



# THE VASHON LOOP

Vol. 2 #14

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM

July 20, 2005

## VIFR's Chief Jim Wilson Goes Down!



## Lighthouse Theater:

### Theater as Sacred Space

By Mary Litchfield Tuel

When you think of theater groups on Vashon, you are likely to think of Drama Dock, or Vashon Youth Theater, but there is another theater group here, Lighthouse Theater, a secret in plain sight.

Deb Pierce, founder and director of Lighthouse Theater, grew up in a log cabin on Kingsbury Beach with her adopted siblings, including her sister Cathy. Pierce became involved in theater at an early age.

"In college while I was doing theater I had this 'aha' moment of what an incredibly powerful tool drama could be for healing and developing as human beings. I wanted to start an organization that uses drama and theater for healing. Lighthouse Theater is a lifetime dream of mine to use theater in that way."

She went to grad school and majored in Developmental Drama, which later became known as Drama Therapy. "Drama therapy can be done one-on-one or in groups. It uses theater as sacred space where people can work through issues and do creative problem solving."

In 1989, Pierce's sister Cathy committed suicide. Cathy was in a relationship with an abusive man who had put her into the hospital twice. Cathy's friends believed that the man must have been the one who shot her, but Pierce said that the coroner convinced her that Cathy had been the one to pull the trigger.

*Continued on page 16*

Chief Wilson was one of many good sports who got dunked repeatedly at Strawberry Festival by innocent young children and testosterone-laden grown men. Proceeds from the dunk tank were donated to the Vashon Firefighter's Association. Other hits of the Festival included the new Youth Stage, which drew huge crowds for the imaginative events planned and organized by volunteer Oanh Meyers. On a bittersweet note, the Beer Garden has become such a popular Festival tradition that it has outgrown its Little House location, and is looking for a new home for 2006. First the Mud Bogs, now this. But no matter what changes come, there is nowhere I would rather be on the first weekend after the Fourth than right here on Vashon with friends and family. Thank you to all the volunteers who make it possible. And thank you Rick Wallace for these great shots of the Chief. *Marie Browne, editor.*

## BARN AGAIN



For years Vashonites have, without batting an eye, used a phantom landmark when giving directions. "Just go past the Jesus Barn..." The thing is, the barn tumbled down years ago. If memory serves (it usually doesn't), it gave its final gasp after a particularly rousing party back in 1970-something. The Jesus Barn was the epicenter of Vashon hippie culture, and the venue for the annual Easter Joint Hunt (not a Chamber of Commerce sanctioned event). And now, it's back, sans hippies and marijuana. Owners Craig and Jennifer Sutherland have built a new barn, and named it the Jesus Barn Farm, in honor of its predecessor. Artist Scott Summers faithfully recreated the lettering from the original barn—no small feat, as he had to adjust each stroke to compensate for the ridges in the siding.

### Comic News Flash

Log Jam cartoonist Jeff Hawley's work is now appearing in the monthly *Seattle Comic Times*! Check it out at [www.seattlecomictimes.com](http://www.seattlecomictimes.com). Click on the June issue and go to pages 7 and 8 to see his single panels called *Out of Control*. On a bummer note, long time contributor Tristan Davis is no longer *Not All There*. His last strip is on page 17. Clip it out, it's going to be collectible some day. Thanks Tristan, and best of luck.

## Island Hams Do It In a Field

by Ward Silver

John Lennon asked, "Why don't we do it in the road?" The Vashon-Maury Island Radio Club (VMIRC) went John one better and asked, "Why don't we do it in a field?" Over the weekend of June 25 and 26, the club members participated in the nationwide emergency communications exercise known as Field Day. All across North America, more than 30,000 amateur radio operators practiced setting up and operating away from their home or club stations under emergency conditions.

The VMIRC set up at Sunset Ridge, a fine, high location for radio. Over twenty members participated, as did several guest operators from the Federal Way club. At the closing bell, over 900 contacts had been logged all across the country, throughout Canada, and with Hawaii, Alaska, and Mexico. Members used the club call sign, W7VMI, on both Morse Code and voice, and via a portable wireless data terminal. Operation was powered entirely by generators and featured the club's newly converted communications trailer,

*Continued on page 9*



VMIRC's youngest member, Drew Pine



Get in The Loop

### Middle and High School Success Strategies

Because the Middle School and High School experience demands better preparedness for learning, a series of five-day workshops will be offered at McMurray Middle School in August for incoming fifth, sixth, seventh, eighth, and ninth graders. These workshops are offered by Devon Atkins, a longtime Island tutor, mentor, and workshop leader. Greg Allison, McMurray’s principal, says, “This program supports the focus area of the McMurray School Improvement Plan that addresses developing networks of support for students in a variety of areas.” A Success Team composed of Greg Allison, Counselor Carolyn Zike, and MJ Hartwell, the School District’s Family Advocate, have worked with Atkins to hand-tailor the curriculum to address barriers to student learning and development. The workshops will focus on organization, time management, and better learning skills for success, with more in-depth learning for eighth graders, including:

- How to Use a Syllabus
- Time Management
- Keeping Track of Assignments
- Improving Listening Skills and Note-Taking During Class
- Developing & Maintaining a “Learning Log”
- Reading with Purpose, Understanding, and Retention
- How to Organize and Complete Long Term Assignments
- Test-taking Strategies, Before and During the Test
- Being Organized, Enthusiastic, and Responsible about Learning

The workshops filled very quickly when they were offered during this past academic year. Because of this positive response, the “Strategies for Middle and High School Success” workshop is likely to fill up quickly. Class sizes are limited to 10 students each. Tuition is \$60, and registration can be made by phone or email to Devon Atkins, 567-4886 or oyuijf@aol.com. Scholarships are available.

### Share Your Views on the Future of Vashon’s Public Schools

There will be a public forum at Vashon Co-housing Commons on **Tuesday, August 2 at 7:00 p.m.** to discuss the funding of future capital projects in the Vashon Island School District. School Board members will be on hand to listen and respond to public comments. All are encouraged to attend and share their views at this critical juncture.



“Squall Light” Plein Air oil by Karen Dale

### Plein Air Paint-Outs

Artists who want to get outdoors to paint this summer can join in three “Plein Air Paint-Outs” organized by Karen Dale.

Paint-Outs last 2 to 3 hours and offer painters scenic, often “insider” views, and camaraderie with fellow artists. Participants should bring painting gear, sun-screen and water, and dress for weather changes. The events are free.

The next Paint-Out will be at the North End Ferry Dock at **2:00 p.m. Thursday, July 14.** Hita von Mende will host at the second house west of the dock. She also owns the restaurant building, with its many great views of Blake Island, the ferry and dock, and the shipping lanes.

The only Paint-Out on a weekend will be **Sunday, July 31, at 1:00 p.m.**, when painters meet at the Quartermaster Marina dock for close-up views of boats, dinghies and Inner Harbor’s shoreline. The last Paint-Out will rendezvous at Governor’s Lane on the Burton Peninsula **August 11, starting at 2:00 p.m.**

These Paint-Outs lead up to the “Plein Air Painting Festival” for island artists in September at the Hardware Store Restaurant. Island artists don’t have to be at the Paint-Outs to submit their outdoor work to September’s Plein Air Fest. For more information on the Plein Air Fest (and Paint-Outs), contact Karen Dale at 463-1945 or karendale@centurytel.net.

### ArtsWest stages A Chorus Line in West Seattle

With student performers from Edmonds, Issaquah, and Seattle as well as West Seattle, ArtsWest’s Musical Theater Conservatory brings the popular musical *A Chorus Line* to the stage for 10 performances in August.

The cast of young performers ages 14 to 21 have been studying and rehearsing for seven weeks as part of the summer Musical Theater Conservatory program. Performances are on the main stage at ArtsWest, 4711 California Ave. SW in West Seattle. Tickets are \$12 and may be purchased at the box office, 206-938-0339 or online at [www.artswest.org](http://www.artswest.org).

Show times are **7:30 p.m. Wednesdays through Saturdays, August 3 to 6, August 10 to 13 and 3 p.m. Saturdays August 6 and 13.**

The Pulitzer Prize-winning show uses song and dance to tell the stories of dancers taking part in a Broadway show. It is being presented in its entirety, uncut and uncensored. Due to adult themes and material it is recommended for children 13 years of age and older with parental guidance.

A Chorus Line is sponsored by Nucor, U.S. Bank and the National Endowment for the Arts.

Anna-Thomas Henry of Seattle takes on the role of Val in ArtsWest’s production of *A Chorus Line*. Matthew E. Durham photo

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### Summer Irish Ceili Dance at the Grange!

The Vashon Celtic Dance Society is celebrating summer with an Irish ceili dance at the Grange Hall on **Saturday, July 23rd.** Dance with your neighbors and some great folks from Seattle, Tacoma, and as far away as Portland. Vashon’s dances are the only regular ceilis in the Seattle area and folks come from all over to dance! The dance starts at 7:00 pm at the Grange Hall located in the north end ferry dock parking lot. Don’t worry if you’ve never danced a step in your life — you don’t need any experience to have a great time at a ceili dance. You don’t even need a partner. Kathleen O’Grady-Graham will teach and call all the dances. Live music will be provided by The Gold Ring (see <http://homepage.mac.com/newmountain/TheGoldRing/>). The suggested donation to participate in the dance is \$8 (\$6 seniors and students), and the dances are suited to adults and children over 12. For more information about the Vashon Celtic Dance Society, or to volunteer, call Shannon Seath Meyer at (206) 774-4047 or Lori Malczyk at (206) 463-6917.

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# Troy and Marie

## Talk to the Plumber

Maintaining your home’s major systems maintains its value – and makes it much more comfortable to live in. We recently talked to Daryl Green, a plumber on Vashon, to get some tips on maintaining plumbing systems as well as saving water and energy. Daryl’s business is called Green Connection Inc., and he can be reached at (206) 463-1699.



**Troy:** Daryl, what should people do to maintain the plumbing in their home?

**Daryl:** The simplest—and most obvious— step is to take a look at your plumbing. Check under the sinks, around toilets and the hot water tank. Look for wet areas or water stains around the pipes and traps (the curved pipe under the sink where you hope to find your wedding ring if you accidentally flush it down). If you see any sign of water, get it fixed as soon as possible before the water causes any damage.

**Marie:** Like mold and rot, right?

**Daryl:** Exactly. Of course, if you’ve been wanting to remodel, rotten floors and kitchen cabinets make a great excuse.

**Marie:**Oooooo...

**Troy:** Don’t even think about it. Our 1950’s cabinets and gold-flecked Formica counters are just fine.

**Marie:**Well, we’ll see about that. What about safety, Daryl? Isn’t older plumbing hazardous to your health?

**Daryl:** It could be if the water pipes are made of lead or if copper water pipes are joined with solder containing lead. Another hazard would be if water pipes are made of non-approved material such as garden hose, black iron pipe, rubber hose, etc.

**Marie:** I can see why those materials would be a health concern, but what’s the problem with galvanized steel, for example?

**Daryl:** Galvanized pipes are usually corroded inside with rust. This causes more minerals to leach into the water and it makes for annoyingly slow water flow. Some people may think they have low water pressure, but what they really have is

corroded pipes. The corrosion can cause the galvanized pipes to rust through and create a leak.

**Troy:** What about newer homes? Don’t they use copper pipes in new construction?

**Daryl:** Sometimes, though in the mid-90’s many builders switched to CPVC pipe or PEX, two types of plastic. Plastic is usually easier to install, and does not require solder. Which reminds me: it was only a few years ago that it became part of the plumbing code to use lead-free solder. But you can still buy solder with lead at the hardware store, so if you are doing your own plumbing repairs, be sure to get the lead-free kind.

**Marie:**In a future issue, we’ll tell our readers how to get their water tested for metal content as well as other icky stuff like bacteria and nitrates.

**Troy:** Good idea. In the meantime, what suggestions do you have for homeowners who would like to conserve water and energy?

**Daryl:**There are lots of water saving devices available. The earliest low-flow toilets did not work very well, but the new ones are pretty good. Other ideas are to install low-flow showerheads, low-flow aerators on faucets or a timer on the hot water tank so it shuts off at night. If you have a gas hot water heater, you might consider replacing it with a new on-demand units.

*Next issue: What does it cost to remodel your kitchen? Marie wants to know. Troy would rather buy an airplane. Who will prevail? Stay tuned. And if you are considering buying or selling, or are just wondering how much your house is worth, please give us a call: (206) 463-LIST.*

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## Vashon Library Program Calendar August 2005

### Talk Time

Tuesdays, August 2, 9, 16, 23, 30, 7 to 8:30 p.m.

Practice speaking English in a relaxed setting. Parents are welcome to bring children- childcare will be provided. All nationalities and skill levels are welcome. New Talk Time volunteer hosts are Susan Keatts, Patricia Koncsek, and Jodi Abbott. No registration required.

### Family Storytime

Wednesday, August 3, 10:30 to 11 a.m.

For ages 2-7, but younger children welcome with adult. Please join us for stories, songs and fun! No registration required.

### Brown Bag Storytime

Wednesday, August 3, 12:30 to 1:15 p.m.

Bring a sack lunch to eat while you enjoy great stories read aloud! For ages 5-10. No registration required.

**Books and Beasts of the Middle Ages**, presented by Molly Hashimoto  
Friday, August 5, 1 p.m.

Come look at some of the finest manuscripts of the Middle Ages, then use watercolor and gouache to create your own mythical beasts, focusing on dragons, griffins and unicorns. For ages 8 and older. Space is limited. Call the library to register beginning July 22- 463-2069.

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# Get in The Loop

## Cemetery District Needs Board Member

The King County Cemetery District #1 on Vashon Island has an open board seat. The filing period with King County to have your name on the voting ballot in November is **July 25-29, 2005**. You may file at the Elections Office, located in Room 553 of the King County Administration building, 500 — 4th Avenue, Seattle. Office hours are 8:30 a.m. to 4:30 p.m. weekdays. For more information you may call (206) 296-1564, or visit the website at [www.pdc.wa.gov](http://www.pdc.wa.gov). The State General Election will be held November 7, 2005. — submitted by Helen Carey

## Take Action and Run for School Board

Two seats on the Vashon Island School Board of Directors are opening up. Filing for candidates will be open the last week of this month **July 25-31, 2005**. *The Beachcomber* will run an extensive piece about how and where to file for this election in the July 20th edition. Call the King County Records and Election Division at 296-1565 now for more information. Visit the Washington State School Directors' Association at [www.wssda.org](http://www.wssda.org) for extensive information on the responsibilities of a school board member.

Current School Board members Susan Stackhouse at [sdstackhouse@centurytel.net](mailto:sdstackhouse@centurytel.net) and Gene Lipitz at [gene@tricoastalpartners.com](mailto:gene@tricoastalpartners.com) welcome your questions.

## Sign up for Wolftown Camps

Hawe! Two exciting programs offered this month at Wolftown!

**Call of the Wild Camp.** Learn all about wolves and their habitat. Also sled dog training!

**Wild Horse Camp.** Learn how Wolftown rescues and reschools wild horses.

Both camps are **July 30 and 31**, running from 10:00 a.m. to 4:00 p.m. both days. Bring your lunch and wear work clothes, long pants and hard shoes. Call 206-463-9113 to make a sign up!

Also coming up: surprise visit from Klingons! Come to Wolftown on **August 27th** and get your picture taken with our favorite Aliens!

## Biodiesel at Williams Heating

Williams Heating is now offering Biodiesel on Vashon. We have secured the necessary permits and installed a new fuel tank and pump system to offer both B20 (20% Biodiesel-80% low sulfur diesel) and B99 (99% Biodiesel-1% low sulfur diesel). Biodiesel offers several advantages over regular diesel fuel. It burns cleaner, reduces our dependence on foreign oil and is a renewable resource. Most vehicles can run B20 Biodiesel with little or no modification, and it provides the greatest benefits per dollar spent. The current price of \$2.89 is comparable to regular diesel. B99 offers additional benefits and is currently priced at \$3.50 per gallon. We recommend B99 users check with a knowledgeable mechanic prior to use. Customers interested in using Biodiesel can set up an account and have access to our pumps 24/7 at 19410 Vashon Highway SW. Accounts can be set up between 7:30 and 3:30 Monday through Friday. Please call 463-9134 with questions. — submitted by Dennis L. Williams, Williams Heating, Inc.

## Voice of Vashon Super Yard Sale Tour

The Voice of Vashon will have its first super yard sale tour on **Saturday, August 12**, from 9:00 a.m. to 3:00 p.m.

Give VoV the stuff you can't stand to have around the house any more and earn a cool tax credit. Take away someone else's stuff that you can't resist and help to bring the Voice of Vashon to more and more homes on the Island.

GIVE us your old Walkman. TAKE home a vintage tape deck.

GIVE us *Catcher In the Rye*. TAKE home *Lord of the Flies*.

GIVE us the bustier. TAKE home the Birkenstocks.

GIVE us the ice cream maker. TAKE home the crock pot.

Participate at both ends of this remarkable event. Your great stuff meets everybody else's great stuff and it's a win-win for the Vashon Community and its radio station.

There will be four participating sale sites, four unique scavenging adventures, four different settings, and four different eating and drinking experiences.

To donate your stuff, just call Bill Wood at 463-1626 and learn the drop off point most convenient for you. Pick up is available for big items on August 11th and 12th.

# Vashon Bookshop

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## Loop Letters From the Edge

Dear Vashon,

Hello from East Africa, Uganda, Masindi Town! I am two months into my two year service as a Peace Corps Education Volunteer (PCV) here in Masindi.

Masindi is a pretty big town with restaurants, internet and many dukas (small shops that sell everything you need). The open market is amazing, pineapples for 50 cents, and fresh home grown tomatoes, onions and greens. I am eating well. At home I bake cakes on my kerosene stove and cook yummy fried rice.

So what does an average day for a Vashon grown woman look like? Well, I wake up around 6:20 a.m. and go running with my neighbor's night watchman, Wilson. He is off from a night of watching and we head out to the back roads of my neighborhood. It is beautiful, the sun is rising above the mahogany forested hills and mist clings to the valley floor.

After returning from my run, I bathe with cold water which I hauled from my neighbors spigot and put water on the boil to make the morning coffee. Ugandan grown coffee is a much loved treat! I make oatmeal for breakfast or crepes and fruit. My neighbor's pet monkey usually comes by and rattles my locked screen windows. Minky sometimes finds a way in and steals food, she is a piece of work — the monkey!

Then it is dishes time and whatever chore I have to complete. I have a three-room concrete home with a tin roof. It took a long time to learn that lizards make crazy noises on tin and it was not someone wanting to bother me. I do not have electricity or running water, but candle light is just as good and relaxing.

Back to my day — my Ugandan counterpart Joan shows up and we decide how our workday will progress. Joan works for the education ministry and I am helping her with her daunting task of teacher development. Joan organizes workshops on such topics as curriculum development, how to make learning aids from local materials and promoting life skill development in schools. HIV/AIDS has hit Uganda hard, leaving 2 million orphans in a country the size of Oregon State. You can't really imagine what that looks like until you do a school visit to observe teachers and you enter the office to find a list of students who have special needs, and/or are orphans. I have seen lists with well over fifty students in a school — that is a huge number!

It is overwhelming but people like Joan are doing their best to be honest about the challenges Ugandan youth face and how to help them develop into happy healthy adults. I have my overwhelmed moments but I am also becoming involved in a local girls' volleyball club. I hope to start a girls' science club at a few schools to help them build confidence in a subject many Uganda girls fall behind in.

During my work day I visit schools and perform teacher observations to learn what the challenges are for Ugandan teachers so I will know where to offer help. It takes a long time to settle into a community. I have had a host of adjustment health problems but I am feeling well today! Being here is teaching me patience and my eyes are pried open everyday at the bountiful resources a childhood on Vashon gave me. The resources of a safe community, loving friends, parents and a solid education. I never realized what I did take for granted.

The longer I am here, now four months because I completed two months of pre-service training, the more I appreciate what we have in America.

I am also experiencing how the rest of the world views America. As a PCV we are considered to be ambassadors representing a positive face of America. I can say from my four months of experience with this job that the feedback and attitude I encounter is sometimes positive, and, well, often negative. It is personally important to me to communicate this truth back to you, residents of Vashon. It may seem like America is America and the rest of the world could not possibly listen to what goes on; but they do! I hear more about our politics on BBC Africa than I do about Uganda!!! Please take that for what it is, I try my best to explain my job and that I am volunteering to help Ugandans through the USA government. My explanation and work helps this problem. I am learning that what we have in America is not how it is in most places on this giant continent, Africa. It is important to examine why that is.

Well, at the end of a work day here in Masindi I head home to cook dinner and write letters home! I usually write for about an hour each day and read for a few as well. Listening to the radio and drinking a nice cup of peppermint tea helps to relax after a long day of being a 'muzungu' (white person/foreigner). Much Love Vashon and I will write more soon!

Love,  
Renee Quenneville



# School Board to State: Take the lid off our levy! Third/Fourth Grade Class a Go

By Mary Litchfield Tuel

**Budget Approved:** At their regular meeting on July 14 the Vashon School Board approved a budget which includes a new third/fourth grade split class for the 2005-2006 school year. The Board also approved a motion to ask the state to remove a levy lid so the Vashon School District can collect \$2.9 million to add to the budget. The levy was approved by voters on the island, but denied by the state last year, so the Board is trying again this year to certify and collect. “We can change our minds at the July 28th meeting if we’re not allowed to do this,” said Board Chair Dan Chasan. A lawyer has agreed to work pro bono on this issue for the school district.

Several community members showed up for this meeting. Superintendent Mimi Walker said, “This is great. (We have had) year after year of no one coming. It is great to see parents advocating for their kids. This is the first year since I’ve been here that people have shown interest” in the budget hearing. *(Ed: could it be that they have been reading Mary’s excellent coverage of the meetings here in The Loop and were inspired to attend?)*

Many people attending were parents in favor of adding a split third/fourth grade class to keep class sizes down. The Board has decided to form the class and hire a new teacher. Walker reported that the District has received a grant for \$52,000, and part of that will help pay for the split class. She also reported that six new students were enrolled at Chautauqua this fall. “I hope everyone shows up,” she said.

Nancy Kappelman and John Osborne both asked for the Spanish program to be retained at McMurray, and Osborne expressed, “disappointment in the lack of flexibility in curriculum at McMurray. I am distressed that we cannot find the flexibility to make language classes happen.”

Jason Everett, Director of Allied Arts, spoke about the agreement between Allied Arts and the School District to work together, and for full funding for arts curriculum development. Speaking as a parent, Everett asked the Board to, “Be courageous. Our kids are worth it. Be courageous for our kids and their kids who will have to live with the decisions we make now.”

Board member Gene Lipitz volunteered to represent the School Board on the committee being formed by the Vashon Maury Island Community Council to look into tax angles for the islands.

**Campus Master Plan (CMP):** The CMP options presented a few meetings back met with a community reaction of, “You want HOW MUCH, for WHAT?”

Board members expressed their appreciation and gratitude to the CMP Committee for the work they did. Susan Stackhouse said, “The committee has taken a lot of heat. We put them on a rush schedule, and we hope to give them or their successors time to come up with a solution the community can get behind.”

Audience member Martin Baker said, “It is important on the Campus Master Plan that we don’t do something foolish. Don’t ask people

# 5 Alarm News

## Islanders for Representative Fire Leadership

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who have always voted for bonds to vote for something they can’t vote for. The whole community educates a child, not just the schools. Present something people can vote for, and be careful to have committees constructed to be inclusive. Think through how to rebuild, and rebuild well, so that people support a CMP wholeheartedly.”

Dan Chasan noted that the four options presented by the CMP Committee are on the website, but the Board is not adopting any of these solutions at present. Susan Stackhouse agreed that while the options will be left on the website for the public to view and give feedback, none of the options is a done deal. She asked that the website be updated after each Board meeting.

**School Board Vacancies:** There is a School Board election coming up this fall, and the Vashon Board will have two seats open. Candidates can file during the week of **July 25-31**. Gene Lipitz remarked that being on the Board “is not thankless, and it is

very important, and it is a great job, except for the pay.” Information on being a school board member can be found at [www.wssda.org](http://www.wssda.org).

**Possible Reclassification:** Jake Jacobovitch reported that the WIAA has created a sixth classification for schools and under the new classifications Vashon may be classified as 1A instead of 2A.

**Vashon Gym:** The historic gym on the VES campus is being surveyed to see what it needs to be made safe.

**Personnel Decisions:** Several employee comings and goings were approved; Superintendent Walker’s contract was renewed through 2008; and Chautauqua is seeking a new Assistant Principal.

**Driver Training Car Passes On:** It was reported that the Traffic Safety instruction vehicle has blown a head gasket and needs to be replaced.

**Levies and Bonds:** Dan Chasan wants the Board to ask for a levy this fall to replace the capital levy that is expiring at the end of this year, and to have a bond issue in 2007. **oooo**





# Spiritual Smart Aleck

by Mary Litchfield Tuel



## A Slug in the Dark

The tomato crop has doubled in production this month.

Before the cheering and applause get out of hand, allow me to explain what that means. It means that my one tomato start has finally set a second fruit to accompany the one it had when I brought it home. Because it is mid-July I am not sure this second tomato will ripen before winter sets in, but I am still delighted to see it. Cool. Two tomatoes. The price of homegrown tomatoes has been cut in half. I can't remember how much I paid for that start, but more than I would pay for one tomato from the produce section, so a second tomato makes a big difference.

It is probably wise not to do too much math on garden produce. I gave up vegetable gardening after the kids were born back in the 80s, defeated by lack of time and energy and the proliferation of slugs in our yard. At any given time I figure we're running several thousand head of slugs on our spread.

Local poet, artist, and deep thinker Paul Motoyoshi once said to me, "Slugs have no god." They are unaffected by prayer, world events, and most of the tricks that we use to kill or deter them. I have put out little cups of beer, and yes, the slugs fell in and became dead drunk, but there were always more slugs and the task of disposing of the bodies, cleaning out the cups, and resetting and filling them was, quite frankly, disgusting. Not to mention the price of the beer.

I have put sand and metal and slug bait around plants I valued, all with no or only temporary effect. I have emptied coffee cans full of slugs into the ravine, and I have gone berserk and raged through the garden stabbing them until I felt nauseated, which did not take long.

Word has it that you can now buy slug bait that stops the slugs without killing the dogs, cats, or children, but I have adopted a

more radical solution: I put in plants that slugs don't eat. They do not eat columbine, geraniums, rhododendrons, forget-me-nots, roses, lambium, dusty miller, wallflowers, lemon balm, fire lilies, peppermint, oxalis, mallow, and that little blue flower by the front door. These are the things I have growing in my yard at the moment. I do not plant daffodils, iris, marigolds, or petunias. Lettuce — don't make me laugh.

Years ago my husband told me that he had discovered quite by accident that slug slime deadened the pain of nettle stings. I learned recently that slugs in fact do emit some sort of nerve-deadening agent in their slime, so you don't want to handle too many of them because you could sustain permanent nerve damage, not that you were tempted, but now you know there is a reason beyond basic revulsion.

Anyone who has ever touched a slug knows that letting go of it is not enough. The slime lingers. Water won't wash it off. A paper towel and what my mother called

elbow grease will remove most of the creepy goo, but it takes a while to get over the inner unease.

Once you touch a slug your only thought is to stop touching it as fast as possible. This is why years ago when telling me of someone's romance gone sour, my husband said, "He dropped her like a slug in the dark." It's a slug simile we've used in the family ever since, and now, dear hearts, you can use it, too. Enjoy. It may be the only fun you ever have because of a slug. ☺☺☺☺



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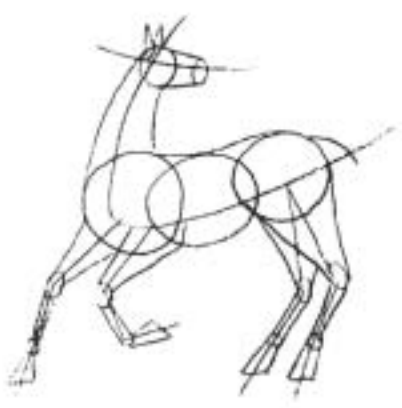


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# Don't Forget the Birds

By Ed Swan

## Fall Migration Begins!

Even though the calendar says July, some species finished breeding in Alaska and made it to Vashon already. In the last week of June, I found Least and Western Sandpipers down at KVI Beach. On July 14, Richard Rogers and Larry Huggins spotted a Long-billed Dowitcher at Lisabeula Park. Several other species should be arriving soon.

Many birders don't bother with shorebirds because they look hard to identify and separate out from similar species. On Vashon, looking at the size of the bird almost always narrows it down to two or three species. If the shorebirds appear pretty small, then they usually consist of Semipalmated Plovers and Western and Least Sandpipers. Semipalmated Plovers look like a small Killdeer with only one band across the chest, completely different from the sandpipers. The world's smallest "peep" (the nickname for these small sandpipers), the Least Sandpiper, looks smaller and much darker than the Western. A close look compares the yellow legs of the Least to the black of the Western.

While the next size up features five choices, they each mostly give very different impressions from the others: Killdeer, Spotted Sandpiper, Lesser and Greater Yellowlegs and Long-billed Dowitcher. Killdeer possess two big black bands across their chest and constantly make a lot of noise, easily separating them from the others. The yellowlegs appear tall and slender with long, bright yellow legs. The Lessers look smaller than a Killdeer and the Greaters look slightly bigger than a Killdeer. The bill of the Greater measures one-and-a-half times the

width of its head while the Lesser's bill totals only about the same as the width of its head. The Spotted Sandpiper has the grey plumage and yellowlegs of the latter two species, only its shorter legs and chunkier body change its appearance comparatively. The Spotted Sandpiper is several inches smaller and has spots on its breast in summer. The Long-billed Dowitcher has a cinnamon color and its thick, long bill differentiates it from all of the rest.



Jim Rosso photo of Long-billed Dowitcher

We get very few of the large shorebird species that appear about the same size as a very small gull or tern. Whimbrel show up once about every other spring with no fall records. Only one spring record for a Marbled Godwit exists for Vashon.

Besides the Western and Least Sandpipers, dowitchers showed up even as I wrote this article. Richard Rogers and Larry Huggins identified a single Long-billed Dowitcher at Lisabeula Park. This sighting comes a couple of weeks earlier than previous Vashon records and adds a new location on Vashon. This time of year, the Spotted Sandpiper might be found at Lisabeula as well. Simultaneously to their find, Rich Siegrist saw a Short-billed

# PANDORA'S BOX


Summer progresses - thoughts of back to school yet?  
Not me. I love having 3 squabbling, ungrateful kids at home. Good thing they're cute while sleeping.

---

MANY THANKS to all who supported Horus' campaign at the VIPP booth during the festival. Two large donations in his name cemented his second-straight win in the feline CATegory.

---

**Horus' Pick of the Week:**  
Cat Man Doo dried bonita tuna flakes. He's addicted like it was crystal meth.  
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Dowitcher at Ellisport. The names of these species don't help in their identification, the length of their bills look pretty much the same. Separating this pair is one of the difficult feats in shorebird identification and would take its own article. Short-billed Dowitchers arrive so rarely on Vashon that usually it isn't an issue.

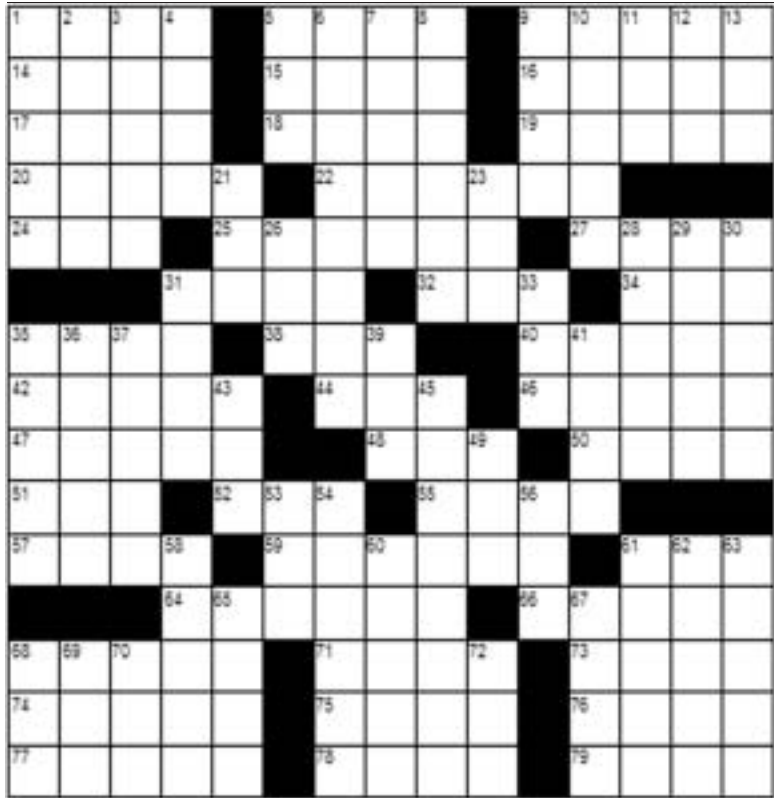
Observers reported a few unusual summer sightings over the last couple of weeks. Sherry Bottoms saw a Horned Grebe in breeding plumage on June 25 in Tramp Harbor, about a month and a half before they normally return and a month and a half after the last one left to go nest in the north. She also noticed a Common Loon. Usually one or two non-breeding birds spend the summer here. Dan Willsie watched a Merlin chasing one of the Violet-green Swallows nesting at his house. That makes the first summer record for Vashon. Cathy Bailey observed another Merlin the day after, probably the same bird. I saw a nice Spotted Towhee nest full to the brim with four babies showed to me by Kathy at Kathy's Corner. Both Osprey nests that I know about have

active young. Is there an Osprey nest on a cell tower on the north end of the island? The two known nests are on 188th and at the golf course, both on cell towers. A Barred Owl has been hanging out during the day, hunting from telephone wires along the road in about a mile long stretch north of Dockton Park. If you have an interesting sighting to report or a question about local birds, call me at 463-7976 or email at edswan@centurytel.net.

I'll be leading the August 13th on-island field trip for the Vashon Audubon chapter. The tide looks just right for a visit to watch shorebirds and gulls through the scopes at Fern Cove. A similar field trip last year at this time found Western, Least and Spotted Sandpipers and Killdeer. We also saw a Solitary Sandpiper at the Island Center Marsh. The field trip meets at Ober Park Park and Ride at **8:00 a.m. Saturday, August 13.** We'll be back about 10:00 a.m. ☺☺☺



Jim Rosso photo of Semipalmated Plover



### Across

- 1. Pituitary hormone
- 5. Long time periods
- 9. Important person
- 14. Three
- 15. Remake
- 16. Lament
- 17. Ointment
- 18. Molecule
- 19. Religious offering
- 20. Ancient Indian
- 22. Reduce (abbr.)
- 24. Okay
- 25. Religious residence
- 27. Wind direction
- 31. Gas

- 32. Electroencephalograph (abbr.)
- 34. The other half of Jima
- 35. At sea
- 38. Some
- 40. Afloat (2 wds.)
- 42. Harmful
- 44. Fish eggs
- 46. Surveys
- 47. Dinero
- 48. Rate
- 50. Sensed
- 51. Copy
- 52. Often poetically
- 55. Hawaiian island
- 57. Monetary unit


- 59. Shop leisurely
- 61. Hold
- 64. Be mournful
- 66. Synthetic fabric
- 68. Texas stew
- 71. Star Trek Automoton's
- 73. Hard surface
- 74. Demobilize
- 75. In \_\_ of (instead of)
- 76. Thrown off
- 77. Typing errors
- 78. Whirl
- 79. Effortless

- 30. Make crisp
- 31. Balmy
- 33. Breach
- 35. Book of maps
- 36. Creamy
- 37. Surpass
- 39. Pan
- 41. Meat alternative
- 43. Executive
- 45. Vested
- 49. In possession of
- 53. National police
- 54. Triple

- 56. She
- 58. Eskimo home
- 60. Oval
- 61. City in Nebraska
- 62. Husbands' mates
- 63. Indigent
- 65. Chest bones
- 67. Niche
- 68. Central daylight time
- 69. \_\_! (call attention)
- 70. Brat
- 72. Gal's pal

Solution on Page 16 ➡

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# Island Life

Text & photos by *Peter Ray*

## Look Out

It is that time of year when I don't sit down very much, at least not in a passive sense. Yes, I am sitting as I write this, and there are long stretches that involve staring at the space just beyond the last word that was typed, waiting expectantly for something pithy or portentous or non-predictable to appear on the page. I find 'poignant' to be overused and overrated so I tend to stay away from there. At any rate, there is generally some sort of undetectable motion happening whenever I am sitting in the writing zone, even if it does look like I'm sitting still.

There are other kinds of sitting we engage in that fall into this category. One mostly sits on a bicycle, although this almost always involves some kind of forward motion. Although it is something I have yet to master, the track stand is the exception here, where the accomplished rider balances on two wheels alone in a nearly motionless state at a stop sign or intersection. There is a steady stillness implied here, but it is generally performed in a standing position. One sits in a kayak, but because this activity normally involves being on a body of water, there is usually some sort of motion involved on all but the calmest of outings. One also has to sit while driving a tractor since it is just easier to deal with all the pedals and levers that way. And thanks to that dead man switch under the seat, if you stand up everything shuts down, which tends to be somewhat counterproductive as well.

When one considers yoga sitting, one gets into the realm of the paradox. There is here an outward appearance of calmness and serenity, but on the inside one is making an active effort at being passive. As thoughts come up one is supposed to let them go and focus on one's breathing. One needs to appear effortless in the making of an effort, which sounds a lot more complicated than it actually is. As it turns out, probably the best way to achieve this transcendent state is simply to reach out and turn the TV on. As soon as the gentle video screen glow washes over you, all thoughts of thought or action tend to gently slip away and one is convincingly lulled into the land of oblivious bliss. In general, though, when I want to wander off into my own lost world I go out

onto the porch and look out at the sky to the west.

The act of walking out onto the porch involves an active letting go of the day- this is why we have porches. There is a chair and there is a railing, and once one's butt and one's feet are properly positioned, the transition to passive non-involvement is fairly simple and nearly complete in its range of influence. As an aid to this process, a fermented or malted or hopped beverage can be used as a catalyst. All one needs to do at that point is complete that necessary hand to mouth cycle while sitting back to relax and take in the view. One



could argue, as my mother did when I first got this place, that I don't have a view. To be more specific, what she did say was "...you live on an island and you can't even see the water..." This is true, I do not own a water view, but I can sit on my bike or in a car and in a relatively short amount of time I can borrow any number of water-filled scenes.

One could also wander all the way around my house and point at the wall of Doug firs that form an impressive perimeter and then mention that even with the slight



variations in color and texture of the needles and branches, there is not much of a view to be had here. In answer, I would simply direct the visitor to the porch upstairs, and point first to a chair and then westward and slightly up. It is there

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that one can find an irregular opening to the sky and the place where a fascinating a varied range of cloud formations have been noted and recorded this year. For some reason, there seems to be more drama in the clouds as of late. I do not know if this is because global climate change has enhanced the diversity of cloud cover we have been experiencing, or if I just am noticing it more. I have also considered the

possibility that with this camera attached to my hip, the urge to act upon a scene grabbing moment is now always just a button push away.

The problem with all of this is that it is an intrusion in my realm of passivity. I just get settled in and the wine is just about to wash away the turnings of the day when that dull glance skyward stimulates certain rods and cones at the back of the eye, which in turn inspires a rapid firing of synapses and neurons that trigger the "Holy Crap" reflex. This is familiar to anyone with a camera and is almost always linked with a complete suspension of life in the passive mode. Sitting is no longer acceptable. One leaps up and points the lens skyward and trips the shutter to capture the moment. From here one might return to a drift into seated oblivion, but it is also possible that the light might change or that a billowing cumulus specimen could morph into a giant caricature of, say, John Madden in the next unexpected blink of an eye. So much for sitting still, but then again, nobody said life was going to be that easy.



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by  
Peter Ray

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# The Film Thing

By Peter Ray    pgr42@worldnet.att.net

Do Over

It was just a little while back that I found the movie poster hanging in the office up at the Vashon Theatre. I looked and did the proverbial conceptual head scratch and wondered to myself: “Why would they want to remake that film?” It just seemed that the very existence of real film, no matter how scratchy and grainy, and pasted together as a documentary about the early hot dogs of the skateboard world was amazingly cool in and of itself, and should have been enough to tell that story. That Hollywood scriptwriters had apparently now been given the task of coming up with a fiction around the Z-Boys and Dogtown seemed a bit pathetic. The rather overblown trailer was as far as I got with that one — I just didn’t want to sully that original excitement of vision.

I would have to say that I had an even greater rumbling deep down inside not long after that when a certain Mr. Depp appeared on another movie poster in a top hat and cane with the words *Charlie and the Chocolate Factory*



emblazoned nearby. My first thought was: “oh No, you just can’t do that...” But that comment was a bit too muffled and probably a few years too late to have any effect in that regard. The only thing that kept me from tearing the poster off the wall and ripping it to shreds was, well, that glass window in front of it, and the fact that it was Tim Burton who had been in the director’s chair for the re-creation of what I’ve always thought to be an untouchable classic.

Having been on hand for opening night at our Vashon Theatre, it would have to be admitted that Mr. Burton proved me wrong on this account. To say that he has an instant classic on his hands, however, might be stretching it a bit. This is because for the moment, Gene Wilder is still my Willie Wonka, probably in the same way that George Reeves is still Superman and Clark Kent (hope I didn’t give anything away there) and Sean Connery is still James Bond. They were the first to make their mark

in that role, and sometimes that mold isn’t meant to be broken, although some might beg to differ. Johnny Depp obviously did, and he puts in yet another quirky and edgy performance as the latest owner in residence of Wonka Chocolates. My one hesitation in granting him the Wonka mantle is that his quirkiness and edginess come a bit too close to that of a certain denizen of the Neverland Ranch. The similarities begin and end with his mannerisms though. Depp’s Wonka is far too aloof to even hint at a pederastic dark side. That Depp played alongside co-star Freddie Highmore (Charlie) in another recent film, *Finding Neverland*, maybe is also just a bit more than a little strange though.

There is also the problem of sameness. Many of the scenes of this latest Wonka vision are very similar to that of the 1971 version. This of course is a testament to the strength of the original story and book by Roald Dahl. But while Mr. Burton takes us down many of the same, although a bit more contorted paths, I believe it is much to his credit to have given us a new ending. Along the way we are shown bits of Willie’s past, which help to fuel the altered direction the ending takes. The bratty kid/good kid morality play is still at the core of things, but the reason for

rewarding that goodness has been changed. You won’t need a golden ticket, though, to find out what that reason is.

Some have asked about the darkness of this particular *Charlie and the Chocolate Factory* and I would have to say to that, hey, it’s Tim Burton, what would you expect? Of his later works, this is the least shadowy and creepy of Burton’s films. I think the most frightening things in both films, however, are the walking stereotypes that inhabit the characters of Charlie’s chocolate factory tour buddies, which it seems was, and is, the whole point of this exercise to begin with.

~~~~~



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Island Hams

*Continued from page 1*

demonstrating that we can go wherever the need requires.

Four stations were on the air, including one in a member’s RV that demonstrated amateur radio to nearly two-dozen visitors. Our youngest member, Drew Pine, whose amateur call sign is KE7AYY, was a key to our success, handling the contacts competently and confidently. (The photo shows Drew operating.) This was Drew’s second Field Day, having gotten his license last year when he was 11. We used both mobile “whip” antennas permanently mounted to the trailer and antennas made from wire and held in the air by military surplus masts. All told, five radios and a dozen antennas made their appearance on the airwaves during the weekend. Our final Field Day score, based on the number of contacts and a number of bonuses for specified activities, was more than three times last year’s total.

Amateur or “ham” radio is the oldest private communications service in the world. There are 675,000 federally licensed hams in the US (100 of those live on Vashon and Maury) and nearly 3 million worldwide. The FCC created the Amateur Service to encourage the development of technical skills and innovation, increase the number of trained radio operators, provide emergency communications, and foster goodwill around the world. The Vashon-Maury club takes these seriously, providing licensing assistance and training. We have constructed capable stations at the fire department’s main station on Bank Road and in our communications trailer. Whenever the opportunity arises, we use our radios to train and practice. Most of all, we have fun and enjoy the company of other island hams.

If you’d like to know more about Amateur Radio or the island radio club, our Web site is [www.w7vmi.org](http://www.w7vmi.org). Our next meeting will be a club picnic in August at which visitors will be welcome. We’ll have the club’s trailer on hand, demonstrating ham radio by putting the island on the air for other hams around the world.

~~~~~

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**Deadline to get in *The Loop* is Friday, July 29. Email [editor@vashonloop.com](mailto:editor@vashonloop.com) or drop off at Flash Photo and call us at 463-9207. No faxes, sorry.**

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## Island Earthfair 2005 Update

by Pete Welch

A little less than three weeks away, Island Earthfair will take place on **August 5th, 6th and 7th** at Paradise Ridge Park off of 220th Street. Admission to Earthfair is \$10 per day or \$40 for camping overnight all weekend. Kids are free with a paying adult.

Don't forget, Friday, August 5th will be Food Bank Friday. You pay only \$5 (half price) if you can bring a donation for the Vashon Food Bank. Items that are needed and very useful for the Food Bank are: peanut butter, jelly, canned soups, fruit cups, soy milk (aseptic packs – non-refrigerated until opened kind), canned tuna or chicken, etc. Summer overall is a great time to donate kid foods — things that kids can grab for themselves or are easy to prepare. They also accept things like toilet paper, feminine hygiene products, diapers, pet food, laundry detergent and other toiletries and such (these are items that are usually in short supply and in high demand). This year we'll be spotlighting some really great local bands on Friday night, so come on out to Paradise Ridge Park after work, enjoy dinner and listen to Just Fiddlin Round, Full Nelson Mandala, Turner Down and Bob Krinsky's Mumbo Jumbo.

We've got some interesting things happening this year. The Casbah Teahouse is returning with their cushion filled dream space and One World Stage, along with some wonderful vegetarian food. Curly McCoy will be bringing back Tahini Genie, serving up free range chicken & bison burgers, portabella mushroom burgers and a variety of fresh organic island grown side dishes and salads along with some tasty fresh fruit smoothies. Le Cocorico will be serving *gallettes* and crepes filled with all kinds of yummy foods! Julie's Espresso will be back to quench your thirst with hot and cold beverages.

Many forms of renewable energy will be on display in our Eco-Tech village. The renewable energy exhibits at Island Earthfair are some of the best in Washington State...take some time to come out and learn from these experts who have donated their time to this year's event.

Kidsworld is full of surprises for the little ones this year with a Labyrinth, storytelling, art workshops, tie dying, the Son of the Reptile Man, mask making, a kid's parade, bubbles, music and much more! If you're a kid, there's no better place to be!! Our Healing Arts area is an opportunity to escape the crowd and sample one of the many alternative healing modalities. Several practitioners with varying

specialties will be available. Most offer a fifteen-minute sample and some work for donation only. Our Sacred Song & Dance area offers programs in Tai Chi, Yoga, Belly Dance, Zazen Dialogue on Buddhist Practice, Dances of Universal Peace and more. Don't forget about the All-Cascadia conference too...they'll have speakers from throughout the west that will teach us about our unique bioregion.

We are pleased to announce that **Congressman Jim McDermott**, representing Washington State's 7th Congressional District, will be coming to Earthfair on **Sunday, August 7th** and speaking on Main Stage at 3:00 p.m. Congressman McDermott will be speaking on the Environmental Effects of the War on Terrorism for the People of Afghanistan, Iraq and the World and then taking questions afterward.

We'll have many other speakers and workshops at Earthfair this year like **Jacob Bain**, who will speak about his recent trip to Burma and what he learned about Aung San Suu Kyi, the Nobel Peace Prize-winning non-violent political activist who is now under house arrest in Burma. **Stacy Carkonen** will present work related to ending poverty and hunger in third world villages. Earthfair will showcase leading authorities on environmental issues, holistic health and renewable energy. Workshops will highlight Ayurvedic Medicine, Mindfulness-based stress reduction, Labyrinth building, Non-violent communication, Belly Dancing, and Discovering your soul purpose!

The music over three days on two stages boasts many of our local talented performers, as well as many solo artists and bands from off-island. There are too many to list by name here, but you can see the entire line-up on our website, along with their bios at [www.islandearthfair.com](http://www.islandearthfair.com). Trolls Cottage will be closing out Saturday night on Main Stage...and if it's anything like last year's performance, you won't want to miss it!

Earthfair is always looking for great volunteers. We need help in many areas before, during and after the fair. If you are interested please call 463-1725 or e-mail us at [volunteers@islandearthfair.com](mailto:volunteers@islandearthfair.com) and let us know what you'd like to help with. We have great benefits for our volunteers including free entry into the fair and food vouchers depending on the amount of time you are willing to give. Check out our website at [www.islandearthfair.com](http://www.islandearthfair.com) for more information. We'll see you at Island Earthfair!!



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## Dating on an Island

by Jessie Preste



To recap the past few weeks, since I missed an issue and then we all took a break, things have continued on as particularly Vashon-y as usual. Naturally, the first 4th of July fireworks in my area began at 7:16 a.m. on Saturday, July 2nd, and continued relatively unabated, as far as I know, until Wednesday, July 6th at 10:30 p.m. I say as far as I know, because by Sunday, I had decided to pry one of my dogs out from her death grip under the toilet, and pack myself and both of them off to go hide out at a good friend's house in the woods for a couple of nights. I think we managed to find the most quiet place on Vashon during the 4th of July weekend. Despite the occasional random bombardment from the direction of Bank Road, it was positively relaxing!

The coming of the Tall Ships around the same time was pretty amazing as well. Heading off to work one morning close to dawn, and seeing the tall masts and broad hulls of the larger ships rising out of the pink-tinged morning fog of Quartermaster Harbor was a rather magical sight.

Another great Strawberry Festival has come and gone once again. I actually found a pair of inline skates that fit at the K2 sale. Now I figure I am going to go over to the trails around Point Defiance and scare the hell out of some trees, dogs, and pedestrians while I learn how to skate. Does anybody have any pads or a helmet they want to get rid of?

"Tha im air an ogha. Tha an t-ogha anns an abhainn. Latha breith sona dhut, Uilleim." Yep, that's right. I've also taken up learning Scottish Gaelic. The above statements essentially say, "There is butter on the grandchild. The grandchild is in the creek. Look out for the big fish!" While I figure that this grandkid is having a mighty surreal day, you never know when such phrases will come in handy. Who would've thunk it, but there is a weekly Scottish Gaelic class on the island. It's pretty informal and we also discuss history, etymology, culture, and religion, so it's interesting, educational, and fun! Contact me at [jessiepreste@hotmail.com](mailto:jessiepreste@hotmail.com) for information. Also, the next Ceilidh (dance) is at the Grange, July 23rd.

Now, what does any of this have to do with dating? Well, everything and nothing in a way. It is interesting how life will just come in and fill you up if you let it. But, I did experiment with Eharmony.com and I highly recommend it. I've received twelve matches so far, which are more than I've been able to shake loose from the trees here on the Rock. There is an extensive questionnaire to fill out before they start sending you matches, and it's really a great opportunity to think about who you really are, what you really want, and what you really can't stand about a potential partner. If nothing else, the personality profile is free and can really help you focus on what you are looking for.

So, for the last nine months that this experiment has been going on, I personally have grown, learned, and understood quite a bit more about cultivating relationships, and I hope that you have enjoyed reading about dating on the Rock as I have enjoyed writing about it, and a whole variety of other things. The ospreys are back and the beach is beckoning, so what I'll leave you with while I take a break for the summer is: Do what you love, be kind to yourself, take chances, and grab opportunities, and you may find whatever, or whomever, you are looking for. Thanks to everybody that ever participated in the Group, Marie and Troy, and Jane for her great Fun and Adventure Club! 'Till another time, then, for life, friendship, and laughter, "Je suis prest!" Since I started all this with a quote from the Dalai Lama, I guess I'll finish with one, too. "Remember the 3 R's. Respect for yourself, respect for others, and responsibility for all your actions." o o o o o



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# Positively Speaking

**By Deborah H. Anderson**

## Restoring the Temple

So, we're going to have a wake for my friend Jane. The twelve of us are going to gather some place warm in the middle of winter and rejoice in the difference Jane made in our lives.

It gives me six months to reclaim what I let someone steal. When they last saw me, I was slim, elegant and involved in the creation of many parties. For reasons I'm still trying to understand, I gave away most of my power on the way to middle age. Several years ago I woke up quite suddenly and said I wasn't going to let people exploit me anymore. It was a great decision. I began to unlearn the process of being a people pleaser. However, I was left with an unsightly residue around my midsection that spread to my upper torso, arms and hips.

A three year old once bounced his fist into my lower abdomen asking, "What's this?" punching each syllable. I answered, "My tummy," to which he inquired, "Down THERE?!" I laughed and thought about what it would take to get rid of it.

Then a funny thing happened. I got a new job, which made three altogether, and without hardly even trying, lost forty pounds. Suddenly my face started showing a little longer and leaner. When I laughed, I didn't feel like I had an echo effect in my abdomen. When I stopped laughing, so did my stomach. I was walking a lot for me and not hurting. I began to think about swimming and tennis again. I bought a pair of five dollar capris two sizes smaller.

Suddenly I had to make a decision. Was I going to be committed to this healthier lifestyle? The numbness I was having in my left shoulder began to disappear. My right hip didn't hurt all the time anymore. My heart rarely raced. My color was better. My skin looked healthier and people began to comment.

The bigger decision was knowing that I was embracing a sense of empowerment I had given up long ago. I could feel how much stronger I was. If I took off all my extra weight, I knew that empowerment would be reliably present. That sense of self that people who care for their bodies have would be mine.

As I noticed myself begin to make conscious decisions about what and

when to eat, I wrestled with the ramifications. Would I be too strong? Is there such a thing? Would I be one of those people who radiated quiet confidence or one of those people you look at and say, "Well...she thinks she's all that!" How would it be to be slim after twenty years of being fat?

Now let me tell you the other part of the story. I was actually bred to be fat. When I was younger I did not have a weight problem, but I was told I did. I was put on my first 800 calorie a day diet when I was in the fifth grade. Throughout junior high and high school, I was told I was fat. I look at those pictures now and think, "Where? How?" In college, I carried thirteen extra pounds. That is to say, that at the same height as Princess Diana I weighed thirteen pounds more than her. I was constantly viewing myself as fat, still told I was fat and regularly dieting and stopping and dieting and stopping. It's a good way to make yourself fat.

So, if I lose the weight, it will be the first time in my life I'm skinny and know it. That's a big change.

But if I show up at the reunion/ wake for Jane looking like I do now, everyone will know a worse secret. They will know I let, I gave, someone else the power to trash my body. In the Olney twelve, that's a big no-no. You can marry or not marry, work outside or inside the home, get paid for your talents or give them away for free, but NEVER give away your sense of self and your empowerment.

So I'm going to lose the weight. Because ultimately that's all any of us has; the power to love ourselves and treat our bodies in healthy ways. I'll deal with the feelings when I get there. If I'm pretty and elegant, I'll deal with it. If I'm saggy and old, I'll deal with it. But I will own myself from now on. My body will reflect that. Forever. From now on.

When I walk in to see everyone they will say, “Deb you haven’t changed a bit!” And then I will smile inside because I know I will have walked through the desert *and* the desserts and made it to the other side a winner, ready to enjoy being thin for the first time in my life. I’m worth it. What I’ve lost is not so much fat as a sense of worthlessness. May the Force be with you. □□□□

The logo for Gusto Girls Fine Catering is enclosed in an oval. The text "Gusto Girls" is in a large, elegant script font, and "FINE CATERING" is in a smaller, all-caps sans-serif font below it. Below the oval, the text "Superb Cocktail Parties for All Occasions!" is written in a script font and underlined. Further down, "FULL SERVICE BAR" is in an all-caps sans-serif font. The phone number "206.463.0332" is centered below that. At the bottom, the text "Contact us for our brochure and sample menu." is in a sans-serif font. On either side of the phone number is a small icon of a cocktail glass.

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# Middle and High School Success Strategies

Because the Middle School and High School experience demands better preparedness for learning, a series of five-day workshops will be offered at McMurray Middle School in August for incoming fifth, sixth, seventh, eighth, and ninth graders. These workshops are offered by Devon Atkins, a longtime Island tutor, mentor, and workshop leader. Greg Allison, McMurray's principal, says, "This program supports the focus area of the McMurray School Improvement Plan that addresses developing networks of support for students in a variety of areas." A Success Team composed of Greg Allison, Counselor Carolyn Zike, and MJ Hartwell, the School District's Family Advocate, have worked with Atkins to hand-tailor the curriculum to address barriers to student learning and development. The workshops will focus on organization, time management, and better learning skills for success, with more in-depth learning for eighth graders, including:

- How to Use a Syllabus
- Time Management
- Keeping Track of Assignments
- Improving Listening Skills and
- Note-Taking During Class
- Developing & Maintaining a “Learning Log”
- Reading with Purpose, Understanding, and Retention
- How to Organize and Complete Long Term Assignments
- Test-taking Strategies, Before and During the Test
- Being Organized, Enthusiastic, and Responsible about Learning

The workshops filled very quickly when they were offered during this past academic year. Because of this positive response, the “Strategies for Middle and High School Success” workshop is likely to fill up quickly. Class sizes are limited to 10 students each. Tuition is \$60, and registration can be made by phone or email to Devon Atkins, 567-4886 or oyuijf@aol.com. Scholarships are available.

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# LIVING WELL WITH PLANTS

Text and drawings by Kathy Abascal (AHG)



## Herbs for Insect Bites

The Center for Disease Control (CDC) is urging people to be vigilant against mosquito bites because West Nile virus is spreading across the country. For most people, the virus may pass almost unnoticed but in others it causes a devastating illness. The unlucky few will have meningitis-like symptoms and after effects that may interfere with normal life for many years. There is no known treatment for the virus and no reliable way of predicting which people will suffer the more serious symptoms, although those with chronic illnesses and a weakened immune system are more likely to suffer the worst cases. Although West Nile virus is not yet a problem in the state of Washington, the CDC’s message to use insect repellants should be taken seriously.

The primary insect repellant today is DEET. It is a chemical that damages plastic and also has potential for side effects in users. Eye irritation has been the most frequently reported adverse effect but there have also been reports of central nervous system problems, more frequently reported in children than adults, ranging from slurred speech and confusion to seizures and coma. The risk of adverse effects increases the longer you use DEET or the stronger the DEET product.

Fortunately, CDC also endorses the use of an herbal essential oil as an effective mosquito repellant. The essential oil of lemon eucalyptus (*Eucalyptus citriodora*) proved equally effective to DEET in those trials. The study I read compared a 40% and a 75% lemon eucalyptus/oil blend to similar concentrations of DEET and found that both the essential oil and DEET deterred mosquito bites effectively. Interestingly, both the essential oil and the DEET may work better at the lower dilution. And in case you were wondering: in mosquito repellant studies, volunteers cover their legs with a repellant

and sit in lawn chairs and let mosquitoes bite them. A monitor stands next to them to make sure all bites are recorded. After a few hours, they total the number of bites to determine the effectiveness of the repellant. Some of the volunteers end up testing the placebo, suffering numerous bites (150 or more). What a way to earn a living!

Most of the lemon eucalyptus oil sprays on the market appear to contain about 30% eucalyptus oil with the remaining 70% a mixture of water, alcohol, emulsifiers (to keep the oil suspended) and preservatives. Should you prefer, it should be fairly easy to make up your own blend at home. In



*Plantago*

the study, the lemon eucalyptus oil was diluted with coconut oil but rubbing alcohol might also be a good solvent for the essential oil. However, be wary of some of the recipes up on the net. They often recommend 28 drops of essential oil to 8 ounces of solvent -- a much, much weaker solution than used in the study. And some people say that just dabbing the essential oil on various spots on the body also works but again, that type of use has not been studied and may not be as effective. The repellant effect should last for around 4 hours.

Of course, neither DEET nor lemon eucalyptus have shown 100% effectiveness but deter 92-93% of the mosquito bites (based on a comparison with the number of bites the person without repellant suffered). This means that no matter what you use, you may still get a few bites but dramatically fewer than without a repellant.

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Herbs can help reduce the itching and inflammation of those occasional bites as well as bites and stings from other insects. A common home remedy is to put mashed plantain on the bite. Plantain grows abundantly on the island, and many of my colleagues swear by it. Unfortunately, it has never soothed my itchy bites very well. Instead, I first try an echinacea tincture which I drip directly on the bite. It usually abates the itching and is nearly miraculous for spider bites or other venomous bites that eat away the flesh. I also use Echinacea in a spray form combined with several other herbs for dog’s itchy, gooey hot spots and similar afflictions in humans.

But for seriously swollen and itchy bites, my absolute favorite is dragon’s blood. Dragon’s blood (*Croton lechleri*) is the dark red sap from an Amazonian tree that I learned about in Peru. I have used dragon’s blood to stop chigger bites from itching, and I have also used it on bee and hornet stings. I have a delayed hypersensitivity to those stings which means that a day or two after the sting, the area around the bite swells greatly which causes massive itching. Dragon’s blood provides immediate relief. It is also a strong

and quick acting anti-diarrheal. I have seen about 5 drops of the sap taken internally stop numerous cases of diarrhea, and one of its constituents is patented as a medicine to relieve AIDS related diarrhea. In Peru, dragon’s blood is also used to heal wounds ranging from minor scrapes to deep machete cuts. It is such a practical and effective medicine that I think it belongs in every home medicine kit. And fortunately for us, its use is reported to be sustainable as dragon’s blood is easily cultivated in its rainforest habitat. ☺☺☺



Kathy Abascal is a professional member of the American Herbalists Guild and is certified by Michael Moore of the Southwest School of Botanical Medicine. She co-authored the book “Clinical Botanical Medicine.” If you have questions about herbs, come by Minglement on Mondays or Wednesdays to meet Kathy. If you are interested in a private herbal consultation, you can pick up a brochure at Minglement that explains her services & how to schedule an appointment

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# Garden the World

by MEarth

I get attached to things.

Stones, feathers, little things that come to me in a special way, at a certain place or at a special time. Some of the saddest events in my life have involved losing, damaging or the wearing out of some of those things.

When it is through the carelessness of others, it is painful. When it is through my own carelessness, it is especially painful.

One such special thing was a piece of petrified wood that came into my possession. It was after I had spent some weeks working with clear, vertical grain fir on a construction project. It's difficult wood to work with but it is beautiful when used well and finished properly.

This piece of petrified wood had clearly been a piece of clear, v-g fir millions of years ago. It looked exactly like countless chips and pieces I had been working around for weeks—except it was stone. I grew quite attached to it. I carried it around in my pocket a lot. From previous educational experiences, I didn't take it to work or any place it might get lost or damaged but, in ordinary circumstances, I had it in my pocket all the time, especially when I was doing sacred work, or going to special events or places.

One full moon night, I went to a special place on the Island, the sort of excursion I always took it on. Going to this place involved about a third of a mile hike to a nice overlook with a view of the Sound—nice if you didn't look down to where morons and fools had chucked their garbage over the cliff.

After making my prayer and offering, with special mention of those who see fit to crap in paradise, I returned to my car and drove home. Upon arrival, I reached into my right hand pocket—the one I usually kept the petrified wood in—and discovered that my pocket had a hole in it and was otherwise empty.

I was heartbroken.

I got a cheap flashlight and returned to the place I had been.

Without much hope, I began to search the path in the dark. Back and forth I went—and, just for the record, let me mention how difficult it is to discern one particular inch and a half piece of stone on the ground in the middle of the night. Each fruitless trip was more painful than the last until I was in tears as I walked.

Amazingly, after perhaps a dozen traversings of that dark path, I actually found it. I have seldom been so relieved in my life. I returned to my car elated beyond reason, thanking the spirit for helping me and for returning my sacred stone which I had treated so carelessly.

## The Stuff That Did That Thing

At least I thought I had found it.

The truth was even more miraculous than that because, upon my return home, I discovered that I had not actually taken the piece of petrified wood with me. It sat on my altar, the place I kept it when it was not in my pocket. If it was on my altar, what had I found and what was in my pocket?

I reached into my pants—the left-hand pocket, the one without the hole—and took it out. What I had found was another piece of petrified wood. It too had been fir, and was actually smaller than my own piece. I had found it in a place where it was geologically impossible for petrified wood to occur.

How hard did the spirit have to work to take care of me that night and how long had that bit of magic been in the workings? I nearly went mad searching for something I only thought I had lost. I never should have been able to find it because, after all, I hadn't lost it. I had wept bitter tears and prayed emotionally. Clearly feeling sorry for me in advance, Grandmother had somehow contrived for someone else to have already dropped a similar piece of petrified wood there for me to find.

I was stunned to consider how I had been taken care of, how extraordinarily I had been gifted. I realized I needed to share the simple miracle with someone; I needed to make this second piece of petrified wood a giveaway.

Despite the late hour, I went to the home of my closest lodge brother—the one I mentioned in the preceding story. He must have realized something was up as he came out to speak with me. In the dark, I handed him that second piece of petrified wood.

"What do you think that is?" I asked him.

He had handled my own piece before.

"It's...um, a piece of the stuff that did that thing," he said sleepily and I knew he meant he had discerned by feel that it was a piece of petrified wood.

I told him the story and gave it to him for his medicine bundle.

He has it to this day. ☺☺☺☺



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**Aries (March 20-April 19)** There’s a cosmic birthing process underway, as Saturn makes its change of signs in to Leo over the coming weekend. Leo is the angle of your solar chart that deals with risks, pleasure, romance and children. Saturn is the planet of structure and priorities, and of the most necessary changes. Put the two together and we get ideas like: calculated risk; doing what is daring, but necessary; exercising the caution you need to preserve all that you’ve gained. The important thing now is that you take your time, take one move at a time, and get a feeling for the new territory you’re about to enter.

**Taurus (April 19-May 20)** I suggest you take the view that all bets are off, all deals are suspended, and all decisions are on hold. Postpone normal business. Scale your life down to the minimal necessities for what you’re actually responsible for to keep the ship running — minimal. You need your brain capacity, and you also need to remove all unnecessary pressures and distractions so you can tell what is important, and respond to it in a meaningful way. Not tomorrow — today.

**Gemini (May 20-June 21)** There’s a distinct feeling when your ideas push you forward with a force of their own rather than you having to coax them along. Now is likely to be a distinct moment in which you feel the strength and momentum within you — a moment when, perhaps in what seems like a paradox, you have some unusual ability to work with your mind as a tool rather than being dominated by it. What you’re about to gain, discover or get a handle on will more than compensate for the morass that certain aspects of your life have been for so long, and will allow you to claim responsibility for yourself and your destiny. Big stuff.

**Cancer (June 21-July 22)** In the moment of a big change, it’s good to have basic support around you — food and a decent place to spend your time, and some extra hands on deck to make the work a little lighter. Get a sense of what you need, then look around, and ask around, and make sure you find most of it. You are clearly in transition, and for the most part there’s little you can do to facilitate things any more than you already have. But you need to pay attention now, and provide yourself basic nourishment, and make sure your leadership of your life is balanced with good counsel.

**Leo (July 22-Aug. 23)** This is an edgy moment. But don’t let it freak you out. Just hang loose. Or hang tight — whichever feels better. It’s only a matter of days now before you have some tangible sense of where you really stand in your life. You’re likely to wind up saying, “What was the big deal about, anyway?” Once you recognize that all your careful planning, your willingness to work out your emotional life, and to take responsibility for your own problems really have worked, I think you’ll know that you stand in a solid point of beginning, and a moment of truth, and to borrow a bit from Moses, that the truth has set you free.

**Virgo (Aug. 23-Sep. 22)** You’ve seen this all before. You know your way through the maze, and you know where everyone around you stands. If you don’t think about it too much, the knowledge you possess will guide you on the level of what feels like intuition. But it’s really a form of familiarity based on the fact that time is not something that moves only in one direction. Over the next few weeks, you’ll be taken to a place where you can make a correction of your life course. You need to trust yourself, and trust your perceptions, for long enough to make amends or repair a breach of faith that only you have the ability to make right.

*Eric Francis has more to say at PlanetWaves.net.*

**Libra (Sep. 22-Oct. 23)** Few people have the guts to succeed in exactly their own precise and particular way — but when you look around at the Libras who have really made a mark, one of their most distinct qualities is distinction itself. Therefore I suggest you pare away all the ideas you may be harboring about who and what you’re supposed to be, or what is supposed to work and what is not. Rather, come from the inside out, which begins by standing deep and firm in the energy of exactly who you are. Then, do exactly what you do the best, and keep doing it until you succeed — by your definition of success. You will.

**Scorpio (Oct. 23-Nov. 22)** The kind of success you’re looking at will be a lot easier than pessimists say; indeed, it’s actually possible, which is more than most will concede. But the real challenges lay ahead, as do the true rewards of your efforts so far. Over the next two years, much will develop from concept to reality; from idea to experiment; from a sense of what is possible, to a test of what you can bring into the world. If I were to leave you with a fortune cookie before embarking on this journey, it would say, “Be resolutely who you are. Be humbly who you aspire to be.”

**Sagittarius (Nov. 22-Dec. 22)** Human life is governed largely by beliefs. This can be frustrating when we know it’s true and can’t do anything about it. Then there are times when our beliefs come up to a concrete test: you want to do something, or you absolutely must do something, and if you keep a grip on an idea that is not true, you know it’ll never stand a chance of happening. Don’t be so resistant to giving up what simply does not work; we live in a glorious universe of many, many possibilities, and if you can get the boring ones out of your way, you’ll see the lush, rewarding ones right in front of you.

**Capricorn (Dec. 22-Jan. 20)** You consider yourself part of the larger system of life; that’s an extremely advanced philosophy to hold, you know, and if more people had an inkling as to how useful it is, maybe it would be more popular. What most people are afraid of is “losing themselves” into some kind of collective experience of life, as if their ego will suddenly dissolve the moment they start taking cooperation seriously. And to a real extent this is true. But something other than ego has to rule the day in our world where “every man for himself” has led us down one very dark road. We are counting on you to help lead us back out.

**Aquarius (Jan. 20-Feb. 19)** There are so many possibilities. So many of them lead us nowhere. And the ones that are often the most valuable we rarely see for what they are. I suggest you look through your past history, and the façade of what seems impossible or improbable, and take a step toward what you know is the most important thing in your life. It is likely to come in the form of some kind of commitment and certainly some kind of decision. But the difference between false and true is that true comes from the inside, as an act of clarity, and in full devotion to who you are. Or to state it differently: let yourself do what is most obviously right.

**Pisces (Feb. 19-March 20)** I would like to stick to the theme of closure: of endings, of emotional resolution and of making sure that all the hidden elements of karma are on the table. In these final days of Saturn in Cancer, my take is that the most important thing you can do is make sure everyone knows where you stand with them. And make sure everyone knows what you want to do with your life — whatever that may be. I trust you’re seeing one thing: you have options, and you have the strength and power to commit yourself to the ones you want. In fact, you’re likely to see the only thing fishy about Pisces is how colorful you are.

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## We’ve Got A Lot of Kids

By Kevin Pottinger

Well, it’s only four kids, but to me, it seems like a lot more.

My parents had five kids and that didn’t seem like so many. A few of our friends have four kids. Some have more kids than we do. Four isn’t really that many kids I suppose, unless they’re mine.

You see, they’re all little: all of our kids are under five. A while back they were all under four.

They cannily imitate one another’s cries. It certainly sounds like more than four kids to me. I can never bring quickly to mind what we named them. Nametags would certainly help. And they run in a pack, or a moving, buzzing swarm. We have infant twins and twins are usually telepathic. What we’re up against with these four is staggering.

If I didn’t know better, and if I were to guess (in some hypothetical state of ignorance), I would say we have perhaps 350 kids.

For peace of mind and some quiet at night, we all sleep together in a giant bed made with a king-sized bed, two cribs and two twin beds all pushed together. It is magnificent—perhaps several miles across. The giant bed allows my wife and I to get some rest along with the kids, otherwise we’d be up all night walking rounds, tending to the spiny little anemones crying in their own rooms, banging on the bars of their cribs with sippy cups.

We are lucky: they are all rosy-cheeked and quite healthy, with good strong teeth, sound orthodontic bites, and well-developed jaw muscles. We don’t put our fingers near their mouths anymore.

We got pregnant by accident the first time, but after our first beloved boy was born, the next pregnancies were completely our own decision, except for the part about having twins. Therefore, it follows that we somehow *decided* to do this.

Our oldest boy is four and a half now, our lovely daughter is almost three, and the twins are a year old: a boy and a girl. Not so many kids, I suppose, unless they’re mine.

We may have another child, if more accidents “happen.” We have one empty seat left in our Explorer. If that gets filled and we find we accidentally need yet another seat (say, if we have another set of twins) we just won’t go anywhere. After all, how could we?

Twins can be fascinating, and ours are no exception. When we venture out with the twins in their special double stroller, my family and I are treated like rock stars, or at least as members of a rock star’s entourage. By simply parking the car and taking the hoods off the little parrots in a public place, we gather a goo-gooing crowd in minutes.


My wife stays home with the kids, because she wants to, but more to the point, because she has to: the daycare bill for these midget wrestlers would be several thousand dollars each month. She has several medals of valor, which I fashion from time to time out of tin foil and floss. I present them to her in a small ceremony attended by our little kids who signal their approval with burping and smacking noises from their high chairs.

I go to work most days, because I have to, but really, because I *have* to. I am the very picture of a suburban father grabbing a donut as I sail out the door, gaily shouting “Gotta run, hon!” and sing-shouting “Zip-a-dee-do-dah!” at full breath. I commute to a big, well-appointed office downtown full of adults who talk about software and engineering and gossip around the water cooler. Pi R squared, you know. Alpha beta. I could not do what my wife does, but she could do what I do, and much better. Which is why I do what I do. So she can’t.

In the months and years ahead, as the kids grow up and my wife and I grow old, we will always remember with fuzzy nostalgia the days when you could just simply pick them up and carry them from the room screaming. *(Ed: just wait until they become teenagers. You’ll be the ones screaming.)*



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Financial Planning 101:  
Alternatives and Risks

By Mark A. Goldman

In the last installment we talked about a few concepts that might help you make better decisions. First we talked about “opportunity costs,” or the idea that while any given decision will allow you to take advantage of some opportunities, it will, at the same time, also preclude you from taking advantage of others. Then we took a little look at the “risk/reward” aspects of decision making. Which is to say, we observed that while it’s important to have a goal in mind, it’s also important to understand the nature of the risk you will be taking if you pursue it. Please understand, I am not denigrating the pursuit of lofty goals or ambitious pursuits. What I’m saying is that a wise investor is sensitive to the alternatives and risks involved in any important decision. As you will see, myths and illusions abound, in life and in the world of finance. If you can’t or won’t investigate or analyze things before you jump into them, you could be in for quite a ride.

It is not intuitively obvious, but a great deal of what happens in the marketplace can not always be explained by theoretical, analytical or mathematical concepts; sometimes understanding human psychology is just as important.

A particular stock, for example, can change in price for any number of reasons. It could be because the underlying fundamentals for the company or the industry have actually changed, or it could be because some people just think that they have, or both. The way a lot of investors get hurt is when they believe something because of what they’ve read or have been told when in fact they really don’t have first hand knowledge or experience to confirm the information. That

probably was the main cause of the Great Depression: people wanting to get in on something based on a belief that other people knew what they were doing. As it turns out, relatively few people knew what they were doing...it was the blind leading the blind. Even so, there were all kinds of reasonable and logical rationales available that supported their doomed behavior even as they were engaged in it.

Now consider this: If a thousand people enter a contest to see how many heads they can come up with in ten flips of a coin, the probability is that one or two will actually flip enough of them to make you wonder how they did it. And if I take a thousand mutual fund managers and have them study all the data they can get their hands on and then design portfolios based on their experience and expertise, I think you will find that some of them will actually do a lot better than the others.

I think you will agree, that even though some folks might flip a high percentage of heads, it’s probably is not a reflection on their head flipping skills. It’s more a matter of luck. But tell me, if this is so, how can you tell if it is because of skill or luck that out of a thousand mutual fund managers some have done exceedingly better than the average? Well, in one way or another I’ve been in the business of offering financial advice for a long time and you know what? I don’t think you can. But I’ll tell you something else. There are an awful lot of investors and advisors out there who really believe they can. Millions maybe. And a few have the results to prove it. Hello!

mark@gpln.com...www.gpln.com

“Facts” I Have Learned About  
Breast Cancer

by Weslie Rodgers

I have expanded the title since last month’s article (What I Learned About Cancer, June 15) because as my experience transpires, the “facts” about cancer are piling up and thus becoming more contradictory, and yet my understanding has become clearer. A bit of my philosophical history might clarify why I write “facts” as I do, i.e., in quotations. I grew up with an unusual mother, always spouting John Donne’s poetry (e.g., “Tell me where all past lives are, And who cleft the devil’s foot...”), and also reminding me, “Nothing is certain except Death and Taxes.” As a result (although remember, nothing is certain!), “facts” hold little import for me at times. I believe strongly that one can read whatever they want to, and the world web has certainly solidified that belief! So, at this moment, I feel clear enough about the following “facts” to say “I have learned this about breast cancer...”

1. More and more women are being diagnosed with breast cancer (statistics say the risks go from one out of two thousand 20- to 30-year-olds being diagnosed to one out of thirty-five 50- to 60-year-olds being diagnosed, to one out of eight in a lifetime being diagnosed).

2. Women are living longer after breast cancer, and mammograms are picking up more areas of pre-cancer, with the question arising here, are we women being over-diagnosed?

3. We all have cells in our body that are pre-cancerous because cell biology is so intricate and SNAFUS are bound to happen.

4. Our bodies have been programmed to effectively pick up pre-cancerous cells through use of a healthy immune system.

5. Our immune systems are weakened everyday — not everybody’s in the same way, but everybody’s, everyday, by our life styles, which include cigarette smoke; second hand smoke (Yes! One “fact” notes that a person who has smoked in his or her life and stopped for a least one year is at lower risk of developing cancer than those who have been around secondhand smoke, especially at a younger age!); diet (the SAD — Standard American Diet); environment; dehydration; stress; no spiritual practices or beliefs.

I’m also learning about some “easy” remedies that are being ignored. In the May 25, 1991 issue

of *The Lancet*, a finding was published about the timing of surgery, in this case, mastectomy. Women who underwent surgery during the later two weeks of their menstrual cycle showed a 30% increase in survival rate at ten years over those who had surgery in the early two weeks of their cycle. One doctor at Harvard said, “For people in the field, we have viewed this skeptically, because it’s not obvious why this might be true.”!! I have not read anything about surgeons being concerned where a woman is in her cycle when they are planning surgery. (I say, when is a “fact” a “fact”, Mother?!)

So, I just cited a seemingly very helpful procedure that is being ignored, and now I will write about one that is seemingly very harmful, the use of the drug tamoxifen in treating breast cancer. Many women, after surgery, radiation and/or chemotherapy, are being offered tamoxifen, even though studies have shown that survival rates have not been significantly altered. The Early Breast Cancer Trialists’ Collaborative Group review in 1992 had followed 30,000 breast cancer patients for 5-6 years, showing that 74.4% of the patients taking tamoxifen survived, versus 70.9% not taking the drug! PLUS tamoxifen’s anti-estrogen action (estrogen is known to cause tumors to grow in some women — that’s why tamoxifen was developed) is known to cause an aggressive uterine cancer. Even the National Cancer Institute, which has been known to align with pharmaceutical companies, warned trial investigators to inform women that they have an increased risk for developing a possibly fatal uterine cancer.


All these confusing “facts” are reason enough for the breast cancer patient to make her or his own decision about therapy. Another one that I have felt comfortable enough to decide is a “fact” is that breast cancer doubles every three months, so the bigger the primary tumor is, the faster one must act (you can do the numbers on this, keeping in mind, as many articles have said, once a breast cancer has been diagnosed, it has probably been growing for 8 to 10 years), but most cases can certainly slow down to a 4-6 week decision making time. Time enough to make breast cancer “facts” your own. No matter what your mother says!

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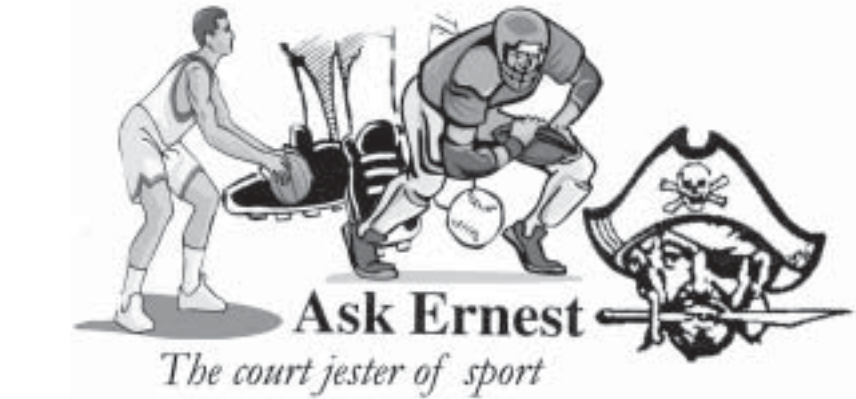
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# Loop ~ Sports



Hello Ernie,  
I love the festival, especially the hydro races! Can you just print one of my simple prophecies? (Feel free to leave it out, but you know how predictable I can be: Spurs as NBA Champs, Pirates Basketball as League Champs, Harry Levinson as Bocce World Qualifier...) Anyhoo, this is my prediction (read it and weep future hydro racers!): **Ryan “Row Boat” Mattingly will win the 2006 4th of July Hydro Race!** (Put your money down now...)  
Lil’ Chief Chuck Moe

So, Ern,  
I was wondering if you were as fascinated as I was during the softball tournament. Nail biter contests, long blasts in the woods, and double plays on a dime. But my favorite team was the Rye Catchers, the ones with little poems written on the fingers of their gloves. I received an ESPN Press Pass to check them out first hand in dugout. They’re not only talented athletes (the Rye Catchers finished in 3rd place) but these guys have ways with words. I’ve attached a few of the poems if you want to print them—names are left out to protect they identity of these modest ball players.

Y’s  
“Yes” is often the right answer in bed.  
It smells like Copenhagen grits in this grey sky why  
There’s barely a breeze in my life.

I’m a Baller  
Dude, it will be sweet, it’ll be good  
When I hit this softball in the f’in’ woods.

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Red Blanket  
I bought another blanket  
Because I knew she’d be cold.  
When she came over for scallops and sea food,  
Up in my bedroom she’d know  
I did it for you—  
I bought another blanket  
Because I knew you’d be cold.

I’m a Half Ass Hippy  
With my ideals swallowed down  
In cans of Coke, Microsoft stocks.  
While he walks around  
With a carton of Half and Half  
Because he loves milk products—  
Personally, I can’t blame him.

Sincerely, Janet Perry  
—Long live the Rye Catchers and the Vashon Strawberry Festival!

Short (But Very Important) News:  
Micah Air Jordan Sohl places 2nd in the Greco Roman and Freestyle portions of the Western Regional Wrestling Tournament in Nevada. The Regional was made up of state qualifiers from 13 states. MJ’s overall record was 12-2. Alex Sohl, 13 years old, won one match, competing well in his losses.

## Lighthouse Theater: *Continued from page 1*

“But he could have put the gun in her hand,” she said.  
“My sister’s death spurred me to do healing and therapy work. I went through the hoops to become a registered Drama Therapist, taking psych courses at St. Martin’s, drama therapy training in Kansas, and creative arts therapy classes at Evergreen. I went to an intern training program in Texas, and then I came back here to work with victims of domestic violence.”  
The first project of Lighthouse Theater is *Rule of Thumb*, a one-act play that Pierce wrote.  
“I was in a group working with survivors of domestic violence, hearing these stories, and I thought, we need to get this out. Then I said, I can do that.”  
“My play covers more information than a lot of survivors ever get. I got permission from each of the women to use their stories, and wrote *Rule of Thumb*.”  
“I had seen that no matter what the women’s life situations, whatever class they were, however much money they did or did not have, they had many of the same experiences. For example, every one of them had the experience of telling the abuser, ‘You’re hurting

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Duncan Half Man Half Mayshark, Wile E. Volker, Big Bill Olsen, and Alex Stemer all finished the rigorous Washington Intensive Wrestling Camp in Lakeside (9 Mile Falls). Steamboat Stemer, David Twietmeister, and Duncan Mayshark all participated in the Sequim Wrestling Clinic in Sequim, Washington, learning techniques from Semi-Famous Russian Clinicians.  
A petition may be sent out to Island Residents proposing that The Sound (the local band made up talented young rockers Stephe and Dominatrix, James Riley, Stefan Rubicz, Jesse Whitford, and Drew Tuel) play on the main stage at next year’s festival. E. Phillips will be the band’s hired dancer. If you’re interested, then sign it and send it back to Jason Culp or Captain Don Juan.

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showcase of various dramatic forms — readings, improvisation, and ‘playback theater,’ which is when an audience member tells a story and the actors then act it out.”  
“I want to do an interactive drama therapy class for teens focusing on and exploring teen violence and dating. That might culminate in a production. We want to do classes on anger, boundaries, and balance, as well as an environmental program.”  
“Lighthouse Theater is a non-profit agency. Because domestic violence clients tend not to have money, we’d like to have a funding board, and do things like having ‘house party’ fundraisers, where we’d do the show at someone’s home.”  
She hopes to audition understudies for the five female parts soon, because *Rule of Thumb* is getting many bookings in the fall and she knows that not every cast member will be able to make every show.  
If you are interested in auditioning, serving on a board, or volunteering in any capacity for Lighthouse Theater, call Deb Pierce’s voicemail at 206-686-4325, or email her at: debstages@yahoo.com.



# Lo'py Laffs

## UNOLINEROS

Cheetahs never prosper.  
I bet you I could stop gambling.  
Classified oneliner: Please enter password: \_  
Check your seat belt—I wanna try something.  
It isn't that life is short—it's that death is so long.  
When your dreams turn to dust, it's time to vacuum.  
I asked a girl what her sign was, and she said "Stop."  
I don't have a license to kill—it's just a learner's permit.  
A di-agnostic is someone who doesn't know whether there are two gods.  
The most popular labor saving device today is still a spouse with money.

## OneLiners

(more or less)

You don't stop laughing because you grow old—you grow old because you stop laughing.

The real art of conversation is not only to say the right thing in the right place, but to leave unsaid the wrong thing at the tempting moment.

When someone tells you something defies description, you can be pretty sure he's going to have a go at it anyway.

Jacob, age 92, and Rebecca, age 89, are all excited about their decision to get married. They go for a stroll to discuss the wedding, and on the way they pass a drugstore. They go in and strike up a conversation with the pharmacist behind the counter.

Jacob: "We're about to get married. Do you sell heart medication?"  
Pharmacist: "Of course we do."  
Jacob: "How about medicine for circulation?"  
Pharmacist: "All kinds."  
Jacob: "Medicine for rheumatism and scoliosis?"  
Pharmacist: "Definitely."  
Jacob: "How about Viagra?"  
Pharmacist: "Of course."  
Jacob: "Medicine for memory problems, arthritis, jaundice?"  
Pharmacist: "Yes, a large variety. The works."  
Jacob: "What about vitamins, sleeping pills, Geritol, antidotes for Parkinson's disease?"  
Pharmacist: "Absolutely."  
Jacob: "You sell wheelchairs and walkers?"  
Pharmacist: "All speeds and sizes."  
Jacob: "We'd like to use this store as our Bridal Registry."

Curious when I found two black-and-white negatives in a drawer, I had them made into prints. I was pleasantly surprised to see that they were of a younger, slimmer me, taken on one of my first dates with my husband. When I showed him the photos, his face lit up. "Wow," he said. "It's my old Plymouth!"

When I was a kid I told everyone I wanted to be a comedian when I grew up but they just laughed at me.

## WILD WORLD / Ed Frohning

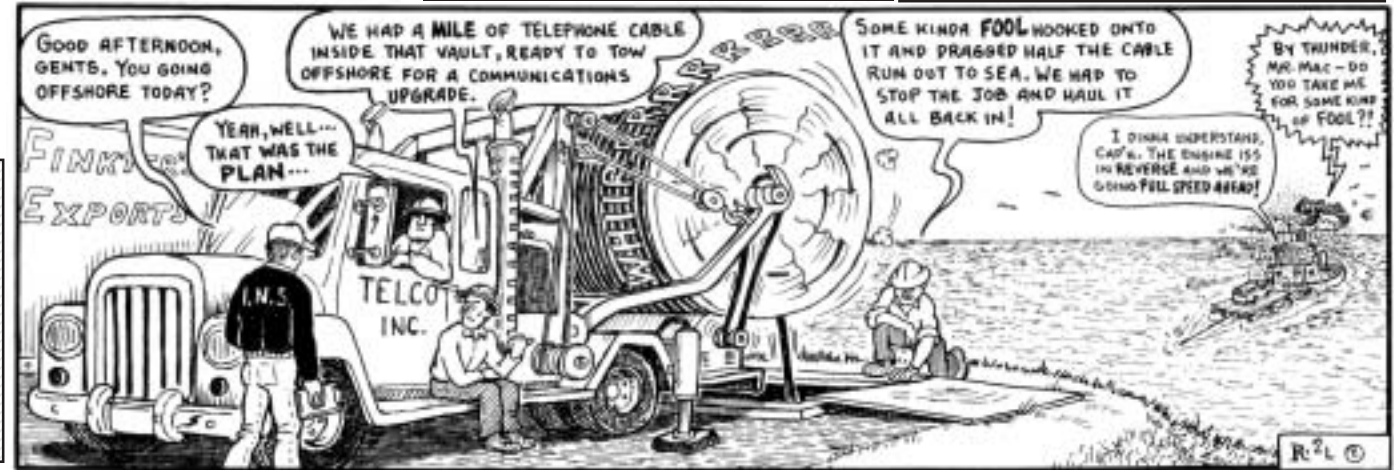


The music business is a cruel and shallow money trench, a long plastic hallway where thieves run free, and good men die like dogs. There's also a negative side.  
—Hunter S. Thompson

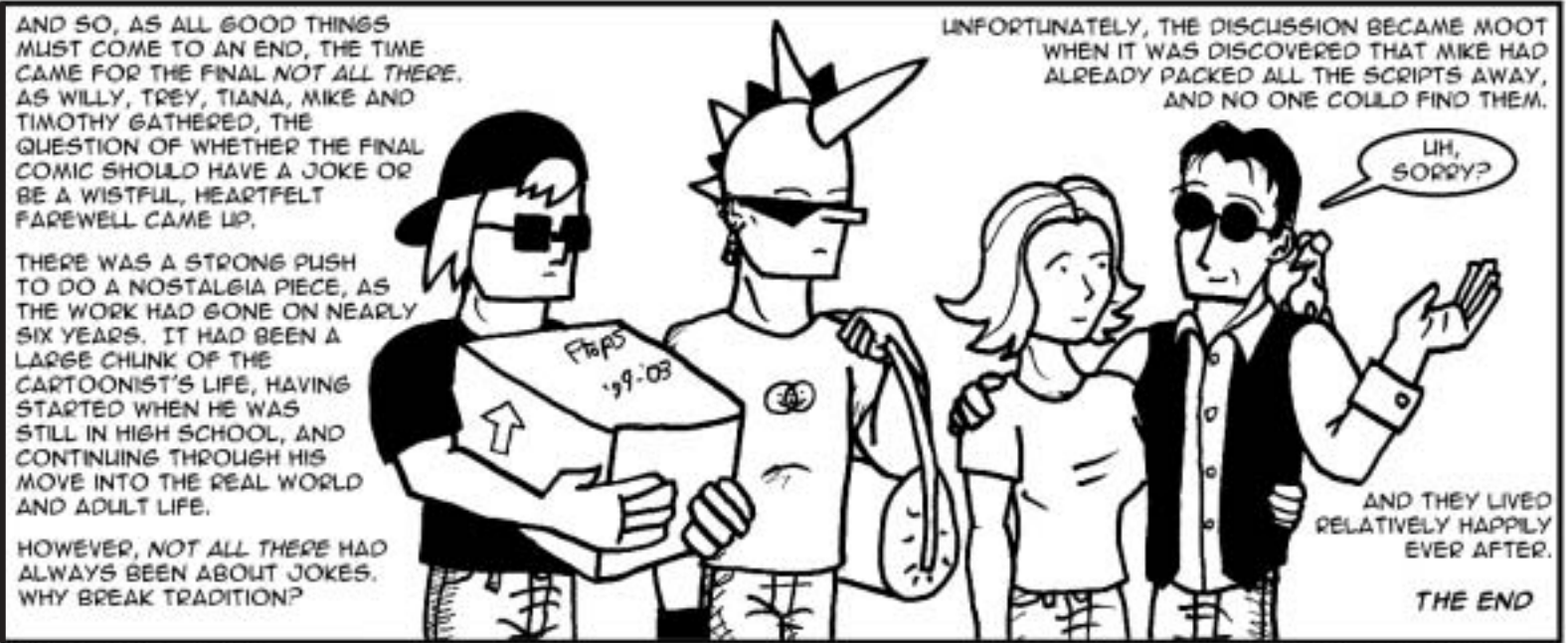
Q. What's the difference between God and a doctor?  
A. God doesn't think he is a doctor.

Suburbia: where they tear out the trees and then name streets after them.

## OFF SHORE



## NOT ALL THERE by Tristan Davis



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# Loop Arts

## Treasure Island

It was Robert Louis Stevenson who said, “The mark of a good action is that it appears inevitable in retrospect.” If you’re looking for some good action on stage look no further than Drama Dock’s production of *Treasure Island*. Based on Stevenson’s classic tale, the show is using some of Vashon’s finest actors and should be full of fun, song, dance, and, of course, pirates.

Using Stevenson’s well-known story of young hero Jim Hawkins and peg-legged Long John Silver as a jumping off point, Vashon’s own Brian Quakenbush and Jordan Woollen have written a musical comedy with original music by Jeff “That Jeff Guy” Woollen. The show, directed by Drama Dock favorite Chris Ott, will be playful, sentimental, and swashbuckling, because that’s what pirates do. They swashbuckle.

The cast includes Lisa Breen, Sage Everett, Zach Giles, Ted Jennings, Peter Kreitner, Gretchen Neffenger, Rob O’Brien, Francesca Parks, Frank Petree, Brian Quakenbush, Anna Rose Warren, Lynda Weinberg, Vasiliki Weymour, and Jordan Woollen. Jeff Woollen is playing the role of the villainous Long John Silver. Young Jim Hawkins is played by Reid Cornwall and Doug Dolstad will play the evil pirate Tom Morgan. Arrggh!

The laughs will be fast and furious and the songs will be just as funny, with a touch of blues thrown in. There will also be, of course, sea shanties. Everyone loves sea shanties, including the musical group Geordie’s Byre, who will be playing the music for the performances.

So be sure to mark an “X” on your calendar to see this new, exciting, and humorous Drama Dock show at Vashon High School Theatre. The shows begin at **7:30 p.m. on Fridays** and Saturdays with matinees on **Sundays at 2:00 p.m.** The show will take place **July 22, 23, 24, 29, 30, and 31st**. Tickets, available for purchase at Vashon Bookshop and Books By the Way, are \$15 general admission. Seniors and children twelve and under are \$10.

As an added feature to enhance the *Treasure Island* fun, Drama Dock is having a treasure hunt! Buy a Treasure Map at Vashon Bookshop, follow the clues on the map to the various locations and find the mystery letters! When you have collected all the mystery letters and know the secret word take your map to the final mystery location and you will receive an envelope. In the envelope will be gift certificates to Zoomies or one of five available keys (one key per person please). If you get one come to opening night of *Treasure Island* and if your key unlocks the mystery chest you get all the treats inside. If you get one of the keys that doesn’t win the big prize, don’t worry, you’ll still get awarded a gift just for participating. What’s in the mystery chest? It’s a surprise, just be assured it will be filled with hundreds of dollars of wonderful items donated by island businesses.

So come see Drama Dock’s *Treasure Island*. You’ll be glad you did. It’ll be a night that will undoubtedly be “a mark of good action.”



## Robbie Fulks Band at Bishops Café and Lounge

Fans of high-octane American music have a treat in store: Robbie Fulks and his powerhouse band are returning to Vashon to play a show at Bishops Cafe and Lounge, 17618 Vashon Highway, on **Friday, July 29, at 8 p.m.**

People are still talking about the last time Robbie Fulks showed up on the island, to play for a Voice of Vashon benefit at the Sportsman’s Club last February. If you were in the audience that rollicking musical night, you’ll want to mark your calendar for Robbie’s encore performance at Bishops. And if you happened to miss Fulks the first time around, don’t let this second chance to experience the musical genius of the imposing 6 foot 5 inch flat-pick guitar wizard and master singer/songwriter pass you by!

Fulks is a rare triple threat — a great musician, a great singer, and a masterful songwriter — who can whip it out in bluegrass, power pop, honky-tonk, country, or whatever other musical genre strikes his ample whimsy at the time. Fulks, who hails from Chicago, is renowned in alt-country and Americana music circles as an irreverent and irreplaceable maverick.

Since Fulks’ appearance on Vashon last February, he’s been busy. He’s released a new album, crisscrossed the country on tour, and appeared on the Grand Ole Opry. Luckily, he’s found time to return to Vashon during a summer swing through the Northwest.

Fulks seems to enjoy Vashon as much as Vashon enjoys him. “Playing Vashon was one of the nicest times we’ve had all year. Just the ferry trip alone had everyone wanting to return. The band is super-excited that there is going to be another Vashon show,” says Fulks.

Fulks is known for his mind-boggling bluegrass-style guitar work, wicked sense of humor, and elegant, sophisticated songwriting. His new album, *Georgia Hard* (Yep Roc Records), has the critics buzzing with accolades including Don Slack’s (of KEXP Radio) assessment: “*Georgia Hard* is not only Robbie’s best album yet, it’s an often-brilliant tour-de-force of country music from a master craftsman whose songs can tickle the funny bone, inspire reflection, stir deep emotions and get right to the heart of the cold hard truth.” Said Zeth Lundy of *Pop Matters*, “*Georgia Hard* is a sensational songwriter’s record, a swift mix of pathos and wit, where every lyrical and vocal

nuance is essential to the bigger picture.” David Wild’s review for *Rolling Stone Magazine* said, “Fulks sounds like the...bastard son of Roger Miller — high praise indeed.”

Fulks explains in the liner notes to *Georgia Hard* that he’s been influenced by 1960s and 70s songwriters and crooners Bill Anderson, Roger Miller, and Don Williams. Says Fulks, “In working on these songs, I found the post-Hank innovators were always close by. Backward and backward, that’s were music usually seems to pull me, and where, at life’s midpoint, the richest material seems to lie. A Southern boyhood, a Midwestern adulthood, and a life traveling and playing music are my particular lath and plaster. Using them to build these stories, I hoped to make music that’s lived in when I play it, honest when you hear it, and singable for both of us.”

Robbie’s other records include two for the Chicago country-punk independent label Bloodshot (*Country Love Songs*, 1996; *South Mouth*, 1997), one for Geffen (*Let’s Kill Saturday Night*, 1998), a retrospective released by Bloodshot (*The Very Best of Robbie Fulks*, 1999), and two for his own Boondoggle imprint (*13 Hillbilly Giants*, 2000, and *Couples in Trouble*, 2001). He recently produced *Touch My Heart — A Tribute to Johnny Paycheck* (Sugar Hill Records, 2004), which was called “a country music masterpiece” by *Billboard Magazine*. He has been the subject of feature articles or reviews in *Spin*, *Rolling Stone*, *USA Today*, *Esquire*, *Details*, *New York Times*, *Wall Street Journal*, *Billboard*, *The Journal of Country Music*, *GQ*, and other publications. Television and radio appearances include *Austin City Limits*, *Late Night with Conan O’Brien*, *Fresh Air*, *World Café*, *Acoustic Café*, and *Mountain Stage*. Robbie also has a monthly radio show, *Robbie’s Secret Country*, on XM satellite radio’s alternative-country channel, X Country.

Tickets to the Robbie Fulks’ Bishops Cafe show on July 29 are \$10 in advance, \$12 at the door. Music will start at 8 p.m. Tickets for the show may be purchased in advance at Vashon Island Music and online at [hushhushticketing.com](http://hushhushticketing.com). Bishops features a full bar and dinner menu, and is an all-ages venue until 9 p.m.



Jordan Woollen, Peter Kreitner, Doug Dolstadt, Frank Petree, Jeff Woollen and Walter Weston swashbuckling their way through *Treasure Island*.

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Incendio

The veteran Los Angeles-based musicians collectively known as the instrumental guitar group Incendio performs live at Café Luna in Vashon on **Friday, July 22 at 7:30 p.m.**

The group’s members knew the kind of inspired passion and energy they wanted to convey when they named their band in 1999. Their name literally translates as “fire” in both Italian and Spanish, so the music industry and the listening public would expect nothing less than explosive performances both on disc and live. And they have delivered.

The “Latin guitar world fusion” created by guitarists Jim Stubblefield, Jean-Pierre Durand, and Liza Carbé has received international acclaim, and their reputation as a live act has spread. The band creates a polyrhythmic swirl of multiple Latin American music forms and combines them with Indian, Arabic and Celtic flavors. Then they add just the right touch of jazz improvisation and dynamics, and the sizzling result is what one Incendio fan calls, “edge of your seat music,” *Good Times* in Santa Cruz labeled the group a “blazing guitar inferno!” *Jazziz Magazine* describes the music of Incendio as “whizzing through a musical virtual reality.”

On the strength of four popular national releases, 2000’s *Misterioso*, 2002’s *Illumination*, 2003’s live-in-the-

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studio *Intimo*, and the latest New World Music release *Incendio*, the very-much-in-demand Incendio has built a core fan base. The group averages 150 shows a year, at folk festivals, Latin jazz clubs, smooth jazz concerts and hardcore jam band gatherings.

“The musical chemistry of Incendio works because we keep challenging each other to play better all the time,” says guitarist Stubblefield. “The real magic happens when the audience is actively participating in our show, and we’re responding with all cylinders at full throttle.”

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# Music & More

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What’s Happening at Vashon Bookshop

by Devon Atkins

Please join us for an evening with activist, Palden Gyatso when he speaks **Friday, July 22nd, 7:30 p.m.** at the Bookshop.

The Bookshop has been responsible for percolating the ideas of Islanders since the beginning. People come in to chat about all sorts of things, even those issues that are most important to them. When those people and their ideas get together, things happen, and that’s what activism is all about.

A couple of years ago, a fabulous Island woman, named Basha Brownstein, came to the Bookshop, talking about Cancer Lifeline, where she worked in Seattle; a place that offers a myriad of resources, so that people with cancer can optimize their quality of life. Basha, who was the Director of the Lifeline’s Healing Arts program, was obviously very passionate about her work, and eager for an event that would feature the book that displayed the art of the Program’s participants. Within in a couple of months, the book was published and the very successful event was held.

A few months ago, Basha came back, and talked about a friend of hers who was in touch with a Tibetan monk named Palden

Gyatso. It seems that a few years after Gyatso was ordained at Drepong Monastery in 1959, the Maoist Chinese began the “Cultural Revolution,” which was aimed at destroying Tibetan culture and identity. Gyatso was jailed along with thousands of other Tibetans. He remained there for more than thirty years, always resisting repression and supporting his fellow inmates.

Since his release in 1992, Gyatso has devoted his life to exposing the atrocities of those Chinese, by traveling and speaking to people around the world. In 1995 he gave evidence to the Human Rights Commission of the United Nations, and in 1997, his book, *The Autobiography of a Tibetan Monk* was published.

Both Buddhism and activism have had longstanding traditions on Vashon, so, it only made sense to Basha Brownstein and all of us at the Bookshop to bring Palden Gyatso and his story here. Donations will be accepted to further Gyatso’s efforts to support his nation. Which only goes to prove once again, that Vashon Bookshop is not just about books!

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