



THE VASHON LOOP

Vol. 2 #6

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM

March 23, 2005

All Aboard! Next stop Bishop's! Railroad Earth

It is **Wednesday, April 6th** and you hear the distant, mysterious sound of that train whistle blowing in the distance. Chugging along through the mountains and the plains on its never ending journey. The train is traveling on the Railroad Earth. It has room for all walks of life both young and old. In the lounge car you'll hear the up-tempo foot stompin' sounds of a party that never quits. Move down to the diner and enjoy the sweet serenade of violins and love ballads that whet the appetite. And in the sleeper enjoy the sweet lullabies that will send you into dream. It is all there. Something for everyone. Sacred and light-hearted, mind expanding and awakening; gifts of the Railroad Earth.

It is true. Hush Hush Productions is proud to present Railroad Earth at Bishop's on **Wednesday April 6th** at 8pm. This will be Railroad Earth's only solo show in the North West. Their most recent appearances on this coast include a Tsunami benefit with Phil Lesh (of Grateful Dead fame) that raised over \$60,000.

Phil Lesh also invited the entire band to be his "friends" at the latest Phil and Friends show at the Bill Graham Civic Center in San Francisco. 7,500 people

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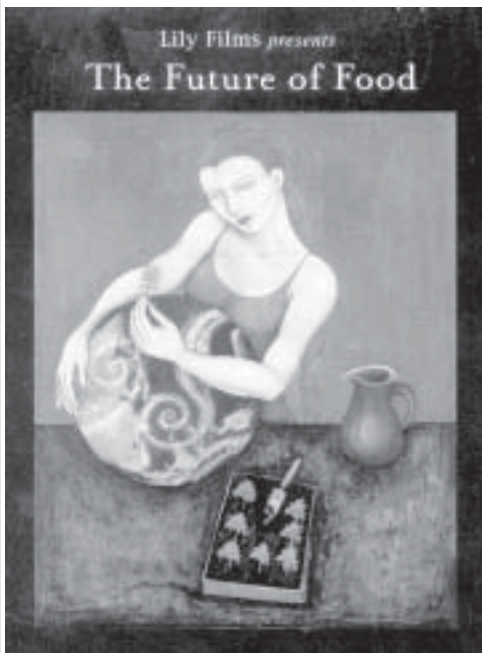


Greens From the Potager

Food in Your Future: Local Growers Launch Saturday Market

Story and photos by Peter Ray

Just above the converging, impressionistic crop rows and slightly to the right of center, there are words floating just above the



Don't miss the one-time screening of this important film on April 2nd, at 2pm at the Vashon Theatre

horizon line and just below the title on the cover of the DVD, *The Future of Food*, and these words state in a subtle but definitive way: "There's a revolution happening..." As I stood in a windswept field just above the North End ferry dock this morning listening to George Page's vision of where he sees community agriculture going on Vashon, one would have to warn the faint of heart to take a seat, since it appears that the revolution is here. For just as the dark clouds, wind and welcome rain seemed to signal somewhat of a return to 'normal' March weather, Page sees his Sea Breeze Farm and others like it leading the way back to a more sensible, reliable and healthy form of

Continued on page 13

WSF Needs Audit

by Marie Browne

By the time you read this, ferry riders from across the Puget Sound will have made their last comments to the Transportation Commission regarding Washington State Ferries' proposed tariff increases. As of this writing, it seems safe to say that the public outcry over their proposal—especially the drastic change to commuter plans—has been heard. The Commission has backed off on its unpopular 30 day expiration, one-swipe-per-

sailing plan. Instead, they now want to tack on a higher fare increase than the 5% initially proposed—either 6% or 7 ½%, depending on how they decide to calculate it.

Says Vashon-Maury Island Transportation Committee member Marilyn Omey: "It is as if we are being punished for not going along with the 30 day expiration date."

Continued on page 5

Wildland Fires: A Real Vashon Threat!

By Jim Wilson, Fire Chief

As with the eternal earthquake statement, when it comes to catastrophic wildland fire, it's not a matter of 'if,' it's a matter of 'when.' This past winter was one of the driest in recorded history and the long range weather forecast points toward a drier-than-normal spring. Following five consecutive at or below normal winters, Island live fuel moistures are stressed. A dry and warm spring and summer season may push Vashon's forests beyond fire resistance.

Continued on page 4

Meet Willie

by Teri Byrd, DVM



Willie is a beautiful purebred white boxer with soulful black eyes that look straight into your heart as he wags his little white stub of a tail. Willie wasn't very beautiful when he arrived at The Humane Society for Tacoma and Pierce County on February 2, 2005 after being brutally attacked by three dogs. For the second time. All of the muscles of his right rear leg were ripped open and the right side of his neck was punctured by several sets of dogteeth. There were too many wounds to count. He was a dog that you would take one look at and truly mean it when you said "Let's put him out of his misery." But the officer who had rescued him from the jaws of his pursuers had already become attached to him and pleaded with us to take a chance on him. We had only two choices: euthanasia or surgery. This case is one of way too many

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Get in The Loop

Preserve Input Sought

How do we protect salmon and wildlife habitat while offering opportunities to learn about the forest, wetlands and streams that make up the Shinglemill Salmon Preserve?

Vashon-Maury Island residents are invited to offer input and become involved in the master planning process at a public meeting scheduled for **Thursday, April 14th**, 2005 at 7 p.m. at the Vashon Maury Island Land Trust Building.

The Master Plan for the Shinglemill Creek Salmon Preserve is divided into two parts. The Master Plan for the upper section of the Preserve was approved November, 2004 and is part of the Vashon-Maury Island Park District's Comprehensive Plan. Copies are located at the Park District office, the Land Trust Building, and Vashon Library.

The Lower Shinglemill Creek Salmon Preserve planning process will complete the Master Plan. It

will address safety and liability issues, habitat protection and restoration, allowed and prohibited uses, trails, access, signage, parking, stewardship, and management of the Preserve.

Public input is an important part of the process of developing a Master Plan that will focus on protecting and improving Shinglemill Creek salmon environment, water quality and resources while preserving, maintaining, and restoring native habitat for wildlife.

The northern boundary of the Preserve is the Fern Cove estuary adjacent to SW Cedarhurst Road. The remaining parcels of the Lower Shinglemill Preserve are located southeast of Fern Cove along parts of the Shinglemill Creek drainage area. The properties offer significant wildlife corridor and habitat. The riparian and wetland areas of the Preserve help to protect the water quality of Shinglemill Creek.

VIVA Help

VIVA staff members are available for drop in appointments at Vashon Youth & Family Services, 20200 Vashon Hwy SW, on Mondays from 10 a.m. to noon and on Wednesdays from 1 to 3 p.m. VIVA staff is not available on legal holidays. As has been the case in the past, telephone messages may be left at any time, 7 days a week, at 463-5511, extension 232. VIVA staff is usually available to return telephone calls Mondays through Wednesdays from 10 a.m. through 2:30 p.m. and on Thursdays from 1 p.m. through 3 p.m.

Depending upon funding, VIVA assistance may be available for rent in cases of imminent eviction, utility shut off, as well as vouchers for food, emergency prescriptions, transportation assistance for off-island social service or medical appointments, and other assistance on a case-by-case basis. For more information, please call VIVA at 463-5511. VIVA staff works closely with other local charities and organizations to better assist clients. VIVA is funded by King County Community Development Block Grants and by private donations.

Forum Postponed

The Forum on Sexual Assault scheduled for the 23 March 2005 has been temporarily postponed due to unforeseeable circumstances.

Friends Newsletter

A newsletter full of interesting information about books, events at Vashon Library, and activities of its Friends group will be put together by the Friends at a work-party set for **Saturday, March 26**, at 10 a.m. at the library. Those attending are asked to bring snacks that can be shared. People with experience in publishing a newsletter or with terrific book recommendations, other stories about books, or ideas about what should go in the newsletter are urged to attend the meeting or e-mail Library Manager Hester Kremer at hkremer@kcls.org. In addition to putting together the newsletter, the group will be getting out a letter reminding people to pay their Friends dues.

At its meeting on March 12, the organization learned that it had made \$485 in its recent book sale. Hester explained that funds raised from dues and book sales are used for books (primarily books that have a special interest to Island residents), programs, and local publications, such as newspapers and yearbooks. Between book sales, donated books are stored in a facility that the Friends must pay for, so anyone with dry space that would be suitable (and either free or low-cost) is asked to contact Hester. 2006 marks Vashon Library's 50th birthday, so the Friends are planning a celebration featuring current and former residents who are authors. Anyone wishing to help plan this event should contact Hester.

Vashon Library April Calendar

Tuesdays, April 5, 12, 19, 26; 10:40am- 11am

Toddler Story Time

A 20-minute program of stories and songs just right for toddlers. For ages 21 months to 3 years with an adult. No registration required.

Tuesdays, April 5, 12, 19, 26; 7-8:30pm

Talk Time

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 Rosemarie Heard. No registration required.

Wednesdays, April 13, 20, 27 (no storytime on April 6); 10:40am-11am

Lapsit Story Time

A 20-minute program of stories, songs, rhymes and bounces for babies and a caregiver.

For ages birth to 20 months, with an adult. No registration required.

Wednesdays, April 6, 13, 20, 27; 11:30am

Preschool Story Time

Join us for 30 minutes of stories, songs and fun! For ages 3-5. No registration required.

Thursday, April 7; 7:00-7:45pm

Family Story Time

This cozy evening Story Time includes stories, songs and a simple craft for children and parents to enjoy together. For ages birth-6. No registration required.

Saturday, April 9; 1pm-2pm

Oil Spill! Walk on the Wild Side with Barbara Gustafson
An oil spill occurs somewhere in the world almost everyday. Come and learn about how spills occur, clean-up methods and how we can help prevent oil spills. Experiment with oil clean-up methods on a mini oil spill mock-up.

For children ages 5-9. Please register beginning Saturday, March 26; call 463-2069.

Sponsored by Friends of the Vashon Library.

Presbyterian Scholarship

Vashon Presbyterian Church is now accepting applications for two annual scholarship awards. The Richard Dennis Hjorten Memorial Scholarship, in the amount of \$1,000, is given in memory of Richard Dennis Hjorten, a member of the 1966 high school class who was killed in an automobile accident in 1965. High school seniors are encouraged to apply for the award, which is based on financial need, academic promise, dependability and intent to attend a college or university.

The Heindsmann Family Endowment Scholarship, in the amount of \$2,500, is given by Ted and Virginia Heindsmann, and is awarded annually by the Board of Deacons of the Church to a

deserving student based on financial need, academic promise and dependability. Consideration will be given to students currently enrolled and pursuing an education beyond high school graduation, and planning to return to school in the fall, but is also for anyone interested in continuing their education.

Applications can be obtained at the church office and must be completed and returned by **April 11, 2005**. Finalists will be expected to meet with the Board of Deacons, which sponsors the scholarship. An announcement of the recipient of the award will be made by May 15, 2005. If you are interested please contact the Church at 463-2010, or Scholarship Committee Chairperson, Mary Hagle, at 463-9813.

DSHS Here

A worker from the Department of Social and Health Services (DSHS) will be at Vashon Youth & Family Services on **Wednesday, April 6**, from 10 a.m. to 1:50 p.m. to handle food stamp applications and answer questions. This is a chance for Islanders to find out about DSHS services without having to leave the island, and no appointment is necessary. For more information, please call the local Community Services office of DSHS at 341-7430. DSHS is located in White Center, at 9650 15th Ave SW. To go to DSHS by public transportation, take either Metro #54 or Sound Transit #560 southbound, and get off at the White Center Transit Center. The DSHS office is less than a block away. VIVA staff at Vashon Youth & Family Services can provide bus tickets for clients who need to go to DSHS.

Adopt A Kitty Cat

Vashon Island Pet Protectors will hold Adopt-A-Cat Days on **Saturday, March 26th and April 2nd** from 11 to 2 p.m. and **Sunday, April 3rd** from 12:30 to 3 p.m. at Pandora's Box. Please stop by or call VIPP 206-389-1085.

Easter
Sunrise Service



Camp Burton
Amphitheater
March 27, 6:30 A.M.
Call for directions -
463-2512

Children’s “Summer Expression Camp” Opens Soon

Two five-day sessions are now open for enrollment for children 7 to 14 at a new Vashon “Summer Expression Camp” featuring art, crafts, dance and nature exploration.

The camp, to be held at a mid-island art studio, has a session for 10 to 14 year olds from July 25 to 29 and a session for 7 to 11 year olds from August 8 to 12. Hours are 9:30 to 3:30 with space available for 10 students each session.

Students will work with a variety of art materials including clay, glaze, beads, charcoal and henna and natural materials collected from nearby woods. Students will also participate in nature walks, dance and free-form expression.

The camp instructors are two Island residents and recent graduates from Western Washington University.

Julia Hamlin, who just returned from three months in Brazil drawing and taking photographs, also has experience in painting, music,

dance, beading and sculpture. She has taught in the Whatcom County School District.



Zena McCoy, who has done pottery since childhood, learned henna body art as an exchange student in India. She has painted henna body designs at the Strawberry Festival, the Island Earthfair and off-island events. She has studied and taught Latin dance.

A camp session costs \$240 (\$190 for tuition and \$50 for materials). A non-refundable deposit of \$70 secures placement. For more information call Zena at 206-229-7761.

Irish Ceili Dance

There’s another chance to try easy-to-learn traditional Irish dances and enjoy excellent, live, traditional Irish music on **Saturday, March 26th**. The dance starts at 7:00 pm at the Grange Hall located in the north end ferry dock parking lot.

Writing for The Vashon Loop, Jessie Preste called the November 2004 ceili “...the most dang fun I’ve had in AGES.”


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 people come from far and wide to attend. Don’t worry if you’ve never danced a step in your life-- you don’t need

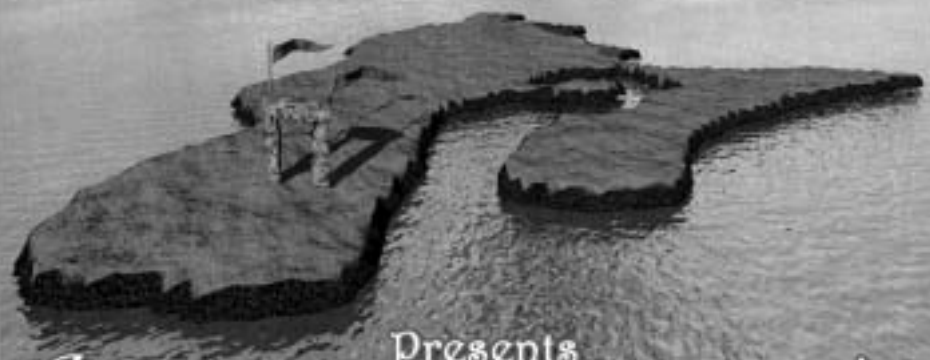
any experience to have a great time at a ceili dance. You don’t even need a partner. Kathleen O’Grady-Graham will teach and call all the dances. Live music will be provided by Lark in the Dark. The suggested donation to participate in the dance is \$8 (\$6 seniors and students), and the dances are suited to adults and children over 12. Photos of past dances can be found at www.hoilands.com. 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. There was a big, raucous crowd at the February dance— don’t miss this one!

Free Tax Help

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

ISLAND EARTHFAR





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A Burton Benefit Boogie
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Tribal Voices - John Browne
Turner-Down & More
Powered by J.A. Marketing
March 26 - 6:00-Midnite - Camp Burton - \$10
Food Available - Raffle Drawing
All Ages Welcome - No Drugs or Alcohol
Raffle Proceeds go to Earthfair & Vashon Food Bank
For Information call: 206-463-1725 or visit: www.islandearthfair.org

Earthfair Benefit Boogie March 26 Where Are All the Mummers Now?

by Tan Cahil

Why, we’re a-headin’ for Camp Burton Hall. And what do you propose to do there? Mark well? On Saturday March 26th we’ll hold our fest there. So when will it start, this festive chance to bond?

‘Tis this: at 6:00 p.m. **TRIBAL VOICES** will improv to a wild world beat. Will there be surprises in this rash extemporaneity? Indeed there will, for **ISLEWILDE** will costume the children and present to them the world premier of the puppet show Faring Earthly right smack dab in the middle of the music!

Then what could possibly follow such a theatrical triumph? Well then and wouldn’t the music be heating up right along to 7:30pm!? Sounds like a good time for intermission and some verbal intermixing. You got that right. Island **EARTHFAR** folks network just like anybody else.

Anything planned for the break? Anything special? Of course! John Browne will sing original songs forged in a lifetime of walking his talk on the frontiers of social and eco-responsibility. It’s beginning to sound like there are messages with the music.

Yes! And Yes!! And Yes!!! We party for fun, dress up and dance to free and e x p r e s s feelings and emotions AND in that cheery, vital condition debate our dreams for a safe, same future for our

land and its peoples. Just so have communities of all cultures and times come together at fairs and festivals to trade crafts and ideas on living rich fulfilled lives in some unique symbiosis with the political institutions of the time.

And when issues weigh heavily on our hearts? Why then it’s dancin’ time. At 8:00pm **TURNER DOWN** will get us a-boogying. These folks span the range of contemporary dance music styles. They re hot! What about the **EARTHFAR – FOODBANK BENEFIT RAFFLE DRAWING?**

Oh yes, at 9:30 pm we’ll draw winners during the second break. Will there be a time for Islewilde and Earthfair to make a pitch? That is the very thing planned and spokespersons panting in the wings. Yes, well it seems a pretty full program.

Hold on there! We save the best for last: at 10:00 pm we enjoy another couple hours of get-down rock and roll with **LOOSE CHANGE**, AND we give a special vote of thanks to Troy Kindred for running sound for the whole show.

Come share your joys dreams and concerns with us at this March 26th ISLAND EARTHFAR benefit boogie at Camp Burton 6 to midnight. ☺☺☺☺

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Loop Letters From the Edge

Jeff Schnelz

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Summer

SCHEDULE

168

Effective May 25, 1945

★

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	One Way	Round Trip	One Way	Round Trip
Acacietoe to—				
Friday Harbor.....	\$.81	\$ 1.46	\$ 1.48	\$ 2.36
Lopez Island.....	.46	.92	.37	1.34
Orcas.....	.58	1.15	1.19	2.39
Shaw.....	.52	1.04	.88	1.76
Edmonds-Kingshote.....	.30	.60	.82	1.63
Edmonds-Port Ladlow.....	.43	1.27	1.27	3.83
Friday Harbor-Harper.....	.30	.60	.82	1.63
Friday Harbor-Washou.....	.28	.56	.51	1.02
Friday Harbor-Harper.....	.28	.40	.51	1.02

*Thank, Ed Sailer, for sending this fare
 schedule from the good ole days!*

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State Ferry Planner Meets With Transportation Committee

Ray Deardorf, Director of Planning for Washington State Ferries will be at the next meeting of the Community Council transportation committee, announced committee chair Vickie Mercer. He will be presenting a long awaited early draft of the WSF long range plan for the north-end route structure. This includes discussion of the future of the Fauntleroy dock. Mr. Deardorf has said there

Because of the full agenda the meeting will start early at 6:30 p.m. Monday, March 28th at McMurray School library. For information contact Marilyn Omev at 463-3259.

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

Wildland Fires: A Real Vashon Threat!

Continued from page 1

Island history records several catastrophic wildland fires including the 1893 Burton fire that left every structure but one in ruin. Today's threat is exacerbated by many more homes tucked away in forest seclusion. Many have narrow or steep driveways with limited turn around provision. Most have little or no defensible space between the structure and surrounding vegetation. Vashon Island Fire & Rescue responded to more than two dozen grass and vegetation fires last year with two posing threat to neighboring structures. While VIF&R expects no more wildland fires than in an average year, 2005 does present enhanced exposure to a catastrophic event.

In a major wildland fire, VIF&R's resources will not be adequate to protect every home under threat and mutual aid is over two hours away. In addition, incident commanders will not place firefighters' lives in jeopardy to protect property that has not been properly prepared. In order for firefighters to do their job there

must be defensible space and safe escape routes. During a major incident fire officers will be triaging property and judging “winners and losers.”

What can you do to make your home more fire safe from wildland threat? First and foremost—start your preparations early this year. Then call 463-2405 or stop by Vashon’s main fire station at 10020 SW Bank Road and pick up a free “Fire Risk Rating for Homes” booklet. It is a 16-page publication created by Washington State Department of Natural Resources (DNR) in conjunction with Federal firefighting agencies. Not only does it describe how to make your home fire safe, it presents a numerical formula to clearly define your risk. Also, on your request, VIF&R will be happy to send a knowledgeable District representative to your home to make non-binding recommendations for improvements. Please take this opportunity to implement an ongoing risk reduction effort for your most valued possession—your home.

WSF Needs Audit

Continued from page 1

Indeed, only a week ago, Tariff Policy Committee Alice Tawresey said that the fare structure changes had not been proposed to bring in more revenue, but to “bring rationality” to the fare system. Yet, seemingly speaking out of the other side of her mouth, she said that the new higher fare increase was needed to cover revenues that had been expected by implementing the shorter expiration date on commuter fares.

Many Islanders are questioning whether such a high fare increase is even necessary, regardless of the increase in fuel costs that is being blamed. Maybe the ferry system just needs better fiscal control, and less administrative overhead.

As reported in the June 16, 2004 issue of this paper, WSF has a dismal track record of internal control. For eighteen years running, the State Auditor’s report has criticized WSF for having “inadequate controls over revenue collection.” The 2003 Auditor’s Report includes this statement: “While the Ferries Division has worked to strengthen internal controls over recorded sales, additional controls are needed to ensure all sales are recorded. Neither our Office nor the Ferries Division can estimate how much is lost due to unrecorded sales. During the past year, a Ferries Division investigation concluded that a seller had misappropriated funds from unrecorded sales on several occasions...This incident further demonstrates the need for strong controls.”

The Department of Transportation’s own internal auditor Wayne Donaldson called these findings “tired and worn.”

Tired and worn or not, it’s tough to swallow another fare increase when one suspects there is a leak in the ship, so to speak. And one has to wonder about the cavalier attitude such a comment implies. Does DOT pay any attention to the auditor’s recommendations? Or are the recommendations just filed with the last eighteen years’, under ‘I’ for ‘Ignore’? Since the just-issued 2004 audit report says essentially the same thing, my guess is that it’s the latter. Read the report for yourself at www.sao.wa.gov/Reports/Accountability/2004_StateWide.pdf on page 125.

Besides the internal control issues that are doubtlessly causing lost revenues, many people are questioning whether WSF could skinny down their overhead a bit, thus perhaps avoiding a fare increase altogether.

By the time you read this, David Vogel will have asked the Commission that very question. Vogel will suggest that they hire an independent business consulting group to evaluate the efficiency of the organization and to recommend changes if needed. He added that “It is my impression that over the years the management of WSF has increased dramatically, out of proportion to the services provided. I intend to obtain data to see whether this impression is accurate.”

Good luck, Mr. Vogel. I hope your recommendation doesn’t get filed under ‘T’ for ‘tired and worn.’

000000

5 Alarm News

Islanders for Representative Fire Leadership

PO Box 1531

Vashon. Wa.98070

463-IRFL (4735)

irfl.org

jwade@irfl.org

rickf@irfl.org

jlamb@irfl.org

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Spiritual Smart Aleck

by Mary Litchfield Tuel



Namaste: Tech Support in the Global Village

I ordered a part for my computer.

A week later I checked my order progress and found the part had not been shipped. So I called the customer service number.

My husband gave me a tip: use the speaker phone when you are on hold. Turn on the speaker, dial, and go on with your life – folding laundry, watching movies, reading “Go, Dog, Go” to the grand daughter for the umpteenth time - until you hear someone answer.

The Indian person who answered asked for my name, address, email address, customer number, and order number, and then I told her my problem. She told me that I needed to speak to the sales department, and she gave me that number.

After another ten minutes of listening to hold music and a cheery female voice telling me my problem could be solved “instantly” by going online to the “customer care” section of their website, another Indian person answered. She also asked for my name, address, email, customer number, and order number.

She told me that I should not have called the computer company, because the problem was with the credit card. I should call the credit card company.

I said, “So you’re not going to do anything for me?”

“Yes! That is right!” she said, like she was proud of me for getting

it. Like when our two-year-old grand daughter does something and we say, “Good job!”


I called my credit card company. The woman at American Express looked up my order and said that there had been no problem with my card. The order had been approved and the money transferred the day I made the order. She gave me the transaction approval number to take back to my computer company. “You’re going to need that,” she said.

I called the customer service number again. Then I decided to take their advice to solve my problem “instantly” by going to their online “customer care” site. I hung up and went online.

In the fullness of time my chat session was “accepted.” I received an IM from “Vignesh.” I told



Vignesh my problem. I told him my name, my address, my email address, my customer number, my order number, and the transaction approval number that the credit card



Windermere

REAL ESTATE

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Windermere Foundation

Windermere Bridge Loan

Buyer Representation

Free Maps / Catalogs

Lifestyles NW Magazine

*The Windermere Way...
It's a vision, a culture,
a different way of doing business*

Neighbors helping neighbors...that's Windermere

206.463.9148 or 800.845.3299

www.vashonisland.com

vashon@windermere.com

company had given me. Guess what he told me.

He told me to call the customer service number. I started to type back, “But I’ve already called them and...”

Then I got a “sign off” message and the session was terminated.

I called the number again, sat on hold for ten minutes again. A nice Indian man answered. I gave him my name, address, email, customer number, order number, AND the approval number from the credit card company, and told him that since his

company had been paid by the credit card company the day of the order I wanted them to either ship the part or refund the money.

He said, “Oh, uhm, ah, I will check this out, I am going to put you on hold, please do not hang up...”

Ten minutes later the line clicked and I began getting that rapid busy signal that means, “You are now all alone in the world.” I tried calling back, but this time got a message that the network could not route my call.

At that point I gave up.

The Indian people I spoke with were lovely, really. They just weren’t any help. If the company wants to save money on customer service, rather than paying people on the other side of the world to be no help, why don’t they just dispense with customer service entirely? That would be both a money-saver, and honest.

I don’t know if any other brand has customer service that really serves customers, but I think I’ll buy another brand next time, dudes. ☹

Public Asked to Help Decide How to Save Salmon Habitat March 31 Island Meeting on Draft Watershed Plan

Everyone in Puget Sound talks about salmon, but what can we do locally on Vashon-Maury Island?

A draft approach suggesting possible answers for Vashon-Maury and the rest of southern King County is now available for public review. Called the Draft Salmon Habitat Plan for the Green-Duwamish and Central Puget Sound Watershed, it lists: Specific restoration projects, high value habitat to protect, and a variety of programs and policies addressing stormwater, land use, and public involvement.

From now until April 25, people from the Island are asked to comment on the draft recommendations to help improve the plan.

An opportunity to learn more and comment occurs at a public meeting on Thursday, March 31, from 6:45 to 9:15 p.m. at the Vashon-Maury Island Land Trust Building, 10014 SW Bank Road.

The Vashon Library has two copies of the draft plan, one of which can be checked out. The entire draft can be viewed on line at the watershed website: <http://dnr.metrokc.gov/Wrias/9/index.htm>. The website also includes a questionnaire people can use to submit comments.

The draft plan focuses on habitat used by chinook and other salmon throughout the watershed, including both fresh and salt water. The watershed includes the Green-Duwamish River basin and the smaller

streams from Seattle to Federal Way. For salmon habitat purposes, Vashon-Maury Island is included in this planning area, which is also known as Water Resource Inventory Area 9. The marine “nearshore” of the island is believed to provide significant rearing habitat for young salmon migrating to the Pacific Ocean.

The draft plan is being reviewed by the watershed Steering Committee at the same time as the public reviews it. The Steering Committee is a citizen-stakeholder advisory group that includes representatives of local governments, environmental and business groups, and federal and state agencies. Susie Kalhorn represents the Vashon-Maury Island Community Council on the

committee. Based on Committee members’ own review and comments from the public, the Committee will revise the plan between April and June.

When finalized by the Steering Committee, the Habitat Plan will be submitted to all local governments—including King County—for possible adoption and implementation. It also will become part of the Puget Sound “Shared Strategy” approach for recovering salmon across Puget Sound.

For more information, please visit <http://dnr.metrokc.gov/Wrias/9/index.htm> or contact Dennis Clark at 206-296-1909, dennis.clark@metrokc.gov.

Don't Forget the Birds

Jim Rosso photos

By Ed Swan

Canada Goose: Blast From the Past

Another new bird species joined the Vashon list recently, though it's sort of a blast from the past. Recently the American Ornithological Union (AOU), the body that sets the official list of species for North America, split the Canada Goose into two species: Cackling Canada Goose and Canada Goose. The Canada Goose species complex contains many recognized sub-species; now the AOU lumped all of the smaller ones together as the Cackling Canada Goose and all the large forms into the Canada Goose. More splits may follow as research continues. Cackling Canada Geese grow to be only slightly more than half the size of the Canada Goose we see normally on Vashon, have much rounder heads and a noticeably shorter bill that is less long in both an absolute and proportional measure.

I asked several long-term residents of Vashon if they had ever seen one of the smaller Canada Geese and Ed Babcock remembers shooting one at the airport back in the 1940's. That's the only record we have, so if anyone knows of other occurrences, please let me know. The large Great Basin Canada Goose makes up all of the Canada Goose sightings on Vashon-

Hunting regulation and the increase of agricultural lands and of large lawn expanses in both parks and residential areas have been a factor in the expansion of the Great Basin form. Great Basin Canada Geese were also introduced into the Puget Sound area. The availability of food and lack of predators has encouraged the Great Basin Canada Goose to stay year-round instead of migrating. Their waste products and sheer numbers are now actually a problem in many urban areas.



Vashon fortunately seems to have more manageable numbers, though the geese are uncommon to common throughout the year. Several pairs breed on small residential ponds and protected inlets around the island. The garden tour can sometimes be a good time to see a nest on some of the private ponds. In the middle of south Vashon, Joe Van Oss has a pair in his field every year but every year the young are taken by raccoons or a nearby pair



Maury and all of the breeders. Several smaller sub-species migrate through western Washington in fall or spring. For a variety of reasons, these small Canada Geese forms appear rare in the Puget Sound area now. They used to be a larger proportion of the types of Canada Geese that came by because the range of Great Basin sub-species was largely limited to eastern Washington up into the 1950's.

of nesting Red-tailed Hawks. Goslings may be seen as early as May following adults along and by August and September large groups may be seen making the rounds looking for handouts, especially in Paradise Cove and by Tahlequah. Several more spring migrants returned over the last couple of weeks. Cathy Bailey saw the first Tree Swallow March 4 and Alan Huggins, Steve Caldwell and I

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heard the first Violet-green Swallows March 6. Both dates represent early returns for Vashon by about a week compared to previous years. Bent and Marie Blichfeldt observed the first White-crowned Sparrow on March 7, a week to two weeks earlier than usual. Orange-crowned Warblers should show up the week of this edition's publication. With everything coming so early I'm surprised they haven't been reported already. If

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

A good opportunity to get out and see the returning spring birds will be the on-Island field trip on April 9. Meet at the Ober Park park and ride at 8 a.m. and plan to be done by about 10 a.m. A chance to learn how to identify birds by their songs returns with the annual Birding by Ear class taught by Steve Caldwell. The

first class starts on Tuesday, March 22. Call Steve with questions or to enroll at 463-5778.

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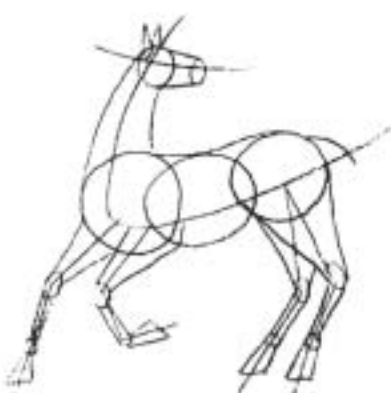
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Island Life

Text & photos by Peter Ray

Poofy, Fizzy, Dangly Things

The deal with not having had a real, formal training in botany and horticulture is that one does not always feel compelled to speak the proper language when it comes to describing plants. It does help to know some of the nomenclature when trying to figure out what is what, but referring to peduncles and racemes and bracts tends to leave me cold, especially when much more colorful and dramatic words could be used instead. This can lead to some confusion, which is why those other scientific terms make a bit more sense when it comes right down to the proverbial it. A case in point is the oft-used, descriptive word “ferny”, as in “...the leaves on this bush in my yard are kind of ferny— do you know what it is?” The truth is, if someone else came along wanting to know what a plant was that had leaves that were obovate-orbiculate with tomentose petioles, I would be equally clueless, almost. The thing is, I’m just kind of visual, and if I haven’t seen it before, all the lithophytes or ligulates in the world are not going to help me very much—so it goes.

What all this reminds me of—in a way—is a story that my printmaking instructor told about a school in Germany, I believe, where new prints were received from elsewhere and scrutinized with magnifying glasses to try and discover new techniques in tinting or cross-hatching. The point here was that the image portrayed was not as important as how it got there, somewhat subverting the importance of the creative act in favor of understanding the technical process that was used to bring that image to the paper. I have friends who are able to keep volumes of taxonomic descriptions stored in their gray matter, which is a good thing for the times they have come to my rescue to help me figure out what has appeared in a pot in that greenhouse over there. This is not to say that they don’t or can’t appreciate a plant just for what it is—they do, and in some cases maybe a little too much. For me, all the botanese is just too much information. On the home front, once I have been introduced to a plant, I generally trust my cerebral, pictionary-sleuth function to do the image association game to figure out what something is. Otherwise, I sit and spin in a dazed confusion until the plant detective has come and gone, leaving behind a name derived from botanical, Sherlock Holmesian reasoning.

Sometimes, though, there are surprises. There are those darn variations within a species that

throw the casual monkey wrench into the identification game. And then there are the times when a plant just doesn’t do what its description calls for. Last year around this time, I was waxing prosaic about a certain broadleaf evergreen tree/shrub from Chile known only by its botanical name, *Azara microphylla*. I talked about the amazing quality of its winter flowering fragrance which can suspend one in a cloud of vanilla scent. Last year it did not perform



Corylopsis Who?

all that well, smell wise. This year was a different story, however, with our string of above average temperatures. It was a bit of an olfactory ambush that struck me as I was walking back to the house one afternoon when I realized that I was wandering through a vast pool of ambient vanilla. The reason this fragrance sneaks up on you is that the flowers are almost invisible unless one is really paying attention. This year, most of the blooming took place above ten feet on the plant. The flowers are small, barely a quarter inch across, and are mostly hidden by the dark green foliage. Looking to the more technical end of descriptions, one finds that the Royal Horticultural Society’s Dictionary of Gardening says that the flowers are green and fragrant with bearded tepals. Bean’s Trees and Shrubs Hardy in the British Isles says that the sepals are green and the stamens are “more conspicuous” and deep yellow. In my book, when an Azara is in bloom, usually sometime in late February or early to mid March, there is a subtle, fizzy orange-yellow glow along the branches that on a warm Spring day can inundate you in an aromatic vanilla bath. So much for botany.

For some reason, many of the flowers of winter fall into that realm of the fizzy. There are the witch hazels with their spidery flowers of yellow to burnt red. And of course there are the fragrant boxwoods (*Sarcococca*- not *Buxus*) and their inconspicuous puffs of white. And in the front yard here, if one gets out



Stachy-What?

part of this particular picture. Perhaps owing once again to our period of above normal temperatures, there has been a wafting of lemons across the front porch, which combined with our vanilla factory just to the south has made for some interesting garden excursions without leaving the front steps. As for a good name on this specimen, it appears I may have to call in the plant detective on this one. The label buried at the base claims that this is *Corylopsis spicata*. But the two descriptions I’ve read for it say

it only grows six to nine feet high, and this particular individual is now close to eighteen feet up there. We shall see what we can find out in this naming regard.

There is another member of the dangly clan with a name that never quite works in retrieval mode. It currently resides out in the fresh fish quadrant, but does not produce a fragrance of its own that I’ve detected. It is also in an area that hides its late winter show from view, so it may be moving to another location sometime in the future. This plant is known as *Stachyurus praecox*, with no known common name to make referencing any easier. For some reason, since it blooms around the same time as the *Corylopsis*, I always want to say it starts with a “C”, with my brain only remembering the hard “C” sound in Stack-ee-yur-us. I can’t help it. It is, however, the pale yellow droops of flowers that are the memorable part here anyway. There is an even more memorable species that is a little smaller but evergreen, although I seem to be trying hard to turn the one I have left in a pot into a dead, ever-brown form. We are currently trying to remedy that situation. As for the damage I’ve done to the realm of botanical Latin, I will simply stop now before I cause any more trouble.

We came close to having the article drive the pictures this time-- but the photos did come first, and with that, the postcard project continues. Two dollars will get you all the postcards in this week’s mailing, one buck for each one, or if you’d like, send any amount to receive these cards and more in the future. Make sure you include your mailing address. Send all requests to 10322 SW 165th St., Vashon Island, WA 98070

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A Death With Dignity

There are times when I wonder about my connection to film, but mostly I just keep going and watching to see in what strange way someone else’s vision will latch on to a part of my life. I first noticed this happening back in the mid-seventies during my baptism by inundation into the world of film. It was a time, because of my job, when I was seeing as many as seven films a week. I was at a museum that had ongoing film series and I could go for free. The first series was a European film festival with all the greats like Antonioni, de Sica, Fellini and of course, Ingmar Bergman. Watching Bergman is one of those bittersweet experiences, combining the lush imagery from the eye (usually) of his longtime cinematographer Sven Nyqvist, ad a tale that was mostly wrapped in heavy, Scandinavian emotionality. The big zap for me came during a screening of **The Seventh Seal**, a cerebral glance at the time of the Black Plague, and probably best known for Max von Sydow’s chess match with Death.

It was an insignificant scene that shook me, though. It had an old woman walking somewhat strangely along a dirt road, m u m b l i n g something. It wasn’t particularly visually interesting or dynamic, but I realized part way through it that I had dreamt almost the same scene the night before. I have no idea why or what the significance was; it just was. Usually this kind of linking happens after the film. I walk out of the theater and into the light—or dark for that matter—a person or an object from the film appears in the form of some other person or thing outside the theater; it’s as though I haven’t left the theater completely, which in many cases I might not do for days depending on how affecting the message was. Last night’s screening of **The Sea Inside** was kind of a metaphysical tour de force in this way. As I left the theater, a man with some kind of debilitating muscle disorder was making his way slowly across the lobby. In the news we are seeing another attempt at the legislation of life with the Terri Schiavo story going through more strange and painful gyrations. Once again, though, I see I have gotten way ahead of things, so let me step back.

The Sea Inside is the new film from Spanish director Alejandro Amenabar. It is one of those ‘based on a true story’ films about an average guy who stands up for his rights and initiates a dialogue that might lead to a change in society’s way of looking at things. Ramon Sampedro was a young man when he dove off a cliff on the Spanish

coast and struck his head on the bottom, breaking his neck and leaving him completely paralyzed. He was able to live without mechanical life support, but all of his basic needs had to be attended to over the next twenty-eight years by his father, brother, sister-in-law and their son. We are introduced to Ramon near the end of this time as he seeks out the aid of a lawyer who will argue for his right to end his life, a life he has written about by painstakingly taking a pen to mouth and coming out with a volume of poetry he titled, *A Lifetime in Hell*. He was aided in this struggle, both with the publishing of the book and in his pursuit of the right to die, by a female lawyer who came to him with her own set of disabilities, a counseling condition that Sampedro had insisted upon so that whoever came to defend his case would have a better understanding of why he was asking to end his life.

The Sea Inside opens a lot of doors into the issue of death: how we



A Visit From Outside

look at it, and if we choose to confront it at all. Through the course of the film we hear Sampedro’s case, but we also get the arguments for and against his wishes from his friends, his family, the Church and the courts. Depending on the context, all of the points made had some validity as well as some flaws and contradictions when viewed next to other perspectives. What it all seems to come down to is the individual’s right to choose. This point became all to clear as Sampedro passionately argued for his own death, and the words of my sister from a few days ago came back to me about how her husband Frank had just as passionately fought with cancer for his right to live, a battle he lost this past Wednesday. The image of the sea comes to mind here as well, for it was an imaginary trip over hill and field out to the coast and the open sea that Sampedro would take to escape the pains of his daily confinement; hence, the title of the film. When my sister and the gang visited from the East Coast a few

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years back we did the big tour thing, but the most important event for Frank was a step into the Pacific, something he had never done. I will always remember that day on the beach at LaPush—perhaps he is there now. Happy Trails Frank.

On a different note, I would like to encourage everyone to attend a special screening of the documentary **The Future of Food**, a film by Deborah Koons Garcia, on Saturday April 2nd at 2 p.m. at our Vashon Theatre. If you did not read about it in this space a few issues back, it is a powerful and important film about what is happening currently to the foods we eat as a result of genetic engineering and agricultural chemicals that are being tailored for corporate farming. We recently saw a more local look at one aspect of the effects of agribusiness on farming and food production at the screening of **Broken Limbs** here. **The Future of Food** has a more global perspective on both the current and potential effects of genetic engineering on agriculture, as well as offering some positive alternatives in the realm of sustainable agriculture, a term we are hearing much more about as of late. A donation of five dollars is requested with proceeds going to the Campaign to Label Genetically Engineered Foods, a Seattle based organization. Labeling of genetically modified foods is a requirement seen elsewhere in the world, but one that is being fought against vigorously here in these United States by various corporate interests.

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Clowning Time- Frank Flood-1953-2005

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That was so easy. Ummmm... Brett Ford, you owe Marie \$5000.

Dating on an Island

by Jessie Preste



Speed Dating and Message in a Bottle

Some people have asked just what exactly Speed Dating is after I wrote several articles ago that I was interested in trying to set up such an event. Well, that's what it is—an event. Basically, thirty to forty people register (you need at least that many to make it interesting) and give their name, age, and the age range(s) they'd be interested in for a prospective date. Example age ranges may be from 25 to 35, 30 to 45, etc., with some overlapping. Then a place is procured for the evening in question. Several years ago, our esteemed editor did an event at the Homegrown Café. *(Editor: And ended up happily married to Ass Ed, who was one of my Speed Dates—sort of... But that's a story for another time...)*

Next, someone (most likely me) puts together up to seven or eight matches (if we're lucky), and the registered people get a card with numbers on it corresponding to the numbers given other registered people. These are their "speed dates" for the evening. One group, men or women, sit at a table bearing their given number, and the opposite group finds the table with their first number on it. Generally 'ice - breaker' questions are put on the table to help out with the "What the heck do I say besides 'What do you do for a living?'" trauma. Meanwhile the other age groups not participating at that time just eat, drink, and mingle. The Speed Date lasts anywhere from 5 to 8 minutes, depending on which website you check out. At the end of the allotted time, the mediator rings a bell, and the second group switches tables to the next number on their card for another round. At the end of the evening, participants circle the numbers of the people they are interested in talking to again, and if there is a reciprocal match, they are confidentially put in contact with each other for a longer date. Neat, hunh? So, I am trying to get enough folks interested to give it a shot. Look at it this way, you are guaranteed a date, and if even if you don't feel that special 'something, something' with anyone you meet, you're almost bound to have a good time and meet new people anyway!

If you want to give it a try, please contact me at jessiepreste@hotmail.com within the next week or so, so I can see how many people are interested. Please include your name, age, and the age range of people you would

be interested in Speed Dating.

Next! While visiting last summer, my Dad was thrilled to bits when walking down the beach he found an actual message in a bottle and brought it home. We opened it, and inside were some real sweet messages from some girls down Burton way. It was kind of a down summer for all of us, so it really reminded us that there were people out there sending messages of hope and goodwill out to folks they hadn't met yet. As my Dad is 74, he wrote another message in it saying his own words of wisdom, "Every day you open your eyes is a good day!" This got me thinking, even way back when, that it would be fun to do personal ads on the Island. Our very own message in a bottle, so to speak. Then, at a get-together of the Group, this idea popped up again. So, we're going to give it a go! Here's how it works:

1) Write an ad, name and contact info and a check payable to The Vashon Loop for \$15 for a 1 inch ad or \$25 for a two inch ad. The ads will run for two weeks. Anyone interested in a longer block of time may get a discount.

2) Drop the ad, info, and the check off at Flash Photo with Phil, who was kind enough to volunteer his place as a drop off point. Thanks Phil!

3) Responses to any of the ads, along with your contact info and the number of the ad you are interested in, can also be dropped off with Phil or can be directly emailed to jessiepreste@hotmail.com. Responses will be forwarded by me to the person who placed the ad, either by email or snail mail, along with either a phone number or email address of the person that responded.

4) The rest is up to you. Respond to the response if you wish.

To further that end, **the Group is having an ad writing get together at Rock Island Pizza at 7pm on Tuesday, March 29th around 6:30** to eat, drink, be merry, and write some Islander types of a 'message in a bottle.' And remember, it's a newspaper for all ages, so bear that in mind, and as the go between, I reserve the right to edit, burn—or get first dibs on—any submissions. Come on out on Tuesday and join us! Quote of the day from my buddy Will: "Blessed are you whose worthiness gives scope,/ Being had, to triumph, being lacked, to hope." ☺☺☺☺



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Positively Speaking

By Deborah H. Anderson

Be Kind to Yourself

I knew it would happen sooner or later. A person cranks out these columns issue after issue and sooner or later ends up with writer's drift. Writer's drift is different than writer's block. A block is when no word is pleasing, and above all, we writers must be pleased with our words. For example, I've just spent a fair amount of time deciding whether I was going to write 'one' or 'you' or 'a person' in the previous sentence. Now, my personal favourite is 'one.' I spent a formative teen year in Cambridge, England and took to formal English like a five year old to chocolate milk. I loved the impersonal generality of it, the indirectness that allowed the droll and implied to reign supreme. I still retain many proper English spellings in my usage that spellcheck simply refuses to acknowledge. I like it.

'You,' on the other hand, is what Americans use. To me it always feels like I've pointed a literary finger. It may or may not be that the particular reader fancies (there I go again) the notion I've proposed. 'You' seems like a presumption. So, I compromise. 'A person' is the mediating phrase. Indirect yet not formal. The person can take the assumption at will. Thus, if you (now that I mean directly) look back at the second sentence you (again) could say that some writers may have drift and some do not.

Like I was saying, drift is different than block. Drift is when there are so many good ideas, it's hard to choose. Living on Vashon can, on occasion, give a person a severe case of the drifts. There are so many good things to do—or not do—that a person just wants to drift through today.

I first experimented with drift about fifteen years ago here on Vashon. Because I belonged to a certain profession, I had access to a particular cabin for three days a year. I had four little kids and a husband at home. I could do with three free days away.

Once here, I decided to put away any sense of schedule and time. If I just followed my whims and passions for three days, what would I end up doing? It was the only thing I could think to do to recover 'me.' Much to my surprise, I found I made choices that were almost the complete opposite of home. My role as mom had given me a grossly distorted picture of who 'I' was. Whereas at home I let the house run from, as I liked to call it, high tide and low tide as to the degree of mess and clutter, in the cabin I wanted everything exactly in its own place. I thought I had lost my love of reading, and instead found myself reading for hours on end in the cabin. My perception was that sleep deprivation had taken such a toll that no amount of sleep would help me catch up. Actually, a nap here and there and a little bit shorter sleep at night did me just fine.

I found I **did** remember how to be kind to myself. I **did** remember how to indulge the best in me. I **did** remember what I liked and didn't like.

It wasn't appropriate during that season of my life for me to do that very often. Once a year away, a daily half hour swim, and coffee on Friday mornings by myself was all the time for self nurture I had. Now, in the empty nest season, I find that drift days allow me to recoup all that I gave out during those earlier years.

Like today: an unexpected weekday off which meant I essentially had two Saturdays in a row. I allowed myself to sleep three extra hours in the morning. I awoke right on time at the regular rising, but put myself back in bed for the sheer luxury of it. I dozed, glancing at the clock, waiting for the time to get up with joy instead of impending intensity.

Then, I did nothing until I had asked myself the question, 'what do I want to do next?' It meant the dishes got done, I bought an initial lay in of groceries for one child who was about to leave for school again, and one who was about to come home for two weeks. I had the luxury of sidetracking myself from getting a new wastebasket and hangers to look at paint chips for the exterior paint job I want to propose for the outside of the house this summer. It meant I finally had a chance to watch a 'Beauty and the Beast' preview for some young friends. It meant I could put the Gretchen Wilson CD my kids gave me on repeat and listen to it over and over again until I didn't want to hear the tunes anymore. It meant I remembered to dance to the tunes I liked right there in the middle of the living room. It meant I could eat a big meal in the middle of the day and not be bothered with having to fix dinner, a meal that usually must be consumed because I hadn't taken time for a substantial lunch.

It's almost time to go back to rational choices. For a few more hours, I will enjoy the extravagance of doing what I feel like and, in that, remembering who I am and what I like to do. A most meaningful day. A day where I just experience me. Hold on to this column to use as reference for the one I write about why I'm happy, satisfied, and content being single. It was one of the ideas that drifted away. Have a good day!

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VIF&R Legal Battles Settled

In two separate press releases, Vashon Island Fire and Rescue reported that two legal issues have been settled.

Regarding a law suit brought by former employee Kirk Loe:

Vashon Island Fire & Rescue has settled various State and Federal claims brought by Kirk Loe against VIF&R and two individual defendants for \$19,000. None of the individual defendants contributed to the settlement. There is no admission of liability by any defendant, including VIF&R. The case settled one month prior to trial during a court-ordered good faith mediation which the parties were required to attend.


And regarding the Department's policy against concealed weapons:

David Estes, a resident of Vashon Island, sued Vashon Island Fire and Rescue, seeking to invalidate the District's policy that prohibits firearms, including concealed weapons, from being brought on to District property such as the fire station. On March 9, 2005, King County Superior Court Judge Deborah Fleck dismissed the lawsuit prior to trial, concluding that the District's policy is constitutionally and legally sound. The District

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believes, given the recent reports of lethal gun violence in public places, that its “no firearms” policy is necessary and prudent to protect employees of the District as well as visitors to the District. Mr. Estes is appealing the dismissal of the lawsuit to the higher courts.

In response, Fire Chief Jim Wilson said, “Fire Stations are seen by their communities as safe havens. VIF&R is committed to providing a safe work environment as well as a public meeting place free of the types of incidents recently experienced in Chicago and Atlanta.”

Board Chair SharonLee Nicholson added, “The business of this District is to meet the community's emergency service needs. The Board feels strongly that we do not need guns to conduct business.”

While the action did not go to trial, the District was forced to spend thousands of taxpayer dollars to defend itself. Signs prohibiting concealed dangerous weapons will remain in place at all District facilities.

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On the State of Health in America

By Mark A. Goldman
(Edited by Mark A. Goldman and Merilee D. Karr, M.D.)

Note Stephen Bezruchka is a Senior Lecturer and the 2002 Teacher of the Year at the University of Washington's School of Public Health and Community Medicine. I heard his brilliant talk on Alternative Radio in 2004 on the state of health in America, compared to the rest of the world. Bezruchka is giving a lecture on Vashon Island April 19, 2005 (7:30 PM at the Land Trust), which I expect will also air on AR. Stephen graciously agreed to this interview, conducted by email over several days in early March. I am posting an excerpt here with Stephen's permission. — m.a.g.

Mark: Well, Stephen Bezruchka, thank you for agreeing to this interview and congratulations on your lecture last year on Alternative Radio — your talk is their #1 best selling CD. Evidently, your message has struck a chord. Can you summarize it for those who don't know you yet?

Stephen: Mark, in a nutshell, once everyone meets basic survival needs, the health of a society is determined by the nature of human relationships. Our biggest health problem today is the reduction in caring and sharing that results from hierarchical differences among American citizens.

Mark: Are you saying that the gap between rich and poor in this country damages our health — by affecting how we relate to one another?

Stephen: Yes. We are the most social primate species. We have the largest neocortex, or social brain, and the longest period before the young leave the nest. We identify with those like ourselves, not much richer, or much poorer. When there is a big gap, we don't much care about, or share with, people to whom we are not closely related.

Mark: Maybe it's getting worse, but there has always been a gap between rich and poor.

Stephen: The difference between rich and poor has risen astronomically over the last few decades.

Mark: You haven't mentioned the fact that many American families don't have access to health care.

Stephen: While we all want access to health care, there is no scientific evidence that having it improves our health as a population. Whenever it has been studied, we find that medical care is actually a leading cause of death. I recognize that that answer is a conversation stopper. But there is no evidence that changes in the US health care system will improve our health. We spend half the world's health care bill. Everyone thinks affordable health care will make us healthier, but no evidence supports that claim.

Having said that, please understand that I am not against universal medical insurance. Access to health care is more of an economic issue than a health issue.

Mark: Can the stress of economic inequality be a greater cause of poor health than poor health care?

Stephen: Our poor health is not the result of our poor health care system. This is a common misinterpretation. Health care and health should never be confused. The health of an organism — a cell, an organ in a body, a dog, a cat, or a population of humans, dogs, or cats — is one thing. But health *care* is a healing art. Some aspects of this healing art may have some benefit, while some may not. We seek it out in various forms as we go from womb to tomb. We offer considerable gifts to its practitioners.

Health care in this country is practiced by what I might call priests or sorcerers who happen to have a strong trade union. They claim to practice the ultimate expression of this art. The guild is very selective about who it admits to the guild, and once admitted they are very hard to defrock. It's easier to defrock a priest than an MDeity.

There is no logical reason to assume that this form of the healing art is effective. The guild

is very image-conscious and wants us to believe in their art, so that there is lots of demand for it at very high prices.

Twenty percent of US economic growth from 2000 to 2004 came from the dollars we paid for health care. But our health actually declined during this period, in both absolute and relative terms, proof that there is little relationship between how much you expose yourself to this art form and how much health benefit you receive.

Now, I practice this healing art form. I'm not a hypocrite; I just want people to consider the distinction. If you come to the ER when I'm there I'm going to do everything in my power to help you — and perhaps what I do will help you. But the overall health of our citizens will not improve, whether I am there or not, unless we restructure our society to look after one another with more kindness and compassion than we do now.

If we want to see real improvements in our health, that's a decision for society to make.

Mark: Aren't you trying to help society make that decision?

Stephen: Of course. First we have to recognize that we are unhealthy, compared to 25 other countries where people are healthier than we are. It's very difficult to change beliefs based on misinformation. That's why I'm building a foundation of informed citizens who want this country to be healthy, and who support policies to get us there. Today we are going in the

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opposite direction, worshipping economic growth for the few.

Mark: In April you'll be here on Vashon. Will that talk continue this conversation, do you think?

Stephen: Yes, the talk will be an overview, focusing on the age at which health is mostly determined, which studies suggest is early in life. I'll be eager for questions. The way people grapple with these ideas is to question, listen, disagree, and then reflect for a long time afterwards. We can begin that evening.

Notices of Stephen Bezruchka's April lecture have been posted around town and on-line: <http://www.gpln.com/Bezruchka.htm>

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Food in Your Future:

Continued from page 1

agriculture that is better for the individual as well as for the planet.

A fact stated in the above mentioned *Future of Food* is that the basic fruit or vegetable these days travels an average of fifteen hundred miles in order to get to market. As we talked, Page quoted a study in an online British journal that had found that even locally produced food crops using chemical fertilizers and standard pesticides are actually better for the planet than an organic crop that has to travel thousands of miles to find its way to a dinner table. It follows, of course, that an organic crop that is produced within a short distance from where it is to be eaten is the one that is most beneficial, both globally and locally. On Saturday April 2nd from 9 a.m. until 1 p.m., you can help to make this local-global connection by being at the Village Green for the opening day of the Saturday Market to meet and support the Vashon growers who are working to bring you the freshest, seasonal produce on Island.

As of this writing, eight growers are planning on bringing things to market for opening day. Sea Breeze Farm will be offering the most diverse selection of edibles starting with potatoes, beets, broccoli, an assortment of salad greens, kale and cabbage. Page will also have on hand a variety of baked goods from slow-fermented artisan breads to savory garden-fresh vegetable tarts. There will also be pastries and a dessert menu that includes éclairs, pain au raisins and pain au chocolat. George says also that they will have a lot of eggs. Michelle Crawford at Pacific Potager will be on hand with a salad mix containing over fifty varieties of seasonal greens. She will also be offering her usual wide variety of vegetable starts such as mixed packs of lettuce, greens and leeks for three seasons. To add a bit of fragrance to your garden Michelle will also have a selection of heirloom sweet peas that are hardened off and ready for planting.

Mark Timken of Timken Farm will have a salad mix, beets, broccoli, scallions, carrots and “...maybe some spinach.” Kurt Timmermeister and Mary McCabe from KurtWood Farms will be bringing carrots, beets, cabbage, kale and purple sprouting broccoli. They will also have some plant starts as well as some eggs. Aaron McCoy from Westside Produce will have salad greens and plants starts as well. Amy Bogaard and Hogsback Farm plan to have leeks, bak choy and spinach and maybe broccoli available. Amy wanted it mentioned that because these greens are overwintered, the natural sugar content is higher and more flavorful than at other times of the year. Renee Mroczek will be on hand from Blue Moon

Farm with a mixed green salad selection. Rounding out the list, Greenman Farm and Jasper Koster will have eggs for sale. New for this year will be an ‘ask the grower’ booth where home gardeners can go for tips on getting the most out of their gardens. This will be a once a month event, and this time around the focus will be on information about amending your soil.

Also on hand for the opening day festivities will be Merilee Runyon and the Lavender Sisters with an assortment of locally grown lavender products. Sherri Mask will be back with Rainy Day Garden offering a variety of hand crafted soaps. Mary Robinson will be back this year

teaming up with Calypso Gardens to bring cut flower arrangements to the covered sales area. Mary will also have a selection of perennial plant starts. Richard O’Dell and Fieldstone Flowers will have a mix of trees, dahlias and cut flowers. And this reporter will be dragging Black Dog Plants back to the market this year with a mix of trees, shrubs and perennials that

fit into one or more of the categories ranging from fragrant, drought tolerant, native or blue flowered, not to forget that stuff that is a bit different and new to the scene. This year I hope to add some edible trees, shrubs and vines to my list in a nod to that word once again—sustainable.

After Saturday Market closes on opening day, it is strongly recommended that you head to the Vashon Theatre for a 2 p.m. special screening of the documentary *The Future of Food*. In this hour and a half long documentary by Deborah Koons Garcia, we are shown where agriculture has been, where it is now, and are offered a glimpse of two alternative futures for the production of food, both in this country and on a world wide basis. One path finds its origins in the test tube, the chemistry lab and the corporate board room. The other is not a Luddite’s harkening back to the ways of primitive man, but rather a smaller scale, common sense and sustainable (there’s that word again) way to farm that takes into account both local needs and global effects. A donation of five dollars is asked for admission, the proceeds of which will go to the Campaign to Label Genetically Engineered Foods, a Seattle based group working to promote legislation that will allow us to see in print whether the food we eat has been genetically modified or not. A representative from the Campaign may be on hand to answer questions. Don’t miss this important event. This screening is co-sponsored by Edible Island of Sustainable Vashon and the Vashon Island Grower’s Association.

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Text and drawings by Kathy Abascal (AHG)



Team Up With Your Liver

This has been a season of lingering illnesses and I have seen many people with a lasting minor cough. They are not sick but they are not well, and when they become stressed, their cold returns in full force. Part of the problem is a tenacious bug, but in my opinion, a larger problem is our failure to rest when we are sick and stay resting until we are well.

Why is rest so important to health? Michael Moore (my herb teacher) explains that our need for rest is built into the structure of our bodies. We consist of trillions of cells that are bathed, cleansed, and nourished by our blood. These cells generate waste as they work. The blood picks up the waste and passes it through the liver. The blood also carries nutrients from the intestines through the liver before dispersing them throughout the body. The liver removes toxins and microbes that may have been carried from the intestines along with the nutrients.

Our blood maintains a fairly precise pH (a measurement of acidity) and most waste is acidic. This precision limits the amount of waste the blood can carry at any given moment. As a typical day wears on, cellular waste builds up throughout the body because the blood cannot move it away from the cells quickly enough. After a 16 hour day, there is a waste backlog. At that point, we become tired and go to bed. We are still; we are not eating or receiving as much outside stimuli. As a result, we generate less waste. While we sleep, the blood is able to deliver the waste backlog to the liver. In the morning, we awaken with fairly “clean” blood and body.

This mechanism explains why we should avoid rich, heavy food and alcohol later in the evening: If we have a rich dessert and a glass of aged port before bed, the liver is forced to turn from the job of

cleaning up the day’s remaining metabolic waste to do the nutrient sorting, toxin and microbe hunting activities that are part of digestion. If we give the liver too much work, small amounts of blood from the intestine will bypass the liver and flow directly into the lower body. Over time, a daily delivery of even small amounts of sludge-filled blood to the lower body will cause hemorrhoids, uterine bogginess, and varicose veins. And your liver may not be able to manage all the backlog. When this happens, you may wake up feeling groggy, slightly lethargic or have a slight headache. Over time, the failure to properly feed and clean your entire body will begin to impair your health.



Illness presents an even greater challenge. We produce large amounts of waste when we are fighting off an infection, and a backlog builds more quickly. We experience this as fatigue, a signal that we need to slow down so the liver and blood can handle the increased demands. In chronic illness, people may be so tired that they can do little more than sleep. In fact, extreme fatigue may be an early sign of a serious illness. In all cases, you should eat to provide nutrients to your immune system, avoid foods that tax your system, and get some rest so your liver can work its magic.

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Our physiology also explains why breakfast is so important. When we wake, our cells do not have piles of metabolic waste clogging their work. If we immediately provide the nutrients they need, they will function better and we will be healthier. Unfortunately, most of us do not eat a good breakfast. Instead, we immediately indulge in foods that trigger a small adrenalin rush: Coffee, rich in complex oils and caffeine, some milk (often an adrenalin trigger), wheat (another common trigger) either as toast or pastry, and some sugar for the buzz of a sugar rush. Our desire for an adrenalin boost in the morning is often due to an overworked liver and a stressful life. Deep down, you may not want to face your job and your busy schedule. The adrenalin moves you to do what you have to do. However, in the long run, choosing foods that provide vitamins and antioxidants instead of adrenalin will give you more energy to handle your life. Of course, this means lots of fresh vegetables, fruits, seeds and suitable whole grains.

If you respect your body’s need for rest, eat well, and support your immune system with herbs, you will likely avoid or overcome that lingering cold. You will also be better able to cope with the chronic stressors in your life, emotional or



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

physical. And remember, if life does not allow you to retire to bed until you are well again, you can always do less, sleep more, and eat well for a few days. Even those changes will make a big difference. ooooo

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Garden the World

by MEarth

The Pact of the Fire, a Lakota Story

When the world was created, First Man and First Woman struggled to stay alive and warm through the first winter. First Dog struggled also. Deep in the winter, First Dog gave birth to her pups. Each night, she huddled in the brush of the forest, longingly watching the fire which kept First Man and First Woman warm.

First Winter was severe, so cold that First Dog dared not leave her pups to search for food to fill her own belly, fearing that her pups would freeze to death in her absence. She curled around them, but the wind was bitter. Her belly shrank with hunger, and soon she had no milk. The smallest pup perished, and First Dog felt her own life draining away as she struggled to care for those remaining. Fearing for the fate of the others, she knew she had no choice but to approach the fire and ask First Woman and First Man to share their food and the fire’s warmth.

Slowly, she crept to the fire and spoke to First Woman, who was heavy with child. “I am a mother,” said First Dog, “and soon you will be a mother too. I want my little ones to survive, just as you will want your little one to survive. So I will ask you to make a pact.”

“I am about to die. Take my pups. You will raise them and call them Dog. They will be your guardians. They will alert you to danger, keep you warm, guard your camp, and even lay down their life

to protect your life and the lives of your children. They will be companions to you and all your generations, never leaving your side, as long as Mankind shall survive.”

“In return, you will share your food and the warmth of your fire. You will treat my children with love and kindness, and tend to them if they become ill, just as if they were born from your own belly. And if they are in pain, you will take a sharp knife to their throat and end their misery. In exchange for this, you will have the loyalty of my children and all their offspring until the end of time.”

First Man and First Woman agreed. First Dog went to her nest in the brush, and with the last of her strength, one by one, she brought her pups to the fire. As she did so, First Woman gave birth to First Child, wrapped her in Rabbit skins, and nestled First Child among the pups by the fireside. First Dog lay down by the fire, licked her pups, then walked away to die under the stars.

Before she disappeared into the darkness, she turned and spoke once more to First Man. “My children will honor this pact for all generations. But if Man breaks this pact, if you or your children’s children deny even one Dog food, warmth, a kind word or a merciful end, your generations will be plagued with war, hunger and disease, and so this shall remain until the pact is honored again by all Mankind.” With this, First Dog entered the night, and returned in spirit to the creator.

When the day comes we honor our pact with the animals and learn to listen to them again, there will be peace on this earth. Until then it will never happen. We must have a foundation on which to build understanding and acceptance of each other. The dog is closer in spirit to the Creator than anything else. They radiate unconditional love, forgiveness, compassion and pure joy of being.

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Illustration by Jeremy Gregory

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Islander Flies Relief Missions

by Marie Browne

Islander Mark Abbott recently returned from tsunami relief efforts in Banda Aceh, Indonesia, where he was working with Air Serv International, a non-profit humanitarian organization that specializes in transportation and communication links.

Mark and his wife Sherry have lived on Vashon since June 2000, when they bought Fred and Marie Schlick’s old house on Gorsuch Road. They moved to Vashon from the Philippines, where Mark flew for FedEx. He is still with FedEx, but is now based out of Los Angeles.

Besides the relatively tame FedEx flying, Mark spends a great deal of time on missions in exotic—and dangerous—locations, including Khartoum, Sudan, Kenya (Nairobi), Tanzania (Dar Es Salaam), Ethiopia (Addis Ababa), Rwanda, and Uganda (Entebbe).

He also volunteered as a pilot during the famine in Irian Jaya in 1997 and for the World Food Program in Bujumbura, Burundi in 1998. In the past year Mark has been to Africa twice– and he flew into Baghdad last November. In January, Mark went to Banda Aceh, Indonesia to



Refugee children receive a shipment of distilled water supplied by World Vision onboard an Air Serv UH-1 Huey helicopter. Mark Abbott photo



A road sign made by local Aceh tsunami refugees showing their support of American naval aviators who were the first to deliver food to them after the tsunami. The US Navy pulled out on February 6th after the Indonesian Government declared the emergency phase over. Mark Abbott photo

support World Vision Tsunami Relief, and spent four weeks there managing airlift logistics from a tent camp.

These amazing pictures were taken in Aceh Province, on the northwest tip of Sumatra, Indonesia.

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THE DORSAL SPIN: Las Ballenas Grisas Amigables, Part 1

By Orca Annie Stateler, VHP
Coordinator

I was in Baja earlier this month, doing some long overdue bonding with my parental “pod.” We had a lovely visit, and Baja was a wondrous naturalist’s dream despite the kitschy, Vegas-style overdevelopment of Los Cabos.

Like Puget Sound, Baja is one of my favorite places on Earth. I first went there in 1990. Many times I have been inspired and amazed in Baja. Once on my birthday, I beheld the delightfully unexpected but somewhat surreal sight of transient killer whales cruising by the high-tone hotels on the Pacific side of Land’s End.

The gray whales in Magdalena Bay were the show stoppers on this year’s visit. I also saw frisky humpback whales and breaching manta rays. I thoroughly enjoyed watching the local birds: Harris’ hawks, crested caracaras, ospreys, cardinals, hooded orioles, cactus wrens, frigatebirds, egrets, and herons to name a few. I noticed tiny raptors perched on telephone poles and power lines that sure looked like kestrels to me. What do the expert birders think?

I am still savoring my Baja whale buzz, which I will elaborate upon in my next column. In the meantime, check out the gray whale fact sheet on the ACS web site at www.acsonline.org.

I was slightly bummed to learn from Mark Sears that I missed J Pod’s quick trip to East Passage on March 8, the same day Mt. St. Helens erupted. The orcas turned north again at mid-day off Dolphin Point.

PLEASE REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. The Vashon Hydrophone Project (VHP) appreciates your help. Where the Southern Residents spend late winter is poorly understood, so confirmed IDs and VHP recordings are significant. Ferry commuters, we urge you to contact us when you see whales on Vashon runs.

Save the date, Vashon: back by popular demand, **Sunday, April 17, 2:00 PM** at the Vashon Theatre, Puget Sound whale researcher and VHP associate Mark Sears will talk about his work and show his breathtaking photos and video.

For nearly thirty years, Mark has been the first responder to fall/winter orca sightings in Central Puget Sound. He is often the first person to document newborn orcas in our area. He also has amazing photo-



documentation of other marine mammals in local waters, like Dalco the Humpback and Foster the False Killer Whale. Mark’s data illustrate why Vashon is an excellent location for a hydrophone project.

Mark has not done a talk on Vashon for several years, and he typically draws a standing-room-only crowd. Whale aficionados, you do not want to miss this opportunity. I am grateful to Eileen Wolcott for her generous offer to hold this VHP fundraiser at the Vashon Theatre.

At the way-fun McMurray Science Fair, Odin and I had several engaging conversations with Islanders about oil spill prevention and response, cetacean strandings and Navy sonar, the proposed ESA listing for the Southern Residents, and lighter topics like killer whales in Tlingit culture and Keetla/Springer’s successful reintegration with her Northern Resident relatives.

I have a reference for the woman who looked at me in disbelief as I tried to explain why first-born orcas carry higher toxin loads than subsequent calves. In delphinids like orcas (the largest member of the dolphin family), “...females pass as much as 70-100% of their organochlorine load to their offspring during lactation, with the first calf receiving by far the largest burden (Tanabe 1988, Cockcroft et al. 1989, Borrell et al. 1995).”

This is from the section on environmental contaminants in the Washington State Status Report for the Killer Whale, by Gary J. Wiles. Read more at <http://wdfw.wa.gov/wlm/diversity/soc/concern.htm>.

The March 18 editions of the Seattle P-I and Seattle Times featured articles about a just-released NMFS report that concluded the USS Shoup’s sonar likely caused J Pod to flee and behave abnormally on May 5, 2003, but probably did not cause any temporary or permanent hearing damage in the orcas. Whale experts Dave Bain and Ken Balcomb challenged some of the report’s findings. Find links to both articles at www.tidepool.org.

If I have not forgotten Spanish grammar rules, las ballenas grises amigables means “friendly gray whales.” Contact Orca Annie at Vashonorcas@aol.com or 463-9041.

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PERRY’S VASHON BURGERS

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Madame Toujours

Dear Madame Toujours,

My legs were paralyzed in a car accident when I was a child, and I never thought I would ever meet a man who could love me. Then I met Neil, and it was like a miracle. We fell in love and moved in together. Neil always knows how everything should be done. It makes me feel safe to know my life is such good hands. I had no idea there were so many things I was doing wrong!

The problem is my best friend since second grade, LeighAnn. She lives in the same apartment building as Neil and me, and Neil has been really great about helping and supporting her.

If LeighAnn would just take Neil’s advice, they would get along fine, but she is too stubborn. She insists on going to her book club, sweeping her floor from left to right, doing her shopping in the morning, and leaving her dinner dishes to wash after breakfast.

Neil is just trying to help, but LeighAnn won’t speak to him any more, so he had to start calling her family and her boss at work whenever she does something the wrong way. He had to call so often, LeighAnn’s boss has threatened to fire her if she doesn’t make Neil stop. I told her Neil would stop if she would just do things the way he says. LeighAnn said she can’t see me anymore unless I break up with Neil.

I don’t think this is fair. If she really cared about me, she would try to get along with Neil. Neil says LeighAnn and I were never really friends, so I guess I was wrong to think we were.

Sincerely,
Torn

Chere Mlle. Torn,

Clearly you are forgetting the very important rule about never having the romance for the persons that your friends are not liking.

Eh bien, if you are wishing to be keeping the friends, you must learn to be keeping *M*. Neil too busy to be annoying them. This is being very simple. You must be making the big point to never do anything the way *M*. Neil is telling you. There is no point to be trying to do everything the way *M*. Neil is telling you anyway. Every time you are learning to do everything the way he is liking, he is saying you are stupid to be doing it that way and you should be doing it differently.

Possibly this is not providing enough of the entertainments to keep *M*. Neil completely away from the friends. In this case, you should pretend to be more helpless and inadequate than he already thinks you are. You are knowing you are successful when *M*. Neil is making the exasperated sound and insisting that if you are not being able to brush for yourself the teeth, he will have to be doing it for you.

Bon Chance, Mlle. Torn. In the little time, *M*. Neil will be too happy controlling everything about your life to be annoying for you the friends.

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NEW - NEW- NEW

we are growing SO many NEW exciting perennials & annuals this season. a A few are ready now:

Some of the new HEUCHERAS -limes, golds, amber & more WOW (and believe me they are stunning)

Salvia - 'wild thing' is hard to beat-already blooming & they will bloom all season- hardy, deer resistant, and drought tolerant - need I say more, well yes but as usual I out of room...

We will have well over a hundred NEW, terrific perennials this season. MANY hard to find, & we have found them for you and are growing them here so you won't have to go hunting. I hope to have a list ready by end of month, I STRONGLY suggest you pick up the list and then reserve your favorites ASAP.

??? have a list of plants your looking for ???

big or small. shrubs, trees, bedding plants, perennials? drop off your list & we'll go through it & let you know if we have, will have or can get your choices for you

BEDDING PLANTS

MORE READY EVERY DAY.

ALL grown right here, e at Kathy's Corner- Quality you can grow with petunias - pansies - bacopa nemisia - diascia - gereaniums

daisies - mimulus -

groundcovers galore -

perennials

herbs - veggies &

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onions & garlic

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1.5 cu. ft.

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10 or more

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top soil

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10 or more

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trees

we have hundreds of trees

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MAGNOLIAS

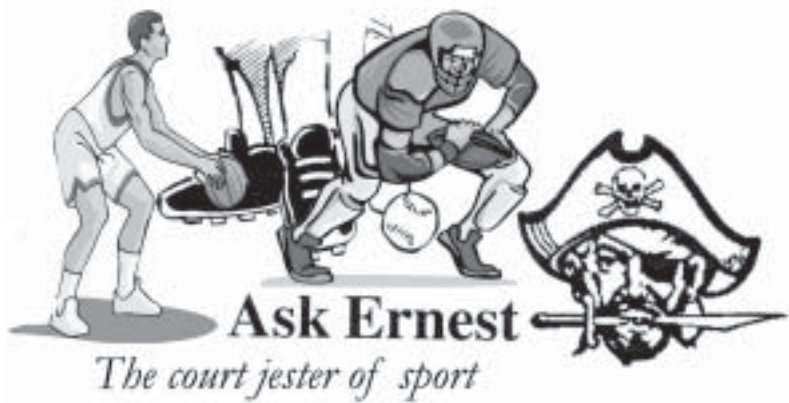


Kathy's Corner

Well I truly was beginning to wonder if we were ever going to rain again. and thank goodness as I sit here it is pouring. I would not be overly surprised if it now rains for weeks. Now is that a bit negative or is it positive? Either way I have no control. so there is not much point in worrying about it.

BE SURE to pay attention to the slug population, & DO something about it. I have never seen them so prolific so early. You should be fertilizing all shrubs, trees, perennials, your houseplants, your lawn, & roses NOW! If this year does turn out dry, then it will be even more important to keep your plants health & vigor up, and a well fed plant will be MUCH more able to tolerate bad conditlons. We will have our CLASS list ready next week & we encourage you to sign up early. Mary Marth & I are really looking forward to this program. We will be teaching practical gardening, as well as lots of fun, hands on projects (like how to grow the best pots you ever have) . Our first class will be April 30th. Mary will talk about soil, how to improve, care for & improve it. And then, also on April 30th And then we will be making 'container' vegetable gardens. From small to large.... Hope you are 'enjoying the rain as much as I am....Kathy

Loop ~ Sports



Hello Ernest,
I was just driving through Yakima, the tropical paradise of Eastern Washington, and I heard all this ruckus about Vashon basketball. Do you know anything about this? Sincerely Confused,
Al Mah

Mr. Mah,
Yes, it is true. The Vashon BasketBallas were hooping it up in Yakima, at the state tournament. Even though they didn't win a game they still made a good impression, losing two well-fought games to two tough-as-ten-penny-nails teams. I talked to Coach Sears after the second game. "You know what," he asked me rhetorically, "I love your column, Ernie." Well, how can you dislike a coach who says that? He went on: "I am very proud of this team. They are hard-workers and a great bunch of guys. Even though they gave me a wedgie last night in the hotel room, I would still do anything for them." I was also fortunate enough to talk to the Chief Wedgie Man, Zacadolphilus "Give Me the Rock" Andrus. "Man," he said, "even though the season just ended, I cannot wait until next year. As long as the guys keep throwin' me the rock, and as long as I get a good enough left-handed wedgie angle, things are looking up for next season already." While I was a little confused by the wedgie reference, I still agreed with him- The Vashon BasketBallas are gonna be tough to beat next year.

Hello Ernest,
I'm a real intellectual and I was curious as to the Academic Accomplishments of the Winter STUDENT-Athletes. Did anyone win any honors? Don't forget that academics come before athletics!
Ace "Ms. Aristotle" Shigley

Ms. Aristotle,
It's funny you ask. There were, in fact, many Academic Accomplishments. The Boy's Basketball Team won the Academic State Championship and received a very large plaque to boot. And the wrestling team had a few individual winners: Duncan Mayshark won the Academic State Championship (Calculated by winning percentage and his 3.97 GPA), and Eric Phillips, Stephe Wolzcko, and Will Olsen were Honorable Mention Academic Athletes. God bless these smart young lads!

Academic Ernieeeeeeeeeee
ps. I felt a little pressure replying to an intellectual. I hope I spelled everything right and put the commas in the right places.
Psss. There were also some not so Academic Awards given at the Wrestling Banquet last weekend. Steamboat Stemer was voted Most Improved, Tech Fall Phillips was Team Captain, Air Jordan Sohl was the Outstanding Wrestler, Inspirational was Duncan Mayshark, Quickest Pin was Sure Shot Volker (16 seconds), and Most Pins (16 of them) went to Tech Fall Phillips and Half Man Half Mayshark. There were also a couple more awards passed out: The Celebrity Status Awards went to Freight Train and Getting' his Groove On Gateman for being overall celebrities and because they used to be models. The Rock Star Awards went to the Wolzcko brothers (Stephe and Dominatrix) for singing the National Anthem so well—they can even do it in an Australian Accent. And lastly, The Workers of the Year Awards went to Big Bill Olsen, Wes Work York, and Tech Fall Phillips. Congrats guys!



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Correction
The handsome gentleman pictured on the cover of the last *Loop* in front of the new sculpture at Courthouse Square was Rex **Stratton**, not Rex **Morris**. My apologies for a blonde moment.

VAC Meet Results

The Vashon Aquatic Club sent six swimmers to the Pacific Northwest Swimming March Challenge meet held at Rogers High School in Puyallup. Team highlights include Nick Wiesnets' 1st place wins in the 500 free, 200 IM 200 back, 200 breast and 100 breast. Niki Affolter took 3rd in the 100 breast and 4th in the 50 free. June Landenburger took 1st in the 200 breast and 2nd in the 200 IM. Jessica Danzer took 3rd in the 50 free and 4th in the 500 free. Shannon Slater took 5th place in the 500 free, 50 breast and the 50 fly. Amanda Ohmert took 9th in the 50 back and 14th in the 50 free.

Meet Willie

Continued from page 1
we see in the Humane Society every week.
We took Willie to surgery and cleaned his wounds as best we could and stitched him together in several pieces. Dog bite wounds are one of the worst nightmares for veterinarians. They are so badly contaminated the stitches just don't hold up. Parts of the wounds held together and other parts fell apart so a week later poor Willie had to have another surgery. We made a little more progress on that one; the back leg is looking really good, but the neck still has an open area of about 4 inches by 4 inches. We are currently waiting for the wound to heal enough so that we can do a final surgery and hopefully close him up for good.
Willie has the sweetest nature of any dog I've ever met. He is perfectly well behaved, will walk by your side without a leash, will sit, down and stay, is housetrained and takes treats out of your hand with a slow gentle kiss. Willie has been through a lot in his 10-year life. He has been rescued from two different neglectful and abusive homes and we jokingly refer to him as "Frankenstein" for all the scars he carries from these two attacks.
I've already stretched beyond my wonderful landlord's limits by bringing three cats into my household or I would love this dog for the rest of his life. I will happily provide health care for him as long as he's around. He probably only has a few years at best, but they would be years lived with a gentle lovable soul.
Would you please consider adopting Willie? If interested call Teri Byrd at 463-3550. oo000

March
26th
We will be
playing at
Camp
Burton
6pm

See ad and story on page 3

Burton Benefit Boogie



Email: loose-change@comcast.net

Come out and support Earthfair



Harbor School raises over \$45,000

At The Harbor School’s 6th Annual Benefit Auction, teachers Kathy Larsdotter and Sally Adam were all smiles as a THS alumna accepted a generous, \$1,000 donation from THS friends Terry & Lynn Eggert for the Casa Hogar Children’s Shelter. A group of THS students are traveling to Guadalajara, Mexico during Voyagers Week (March 14-21) to work with the children of Casa Hogar as part of the school’s ongoing Service Learning program and commitment to helping Casa Hogar.

The Auction raised over \$45,000 with 150 people attending the festive evening; the majority of the proceeds benefit the school’s Financial Aid Fund. Please visit www.harborschool.org and click on Auction for more photos and information about the auction. After March 25, click on the Voyagers Week link for a report on the visit to Casa Hogar. Kathleen Webster photo.

Come One, Come All!!
Dance the night away at the...

2005 Sportsmans Club
Western Roundup

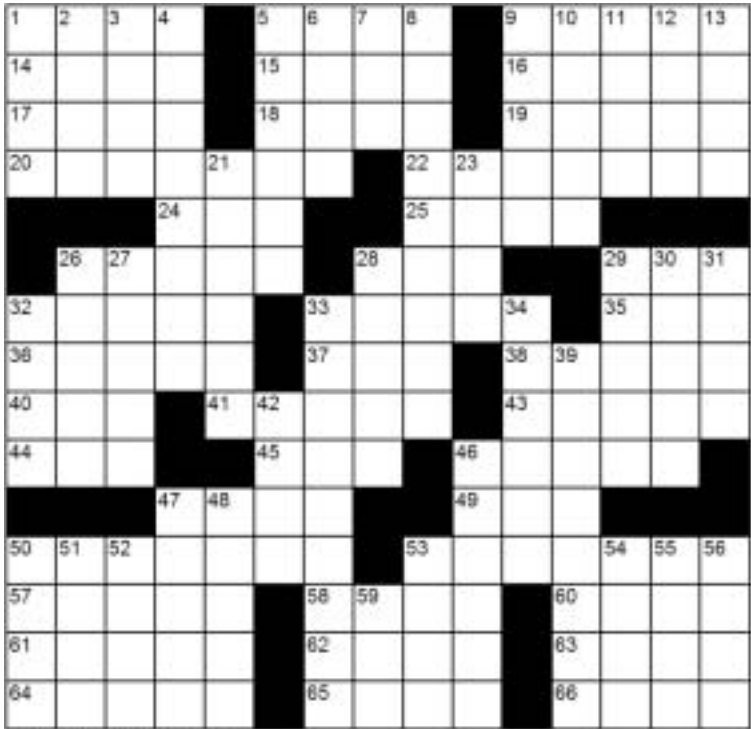
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Join us for drinks, BBQ, snacks, silent auction, and
of course ... a whole lot of dancing!

Tickets: \$10 single / \$20 couple

Contact Paul Engels (206) 300-4114
for questions, tickets, or directions



- Across**

 - 1. Blemish
 - 5. Group of nations
 - 9. Unsuitable
 - 14. Dress decoration
 - 15. Hawkeye State
 - 16. __ Lee (pie brand name)
 - 17. Secondhand
 - 18. Baseball’s short hit
 - 19. Carrot cousin
 - 20. Stronghold
 - 22. Vacate
 - 24. Compass point
 - 25. Webbed
 - 26. Saw
 - 28. Toddler
 - 29. Owns
 - 32. Basic beliefs
 - 33. Number of notes in an octave
 - 35. Miner’s goal
 - 36. Rodeo bull
 - 37. Compass point
 - 38. Eagle’s nest
 - 40. __ fire
 - 41. Finned mammal
 - 43. Old
 - 44. Snoop
 - 45. Shanty
 - 46. Microphones
 - 47. At sea
 - 49. Tree
 - 50. Unethical lawyer
 - 53. Cell division
 - 57. Japanese city
 - 58. Chilled
 - 60. On
 - 61. Garden tool
 - 62. Relive
 - 63. World organization
 - 64. Worn out
 - 65. Cob
 - 66. Puff
- Down**

 - 1. Speak indistinctly
 - 2. Casing
 - 3. Won
 - 4. Sub ingredient
 - 5. Covered, like a baby
 - 6. Oaf
 - 7. Possess
 - 8. One who catalogs
 - 9. Abraham’s son
 - 10. Nursemaid
 - 11. Waterless
 - 12. El __
 - 13. Past
 - 21. UN cultural branch
 - 23. Clean
 - 26. Sharpen a razor
 - 27. Ersatz
 - 28. Asian nation
 - 29. Drove
 - 30. Aries the Ram
 - 31. Was looked at
 - 32. Tides
 - 33. River mouths
 - 34. Chinese religious person
 - 39. Moose dog?
 - 42. Biblical “you”
 - 46. Her former last name
 - 47. Spring flower
 - 48. Tale
 - 50. Alter
 - 51. Dr. Jekyll and Mr. __
 - 52. Meditation
 - 53. Tableland
 - 54. Mast
 - 55. Small particle
 - 56. Winter precipitation
 - 59. Crow’s call

Solution on Page 20

Garden Design
by
Peter Ray

~ Consultation
~ Installation

567-4542

pgr42@worldnet.att.net

Loopy Laffs

A window salesman phoned a customer.

“Hello, Mr. Brown,” said the sales rep. “I’m calling because our company replaced all the windows in your house with our triple-glazed weather-tight windows over a year ago, and you still haven’t sent us a single payment.”

The customer replied, “But you said they’d pay for THEMSELVES in 12 months.”

It was mealtime during our trip on a small airline.

“Would you like dinner?” the flight attendant asked the man seated in front of me.

“What are my choices?” he asked.

“Yes or no,” she replied

OneLiners

(more or less)

Madness takes its toll, please have exact change.

|||||/////_____ The domino effect at work.

Honk if you hate bumper stickers that say “Honk if”

We have enough youth, how about a fountain of smart?

True beauty is on the inside, where no one will ever see it.

Blessed are the flexible, for they can tie themselves into knots.

I have abandoned my search for truth, and am now looking for a good fantasy.

Few people blame themselves until they have exhausted all other possibilities.

My dog is so lazy that he waits for another one to bark and then just nods his head.

Aspire to greatness. But remember that no one ever assassinated a refrigerator repairman.

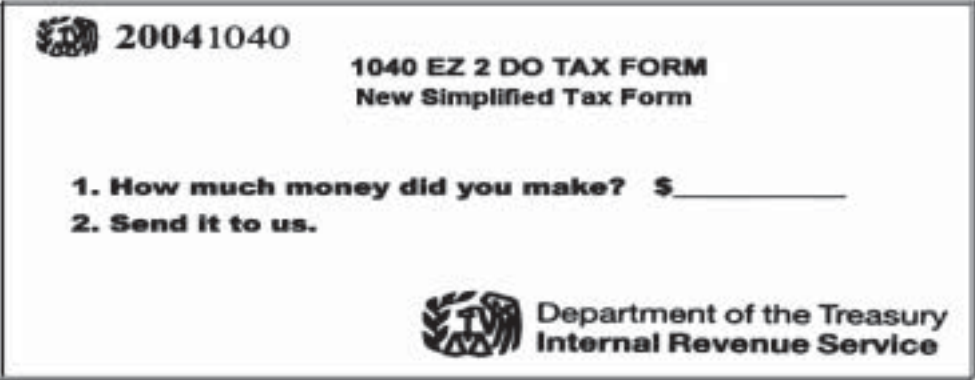
Only in America do we have a general in charge of the post office and a secretary in charge of defense.



OFFSHORE



WILD WORLD / Ed Frohning



Here in Dockton we recently had a new neighbor call the local King County Roads Department to request the removal of the Deer Crossing sign on our road. The reason: too many deer were being hit by cars and he didn’t want them to cross there anymore.

NOT ALL THERE

by Tristan Davis



LOGJAM





Illustration by

Jeremy Gregory



Planet Waves
by Eric Francis <http://www.PlanetWaves.net>



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Libra (Sep. 22-Oct. 23)

On April 8, there is an eclipse of the Sun in your opposite sign, Aries. Your guiding planet, Venus, is involved in the event, which suggests you may find yourself caught up in events beyond your control. You may get the feeling that fate is taking you for a ride to somewhere beyond any of your past experiences or expectations of life. One thing that's certain is that you really need to forget certain aspects of your past, so you can stand fully and beautifully as who you are today. In truth, you cannot love, or be loved, any other way.

Scorpio (Oct. 23-Nov. 22)

Every sign has its natural birthright. Scorpio's is excellent health. Now, obviously, not every Scorpio is the picture of physical fitness and medical perfection. But you have the vital force, that is, the raw biological energy, to bring yourself into a state of balance and vitality. As the springtime develops, this is the time to make the few necessary adjustments to get there. Since all the energy of the local cosmos is lining up to make this happen, you need mainly to agree to make small changes, particularly to your state of mind. See yourself healthy, and you will be.

Sagittarius (Nov. 22-Dec. 22)

You have always been an extremely independent person. Nobody had to teach you; in fact, you have done more teaching of others about this particular fact of life than you know. You can no longer fit the expectations of others about false security, particularly when it comes to family situations that fail to provide the safety or peace of mind that you need. Love and hate don't cancel one another out, and in truth they don't belong in the same place. You have your own ideas about life, and you're invited to live as if they really matter.

Capricorn (Dec. 22-Jan. 20)

You seem to have staged a successful revolution against being what everyone else wants. This has been a very impressive act. The most impressive part has been that you've learned how to deal with guilt, that unnatural force that is driving the world insane. Now, act two involves melting through your inner resistance to your best and brightest ideas. You see, being brilliant is the ultimate act of nonconformism. So to be truly innovative, intelligent, inventive, and mentally free, just remind yourself that now that you're liberated from guilt all that's left to do is shine like the Sun.

Aquarius (Jan. 20-Feb. 19)

The perfect conspiracy is one that never needs to be spoken out loud. If you understand the roles that the people in your life are playing-- or that you need them to play-- you can orchestrate certain events without ever mentioning what you are doing. All you need is the willingness to shape your world your way, and the trust that you have the ethics to back up your desires. This is creativity in its most basic form-- how we create our lives. Let one idea guide you: consider what would offer the greatest good for all concerned.

Pisces (Feb. 19-March 20)

Maintain a balance between your most intimate partnerships, your social roles and your sense of who you are, and you're set to experience a rare feeling of completion and fulfillment. Balance is the key. The best way to maintain that balance is by holding a posture of remembering who you are at all times. This is not always easy, because when the psyche goes to sleep, the main thing that happens is that we forget who we are. A good way to start is to run your erotic energy as hot as you can. Stay visible and remind yourself you're as beautiful as you feel.

oooo

Happy Birthday, Aries!

There are some Aries who will say it is the best of times and some who will say otherwise. What nobody can doubt is that these seasons will see you reach into yourself more deeply than ever to express your individuality. This is another way of saying that your quest for your true self, and your true mission, are likely to go to greater depths, and greater lengths, than ever. Life will always present you with options, but they are likely to be options for who to become within yourself, rather than for what you think you should do outside yourself. Remember that there are some people who take life as it comes, and others who make life as it comes. You are most definitely in the second category.

Aries (March 20-April 19)

Typically, most people are quite conditional in the way they feel about themselves, and you have an opportunity this month-- or perhaps many opportunities-- to see yourself in a new way. We hear the words "unconditional love" tossed around a lot, without realizing that the first and only place it needs to be applied is to oneself. Some may fear that the world will turn to anarchy if people give up judging themselves guilty, but I propose that when any one person relaxes and tells herself it's okay, everyone around her relaxes and feels better too.

Taurus (April 19-May 20)

You don't need to understand fear to let go of it. One of the mistakes commonly made in the process of easing the mind is analyzing fear further than recognizing that it is irrational and does not fit the facts. Once you get that far, forget it, and make a new pattern. Your intuition is likely to be leading you to experiment with the idea of achieving ever greater things in life-- though experimenting with power can bring up fear. Remember: notice it, check the facts, see if they fit, and let it go.

Gemini (May 20-June 21)

Your rebellious streak appears in bright yellow this month, and it may emerge in some delightfully interesting ways-- particularly your sexual choices. You are a person of many distinct facets, so you don't have to worry about how expressing any one of them assigns you to a particular category. Just choose your pleasure and let yourself be free in that identity for that particular moment. The best way to experiment is to talk. When you find out someone has a similar idea to you, you feel a lot safer and friendlier about trying something in the flesh.

Cancer (June 21-July 22)

You may have your doubts about whether you can ever achieve that great thing in life, reach the pinnacle of your creativity, or have the influence you want and deserve, but doubt doesn't get you there. If you let go of that one habit you will see that every other factor is conspiring to propel you to stardom. Remember, you don't really want to be a superstar-- just a guiding star, which in truth you already are. To guide, you must be visible, so tune it up and turn it up, and remember that small achievements add up to great ones.

Leo (July 22-Aug. 23)

Over the past two months, there has been a distinct shift in the astrology of your relationships. Existing situations may have begun to develop rapidly. New situations may be presenting intrigue, challenges and extremely unusual people arriving in your life. How are you adjusting? The one thing I don't recommend is going through the experience in a haze. Consciously stop and ask yourself what is happening. Notice the people you meet, and find out what they mean to you. And notice how every relationship causes you to rethink who you are, even if just a little.

Virgo (Aug. 23-Sep. 22)

The time has come to be bold about your desires, or rather, the time will arrive soon. You will know it when it shows up. By that time, you will have thought about what you want, in particular from certain specific relationship partners, so that you will be ready to go with your portfolio. Some of this desire is in the way of the exchange of energy-- physical, financial or otherwise. Some is on the level of the agreements you make. You are bound only by the contracts you mutually agree to with others, which is a fine place to be.

Eric Francis has more to say at
<http://www.PlanetWaves.net>.

Loop Arts



Vashon Chorale Goes Mozart

As music lovers throughout the world prepare to celebrate the 250th anniversary of the birth of Wolfgang Amadeus Mozart, the Vashon Chorale and orchestra will get an early start by presenting “The Requiem,” Mozart’s final, unfinished, and most acclaimed masterpiece, to Vashon audiences on **Sunday, April 10** at St John Vianney Church with performances at 5 and 7 pm.

“We are going to perform the piece as it was originally written, and it will be spectacular,” said David Kappy, University of Washington professor of music who directs the 70-member group. A 24-piece orchestra will accompany the Chorale. Jon Knudson will serve as concertmaster. Soloists include Marita Ericksen, soprano; Kim

Farrell, alto; Gary Koch, tenor; Dick Paulsen and Marc Fitchette, bass.

“Mozart was clearly one of the most gifted composers of all time,” said Kappy. “He was incredibly prolific—writing minuets at three, his first symphony at age eight, and his first opera at the age of twelve. During his thirty-five years of life he wrote more than 600 works. The Requiem, his final work—number 626—is truly brilliant. It is in a class by itself.”

To enhance the audience’s understanding of the music, Maestro Kappy will offer an informal, pre-concert talk at the Land Trust Building on **Thursday evening, April 7** at 7:30 pm. Tickets to the concert are \$10 and may be purchased at Books by the Way or at the door, if available.

Island Author Reading

By Juli Goetz Morser for Books by the Way

On **Tuesday, March 29th**, 7:00 pm at Books by the Way, Island author and poet Margaret Shipley will sign her new book of poetry, *At Water’s Edge*, while her friend, nationally renowned poet Martha Collins, will read excerpts.

Margaret Shipley is a remarkable woman whose long list of accomplishments at 92 just got longer with the publication of *At Water’s Edge*. Born in Pasadena, California in 1913, Shipley traveled throughout France as an adult, worked in Greece for the United Nations, married, raised two sons, had a career in publishing, and all the while, she wrote and wrote and wrote. Shipley’s novel *Sound of the Sun*, which draws upon her experience in Greece, came out in 1958 and quickly became a best seller. One of her short stories appeared in Best American Short Stories 1969, and her poems were published in two books of poetry: *Burning the Trees* (1985) and *The Light Angels* (1989), plus numerous

periodicals including The New Yorker.

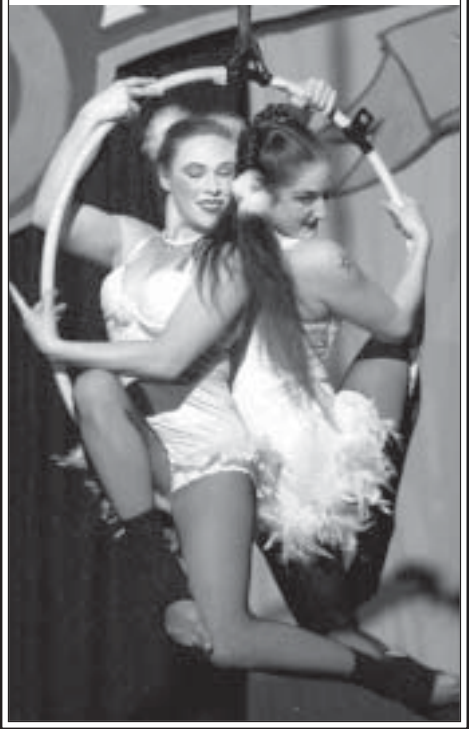
At Water’s Edge is a collection of poems Shipley wrote while living in a retirement community in Webster Groves, Missouri before she moved to Vashon to be with her son Frank and his family. It was in Webster Groves that she and Martha Collins met and began their friendship based on an exchange of poems. Collins holds the Pauline Delaney Chair of Creative Writing at Oberlin College, is the author of four collections of award-winning poems and co-translator of two poetry books from Vietnam. “I met Margaret eight years ago through my mother who was living in the same retirement community,” says Collins, “and we’ve been corresponding ever since. Margaret was in her eighties when she wrote all the poems in *At Water’s Edge*, and that’s worth making a fuss about!”

This event is free; no tickets are required. Please call Books by the Way at 463-2696 for more information. ∞∞∞∞



Moisture Festival

Check out the star studded lineup at the Second Annual Moisture Festival, Seattle’s unique Comedy/Varietè show of acrobats, dancers, musicians, clowns, aerialists, comedians, magicians, jugglers and more. Vashon performers make a respectable (so to speak) showing, and include **Craig and Jennifer Sutherland as Du Caniveaux**, **Lelavision**, **Kevin Joyce**, **Martha Enson**, and **Janet McAlpin’s Madame X**. The show runs from **March 30 through April 10** at Hale’s Palladium at Hale’s Brewery. Full details and ticket info available on the website, at www.moisturefestival.com. ∞



Born into Brothels ^R

Wednesday 3/23
Thursday 3/24
at 6:00pm

Robots ^{PG}

Wednesday 3/23 -
Sunday 3/27
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Bride & Prejudice ^{PG-13}

Friday 3/25 - Thursday 3/31
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Sea Inside

Monday 3/28 - ^{PG-13}
Thursday 3/31
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Winn-Dixie ^{PG}

Friday 4/1 -
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Vashon Bookshop


.....overheard at “Little Shop of Horrors”

“....Island environmental groups are getting together with Evergreen College researchers?”

“Yeah....in April, at the Bookshop.”

Mon-Sat 9-7, Sun 9-5 463-2616

17612 Vashon Highway





Maren Metke

Maren Metke, singer, songwriter and pianist, will be playing at Café Luna **Saturday, March 26th** at 8:00 pm. Her work, which is all original, has been described by friends as “Ethereal, folk piano with silky, emotive, passionate vocals and soulful lyrics.” She is a long time islander who has been playing various shows, benefits and festivals off and on for the last 15 years.

What’s Happening at Vashon Bookshop

by Devon Atkins

First of all, the folks at the Bookshop love kids. And, right now the place seems just full of them and what they love to do. You just have to look around to know that. The walls are festooned with incredible art from the students at Chautauqua! One third grader told me that Carolyn Buehl, one of Chautauqua’s fabulous art teachers, has her students lie down on the floor, mirrors positioned above them, and draw self-portraits of themselves. (I’m eager to talk with Carolyn to find out the whole story, but it definitely sounds intriguing.) The results are fabulous and brilliant with color.

And then, there are Gerie Wilson’s kids’ dioramas of books they’ve read. And, let me tell you that dioramas aren’t the same as when my kids made them; these are much more intricate and

imaginative and fun. There are even life-size dioramas, and dioramas of dioramas! Every couple of weeks, the Bookshop will feature a few more of them from Chautauqua’s Multi-Age class, and each one includes a review of a book. And, let me tell you, if you want to know if a kid book is good, ask a kid who’s read it!

And, speaking of kids, our children’s book groups are raring to go. Each first Saturday of the month, the Original Kids Book Group (ages 10-13) meets for doughnuts and book chat. This group was begun several years ago by three fifth grade girls, and now it’s as if it’s begun all over again by the youngest members of the original group, plus a great bunch of new fourth and fifth grade boys and girls. And, the younger kids, ages 6 – 10, have their own day; the Second Saturday Book Group meets on the second Saturday of each month for lots of doughnuts and lots of talking about books. You want to know more, and sign up your fabulous kid for the monthly emailing? Give me a call, at 567-4886.

After all, all kids love doughnuts! Which only goes to prove, once again, that there’s much more going on at the Bookshop than just books!

~~~~~



Kieran Kim-Murphy shows off her diorama

# Music & More

@

## BISHOP'S

Wednesday, April 6

### Railroad Earth

Tickets available on line at  
www.hushhushticketing.com  
or behind the bar at Bishops

Tickets Available at the Door.

You must be 21 and have ID after 10pm for All Shows!

Celtic Music Session at Bishop's

Every Sunday @7pm

Find us on the web www.bishopscafe.com

Next stop Bishop's!  
Railroad Earth

Continued from page 1

were in attendance. This is a band that is really picking up steam and expanding their fan base rapidly through a grass roots approach. With over 400 shows under their belts and a brand new album on the Sugar Hill label titled “The Good Life”, Railroad Earth’s appearance at Bishop’s is not only rare, but unique in many ways.

The band includes: Todd Sheaffer on acoustic guitars and vocals, Tim Carbone on violin

and vocals, John Skehan on mandolin and vocals, Andy Goessling on acoustic guitars, banjo, dobro, mandolin, flute, penny whistle, saxophones and vocals, Carey Harmon on drums, Johnny Grubb on upright bass, and Mike Partridge (the Guru) on sound.

Get your tickets now on line at www.hushhushticketing.com or www.railroadearth.com or in person at Bishop’s. Show starts at 8pm and tickets cost \$15. Come and share in this amazing evening. You will not be sorry!

~~~~~

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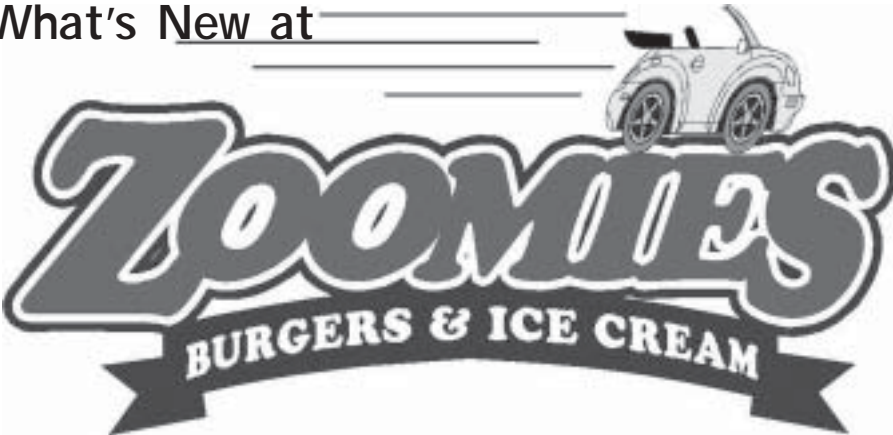
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