in winter on Vashon. A few small ponds along the road attract puddle ducks such as Mallards and wigeon but occasionally more interesting ducks such as Hooded Merganser as well and a Great Blue Heron or two. The fields when wet in spring entice Common Yellowthroat.

During the recent Christmas Bird Count January 2, Larry Huggins led a group of birders in the Lisabeula area and found over 40 species. The total number of species for the count



Jim Rosso photo of Barn Owl

is still undetermined as Sue Trevathan, the count organizer, is still expecting numbers from some late people such as my self. But it looks like at least 110 species put in an appearance this year.

One of the more interesting stories comes from Sherry Bottoms. She was part of the owling party starting at 3:30 am. We worked hard to barely hear one Great Horned Owl and one Barred Owl. (Gary Shugart separately called out a Barred Owl at the Island Center marsh. Interestingly, both he and Sherry had White-throated Sparrows at their feeders for the count.) Sherry had a good spot in the DNR land where she has often found a saw whet owl recently or its dinners. We stopped by twice to look but missed it. Later, Sherry reported that she found the remains of the saw-whet, apparently the victim of an accipiter. No wonder we missed it.

Sherry also had interesting news on a new Barn Owl location. One has been seen in a hole in the tall smokestacks in the ruins of the Beall Greenhouses by the Blue Heron pottery people. We looked but failed to see it for the count, but at night it could have been hunting or else hiding in the many ruined buildings there. I hope we get confirmation and find this bird still around. Besides the one Larry Huggins reports hearing at the Lisabeula fields, Orca Annie also gave a good description of one near the Cove Apartments last week as well. Judy Sarcasian as still occasionally sees one in the fields by her house. I wonder if this is just better reporting or if more birds have come in?

Karen Fevold with the South Vashon group found the kestrel that hangs around the Old Mill Road area. It was using an assist from the north wind to hover for

PANDORA'S BOX

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hunting in the field just south of the Wax Orchards airfield off of 232nd. We confirmed it was a male as it flew to perches and gave us some good views through the scope. Karen also has a count week Wilson's Snipe in the fields behind K2.

The south group also found Black Turnstones, but unfortunately just outside the count circle. Kathryn True spotted them on the dolphin on the west side of the ferry at the Pt. Defiance dock.

Other good birds include the Huggins' White-breasted Nuthatches. They are still present and were seen by Amy on the count day. The Maury group got some good looks at a Townsend's Warbler and Jack Dawdy took some good photos of an Eared Grebes while doing the Quartermaster Harbor count with Dan Willsie. Dan had the highest number of Black Scoters for the history of the Vashon CBCs with 25 in a flock this year.

Lastly, **don't miss the Audubon program for January.** Rene Ha, a University of Washington professor, will present some of her recent research on crows. Two species of crows inhabit the northwest, the American Crow and Northwestern Crow. Many professional ornithologists, especially local experts, have long considered the Northwestern Crow to be merely

a sub-species of the American Crow. Behavioral differences have long been noted between the two species but they look so similar observers cannot tell them apart. Ha's studies of their mitochondrial DNA indicate that they indeed form two separate species. The talk will be at the Land Trust building on **Thursday, January 13 at 7pm.**

If you have an interesting bird to report or a question about local birds, call me at 463-7976 or email at edswan@centurytel.net.


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Island Life

Text & photos by *Peter Ray*

A Thousand Plus

Somewhere along the way, somebody established a numerological equivalent for words and a picture. It is, of course, now possible to do the Google thing and end up in Web Land, trolling through compilations of quotations or clicking away at etymological databases and it is more than likely that a source for that comparison might emerge. But the choice here is not to dig into this particular search since, to be truthful, I really don't care where this comparison came from. The one thousand word limit on pictures is, after all, arbitrary and an average, not a constant. There are many photographs that pass one by and evoke at most a one-word response. There is the "huh?" which comes to mind when viewing most any of the celebrity pics brought to you by those ever vigilant paparazzi. At the other end of the scale there is the "oh..." response, followed by a long and contemplative silence. There have been numerous examples of this latter type as of late coming from the region affected by that wall of sea water that emerged from the Indian Ocean.

In its retreat, the great wave left both an eerie void, and innumerable photo-ops that require no captions and leave one with a feeble "oh" stuck somewhere in the back of the throat.

There is one photograph that has come from this disaster that did require some explanation. It is of a lone tribesman on a beach with a bow and arrow trained back up into the air at the helicopter from where the picture was being taken. The accompanying article described a primitive and isolated group of tribes, on the Nicobar and Andaman Island archipelago, that for the most part avoided being swept away through senses more attuned to the natural world, an ability mostly lost to the ways of modern man. The man with the bow in arrow was sending a picture back to the photographer and it said, "go away, we don't need your help here."

A few days before, I had been thinking about a similar set of lost senses in regard to a project that will be described further on down the page. The source and focus of these musings had been William Golding's *The Inheritors*, which followed *Lord of the Flies* by one year. It is a fictional tale set at the time of the transition between the Neanderthals and Cro-Magnon man, and it traces the steps of a Neanderthal couple, Fa and Lok,

and their ability to communicate with each other, not through vocalization, but by sending each other mental pictures. This was all way before picture phones and, in the big format of things, postcards as well.

It is the postcard that will take us to the end of this particular tangent. They have long been a fascination in these quarters, from the giant, folding, multi-image extravaganzas from Niagara Falls to those curious Jackalope portraits that only tend to show themselves on revolving display racks throughout the mid-section of this country. It wasn't until photo school in the late



2 clouds- 1 not

'70's that I began launching what one of my recipient friends coined as 'lephos', or letter/photographs. It was a name that I never really liked, since it sounded more like a disease than a means of communication. They consisted of black and white photographs printed on eight by ten sheets of resin-coated photo paper and inscribed on the back with a rapidograph pen since it adhered best to the plastic coating. The eight by ten allowed a lot of writing space—hence the letter aspect of the message, and the images varied from art shots I'd printed as well on more archival paper, to semi-weird, semi-autobiographical self portraits that lent another story line to the message. It wasn't until years later that one of my friends let it slip that he would have to go to the Post Office to retrieve his postcards from me since they always arrived postage due. For some reason I had gotten the postage rates confused or they changed on me—I don't remember.

The picture missives stopped when I moved out here to Washington. I was on to other things, but the idea remained. Having become more recently acquainted with the self-portrait photo-stagings of Cindy Sherman, who had started down that path about the same time as my lepho barrage, I have wondered where I would have gone if I had taken that

path as well...but we don't dwell too long there. Somewhere in this more recent history, I made a friend in plants who also is a postcard aficionado. Actually, he is kind of obsessed with postcards, among other things. Uncle Bob sends postcards to himself in order to get a cancellation stamp from a town with an odd name or obscure location. A couple of times I have pre-addressed and pre-written cards so that friends going to far away places might mail them to Bob as one of those "...wish you were here—come to think of it, wish I was here..." kind of things. Some people are easily amused.

Where all of this is going is that current frog leaps in technology have made personal postcard production as easy as one-two. You push the button to trip the "shutter" on a digital camera, you extract the memory card and stick it in the correct slot on the printer and you push the print button. Actually, I guess you have to push the O.K. button first, then print, but the point is that it's ridiculously easy. In the old lepho days, it might have been hours of work in the darkroom to develop the film and do a run of prints. Sometimes I added text, which meant photographing the words, printing that on high contrast copy film, and then double exposing the final print with both the image and the words. In these times, one can be wandering the streets, encounter a postcard

opportunity (not to be confused with a Kodak moment), dash home to jack into the printer and two minutes later have a four by six color postcard just begging for a mail slot. So that's what I'm doing.

For the next year, this space will contain a black and white facsimile or facsimiles of my latest visual discovery. The text surrounding it will be, in some way about the image(s) at the center of our current attention. I do not plan to explain what is going on in the photo, at least not entirely, since too much information generally takes away from the mystique of a given subject or object. Sometimes, the writings will be a complete fiction—it will all depend on what the image evokes. And as for the pictures themselves, I'm sure there will be some huh?'s, hopefully some oh's...of a non-disastrous nature, but most probably there will be a bunch of hmmm?'s going on. They are just postcards after all—we can't take this too seriously.

What got me going on this was a holiday purchase of another camera— NOT ANOTHER ONE! Well yes, and it has turned out to be that elusive implement that I've been in search of for years. Being the size of one of those small, folding cell phones, it goes in a pouch and straps to my belt and goes every where I go. Its resolution is four megapixel,

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which is twice that of the digital I've been using, and with the xD memory card inside, it holds up to five hundred pictures. It is a point and shoot camera in the best sense of the term, which allows both a bit of photographic skill and a batch of spontaneity to be involved in the image making.

There is also an interactive intent to all of this. Since the image being published in the paper will be black and white, and the essence of the postcard will be as much in the colors as in the image itself, I will be offering a biweekly mailing of the current selection. For one measly dollar, you can have a hand printed (I'll press the button), hand addressed (unless this gets wildly out of hand) postcard sent to the address of your choice. I'll even add a message of your choosing if it's of a positive or obscure nature. If you wish to include additional donations, there will be no complaints from here, and I may send some of the other mystery postcards along as a bonus. As for this week's pic, I seem to have used up my word limit, so I will simply give you the inscription that went in the message space for Uncle Bob's card, and that was: 2 clouds- 1 not.

To get your very own postcard from this issue, please send one dollar (or more) to: Peter Ray 10322 SW 165th St. Vashon Island, WA 98070. Don't forget to include a receiver's address and optional inscription or message.

Garden Design
by
Peter Ray
~ Consultation
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The Village Learning Community

By Stacey Hinden

What would you like to do today? What do you want to explore? What materials do you need? Who do I know that may know something about that?

There is a place here on Vashon where you and every other Island resident can go where those very



questions will be asked—and where the joy of discovering the answers will be honored and cherished. A growing community of people has begun to create the very environment that will foster this kind of interest-led learning. It's called The Village—Vashon Island Living Learning and Growing Everyday.

The Village provides the opportunity for an incredibly rich educational resource center for the entire Island. People of all ages come together to learn what they love, to discover new interests, to model for others the joy of practicing something they intrinsically value. The focus of the Village is on interest-led learning, which means that each person is given the freedom to choose his or her own path of inquiry and investigation. The Village provides

the space and will amass the educational materials and the human resources to support each person to be self-determining as they journey on their individual path of purpose.

The Village celebrates the joy of pursuing your passions, and they draw on the generous spirit of volunteerism. If there is something you do well and that feeds your soul, you may want to practice it at the Village, where others might grow to love it too. Or you may wish to participate in their Visiting Docent Program which brings Islander residents like you to the Village to volunteer to share an area of expertise, affording everyone the chance to benefit from local resources of skill and knowledge.

If there is something you have always wanted to learn, someone at the Village may be the person who can teach you what you want to know. And if you are



looking for an on-going learning relationship, their Mentorship and Apprenticeship Program helps individuals of all ages to create deeper, meaningful relationships with others based on shared interests.



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As adults pursue their own interests at the Village, they set an important model for the children around them, who benefit from seeing and experiencing people engaging in work of their own choosing. Many impromptu learning adventures happen among members. If you were interested to share in the learning but can't bring your work to the Village, you could invite Village members to visit you at your place of work; their Village Migrations Program affords members the opportunity to visit fellow Islanders at their place of work, be it a farm or a store.

The Village continues to welcome volunteers, new members, and donations. And, they would welcome you to visit. For more information on the Village, call 567-5804, or visit them on the web at www.villagelearning.org. ☐☐☐

Documenting Dockton

Continued from page 1

and 20th centuries, through their photographs.

Island photographer Ray Pfortner will lead a new 3-session class, with two meetings in the classroom and one in the field. His teaching will concentrate on how to create the photograph, on how to produce framed prints, and on available resources (books, galleries, the Internet). Participants will have an opportunity to show their photographs (35mm transparencies or prints) for a critique by Ray and the entire class.

The resulting class exhibit at the Heritage Museum will include

at least one print by each student juried into a spring or summer exhibit by a panel of judges. The class is open to all photographers of all ages and experience, beginner to amateur to aspiring pro, whether shooting digital or film.

Dockton was chosen as the focus of the Heritage Association's first workshop with Ray, in part because there is a rich historic record of the community, and little documentation in the Heritage



Association collection of how Dockton has changed in the last several decades. We hope that this will be the first in a series of workshops.

Class details on page 2



Ray Pfortner photos

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In our second volume already!

Dating on an Island

by Jessie Preste



Happy New Year's everyone. The Group was invited to several New Year's Eve events. I chose to go to a New Year's Eve pirate-themed party at Jane's (of Jane's Fun and Adventure Club). The decorations were just grand, complete with a miniature pirate ship on the back deck with skulls and crossbones flying. There was food and drink aplenty, and if you weren't sure what to wear to such an event, some nice people would have supplied you with bandannas, pirate garb, earrings, and perhaps a knife or sword or two.

And what a band! If you've never heard them, then Turner Down is definitely a band you need to catch! Folks started dancing fairly early on in the evening and just never quit! They play around town and for parties, so go ahead and book them soon because they are too good to miss! Thanks, guys! And thank you, Jane and Roy, for making it happen! And as a side note: as for the rest of the party after midnight, well, what happens at the party, stays at the party, but all I'm gonna say is, "Dang, weren't ya'll COLD?"

And, speaking of Jane's Fun and Adventure Club, she's got some great things lined up. So, if you need a reminder:

Sunday, January 23rd, 3 to 6pm, Intro of New Winery and Wine Tasting, Vashon Airport, \$10.

Wednesday, January 26th, 7pm, Professional Magician, "Alaka Sam" presents: Magic Tricks at Bishop's, \$15. (Date moved from January 2nd.)

Lots of other fun stuff...glass blowing demo, whales, big trees hike...(This Sunday!!) Please email Jane at islandjane@comcast.net.

Now, after a great start to the New Year, I thought, well, maybe we can keep a good long run on this

one. But, lo and behold, several days after, I had two decidedly unpleasant interactions with other humans. So, what does this have to do with dating? Well, bear with me for a moment... Now, my immediate reaction to these two events was, well, just that: a reaction. Lately, I've been working on taking a step back and just thinking about a thing or two. The second event I ended up just referring to my lawyer, as even good wolves (read last article) need a mediator sometimes. The first one I had to think long and hard about as it seemed to be much more of a conundrum. I finally think I figured it out: I think that when someone is cruel, it's either one of two things. One, it could be that this person wasn't even thinking about my thoughts or feelings, and was too wrapped up in their own maelstrom of emotions to notice or care. Or, two, that they are feeling like crap and wished for me to swim down there with them. Either way.....yikes. Here's the point: The world sometimes seems full of people who tell you that you aren't good enough, pretty enough, thin enough, rich enough, etc.—ad nauseum. I actually had someone tell me a while back that they thought I was good enough—but then they changed their mind. So this is how it relates to dating, or forming relationships of any kind: The wrong people will never believe that you are whatever "enough", but the right people will never think that you aren't. And if that isn't Jack Handy enough for you, consider this that I *actually read* in a meditation book, (I swear I'm not making this up.) "If you want to be holy (Sanskrit for 'healthy' or 'wholesome') be careful of what you put in your holes." And that, my friend, you can make of as you wish. "Till next time!

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THE DORSAL SPIN: Don't They Deserve a Break?

By Orca Annie Stateler, VHP Coordinator



Vashon Hydrophone Project (VHP) associates were busy in the field during the holidays. As we have done for many winters, Mark Sears and I are documenting the most complete observations of Southern Resident killer whales in Vashon-Maury waters.

PLEASE REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. We extend our deepest gratitude to the Islanders who call us with timely sighting reports. Your contributions are invaluable.

K Pod has been our best buddy lately, circumnavigating the Island to forage, rest, and socialize. K20's baby was especially cute when the pod rested for more than two hours one afternoon in Colvos Pass. We watched a lone, tiny head and fin pop up for extra breaths because the l'il pooper does not yet have the lung capacity of the bigger whales.

Unfortunately, the increased holiday boat traffic proved vexing for K Pod on several recent encounters. In late December, we witnessed something rather bizarre in East Passage. One of two southbound tugs paralleling each other in the shipping lanes unexpectedly changed course for some impromptu whale watching on K Pod, also southbound.

Odin and I observed this from the Maury Island shoreline. Mark was closer to the action with his camcorder, off Three Tree Point. An agitated female orca responded to the tug's sudden shift with 20 tail slaps. The entire pod submerged off Pt. Robinson, then resurfaced in the opposite direction, heading away from the tugs.

Mark and I have spent hundreds of hours observing Southern Residents in local waters, and we cannot recall ever seeing orcas change course that abruptly, so close to the Point. I have only seen this maneuver in whales trying to evade intrusive boaters and, presumably, loud underwater engine noise.

We should not be surprised that highly intelligent, acoustically sophisticated killer whales anticipate the patterns of commercial shipping traffic at least as well as humans do. The tug's unusual activity likely violated K Pod's expectations.

The orcas ditched the tugs only to pick up a flotilla of recreational boats and a commercial whale watch boat between Three Tree Point and Alki. Several vessels followed the whales for hours, well beyond what could be deemed opportunistic viewing. Moreover, these boats were "leapfrogging" or repositioning in K Pod's path.

From WDFW's *Washington State Status Report for the Killer Whale*, by Gary J. Wiles, p. 63: "Vessels speeding up to leapfrog . . . emit greater noise levels that are of higher frequency, and therefore have

greater potential to mask communication in the whales than paralleling craft (Bain 2002). Furthermore, masking is more likely to occur from vessels placed in front of the whales (Bain and Dahlheim 1994, Bain 2002)."

That would be UW researcher (and ACS/PS science advisor) Dr. Dave Bain, who has graciously provided expert testimony for Preserve Our Islands about the negative impacts of Glacier's expansion on our endangered Southern Resident orcas.

K Pod was not immune from disturbance in Colvos Pass, either. With our neighbors also watching, we videotaped a kayaker and several power boats converging on the whales south of the Cove.

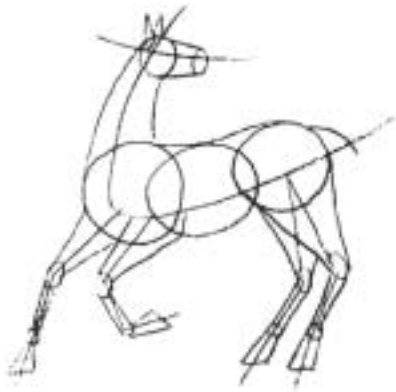
While traveling north, a particularly clueless family in a Trophy cabin cruiser leapfrogged to see the orcas, turned around at considerable speed (generating significant underwater noise) to chase a group of Dall's porpoises traveling south, then turned again to catch up to K Pod.

The kayaker launched from the west side of Vashon, making a beeline for the orcas. Be advised that non-motorized craft are not exempt from Endangered Species Act (ESA) and Marine Mammal Protection Act (MMPA) regulations. Boating guidelines still apply. Check out The Whale Museum's Soundwatch Boater Education Program at www.whalemuseum.org for more information.

Now that the Southern Residents could be listed as "threatened" under the ESA, the effects of increased boat traffic and underwater noise should be scrutinized. I have lived with a continuously operational hydrophone for about a year now, and I suspect anthropogenic noise and vessel disturbance have a greater detrimental impact on our orcas than we presently realize. A growing body of research indicates this is the case. To find links to studies by Dave Bain and others, visit www.orcarelief.org.

Killer whale researchers and conservationists often invoke the precautionary principle (meaning we think something is harmful to our orcas, so we mitigate potential consequences until more data is available). It's time to walk our talk and act in accordance with this principle if we hope to save the Southern Residents from extinction. People who claim to love and respect these whales ought to agree that they deserve a break from boat pressure during their most vulnerable time of year. We must be more assertive about ensuring our orcas find some respite.

Contact Orca Annie at 463-9041 or Vashonorcas@aol.com. 0000



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Positively Speaking

By Deborah H. Anderson

Know Courage

The young black men sit on stools while people pour ketchup, milk, and sugar on their heads deriding them for their color. It is 1961 and they are being trained by fellow African Americans to be “strong enough to be non-violent” when they will forcibly integrate a Woolworth’s soda fountain counter. Hundreds died in the effort to register voters in the South. The right to have our vote count has never been more important.

Then John was shot. We were losing our cultural definition of apartheid. The real and pretend worlds we lived in were collapsing.

Kitty Genovese changed our lives forever. Maybe you remember her. In 1964 she was killed at three in the morning, screaming for help, in her apartment entrance while thirty eight people looked out of their windows and did nothing. We began to have to face ourselves. Meanwhile, people of courage were beginning to be the mainstage event instead of living in the shadows of worlds we refused to acknowledge.

It’s 1966. The Cultural Revolution in China has started. Nien Chang, the wife of a former Shell Oil executive, has been taken prisoner by association. It will be 6 1/2 torturous years before she is released. She will be told her daughter committed suicide, only to find out she was beaten to death when she would not say her mother was a spy. At her lowest moments, she would find the creativity to craft a needle out of a splinter and embroider with threads taken from her hem. They could not imprison her spirit.

It’s the seventies and Karen Silkwood dies in a car crash. She has been gathering information to take to the Union about plant safety regarding plutonium exposure. Because of her activity, death and the resulting autopsy, new standards were set for plant safety. We begin to face the reality of chemistry and the world. Mainstream concern starts to form. Can recycling trucks and water purifiers be far behind?

The eighties arrive and with them a host of childhood victims of sexual abuse. The definitive book was called *The Courage to Heal*. It’s still the unmentionable. It’s still a plague. But the therapists don’t call women hysterical anymore. Apparently Mr. Freud, they weren’t just making it up. Next stop, domestic violence.

The nineties bring a new awareness of clergy and political leaders initiating horrendous offenses of sexual misconduct. Wasn’t that just a right that came with the territory? Didn’t she make ya do it? The survivors learn that, as one woman who blew the whistle on a particular senator said, ‘First they’ll say you’re crazy and then you’ll think you are.’

Most of the world gets up in the morning needing a double dose of courage. Atticus says to Scout and Jem, in *To Kill a Mockingbird*, “I wanted you to see what real courage is, instead of getting the idea that courage is a man with a gun in his hand. It’s when you know you’re licked before you begin but you begin anyway and you see it through no matter what. You rarely win, but sometimes you do.”

Some people are fighting to live beyond the limitations of their bodies. Others are defying the odds set against them by oppressive regimes. Corporate executives struggle to live with integrity. People with mental illness claw their way to reality. Moms and Dads live in the eddies of intimacy and responsibilities that no one ever told them they would have. Educators cover the gap for others who have dropped the ball. Blue collar workers do the jobs no one wants to do for a pay that doesn’t equal their efforts.


I’m involved you say, and we are. Go a step further. Tell the story of your own courage to someone who needs to hear it. Go ahead. Break the facade. We’re all wounded ducks learning to swim with one wing. It’s the best part of you that can be offered. Share when you were strong in spite of yourself and the odds. We do a lot of good for others and well we should.

But that story of yours.....wow.....that’s Gold. The dream is kept alive when people connect about their moments of courage. Story by story the human spirit is kept alive. You don’t have a story, you say? Go stand beside someone who’s oppressed, or speak a truth no one wants to hear, or face something you’ve never faced before. Somebody gave their life for you to have the dimension to your life that makes the world a better place. We’re told a lie when we’re told to keep our tragedies to ourselves. It’s a lie because the world needs to hear as many stories of courage as can be offered. If we don’t, we conscript courage to those who would go on Jerry Springer or Dr. Phil. Courage is not a commercial venture. Dignify courage and honor the gift those who died have given you by sharing your courageous moment with someone. Soon.

Deborah Anderson can be reached at LGCmin@juno.com



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Sea Water

By Tom Craighead

Sea water... touches us with the Puget Sound... connects us to that of the Indian Ocean. Sea water, the agent of so much destruction and death in scenes described as “Biblical”.

The very first words of the Bible are, “In the beginning God created the heavens and the earth”. But even before creation, the Book of Genesis describes the primordial “many waters” over which God’s Spirit moved. For the ancient Hebrews, the phrase “many waters” symbolized chaos and destruction. These were the forces that would undo God’s efforts to create & give meaning to history.

The undoing of history and meaning. This is no mere symbol or concept. A father whose child was swept away in the tsunami concluded, “My life has ended”. His is the experience of utter desolation: physically, mentally and spiritually. So it is for thousands.

I want to honor and to pray for those who have been visited by the “many waters”.

But, at the same time, I want to honor sea water’s connection with life and its creation. Think of the oceans and all of the life they sustain, up the food chain from krill to whales.

The oceans oxygenate our atmosphere and moderate our climates. Think of the “ocean” of amniotic fluid in a womb. Both it and the blood in our veins have the same salinity as – sea water.

Sea water, so intimately associated with both life’s formation and with its destruction.

It shows up mysteriously and powerfully at both of these thresholds, life’s in & out doors.

What are we to make of this paradox, this mystery?

On December 26th, the “many waters” ravaged indiscriminantly: Muslims, Buddhists, Hindus, Christians, and many others. Each of these religions acknowledges the paradox of which sea water has reminded us: life and death, light and dark are connected – essentially so from God’s perspective. The Psalmist describes that perspective, “The darkness is not dark to you; the night is as bright as the day; darkness and light to you are both alike.” (Psalm 139)

Whatever our faith, or lack of it, perhaps in embracing this mystery we can also embrace each other and act with compassion. This is my prayer:

‘May the “many waters” never be the end of life. May the dead find themselves embraced in light – the light that some of us call God. And may the survivors eventually find and reclaim life again, life full of meaning and hope. May their darkness and desolation be brightened, in part, through the many generous and compassionate hearts around the earth that yearn to help. Amen.’



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Text and drawings by Kathy Abascal (AHG)



Time to Quit Smoking

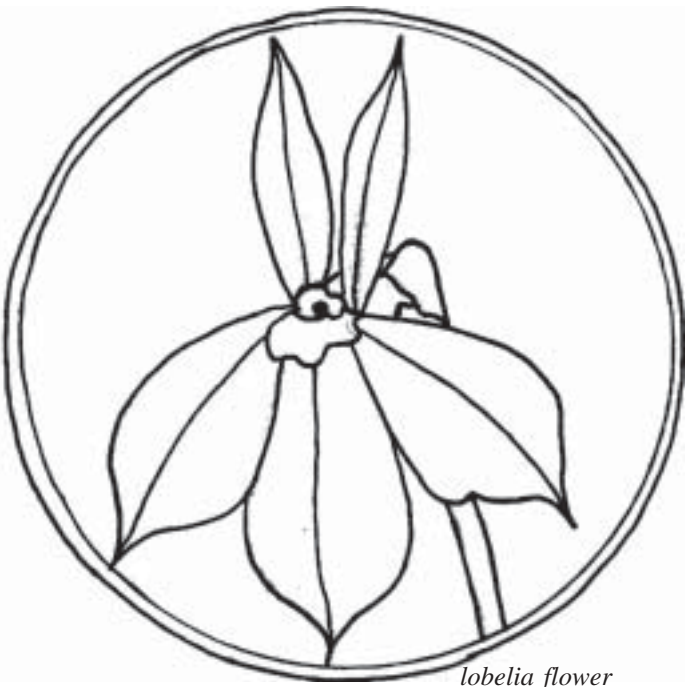
Continued from page 1

something, even if it is not nicotine. Oat seed and lobelia both have alkaloids that bind to these receptors. Both herbs also have a soothing effect. Almost every herbal non-smoking mixture on the market combines them, and they work well for some. Fresh plant tinctures are best because both herbs lose some of their qualities when dried but capsules also work.

Understanding your addiction also helps. Smokers are thought to basically fall into two groups that self-medicate with cigarettes for distinctly different reasons. One group tends to be shallow breathers or have lung issues. Smoking, believe it or not, helps them take deeper breaths. This group is often more responsive to herbal anti-smoking mixtures because lobelia is a stellar lung herb. They also benefit from drinking licorice tea (another good lung herb) and taking yoga or meditation classes where they learn to breathe deeply. The other group tends to use cigarettes to give their livers a boost. This group often is helped more by herbs like Oregon grape that tweak the liver than by the oat/lobelia anti-smoking mixtures. Devil’s club can be a good adaptogen (see below) for

these people because it also stimulates the liver.

When I quit smoking, I kept a nervine tincture in my pocket at all times. Nervine herbs help relieve the tension of the



lobelia flower

moment. Instead of rushing out to buy cigarettes, the herb helps you calm down until the urge passes – which it eventually does. On good days, you won’t need any but other days you will reach for the bottle frequently. It is best to take small doses so you can take the herb more often on bad days. I found oat seed tincture calming although studies do not validate its benefit in smoking cessation. Passionflower has more scientific support because it helped mice shed their


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HERBAL SEMINAR

Kathy Abascal will be teaching an herbal seminar in Seattle on January 15th & 16, 2005. She and Dr. Eric Yarnell will cover the clinical use of nervine and adaptogenic herbs as well as botanical treatments for perimenopause and male reproductive issues. Details on the seminar are available at Minglement or visit www.herbalseminars.com. Seminar is limited to 15 students, advance registration required.

addiction to nicotine. I actually ended up using both off-and-on. Kava or valerian might work better where anxiety is a more dominant emotion.

The other big helpers are adaptogenic herbs. Addictions usually reflect a pattern of self-medicating with something—food, alcohol, cigarettes, drugs, whatever—in response to stress. It is a coping method. Adaptogens are herbs that ‘reset’ centers in our brains so we react less to stress triggers. These herbs work slowly, and their effect builds over weeks. The beauty is that they tend to begin having a noticeable effect at about the time your resolve to quit smoking might melt away in face of pressures in your daily life. One of my favorite adaptogens is rhodiola. It was studied in people dealing with mental stress such as medical students preparing for finals. Rhodiola helped them sleep better, manage with less sleep, and kept them more motivated to study. As a result, they got better grades than students taking a placebo. Another nice adaptogen is Eleuthero (formerly known as Siberian ginseng). It is a good choice for

those with a lot of physical stress in their lives.

In order to really benefit from an adaptogen, however, you need to take a full dose several times a day for at least 4-6 weeks. These herbs can be taken as teas or tinctures. Tea herbs are less expensive but only work if you make and drink several cups of tea a day. In my experience, most Americans want to, but don’t, drink their teas often enough and end up doing better with tinctures.

That said, drinking herbal teas off and on did help me quit smoking. Smoking makes your mouth taste and feel like an ashtray. That is why brushing your teeth helps motivate non-smoking; your mouth simply feels much, much nicer when you don’t smoke. Herbal teas generally, and chamomile in particular, will help preserve that wonderful clean, sweet feeling in your mouth. And as a non-smoker, you’ll be better able to enjoy the delicate fragrance of chamomile flowers.

You might also want to get some licorice sticks. Licorice sticks are similar in size to cigarettes and give your restless hands something to do. They also give you something to put in your mouth. And that sweet taste that develops as you chew on the sticks is soothing to your lungs and your mind. Finally, try to remember when you are in the thick of it all that someday you will be glad you quit. It really is worth the trouble.

Vashon Gets Own Cable Channel

Continued from page 1

Dan Schueler joined forces with Pease, and after nearly a year of focused work, the dream is finally becoming a reality. Pease, who has worked in cable television production since 1973, said that “it is truly pleasing to see this activity and direction finally happen for my community.”

Initial broadcasting will be audio content from Voice of Vashon, Vashon’s internet radio station. VofV President Jeff Hoyt credits King County Councilmember Dow Constantine for negotiating with Comcast to allow VofV feed into Comcast’s cable system, making Vashon the only unincorporated area of King County to have its own channel. (Cities in King County have had more negotiating power with Comcast, typically giving the company the right of way to install the necessary infrastructure in exchange for a channel.)

The VofV programming will be accompanied by graphics showing information pertinent to Island life: the ferry schedule, community calendar, high school basketball schedule, etc. Hoyt expects that eventually the channel will broadcast pre-recorded video content, and ultimately live programs, depending on the channel’s level of volunteer and financial support. “We’ll start slow and easy, and let it grow organically as VoV’s familiarity and ease of use with the technology comes along,” says Hoyt.

He added that “We’re already a model for community radio to many small broadcasters across the nation, even though we still don’t have our license to go out over the air. Having our programming on Comcast Cable is the next best thing and we’re thrilled to have another way for Islanders to hear what we’re up to.”

Expect to tune into Vashon’s local cable channel—the number is yet to be determined—sometime this spring.

Survey p3 - Just Do It!



Garden the World


by MEarth

The Seedbearer is another name for the man that serves the Goddess, the Grandmother. Societies all over the world honor and respect the Seedbearer, who has unique responsibilities to his Mistress. Pan, in Northern Europe, and Kokopelli, in Southwestern North America, are two fine examples. Last time I talked about Pan. Now, KOKOPELLI: Images left on canyons and cave walls throughout the Southwest by



the ancient Hisatsinom (usually and mistakenly called Anasazi) people celebrate the legend of Kokopelli, the wandering hunchbacked flute-player, magician, and Kachina Spirit; considered a trickster spirit. Kokopelli is one of the most easily recognized figures found in the petroglyphs and pictographs of the area. The name “Kokopelli” may be a combination of “Koko,” another Hopi and Zuni deity, and “pelli,” the Hopi and Zuni word for the desert robber fly, an insect with a prominent proboscis and a rounded back, which is also noted for its zealous sexual proclivities. A more recent etymology is that Kokopelli literally means “kachina hump.” Other names associated with him include Kokopele, Kokopelli-mana or K o k o p e l m a n a (Kokopelli’s wife) among the Hohokam, Kokopeltiyo, Kokopilau, Neopkwai’i among the Pueblo people, and Ololowishkya at Zuni. The earliest known depiction of him has been found on pottery in pit house ruins dated as early as 200 AD and the first know petroglyph dates to about 1000. Images are regularly found on Hohokam pottery starting sometime between AD 750 and AD 850. His portrait is found from Casa Grande, Mexico to the Hopi and Rio Grande Pueblos and westward to the Californian deserts. The images vary considerably, but he is generally depicted as a hunchback, often horned and

The Seed Bearer (Part 2) Kokopelli

usually playing a flute. He is sometimes represented with antenna-like protrusions on his head. Because of his enormous influence over human sexuality, Kokopelli is often depicted with the phallus of a porn star. As with all legends, there exists an array of tales about Kokopelli. His purpose or mission remains unclear to the modern world but his reputation does not. Known to some as a magician, others know him as a storyteller, journalist, teacher, healer, and a priest of the harvest and fertility. He was a traveling prankster, an American Casanova, and his hunchback and flute were always welcome. Kokopelli was the symbol of happiness and joy. He came to the people as the loving spirit of fertility—the fertility of the Earth and Her people. Legendarily, his hump was said to be full of all the seeds in the universe; plants and animals. These he scattered on his journeys and symbolized the male principle, the semen and seed, to be laid to rest in the good earth. His invisible presence was felt whenever life came forth. Kokopelli’s music soothed the earth and made it ready to receive his seed and it spread the legs of the young women. He embodied everything pure and spiritual about music. He talked to the wind and the sky. His flute could be heard on the spring breeze and, when Kokopelli came playing his flute, the sun came out, the snow melted, the green grass grew, the birds came out and began to sing, and all the animals gathered around to hear his songs. Kokopelli and his flute brought the Spring out of the Winter. One could hear Kokopelli’s melody floating across the desert as he wandered in. Traders traditionally announced their peaceful arrival in that way. He would visit a village, carrying his songs and the seeds on his back.. Everyone would sing and dance the night away. When he left in the morning, the crops were plentiful and the girls were pregnant. The Hopi Kokopelli was often represented by a human dancer. He frequently appears with Paiyatamu, another flautist, in depictions of maize-grinding ceremonies and other agricultural events. These dancers apparently had great fun with missionaries and tourists by making obscene and sexual gestures that the foreigners did not understand. 



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Ferry Advocates??

by Vickie Mercer

Ferries. Are they an important form of transportation? It depends to whom you are talking: To a farmer from eastern Washington, the most important form of transportation would be the rails to get his product to market. A working person who uses the passenger only service daily they would argue that their economic survival and quality of life on Vashon depend on it. An airline pilot or flight attendant would suggest that frequency of service is important to get to the airport in a timely manner. A small business person from Vashon would want the same because all his suppliers are in the south Seattle area and he or she cannot afford time to sit waiting for a boat. A K2 executive would argue that re-establishment of all day service between Pt. Defiance and Tahlequah would be vitally important to maintaining an uninterrupted road between their headquarters on Vashon and the product warehouse in Fife. Our School Superintendent says it’s impossible to attend a morning meeting in Olympia and get back to Vashon by the end of the school day. If you are talking to Senator Mary Margaret Haugen, Chair of the State Senate Transportation Committee (the person who controls the purse strings for our ferries in Olympia), she would wonder what the State is doing in the passenger only ferry business. What do all these people have in common? A need for dependable transportation for economic purposes. This past summer Vashon experienced a shift in our demographics with fewer young families moving to the Island because our ferries service is considered tenuous. But the one person who can affect all of us that use Vashon ferries is Senator Mary Margaret Haugen. If she decides to cut the passenger only service from the budget because she doesn’t believe it’s a good investment for our State the service could stop next July. And what if the State decides to look for a higher fare box recovery? The Blue Ribbon Commission said in their year 2000 recommendation that the fare box recovery should be 80% within 10 years and 90% within 20 years. Instead the 80% was accomplished in 5 years. All of our pocket books feel the results of Mike Thorne’s 5/5/5 plan from the last two years of big ferry fare hikes. So, now a great event occurred. Our own Senator, Erik Poulsen, has found himself sitting as Vice Chair of the Senate Transportation Committee. He is ready to argue for our passenger only service and he really wants to see our south end service restored to the levels of four years ago (mid-day and late night service). This will be a great feat if we can accomplish it. So what happens from here? When the legislature (convening January 10th) is in session volunteers will be needed to travel to Olympia to help Senator Poulsen. He needs help to explain to the other Senators in our State Government why our ferries are so important. While we are at it let’s explain to them why someone would want to live on an island (I’ve been asked that question several times.) We will explain that the ferries are our roads, that we pay 80% of the cost and that we on Vashon deserve better service than we currently get. We need to explain why frequency of service is important to us and why getting back and forth to work is our basic right. All of us need to turn up the noise to Olympia and lend a hand in this effort to maintain our basic transportation requirements or in this time of negative government budgets we will find ourselves with even worse service. So will you help? These things just don’t happen without volunteers. We all must be our own advocates to improve our ferry service. Attend the next meeting of the Vashon Maury Island Community Council Transportation Committee on January 24th at McMurray School at 7 pm. Or contact us through the Community Council website at vmicc.org.

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Double Crostic

by Richard Carson

Guess the answers to the clues, then transfer those letters to the corresponding numbered squares in the grid. Work back and forth between the clues and the grid until the quotation is revealed. The initial letters of the clue answers, reading down, form an acrostic revealing the source (author and title).

C1	A2	M3		X4	U5	G6	O7		B8	E9	P10	O11	N12		T13	Q14	F15	L16		G17	B18	O19	Q20
V21	P22	T23	F24		O25	S26	E27		L28	G29	E30		R31	D32	J33	P34	X35		X36	J37	P38	D39	
H40	U41	C42	O43	F44	J45	G46	X47		D48	U49	H50		K51	F52	P53	Y54	S55		P56	H57	U58	I59	Y60
	J61	X62	I63	B64		L65	D66	F67	H68	M69		V70	N71	M72	K73	X74		B75	V76	A77	L78		K79
U80		G81	M82	O83	J84	I85	V86	S87	W88	K89	C90		D91	E92	C93		Q94	V95	Y96		I97	T98	M99
X100	S101	R102	A103	P104	O105	K106	L107	B108		V109	P110	O111	E112		I113		M114	H115	R116	D117		H118	I119
N120	Q121	C122		W123	Y124		Q125	R126	K127		E128	T129	Y130	A131	W132		W133	N134	K135	P136			

- A. Online —

2 103 77 131
- B. Kingdom

18 64 75 108 8
- C. Motif

1 122 90 42 93
- D. Put in writing

32 66 39 48 117 91
- E. Moral philosophy

30 27 92 9 112 128
- F. Lifelike

15 44 67 52 24
- G. Yellow pigment

6 17 29 46 81
- H. Bounty

40 68 118 57 115 50
- I. Salad vegetable

63 113 59 97 85 119
- J. Jesse or Gary

37 61 33 45 84
- K. Act of praise

51 89 135 106 127 73 79
- L. Consumed

16 107 28 78 65
- M. Money back offer

69 3 114 72 99 82
- N. Small branch

12 134 120 71
- O. Customary

11 83 25 111 105 19 43 7
- P. Small government

53 22 38 10 34 110 104 56 136
- Q. Coffee flavor

20 94 121 125 14
- R. Seaweed

126 102 31 116
- S. Squalid area

55 101 26 87
- T. Made with an ax

13 23 129 98
- U. Resting sideways

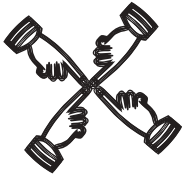
80 49 41 58 5
- V. Talk nonsense

21 70 109 76 95 86
- W. Ablution

88 133 132 123
- X. Apparent

100 36 4 47 62 74 35
- Y. Leather

60 54 124 96 130



Solutions on next page

Pet ~ Vet Corner

by Teri Byrd

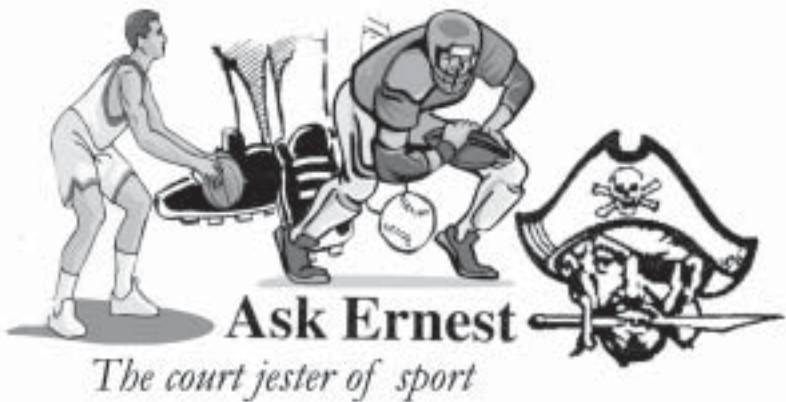


When Your Cat is Urinating Outside the Litter Box

Before you get mad when you see your cat urinating in places it's not supposed to, have it checked out by your veterinarian. Urinary tract infections are quite common in cats and urinating outside the litter box is that only way they can tell you that something is wrong. Another common problem with cats is called **idiopathic cystitis**, which in regular language means inflammation of the bladder that we veterinarians don't really know anything about. Your veterinarian will have a urinalysis performed which will show if there is blood or white blood cells or protein or glucose or several other things in the urine which are abnormal. Signs of a urinary tract infection include urinating outside the box, straining while urinating in the box, frequent trips to the box, and drinking more water than usual. If your cat is older than 6 years old it is a good idea to check

bloodwork for kidney and liver function also. If there are no abnormalities found than you can assume that the problem is behavioral. Most behavioral urination in cats arises from stress. Stress can be due to changes in the household, new cats in the neighborhood, new cats in the household, owners stress and many other reasons. It is best to have a behavioral consultation to determine the cause so that the appropriate treatment can be utilized. Treatment for behavioral inappropriate urination in cats can be as simple as changing the type of cat litter or as complex as changing around the whole household and using behavioral modification medication—usually anti-anxiety medication. Some hints to try are: Feliway hormonal spray, different litter, foil in soiled areas, aromatherapy to reduce stress and extra attention. Please call if you have questions. Teri Byrd 463-3550. ☎

Loop ~ Sports



E.
Please give me some quick read out results like they have in the *News Tribune*. How’d the Rock Wrestling Tournament go?
Captain Rick Wheeler

Ps. **Thanks to Sears’, Big Mac McElroy, Darren F, M Mattingly, E Bingham, D Chapman, BJ Nelson, L Gateman, Stacey Wolzcko, C Phillips, Bob York, R Sassara, Rich Chwaz (the real voice), and everyone else that helped make the Rock Tournament possible!**

Quick Rock Wrestling Results:
Team Placing. 1st. Lakeside (ranked 1st in state), 2nd Mt Baker (ranked 2nd in state), 3rd Hoquiam (ranked 3rd in state), **4th VASHON**, 5th Connell (ranked 5th in state).
Not bad competition, eh?
Check out more Vashon Wrestling Results on [www.eteamz.com / RockIslandSports](http://www.eteamz.com/RockIslandSports)

Hello Ernesto,
I was talking to Darrenovich Fox and Mikhail Mattingly for a while this last weekend. They are nice guys but they like wrestling too much. **They talked about their league runner up finishes and their sweet lateral drops. Mikhail went on about his legacy as a top notch referee.** It was enlightening, but I want to know more than just wrestling results. I want to know about B—Ball, that’s basketball for all you rural readers.

Dominique Ze
Dommmminnater Wolzckovozki

Ze D.W.
There is not much B-Ball news, yo. They are practicing right now to extend their 5 game win streak. They are good.

So good that this is what basketball guru Ace A. Shigley says about them: “I saw 2 games in December and the boys team ran all over the floor. They ran fast and made their shots—I’ve always said that it is simple to win: make more shots than them. That is what the Vashon team promotes. They work well together. The only problem with them is that they don’t have the voices to put together a great USA Chant like the Lake Steven wrestling team. My hopes are that they can get together with band teacher Mista’ Scott and rock the gym with a Booming USA Chant!”
Ernesto

YoYo,
Why haven’t you written up a movie review about the *Motorcycle Diary*, yo? It’s the real shite; that movie was tight. Better than the *Mighty Ducks*.

Please holla at me sometime, but not when I’m dancing or just trying to drink coffee. I might have to use my big a\$\$ arms to settle the score.
Gotta get back to the curls for the girls.
Ludacris

Open House

Wednesday, February 2, 6:30-8:30 pm
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D. REDACT	K. PLAUDIT	R. ALGA	Y. SUEDE
E. ETHICS	L. EATEN	S. SLUM	
F. VIVID	M. REBATE	T. HEWN	
G. OCHER	N. TWIG	U. ON END	

The idol might have crumbled, but the great void remained, and pious hands were never again able to reassemble the old intellectual bric-a-brac which he had swept away. - H.R. Trevor-Roper, “Thomas Hobbes”

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Lopy Laffs

If you want to stay out of debt, act your wage.
There is no revenge so complete as forgiveness.
Don't be called out on strikes—go down swinging.
Angels can fly because they take themselves lightly.
I'm getting so absent minded that sometimes in the middle of a sentence I
If you accidentally eat plastic fruit, do you throw up that wacky fake vomit?
You are not abusing drugs if you store them in a cool, dry place and never yell at them.

OneLiners (more or less)

I can picture in my mind a world without war, a world without hate. And I can picture us attacking that world, because they'd never expect it.

A 6 year old was asked where his grandma lived. "Oh," he said, "she lives at the airport, and when we want her we just go get her. Then when we're done having her visit, we take her back to the airport."

If a 7-11 is open 24 hours a day, 365 days a year, why are there locks on the doors?

Should vegetarians eat animal crackers?

Some engineers from the USGS surveyed a piece of property and found that in a particular area, the New Hampshire and Maine border needed to be changed. They stopped to inform a farmer that due to a mix-up, his site was no longer in Maine, but in New Hampshire. After a long pause, he grunted and said, "That's good. I couldn't take another one of these Maine winters."

Despite the cost of living, have you noticed how popular it remains?

I was worried that my mechanic might try to rip me off, so I was relieved when he told me all I needed was blinker fluid.

I almost had a psychic girlfriend, but she left me before we met.

How does the guy who drives the snowplow get to work in the mornings?

Never be afraid to try something new. Remember, amateurs built the ark, professionals built the Titanic



There are two friends at a bar late one night. One holds a cat everywhere he goes. he never wears a watch. The friend finally asks him, "What's with the cat?" The man responds, "I use it to tell time." As the two are leaving the bar, the second man is pondering how this is possible. He finally asks his friend, puzzled, "So how does it tell time?" The man gives the cat a hard squeeze around its middle. The cat lets out a long meow, very loud. Down the street, a woman opens her window to yell, "What's with all the racket? It's one in the morning!!!"

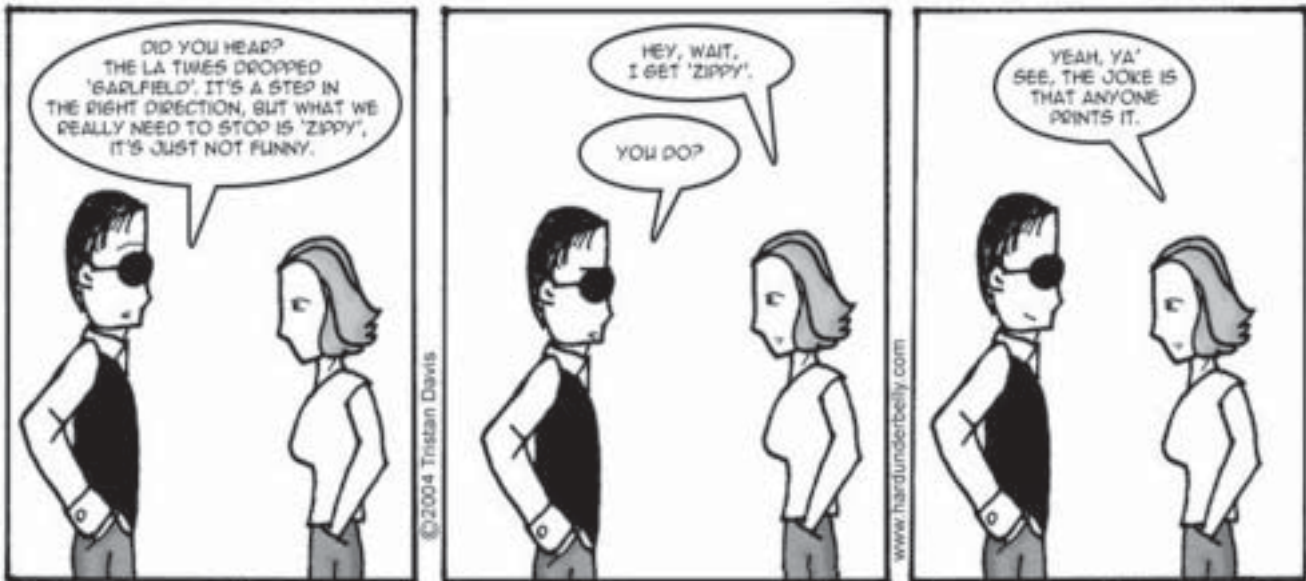
WILD WORLD / Ed Frohning



OFFSHORE



NOT
ALL
THERE
by
Tristan
Davis





Aries (March 20-April 19)
Professional developments have somehow found their way from a far-fetched vision to actual achievement. The twists and turns have taken long enough to work out, and you’ve been exceptionally patient. Yet there’s a potent force in your psyche calling on you to remain aware of your principles, and keep your mind on the big picture. What you’ve accomplished has nothing to do with personal gain or ambition even though you’re on the receiving end of some genuine worldly gains. Though this would be enough to jade some people, the personal changes you’re experiencing remind you at every turn that the purpose of your life is to serve and to learn.

Taurus (April 19-May 20)
It’s not your style to live on whims and wishes. In the universe of Taurus, when the good Lord makes a promise, it comes in writing. Yet while certain aspects of your current situation are very much assured, there’s a personal element that, in truth, can come with no guarantees. That’s because so much depends on the choices you make in your heart, one of which is whether you identify with the person you were in the past, or the person you are today. You have the potential to stand confidently in your highest possible reality; you merely need to agree you’re going to do nothing else.

Gemini (May 20-June 21)
An agreement or arrangement that has recently come to fruition is actually a much better version of the same basic idea that you considered around the first of the year. You’re actually on a lot more solid ground today than you were then, despite only a couple of weeks having passed. The details make more sense; at the same time you’re under a lot less pressure. You are someone who has to make decisions in your own time, and when you honor that about yourself, things go a lot smoother. The current development has the potential to work out very well for everyone.

Cancer (June 21-July 22)
There’s so much happening in your personal life right now that you’re running the risk of losing awareness of yourself. Yet if you cling to yourself too much, you’re just as likely to miss the beauty, passion and intensity of the moment. It’s possible to maintain some boundaries while you have a boundless experience of life. This is done by maintaining awareness, and by communicating your feelings in the moment. Partners and loved ones are just as eager to be authentic and maintain their integrity as you are, perhaps a bit more so. Remember, you have nothing to hide.

Leo (July 22-Aug. 23)
You may feel like there will be huge consequences involved with unleashing some aspect of who you are, as if you’re taking an enormous risk of some kind. Actually, it’s a good idea to remember that what you say, do and create all have real effects in the real world, and current circumstances are serving to remind you of that. Some current project or endeavor is likely to reach far beyond what you intended. You can, however, trust that your efforts are not only carried out with awareness and clear intentions, but also that they will have positive effects to match.

Virgo (Aug. 23-Sep. 22)
You’re not usually one to make rash decisions, but that means the subtle ones count for a lot. The effects of the small choices you make this week, or the cautious opportunities to express yourself that you dare to take, will be far from petty. You’re being presented with an opportunity to outgrow so many of the inhibitions that hold you back, and that you’ve been bargaining with for years on end. Ultimately, there is no deal to be made or bargain to strike; you just do what is right for you. You act in the name of love, and set yourself free.

Tact: the ability to tell your boss that he is open-minded when you know he has a hole in his head.

Libra (Sep. 22-Oct. 23)
You may feel like you have to walk the rather fine line between confidence and caution, but I strongly suggest you choose one path or the other. Either will work to get you through the week. But one offers you a sense of safety, while the other will keep you vigilant. Chaos only arises when you attempt to straddle those options, and commit yourself to neither path. Remember, though, that creativity requires little other than the willingness to feel. Keeping your eyes and ears peeled for danger is good for cops, but terrible for artists and lovers. Hang loose and you’ll be told everything you need to know.

Scorpio (Oct. 23-Nov. 22)
The solution to problems you’ve been struggling to solve is in your hand. In fact, it works out that you were thinking too hard to have this simple idea. This is, by the way, your second reminder. You actually figured it out a few weeks ago, and it may have arrived as a stunning revelation, one of those transcendent moments of truth that you forgot to write down in your notebook. This time, you’re not going to forget, because it’s so obvious. Still, the benefits will take some time to sink in. When the Sun changes signs Thursday, you’ll feel safe and sound as you truly should.

Sagittarius (Nov. 22-Dec. 22)
You’re finally holding in your hand the ‘metaphysical’ theory that you are who you think you are. The value you place on yourself is the actual value you possess and can share. Often it’s difficult to see this idea, and more rare still to feel it actually working. The events of this week promise, if nothing else, to make this lesson vividly clear. You will, I trust, discover that the moment of deepest doubt is the doorway to authentic certainty. Spiritual as you are, you’re still not someone who takes things merely on faith, or worse, on hope. Tangible evidence is what you need, and it’s what you’ll get.

Capricorn (Dec. 22-Jan. 20)
Many factors suggest strongly that over the next few days your life is going to shift radically, and for the better. Lasting change almost always arrives with a feeling of vulnerability, yet this is the emotional opening through which you can experience so much that is new in your world. I know that recent times have brought you little other than tests and trials that seem to have had no rewards. Your gift for enduring all these changes is who you have become — a person deeply sensitive to beauty, whose voice speaks for the poet in your heart. Feel what you’ve been missing for so long.

Aquarius (Jan. 20-Feb. 19)
Before the Sun enters your sign later this week, you’re likely to be taken on a tour of your worst fears and insecurities. A bout with commitment-phobia is possible, particularly if you feel you’re encountering guilt or obligation. I don’t suggest you take any of this too seriously. It’s likely to vanish like the illusion that it is, though one with the potential to take a toll on you emotionally. Somewhere, there are actual psychological issues surrounding the baggage your parents passed along to you, and if you’re paying attention you’ll get a map of their fears, and some handy clues about how to leave them behind.

Pisces (Feb. 19-March 20)
You’re finally able to keep your highest objectives in mind long enough to do something about them. Months of preparation and enduring setbacks have led to this moment, but the most important benefits will arise from your steadfast commitment to cooperating with people. As a result, everyone will gain, and nobody will lose. Certainly, it’s humbling enough to receive the kind of support that you’re getting, and I don’t see you gloating or doing back flips. I see you taking your place in a world of people you’ve committed to serve, and doing it well. Just remember, recognition is always nice, and you deserve it.

Eric Francis has more to say at PlanetWaves.net.

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Madame Toujours

Dear Madame Toujours,
I have been the victim of a miscarriage of justice. I recently fired my secretary Mrs. Blintz who had been with me for eighteen years. She was an older employee who would soon have started having health problems that would raise our health insurance rates.
During the appeal where I was explaining this to the other employees, I noticed Mrs. Blintz crying into a handkerchief. This was really the last straw. I turned to her husband and told him to get his wife under control.
The next thing I knew, the whole bunch of them were trying to get me fired. No one seemed to understand that I was trying to support Mrs. Blintz. Obviously, if people see her crying in public, they will think she is senile. On top of that, it was very insensitive of her to carry on that way. It made me look like some kind of monster and was prejudicial and unfair to me. Naturally, I expected her husband to keep her in check
Unfortunately, Mrs. Hanover, the CEO of the company, was standing in the back of the room at the time. Believe it or not, Mrs. Hanover has actually fired *me*. Mrs. Blintz has been rehired as Executive Assistant to Mrs. Hanover herself, and to add insult to injury, none of the people who were making trouble for me have even apologized for their unfair behavior.
Could you please give me some kind of written statement to the effect that I handled the situation correctly? It is very hard to find a new job at my age.
Sincerely, The Real Victim

Cher M. Victim,
Quelle damage, it is the big shame that you are having the troubles with the other persons who are thinking you are the big, insensitive jerk. However, the persons who are scorning you are correct. In fact, you are very fortunate to be only unemployed. This is being the kind of remark which is frequently leading to the firing squads. Very many of the female persons will now be spitting in your coffee when you are going to the Starbucks. Also, when you are going home tonight, do not eat anything that is cooked for you by the wife, *Mme.* Victim, unless you are first seeing her feed some to the dog. This is because now that you are being not only the big jerk but the big, unemployed jerk, you are being very much more useful to *Mme.* Victim if you are not inconveniently alive.
Naturally, this is all being very uncomfortable for you. However, if you are wanting to be the big jerk, you must be accepting that the sensible persons will be crushing you publicly and finding for themselves the new employees and husbands and so forth.
“But Madame Toujours,” you say, “it is not being my fault that I am making the extremely insensitive remarks. It is only because I am the extremely insensitive person who is not caring about the feelings of the other persons. It is being very unfair to be punishing me for this.”
Bon Chance, M. Victim. That, it is life, *n’est pas?*

Serving an international clientele since 1995. Eric is on the faculty of the Northwest Astrological Conference (NorWac), a widely-published author and a trusted consultant to his highly successful clients. Call to find out how astrology can work for you.

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Strictly confidential

Loop Arts

May Palmer Trio plays with Panache

May Palmer, otherwise known as the Northwest's Diva, will belt out gospel, blues and jazz for the first VAA Panache Jazz concert of the year, **Saturday, January 22**, 8 pm, at the Blue Heron Art Center. She calls herself an earthy diva, because of her commitment to her



fans and the music. No doubt about it, she's a powerhouse singer. Joining Palmer on stage will be Dan Blunck on saxophone and David Joyner on piano. Tickets are available now \$12 VAA members, seniors, students and \$15 general admission. Tickets include complimentary champagne and hors d'oeuvres. Call 463-5131 to reserve tickets.

International Film Series on Island

The **Global Lens 2005 Series** is coming to Vashon-Maury Island! The Series includes ten critically acclaimed International Films which have been shown at festivals in Toronto, Cannes, and Rotterdam. In the U.S., the films are only being shown in fourteen cities, including Seattle.

So how did Vashon get three of the best films being offered?

When Kathleen Fitch of Essentials 4 heard Seattle Center was premiering the 2005 opening on January 7th of the Global Lens Series she contacted The Global Film Initiative office, the non-profit organization that sponsors the Series, and asked if Vashon could piggyback with the Seattle Center as an experiment to see if a small community and its high school would support the Global Film Initiative's mission by embracing the films.

How could they refuse?

They offered Vashon three films: ***Daughter of Keltoum***, ***Whiskey***, and ***Hollow City***. All three will play at the Vashon Theatre on **January 18th, 19th, and 20th** respectively. Eileen Wolcott, owner of the theater, is donating the screening times for four evenings and two days; all proceeds from ticket sales will benefit Vashon High School.

Since more community participation will boost chances of getting the series again next year, the sponsors have made the ticket prices quite reasonable—a series ticket is only \$15, and is available at **Vashon Theatre, Vashon Island Music, and Essentials 4**. Tickets for individual showings are also available the evening of the show at the Theatre, as a two-for-one offer. All high school faculty and students with ID will be admitted free.

This exciting event is co-sponsored by Kathleen Fitch of Essentials 4, Vashon Theatre, Vashon Island Music and Alice Orr Agency.



Dreaming at the End of Time

A Concert in Celebration of what is now Arising and what is now Passing.

Friday, January 21, 7:30 pm, at Café Luna

Songs of the Ancient Future written by Cooper Edens & Wayo Hogan, performed by Hunab Ku

Solo Piano Compositions by Wayo Richard Hogan

Sound Meditation with the Samsara Meditation Ensemble

Scraping By at BBTW

By Juli Morser

The January 20 re-inauguration of President George W. Bush is giving former Seattle resident, Vashon visitor, and author **Natalia Rachel Singer** a feeling worse than déjà vu. It's what she calls in her memoir-mixed-with-political-commentary ***Scraping by in the Big Eighties*** "déjà-voodoo."

Singer, who lived in the Seattle area from 1979 to 1984, will be reading and signing ***Scraping by in the Big Eighties*** at **Books by the Way on January 13th at 7:00 pm.**

"My book is dedicated to everyone who lived through the eighties convinced that the whole world had gone crazy," Singer says, "and who are feeling a very uncomfortable déjà vu now. My hope is that it will provide solace to the people who thought they were the only ones who felt this way. It's also dedicated to my students, who were born during the Reagan years and have never lived in the America I knew as a child, when, for all its flaws, the commitment to end poverty and injustice was a top-down mandate."

Singer blends memoir with cultural history to critique Reaganomics, military buildups in the face of eroding social programs and growing national debt, the hypocrisy of so-called family values, and her own complicity in all of it. ***Scraping By in the Big Eighties*** is, more than anything, about taking politics personally. Lyrical, meditative, occasionally heartbreaking, and often

darkly comic, this book about mistakes blithely made in decades past is nonetheless still timely today.

Singer is an associate professor of English at St. Lawrence University, and lectures widely on creative nonfiction. Her fiction and essays have appeared in *Ms.*, *Harper's*, *O: The Oprah Magazine*, *The American Scholar*, *alternet.org*, and dozens of other literary journals. Awards include first place in the World's Best Short Short Story contest, the Annie Dillard Award for Nonfiction, and a New York Foundation for the Arts grant in nonfiction literature. Singer has just completed a novel, *Redemption Center*, and is at work on a book of travel essays, *On Temple Road*.

Scraping by in the Big 80's is part of the American Lives series, edited by Tobias Wolff, and featuring books of literary nonfiction.



Messina to Play Vashon

Continued from page 1

Ever since he landed a job producing records for an independent record label during his senior year in high school, music has always been Messina's driving force. Throughout the years his creative involvement in such seminal bands as **Buffalo Springfield, Poco** and **Loggins & Messina** helped shape the American musical landscape. Not one to rest on his considerable laurels, Messina continues to create music that is both reflective of his legacy, yet fresh and innovative.

Jim Messina tours with two female singer-songwriters who lend their harmonies and support on guitar and percussion. Messina met Antara Blasius and Delilah Poupore six years ago when both were participants in a Songwriters' Performance Workshop, a series of workshops Messina conducts.

"I truly enjoy spending time with these very talented ladies," Messina says, "whether it be rehearsing, recording, conducting a workshop or simply going to one of their concerts and being entertained by them. Plus, they're not hard on the eyes."

Energetic rhythms, infectious melodies and lyrics that strike a universal chord are the musical treats audiences enjoy at Messina's concerts. His warm vocal wraps around Messina originals such as 'Follow Your Dreams,' a lilting tune for the movie *Independence*



Day, that gently encourages listeners to pursue the desires of their heart.

Messina's "electric set" usually includes classics like 'Angry Eyes,' 'Watching the River Run,' and 'Your Mama Don't Dance.' Jim doesn't mind going back in time to performing songs for his audience like 'You Better think Twice,' 'Kind Woman,' or 'Care Free Country Days,' from his Buffalo Springfield and Poco Days.

Jim even performs songs he didn't write like 'Danny's Song' or 'House at Pooh Corner.' "I am proud of my affiliations with those who helped me on my musically journey and these songs help me to remember all of our efforts."

The doors open at 6:30pm with a no-host bar and the band **Turner Down** to start the show. Messina will take the stage at 8:00pm. Tickets are \$25 to \$30 and are on sale now at Vashon Theatre or by calling 463-6845. Visa/MasterCard accepted.

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Ian Moore Plays Hometown Concert

Ian Moore will perform one night only in a rare West Coast appearance and even more rare Vashon appearance, **Saturday, January 15, 8 pm**, at VHS Theater. He will play cuts from his recent highly acclaimed CD, *Luminaria* (Yep Rock Records) and more. Tickets are \$10 for VAA members, seniors and students, and \$13 general admission. You can't get that kind of deal over town. Free parking too! Call Blue Heron for advance tickets, 463-5131.

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56 Years and Still In Love
This New Year's Day marked the 56th anniversary of George and Joy Humphreys, the owners of Joy's Village Cleaners. They bought the cleaners in 1983 and built the business up with outstanding care of other people's clothes. The couple celebrated in the tradition of going to the ocean and having a picnic as they did on their honeymoon. We salute the couple that has weathered the ups and downs that all marriages have for over half a century.

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