



# THE LOOP

Vol. 2 #9

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM

May 4, 2005

## Watch Out For Summer

By Jim Wilson, Fire Chief

By now we've all heard the dire predictions—conditions are ripe for a devastating wild land fire season in western Washington. Can it happen on Vashon? Absolutely! And history tells us it has on several occasions. The major difference between now and then is the danger posed by hundreds of homes sporadically tucked away in the woods. Given the right conditions, Vashon is very vulnerable.

*Continued on page 10*

## Aesthetics and the Rights of Nature

by Marnie Jones

*The following will be submitted to the Army Corps as testimony on "Aesthetics", one of many topics on which they are seeking comment at the Hearing on May 17, 7-9pm, Vashon Highschool Commons. For a comprehensive topic list, see [preserveourislands.org](http://preserveourislands.org).*



Our island is lush and lovely. People come here to enjoy a naturally beautiful and quiet place. Just last week, the Model T Club of Puget Sound took a tour through the rolling hills, past quaint cottages nestled in greenery to the pebble beach of Point Robinson, with its quaint little lighthouse. As it was a sunny and clear day, they drove past the dramatic views of Mount Rainier, the Olympics and Baker to the north, on the far side of a glistening Puget Sound.

*Continued on page 5*



Photo Craig Hanson

## Mr. Disaster

by Marie Browne

Why is Joe Ulatoski, fondly known as "Mr. Disaster," so happy? Because Vashon is finally getting the emergency management structure that he knows we need, and that he has been working on tirelessly for over two years.

Recently, the King County Council approved the formation of VIEMA (Vashon Island Emergency Management Area), which creates an interlocal agreement between various

districts for purposes of emergency planning and management. The entities encompassed by VIEMA are Fire District 13, Water District 19, the Vashon Island School District, King County Department of Transportation and the Sheriff's Office.

This step in the Island's emergency planning process will give us a more coordinated approach to emergency management,

*Continued on page 12*

## Hospital District Considered

Submitted by Joan Coulson

Vashon Health Center (VHC) and Vashon Community Care Center (VCCC) are exploring community interest and support for a hospital district serving Vashon and Maury Islands. A hospital district is similar in structure to a school district, fire district, or a cemetery district. It requires a majority vote of the people to establish, is operated by an elected group of Islanders, and has the ability to levy property taxes.

Why do we need a hospital district?

The population of Vashon Island is not large enough to assure the continuing availability of island based primary health care and long term health care over time. If we want to have quality services and facilities at the scale that fits our size, a stable source of additional revenue is necessary.

The population of Vashon is economically diverse. Increasingly, the cost of health care and long term care is out of reach for many. If we want to maintain the richness of our community, we need to assure access to affordable primary care, nursing home beds, and assisted living apartments. To offer services to all Islanders including those with Medicaid health insurance will require an additional source of revenue.

Only through the personal generosity of a small group of Islanders, have our Island's two non-profit health providers, VHC and VCCC, been able to stay in business and serve people with limited incomes. Rather than using private donations to enhance basic services, they are relying on private donations to keep the doors open.

*Continued on page 12*

## Spring Break Broken!

By Mary Litchfield Tuel

**Spring Break 2006:** If you already have plans for Spring Break, 2006, you'd better call your travel agent and say there is going to be a change. At the Vashon School District Board meeting on Thursday, April 28, it was revealed that WASL testing for the high school has been scheduled by the state for the same week that the school district planned to have Spring Break.

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## Arts to Do!



### Harry Manx

Harry Manx will bring his special blend of Folk-World Blues to the Vashon Theatre on Saturday, May 7th, 2005. Tickets for this event are \$15. Jr/Sr tickets are \$10. Doors will open at 7:00pm, and the main show will begin at 8:00. Don't miss this great show. **oooo**

## Blue Heron Ballets

The Blue Heron Dance Company presents two ballets — *La Fille Mal Gardée* and *Swan Lake* — on **Friday and Saturday evening May 13 and 14** at 7 p.m., and **Saturday and Sunday matinee, May 14 and 15** at 2 p.m. at the Vashon High School Auditorium. Tickets are available at Books by the Way, The Heron's Nest, Thriftway, and The Blue Heron.



Sophia Ressler ~ Jenn Reidel photo



Get in The Loop

### Quilters Sew Up A Show

Two years worth of work by Island Quilters will be on display at their biennial Quilt Show on **Saturday, May 14**, from 10 a.m. to 5 p.m. and **Sunday, May 15**, from noon to 5 p.m. at Vashon Presbyterian Church. Suggested donation for admission is \$3.

With a theme of "Quilt Tales: Every Quilt Tells A Story", over 200 items will be on display. The entries include bed quilts, lap quilts, wall hangings, dolls and stuffed items, and holiday items. Some of the quilts and displayed items will be for sale.

Well-known quilters Melody Crust (Kent) and Megan Peacock (Bellevue) will be judging the show

entries on Friday, May 13. Prize ribbons will adorn the winning entries during the Show. Visitors to the Quilt Show on Saturday will be asked to vote for their favorite item in the show. The most popular entry will receive the "People's Choice" award and will have its ribbon displayed on Sunday.

Another feature of the show will be "The Store" with many craft items, fabric grab bags, patterns and unfinished projects for sale. Also on display will be the Vashon Allied Arts Community and tickets can be purchased for its raffle to be held on July 10.

For additional information about the Quilt Show, call Jo Ann Bardeen at 567-5841 or Peggy Scaramastra at 567-5694.



Winners of the Quilt Guild's challenge quilt competition entitled "Sunbonnet Sue Visits Washington". From left to right: Nan Caskey (1st place), Jo Ann Bardeen (2nd place), Edee Eggert and Marilyn Fox (3rd place tie).

### JobFind Workshop

"Networking—It's Who You Know That Counts" is the topic for this week's JobFind workshop, which begins at 9:30 a.m. on **Thursday, May 4th** at the Vashon Public Library. JobFind is a FREE program of Vashon Youth & Family Services, and targets adults who are unemployed or underemployed and seeking living wage jobs.

Upcoming workshop topics:

**May 11th:** Core Values and Personality

**May 18th:** Research—More Important Than You Think

JobFind offers assistance with job leads, resume preparation, interviewing techniques, and other support for finding a job. Participants may attend informal **Thursday meetings** at the library, and/or schedule appointments with staff for more in-depth assistance. For more information, please call VYFS at 463-5511 X603, or come to one of our workshops at the library Thursday mornings.

### Make Your Pet a Star

Be part of Vashon Island Pet Protectors' 2006 Pet Calendar. Send your pet's photo (limit 2) along with your pet's name, a tag line about your pet, & your phone number to: Kathy Chappell, P.O. Box 13182, Burton, WA 98013; or e-mail digital photos to kchappy@msn.com. All are welcome — cats, dogs, pigs, goats... Don't delay! Photos must be received by **June 15th**. For more information please call Kathy, 463-9203.

### Adopt a Kitty

Vashon Island Pet Protectors will host an Adopt-A-Cat Day Saturday, **May 14th** from 11:00 a.m. — 2p.m. & Sunday, **May 15th** from 12:30 — 3 p.m. at Pandora's Box. Please stop by or call VIPP at 206-389-1085.

### Land Trust Plant Sale

The Vashon-Maury Island Land Trust annual plant sale will be **Saturday, May 7th**, from 9:30 a.m. to 1:00 p.m., in the Vashon Theater parking lot. In keeping with the tradition of quality plants offered each year, we welcome back the following long-standing participating nurseries: Appleyard Nursery, Judd Creek Nursery, Colvos Creek Nursery, Country Store and Gardens, Black Dog Plants, Pacific Potager, and Robinwood Nursery, along with new vendor Dirty, Pretty Nursery. In addition, DIG will be participating by donating a portion of their May 7th receipts to the Land Trust.

A wide variety of plants will be offered, including unusual perennials, ornamental grasses, and native plants, along with ground covers, trees, and annual herb, flower and vegetable starts. There will be a Master Gardener on site until noon to answer plant cultural questions.

Once again, these generous island plant growers are making it possible for the community to raise money for protecting some of Vashon and Maury's most significant plant and wildlife habitats. The Land Trust will have information available about our latest and on-going projects, plus ways in which you can become involved in these efforts. Please come out, show your support and take home some great plants!

For further information, contact Beth Bordner at the Land Trust, 463-2644, or email [beth@vashonlandtrust.org](mailto:beth@vashonlandtrust.org).

### Corps Hearing on Dock

As requested by the island community, the Army Corps of Engineers has scheduled a hearing ON-ISLAND, in the EVENING on the subject of Glacier's application for a Corps dock permit. It is scheduled for **Tuesday, May 17th**, 7 p.m. to 9 p.m. at the Vashon High School Commons.


Organizers hope to get hundreds of islanders to attend.

Those who wish to speak should also bring their comments in writing as there may not be enough time for everyone. Comments will be included in the record if submitted in written form (email or hard copy) up to May 31st. Please reference application #20001094 and Northwest Aggregates.

Preserve Our Islands is looking for volunteers to help get the word out. Email them through their website at [preserveourislands.org](http://preserveourislands.org) or call 463-2821.

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### Kids' Trout Derby

The Vashon Sportsmen's Club will host its annual Kids' Trout Derby on **Sunday, May 15** at 12:00 noon. Open to all Island children 12 and under, the fishing derby offers fun for the whole family and a chance to picnic on the grounds and enjoy an afternoon at the club pond. Prizes will be awarded for the big ones, and a drawing will give all kids a chance to win some nifty sporting gear.

Club cooks will barbecue hotdogs and serve up homemade chili and pop at special low prices. Live country music will keep the toes tapping. Children should be accompanied by an adult and bring basic fishing gear. Bait-wise, Derby veterans recommend worm and marshmallow combinations, PowerBait, or red salmon eggs. Sign-up begins at 11:30 a. m. From Vashon Highway, head west on Cemetery Road, turn left at Singer Road and enter the gate on the left. For more information, contact John van Amerongen at 567-4575.



### Green Housing Group Meets

The Green Housing Group, a part of Sustainable Vashon, will meet on **Sunday, May 15th**, at 7 p.m., at the residence of Joseph Hall and Teresa Toole at 22723 Carey Road S.W. Two speakers will talk about Sustainable Issues of Plumbing. Matt Hallam-Eames will talk about the basics of green plumbing and Steve Graham will talk about new septic solutions for Vashon. There is much to learn. All are welcome. This is a free event. For more information call 463-7711.

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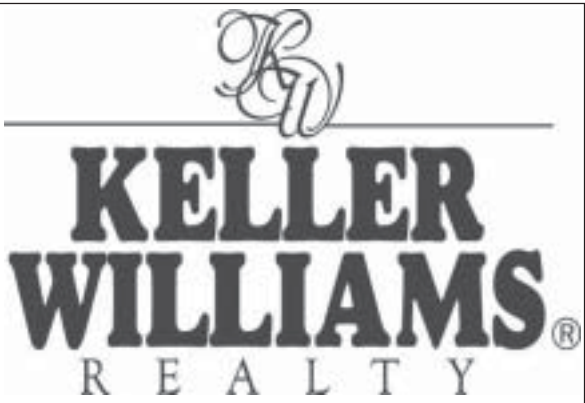
Closed Sunday





# Troy and Marie Launch Home Team

The Loop has learned that Troy Kindred and Marie Browne just recently became Vashon’s newest real estate team, Home Team Realty. Truthfully, The Loop didn’t have to dig too deep for the story, as Troy Kindred and Marie Browne happen to publish The Loop. The Loop caught up with Troy and Marie (also not too hard), and got the inside scoop on their new career. Following is an exclusive interview:



**Loop:** Congratulations to you both! I understand the test to become a real estate agent is pretty tough.

**Troy:** Yeah, it was tough, but we both passed it on the first try. Go ahead, ask me what a ‘remainderman’ is. Go ahead.

**Marie:** Troy, the test is over. The Loop doesn’t care that you memorized all those legal terms. They want to know what we are going to do now.

**Loop:** That’s right. So, what are you going to do now?

**Marie:** We are going to help people buy and sell their homes. That sounds straightforward, but we plan to give our clients much more than just basic real estate services. We have some innovative ideas that we think will be very effective.

**Troy:** Right. And we are too new to know that “it’s never been done that way before.”

**Loop:** You are new at this. Why would someone who wants to sell or buy a house call you instead of a more experienced agent?

**Marie:** We’re new to real estate, but we have lots of experience that will benefit our clients. We have both lived and worked on the Island for ages—over 30 years for me, and over 20 for Troy. We are both very active in our community, which keeps us in touch with the issues that affect all of us. I have extensive business management and accounting experience. Troy is a skilled negotiator and creative marketer. We are both computer geeks, so we can use technology to help our clients get the best deal and have the best selling or buying experience. We have a full support staff and experienced broker behind us at the Keller Williams Seattle Metro West office in West Seattle.

**Troy:** And with us you get two agents for the price of one!

*The above was a shameless piece of self-promotion, and not even a real interview.*

**Loop:** Why Keller Williams?

**Marie:** I look good in red.

**Troy:** Yes, my wife looks good in red. Perhaps more importantly, Keller Williams is a great company; their belief system is closely aligned with our personal values. Every company publishes a “mission statement” these days, but Keller Williams really walks the talk. They have built a culture that genuinely focuses on team work, so that agents work together and everyone wins—especially the client. We also like the fact that Keller Williams is a national company, so when we have clients who are moving to the East Coast, for example, we can refer them to an agent in the KW network and know that they will get the same level of service as they will get here.

**Loop:** Touchy question: Are you going to keep publishing The Loop?

**Marie:** Of course! We’ve never made any real money from the paper, but love doing it, and consider it a community service. Our fabulous writers keep churning out the stories, and we have brought on some help to work “behind the scenes” so we can focus on our real estate business.

**Troy:** And our clients will get great advertising!

**Loop:** Whew! Glad to hear I’ll still be around. So if someone wants to talk to you about buying or selling property, how can they contact you?

**Troy:** They can call us at (206) 463-LIST. Pretty clever, eh?

**Marie:** Yes, dear. People can call us, or email [troy@kwvashon.com](mailto:troy@kwvashon.com) or [marie@kwvashon.com](mailto:marie@kwvashon.com). And if you see Troy or me around town, ask us for a business card! In fact, take two - they’re small.

## Wine Tasting Benefit for Wilderness Awareness School

What would prompt somebody to take on a 3,700 mile bike ride across the country? One feels compelled to ask this of Phil Bennett, who is planning such a ride to raise scholarship funds for Wilderness Awareness School, a nature education nonprofit which runs several youth programs on Vashon Island. “I learned an immense amount about myself and nature through my participation with Wilderness Awareness School, for which I received a scholarship. I am committed to giving back, to ensure that more children have this opportunity. This ride is my way of doing that.” Bennett participated in Wilderness Awareness School’s Residential Program, a year long program which prepares naturalists and mentors to work with children in local communities.

Phil is pairing up with Jessa Zimmerman, local Vashon resident, to host a wine tasting benefit for the ride. Zimmerman, whose children participate in Wilderness Awareness School’s Vashon programs, says, “I have found that Wilderness Awareness School instructors focus on the personal growth and development of each student, emphasizing far more than just gaining specific knowledge in their naturalist curriculum. They consider themselves mentors rather than just teachers. This is, by far, my children’s favorite activity. I am so thankful that the programs have been brought to Vashon, and I want to support their ability to offer scholarships to island students.”

The event, held at the Havurah building from 7-9 p.m. on **Thursday, May 26**, promises to be one filled with many varieties of wine, delicious appetizers to cleanse the palette, outdoor games and activities for the children, and an opportunity to support Vashon scholarships for nature education. Tickets can be purchased in advance for \$20/adult by calling 425-788-1301. Admission at the door will be \$25/adult; accompanied kids participate for free. If you aren’t able to make it, but still want to find out more about Wilderness Awareness School or the ride, visit [wildernessawareness.org](http://wildernessawareness.org) and [MilesforMentors.org](http://MilesforMentors.org). Hope to see you there!

## Teens and VYFS Phonathon

Each spring on Vashon, volunteers go to the phones to ask Islanders for their support of Vashon Youth and Family Services during its annual Phonathon. An annual rite on Vashon Island, the Vashon Youth and Family Services Phonathon will be held from six to nine p.m. on **May 10th, 11th, and 12th**. The event is the biggest fundraiser for the agency each year.

If you have a preschool through eighth-grade child on Vashon, it is likely that your family has been reached by the VYFS Best S.E.L.F. (Social-Emotional Learning is Fun) Program! In cooperation with Island schools, Vashon Youth & Family Services works to nurture the social and emotional well-being of your child. These programs promote compassion, communication and responsible choice-making.

One program supported by Phonathon donations is the Life Skills program where VHS students act as peer leaders for McMurray students. Recently, an outstanding group of 20 VHS students received 9 hours of training in preparation to work with 8th and 6th grade students. The topics of the training, and consequently topics covered in classrooms, are transitioning to high school, refusal skills, being assertive, managing strong and uncomfortable feelings, and dealing with school and social pressures.

Without the donations islanders give each year for phonathon, we

could not continue to offer programs like Best S.E.L.F. and JobLine which is also for teenagers. Rayna Holtz, a former Vashon librarian, is one Islander who chooses to give a donation during the phonathon. “Both personally and professionally, I have found Vashon Youth & Family Services to be a wonderful Island resource. They have helped our daughter during her adolescence and



as she wanted to break into the job world - the JobLine program lined her up with the perfect employer and helped her define many of her personal interests.”

Youth and Family Services has served Vashon for 25 years through prevention and intervention programs. And each year the agency serves one out of every seven Islanders through one of its programs like the one mentioned here.

If you would like to volunteer during the phonathon, or find out more information about any of Vashon Youth and Family Services programs, just call Sam Collins at 463-5511 or email at [scollins@vyfs.org](mailto:scollins@vyfs.org). You may also visit the agency’s website at [www.vyfs.org](http://www.vyfs.org).



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# Loop Letters From the Edge

*Editor,*  
The Vashon District 13 Fire Commissioners are considering a remodel of the Dockton fire station for the purpose of instituting a volunteer sleeper program. I cannot support the proposal at this time due to the lack of data provided to the community. This matter should come before the Board at a formal, public meeting for further discussion.

To date, the only official reason offered by the Chief Wilson for modifying the existing Dockton firehouse is to “improve response time” on Maury Island. No data were cited at an April 5 community meeting in Dockton to show when or how response times have changed in the past ten years, nor was evidence offered indicating that existing response times have been detrimental to specific fire or medical incidents over the past five years. No information about the nature of emergency calls (i.e. # of daytime vs. nighttime calls; # of fire vs medical emergencies) on Maury Island have yet been presented to the taxpayers either. Most astonishing, the Chief admitted at the Dockton meeting that even if sleeper quarters existed, no volunteers could be compelled to use them on any regular basis, so the District still might not improve response times even after a costly remodel!

The Commissioners have presented no analysis showing whether volunteer participation has declined, and/or response times degraded, since the District implemented a paid fire fighter program. Honest evaluation of the impact of the paid program is critical since the District’s reason for implementing it were to guarantee emergency coverage during those times when volunteers were unavailable and to guarantee improved response times throughout Vashon-Maury Island. That the District is exploring major infrastructure changes to adequately address response times suggests that the paid program has failed in that regard and/or that the District misled the public in making its case for the paid program.

Fundamental cost-benefit analysis using program data must be undertaken by any agency prior to advocating the major expenditure of limited resources. The analysis must look at not only the initial capital expenditure, but all recurring operating expenses to be incurred for utilities, kitchen and firehouse supplies, increased wear-and-tear on vehicles, increased equipment fuel costs, etc. That the Fire District has failed to perform this most rudimentary exercise prior to publicly advocating a capital project is irresponsible.

No discussions with the Dockton Water District have apparently occurred to evaluate the impact of a residential remodel of the firehouse, and no septic percolation tests had been performed on the existing site as of April 5. Still, the District prematurely retained an architect to develop conceptual drawings of the proposed remodel, and may very likely have spent public money on architectural services that are ill-suited or unusable.

Other aspects of the April 5 meeting in Dockton were disturbing. The Commissioners conveyed the sense that Reserve funds ought to be expended on the project simply because they were available at this time. That attitude does not instill confidence in tax paying constituents. And, it was asserted that sleeping accommodations would give District volunteers a sense of camaraderie and belonging. Such comments give the impression that the Fire District is more interested in hosting a scout jamboree than in helping citizens. The paid and unpaid fire professionals I know have a strong sense of service—their leaders belittle them by suggesting they need some sort of building to validate their heroism. If all volunteers are not yet being given the opportunity to rotate through the sleeping quarters at the central station then they should be.

I respect those Commissioners who wish to improve emergency services to Island residents. The agency must, however, make sound business decisions to apply limited resources where they will provide the greatest benefit. To date, the District has not demonstrated that it has conducted the appropriate evaluation needed to advocate for a firehouse remodel or any program alteration on Maury Island. If the District wishes to move ahead with developing additional services in Dockton, then it should present its case in an honest, open forum using compelling data and analysis that support its recommendation.

*Sincerely, Barbara Gylland*

Michael O Bradley

## ‘Geomet r a’

The geometra in Italy performs roughly the combined functions of an architect, site foreman, and engineer in charge of buildings and land use issues. He or she is also the person who liaisons with the building authorities, public bodies, and local councils and is expressly authorized to draw up the plans or renovate buildings up to a certain size limit, without calling on the services of an architect. The geometra produces working drawings, deals with building contractors, suppliers, and all the paperwork and building permits. The geometra should know the correct people at the building department that make the important decisions and all the tricks for getting around burdensome regulations. Did I hear ‘CAO’ anyone?

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Marie and Troy



# Aesthetics and Rights

Continued from page 1

I like to call Maury Island the jewel of Puget Sound. This little sister of Vashon has one gas station, a few small guest cottages and probably hundreds of telecommuters to boast of for commerce. If you compare it to the other major islands of Puget Sound, it is the most rural—more like a San Juan Island, except that it is close to the cities.

Maury’s proximity to the cities means there are glories and sorrows. Good shopping, museums, universities and jobs are among the glories. Over the last 100 plus years, the sorrows have included deforestation from harvest and fire, 100 years of acid rain from an old copper smelter, oil spills on the shores and changes to its form, including several aggregate mines on its eastern shore. Millions of tons of Maury have been exported for huge projects in the city and only one shoreline mine is left. The communities of Gold Beach to the north and Sandy Shores to the south sit on reclaimed mines with the Glacier site between them. Considered large in their time, these mines were tiny compared to what is now proposed.

A few years back, I participated in a poll. I spoke with landowners who lived off-island. They told of childhoods in grandpa’s beach cottage. They told of mining in the past and how it disrupted summertime respites on the beach and riled up the clear waters. Tugboats would come and go at all hours. The beach was messed up for years. Two sunken barges were just left there along with an estimated 10,000 tons of spilled gravel and that old dock.

Major mining, limited primarily to the late 1960s and early 1970s, left behind a very obvious “dent” in Maury’s magnificent coastal ridge. AND, if you stand in the upper pit, it feels dead. There is no life layer. In contrast, it is surrounded by one of the healthiest stands of Madrone trees in the whole Northwest, a lot of which would be lost to the ruthless mining of what is underneath.

That ridge is so majestic and grand that it would be a sin to violate it further. There is even a sign that a bit of the aquifer died back then as a spring has been seen dripping down the center of the old pit. Over the years, I have seen the site from all angles: from a boat, a plane, the beach looking up and the ridge looking down.

Think of the wildlife that must have lost its home back then: eagles, trees, deer, salmon, orcas

that feed on salmon. Their eelgrass home is finally starting to regenerate.

The proposed plan is not just a slice out of Maury’s ridge, but a mile of ridge gone forever. It is an evil slaughter, pillage and rape of something so innocent and lovely. It represents the aesthetics of greed.

I care about the water, the wildlife, my neighbors and their burden of this horror. But what has kept my passion going for the fight for over six years is the sense that a project like this is murderous, sinful and abhorrent. A crime. Not just dangerous, which I believe it is, but a crime against humanity and nature.

Occasionally an argument is made that “Glacier owns it and should be able to do whatever they want.” This is absurd, because what they plan not only infringes on the property rights of others, but potentially their health and lives. AND what about the animals, birds, trees, fish, eelgrass? Shouldn’t their rights be respected and protected? Dr. David Bain, an acknowledged expert on whales, is concerned that the ruckus will drive the orcas away from their winter haunts. There is some evidence that they birth their calves off our shores. It would be a terrible shame if we lost our orcas.

Homo sapien is the only species that doesn’t respect the natural plan, and that often exhibits total disrespect for other species and the planet that supports our living. This proposed mine and dock are a glaring and disgusting example of this. The salmon and the orcas are

# 5 Alarm News

## Islanders for Representative Fire Leadership

PO Box 1531  
Vashon. Wa. 98070  
463-IRFL (4735)

[irfl.org](http://irfl.org)

[jwade@irfl.org](mailto:jwade@irfl.org)  
[rickf@irfl.org](mailto:rickf@irfl.org)  
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already suffering at the hands of humans and may not survive the most obvious additional stress. Recent oil spills have shown us how vulnerable this island is to human messes and the heavy equipment used in mining and barging would raise the risk of contamination exponentially. It doesn’t make sense that we expose our island to a project with as many dangers as this one. In an average year, there could be multiple small or large spills. Think of the accumulation over 50 years!

All the best science and mitigations would never put Maury’s magnificent ridge back together. No amount of mitigation would keep that shoreline pristine with an industrial barging operation in the middle of it. The best science can only give us the best scenario—not the gritty reality of every day mess involved with heavy equipment, diesel tugboat

engines, and imperfect human operators.

The only way to ensure that natural Maury Island is here for our grandchildren is to disallow this project. In the denial of their dock permits, the County agreed. How about the Army Corps?

*Marnie Jones has been working to stop Glacier’s mine expansion since January, 1999, first as the creator of Hands Around Maury and then as a member of the board of directors of Preserve Our Islands. An islander for nearly 13 years, a mom for 14, she hopes to leave this island natural for her grandchildren and theirs. 00000*





# Spiritual Smart Aleck

by Mary Litchfield Tuel



## I Remember, Doo Doo

“I believe in the hereafter. Every time I walk into a room

I ask myself, what am I here after?”

Very funny. It can happen to you at any age, that lost feeling. You move with purpose, you’re on your way somewhere, but suddenly you realize that you don’t know where or why. It seems to happen more as we get older.

Some people say that it is because the older we get the more we have to remember, and our brains get so full of so much stuff that they max out. Our neurons start to jettison what they consider unnecessary data, like “why I am walking into this room.” Other explanations are, “you’re tired,” or “you’re stressed.”

Our fear is of something much more sinister than brain overload, fatigue, or stress. Our fear is of Alzheimer’s disease, or some other form of dementia that will leave us no longer ourselves, but rather big dumb bodies hanging around being a nuisance to people who still have minds to lose. As my husband says, paranoia is an unreasonable fear, so this fear is not paranoia. It could happen. It does happen.

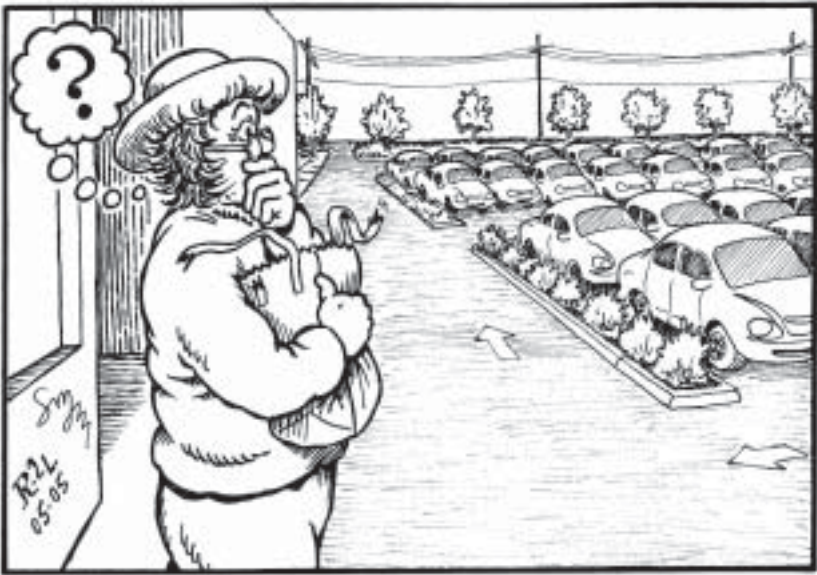
I remember the cold chill I felt the first time I really could not for the life of me remember where I parked my car in a parking lot. I walked out of the store, blithely chatting with a friend, said good-bye as we parted, and started walking toward – where? Suddenly I realized that I couldn’t remember. That’s when the terror gripped me. I had no idea where my car was. I walked out into the parking lot, hoping I’d spot it, and didn’t. Finally, well and truly panicked, I walked back to the entrance of the store to start over, and there was my car, not two spaces from the door.

It was a humbling, frightening experience. Up until then I took it for granted when I parked my car and went into a store that when I came back out I would know where I was going. Now I look at

the car, and look around where it’s parked, and sort of imprint its location in my mind, before I go in. Or I pause as I walk out and think where is it? This works. So I haven’t lost my memory completely yet.

I have lost something – youthful complacency, I might call it. The illusion that I don’t have an expiration date. As we grow older we make jokes. We say we have “half-heimer’s,” or “CRS.” We look at each other with the mutual understanding that all humor, eventually, becomes gallows humor.


The standard procedure to jog memory when I walk into a room and don’t know why is to walk back to where I started, see if I remember what the heck I was doing, and if I do, hope that I still remember by the time I reach the other room, so I don’t have to go through the whole scenario all over again. This at least gives me some of the exercise I so badly need. Out in the parking lot, if you have power locks, you can use your remote to flash the car’s




headlights or honk the horn. I’ve heard that some car salesmen use this as a selling point.

Back in the 1960s Frank Zappa and the Mothers of Invention did a song which featured the chant, “I remember, doo doo, I remember, doo doo,” and I find it coming back to me as I ponder all the things I don’t remember. Great. That, I remember. Doo doo.


God grant me the senility to forget the people I never liked anyway; the good fortune to run into the ones I do; and the eyesight to tell the difference!

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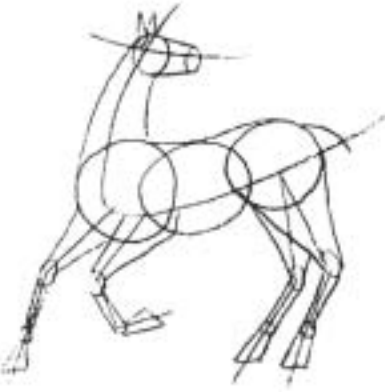


We know Vashon Island; it's who we are



A police officer stops Sarah for speeding and asks her very nicely if he could see her license. She replied in a huff, “I wish you guys would get your sh\*# together. Just yesterday you take away my license, and then today you expect me to show it to you!”

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# Don't Forget the Birds

By Ed Swan

## More Spring Arrivals

More of our neotropical migrants continue to arrive, including recently the Cassin's Vireo. They winter in Mexico and Central America and breed in the western United States and Canada. Cassin's Vireo have a drab olive green plumage with white wingbars and prominent "spectacles" around the eyes. If you look for them in an old field guide, they were formerly known as the Solitary Vireo. Solitary Vireo was split by the American Ornithological Union into the Cassin's Vireo inhabiting the Pacific States, the Plumbeous Vireo of the Great Basin and Southwest and the Blue-headed Vireo living east of the Rocky Mountains.

Around the state, Cassin's Vireo inhabits mainly dry coniferous forests. It is interesting to note that it used to like the oak prairies that were once much more common in the southern Puget Sound region. On Vashon it's generally found along riparian areas in mixed woods where conifers form the dominant part of the mix. When the island was originally cleared of coniferous forests, the Cassin's population would have taken a significant hit, as much as 25-30%. Their ability to survive in stands other than pure conifers and the regrowth of some stands even as others were

cut are possible reasons for their survival in earlier times on the islands.

Likely places to check for Cassin's Vireos include the Island Center Wetlands with their stand of cottonwoods and lodge pole pine as well as the forests of southern Vashon and Maury Island. Rayna and Jay Holtz host them most years in their forested property off Cove Road. Dan Willsie found a nest in Paradise Valley for the sole breeding record but they likely breed each year. The first one I noticed this year appeared along the ridge north of the horse park at Paradise Ridge.



Jim Rosso photo of Cassin's Vireo


Other birds returning to breed include Wilson's Warbler along Paradise Ridge April 22, a Swainson's Thrush seen by Richard Rogers April 24 near Lisabeula, a Black-headed Grosbeak at Yvonne Kuperberg's feeder on April 26 and a Pacific-slope Flycatcher seen by Steve Caldwell above Tramp Harbor.

# PANDORA'S BOX

So now it's May, What can I say?  
No new news,  
and I've lost my muse.  
Resorting to bad poetry, a new all-time low.

---

**Horus' Pick of the Week:**  
His clavamox. He'll be fine,  
dental surgery next week.  
**463-3401**  
\$5. nail trimming with no appointment.  
17321 Vashon Hwy. Big Red Building w/Animal Stuff on the porch

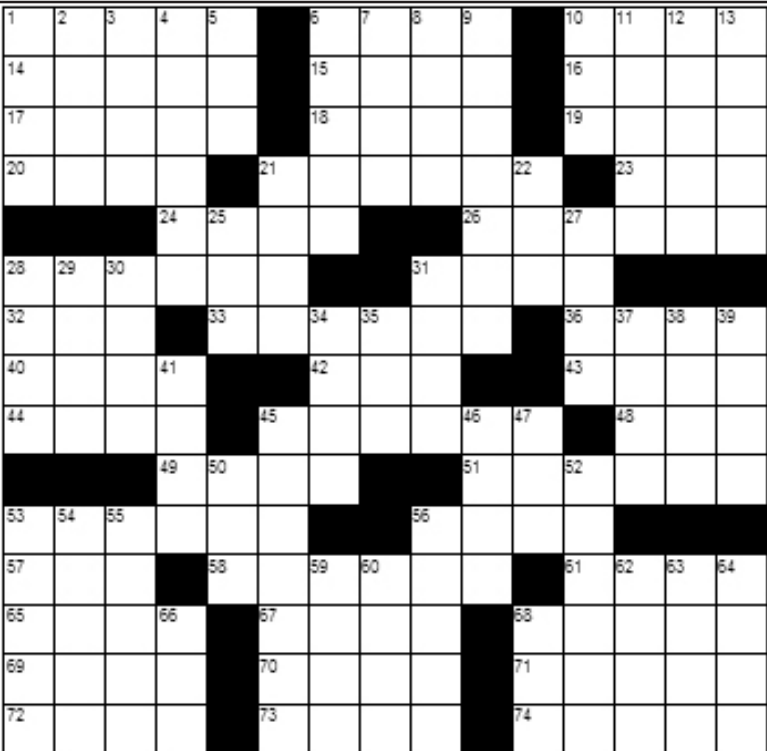


Bob Gibbs saw returning Barn Swallows as early as April 9 at his place on Morgan Hill but elsewhere they seemed late on the island. The big rarity showing up this last two weeks came with the sighting of two migrating Clark's Grebes seen by Bent Blichfeldt at the mouth of Qu ar t e r m a s t e r Harbor. These birds look very similar to the Western Grebes that winter here. They will all be moving on by early May. Caspian Terns showed up at the ASARCO site seen by Gary Shugart on April 23 and over Vashon noticed by John and Ellie Friars April 26.

Meanwhile our resident birds that remain year-round started nesting already. Sherry Bottoms and Michelle Lee found an active Belted Kingfisher burrow at Beall's Point. Brenda Sestrap's bird boxes appear filled with Violet-green Swallows and Barn Swallows quickly re-appropriated

their nests at the Blichfeldt place. On my son's preschool field trip to the alpaca farm on West Side Highway, I noticed a Brown Creeper nesting in the peeled open bark of an alder. Kathryn True found Chestnut-backed Chickadees using one of her nest boxes and Bushtits making one of their woven sock nests in her yard. If you have an interesting bird to report, especially any nesting birds at this time of year, or a question about local birds, call me at 463-7976 or email at edswan@centurytel.net. We still don't have a record of a Pine Siskin nest on Vashon so keep an eye out for them this year.


Upcoming events concerning birds include a talk on the endangered Marbled Murrelet by Colleen McShane on **Thursday, May 12** at 7 p.m. at the Land Trust Building. A good opportunity to get out and see the returning spring birds will be the on-island field trip on **Saturday, May 14**. Meet at the Ober Park Park and Ride at 8 a.m. and plan to be done by about 10 a.m. oooo



- Down**  
1. Beeps cousin  
2. Cab  
3. Halt  
4. Gives energy  
5. South southeast  
6. Ruffle down the front  
7. Old  
8. Brief
9. The way one is pat  
10. Airport abbr.  
11. Moses' mountain  
12. Hair care product brand  
13. Recently  
21. Institution (abbr.)  
22. Elver  
25. Snacked  
27. Cincinnati baseball team  
28. Western Athletic Conferences  
29. Small brook

- Across**  
1. Stinging insects  
6. Vault  
10. Sports channel  
14. Vehicles  
15. Continent  
16. Exhaust  
17. Harriet Beacher  
18. Crooked  
19. Afresh  
20. Catholic lead  
21. Salt addition  
23. Entire  
24. Jabber  
26. Uncannily  
28. Arm parts  
31. Island
32. Rescue  
33. Moral philosophy  
36. Medicine amount  
40. Horsefly  
42. Spanish "one"  
43. Rushed  
44. Murder  
45. Court game  
48. Electroencephalograph (abbr.)  
49. Posttraumatic stress disorder  
51. Spot  
53. Ussr  
56. Tub spread  
57. One of these  
58. Build  
61. Invitation abbreviaton  
65. One of Columbus' ships  
67. Scratch
30. Thought  
31. Computer picture button  
34. Colored  
35. Lodge  
37. Organization of Petroleum Exporting Countries  
38. Oracle  
39. Jumpy  
41. Cheats  
45. Like Czarist  
46. Lazy  
47. Behold  
50. Twitch
52. Mourn  
53. Array  
54. Worker's organizaiton  
55. Council  
56. Remaining one  
59. Decorative needle case  
60. Land unit  
62. Trigonometric function  
63. Swerve  
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# Island Life

Text & photos by *Peter Ray*

## Quacks Like

*I like to watch TV, listen to the news, hear what everybody is saying...there's a lot of talk about God, peace and safety, war and fear...there goes a girl in a bikini...who cares where the truth lies...who cares — Suzzy Roche*

It all started with a pair of comp tickets and a duck—a least this particular version of life as we know it—at least for some of us. There was this email saying that there were two free tickets to hear the Roches here on the Island and they were ours for the asking. I hadn't heard much, if anything, about the Roches for years. I remembered bits from their first album, and then I guess, since it was the time of punk and new wave and angrier and more electronic music, I kind of let go of the thread the Roches had to offer. But I asked—for the tickets that is— just because I wanted to see where they had gone after all these years—twenty-six as I count them. The tickets arrived the next day in the mail.

That same day we had another arrival. Wendy brought a duck home from work—not a common occurrence around here. But someone had found a lone duckling wandering lost among parked cars in South Seattle, not a friendly place for ducklings at anytime, or humans sometimes. Anyway, the duckling came into the workplace and being from rural Seattle, all involved felt that Wendy would be best suited to find a safer place for the hatchling



to wander. I went out and got some cracked corn and set up the old guinea pig cage and the lamp, and the duckling seemed quite at home. The dogs were quite curious about what all the peeping was about, which is why the darkroom, with its latching door, became the duck's room for the evening.

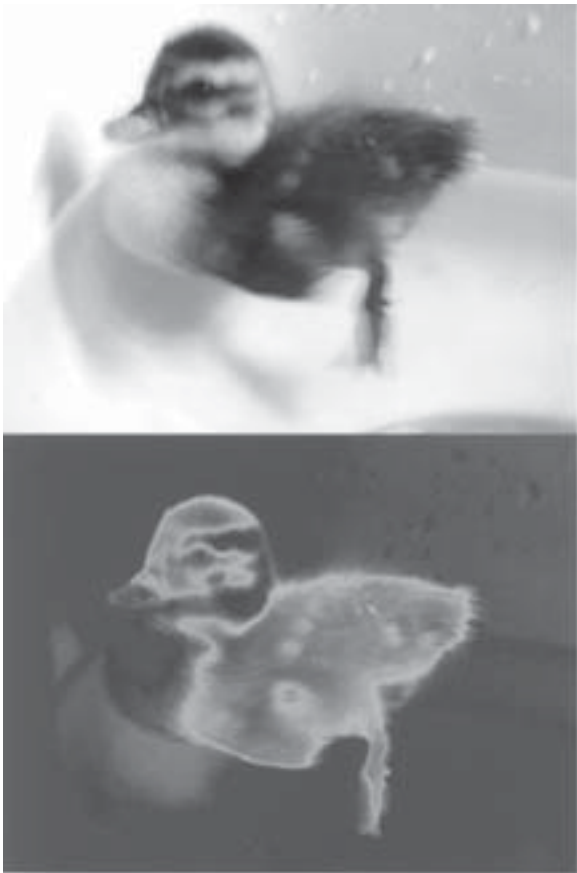
I guess the duck part is pretty obvious, but some out there at this point might be saying, "...who the hell are the Roches?" The category box on my computer CD player pegs them as "General Folk."

When they first started, the Roches were a trio of sisters, Maggie and Terre and Suzzy as one of their lyrics had them introduced. At the concert, when they played the song that contained those lyrics there was a slight revision that went, "We are Maggie and \_\_\_\_\_ and Suzzy..." since Terre has left the group. It was an amicable split, as I understand it. Before hitting the stage and playing that song however, Karen from Vashon Island Music introduced the Roches (Maggie and Suzzy, that is), by saying that they had played earlier in the day as a benefit for another of her ventures, BaaHaus Animal Rescue. At this point Wendy nudged me and asked quietly, "I wonder if they take ducks?"

To be truthful, I had come to this concert with an equal degree of curiosity and negligent regret, not unlike an old friend who had lost the chain of correspondence connection somewhere back there and never really picked it up again. I had pulled out my old vinyl the night before and listened to the Roches' first album as a warm up. As the first chords to the second song rang out I spun back to 1979 and the reason I decided to buy this album. Part way through the song as an distinctive electronic riff drifted in and out, I was also reminded that this work had been performed on and produced by rock legend Robert Fripp, and his frippertronic mini guitar solo sent me spinning in other directions as well. This song, 'Hammond Song', was kind of an anthem of sorts for the seventies, at least for me. It was, and is, an immaculate bridging of the folky past and the electronic future, and the lyrics spoke to me of the dying sixties ethic of not selling out- "...if you go down to Hammond, you'll never come back." It does on the surface seem to be about the trouble with boys and where that will lead a girl, but I think there is much more going on here.

I had expected 'Hammond Song' to be in the encore end of the concert- it is that kind of song for me. Instead, it showed up just

a few songs into the performance, with a surprise guest appearance by the Island's own Jack Barbash stepping up to the electric piano to play back up. His lilting piano excursion more than filled the space left for Fripp's electronics. And the whole song set the stage for the sophistication and maturity of direction that Maggie and Suzzy's writing and



interpretation have taken. There is not a weak song on their latest CD, *Why the Long Face*. The first song is by Mark Johnson, a bluegrass artist whose work they seem to perform with some regularity. And the CD ends with a Beach Boys song, 'A Day in the Life of a Tree', from the *Surf's Up* album. With a slight alteration in tempo and instrumentation, Maggie and Suzzy give it a freshness that outshines the original, in spite of the somewhat dire lyrics. And that is the story of this album—a range of emotions being expressed from desperation to affirmation. As I sat listening and reading the liner notes, I looked at the title and wondered why there was no question mark at the end. As I listened further, I realized that it was intended to be both a question and an explanation for the material within.

One might at this point be wondering what happened to the duckling. At the end of the concert we found out that yes, BaaHaus would take it in, so we arranged to bring it over the next afternoon. After a few calls back and forth the next day we sneaked the peeper past the still curious dogs and headed down one of those roads you always wanted to turn down to find out just what's back there. What we did find was both an amazing shelter for wayward and neglected animals, and Maggie and Suzzy over for an afternoon visit. I managed to stumble my way through the compliments I had wanted to give them the night

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before, but I did not take any pictures. For some reason, it just seemed like one of those occasions where a Kodak moment just seemed plain invasive and inappropriate. Instead, I did capture the meeting between Buckley the duck and our much smaller feathered friend. And as for postcards, I violated one of my non-manipulation rules and ran one of the duck picture through a few of the Photoshop special effects to come up with a slightly Warholian twist on the theme. After all, why have rules if you can't break them now and then?

***Yes, postcards, and two dollars will get you all the pictures in this article sent as 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. It has come to my attention that some people would rather send the cards than have them sent to them, so please specify if you would like to receive them as individual postcards, or get them in a packet to send out yourself. Make sure you include your mailing address. Send all requests to: 10322 SW 165th St., Vashon Island, WA 98070. 0000***

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# The Film Thing

By Peter Ray   pgr42@worldnet.att.net

Dead and Gone

What do words really mean? And where is it that truth lies, or does it? Are we confused yet? Sorry for all the questions, but it just seems to be one of those days, and it was one of those movies. I really wasn't looking forward to the screening of *The Interpreter*, having wandered through Anthony Lane's tepid discourse on the film in a recent *New Yorker*. It seemed that he was neither amused nor enthralled with most of what he saw therein, and since I mostly concur with his cinematic judgments I wasn't expecting much. Sometimes low expectations are a good thing.

If one were to summarize the whole nine yards in a nutshell, this film is about a United Nations interpreter (as opposed to a translator) named Silvia Broome (Nicole Kidman) who overhears a whispered assassination plot against a president of an African country who is scheduled to be giving a speech to the General Assembly at the UN in a few days time. Once she reports this discovery to the authorities, she soon finds herself being investigated by one Agent Keller, played by Sean Penn, who fairly



will-have-done-it part. There is a fair amount of smart writing involved. And in the acting category, if a performer is able to pull off an assumed accent for the duration of the film, as Kidman does here with an impeccable

consistency, then for the most part, all's right with the world, or at least this cinematic, fictionalized slice of it.

It is fascinating to watch a film that spins at multiple levels. The loud engine of *The Interpreter* is the suspense-thriller part. There are the bad guys and the good guys who are looking for them. There are guns and bombs and the things that just might blow up. And there is the sweaty palm anticipation of the African President's arrival in New York and the what and when and where of the thing that might happen to him. But then, there is also a simple conversation that occurs about the difference between the words "dead" and "gone" and how a wrong interpretation of either in the context of a UN speech might lead to an unintended international crisis.

While *The Interpreter* has a lot of good stuff going for it, one hesitates to give it a flawless rating. There are a few notable plot devices that, in retrospect, don't quite work. And because it is a fiction, one can't quite work up the same amount empathy as one might have had going for Don Cheadle's character and the other victims of the slaughter in *Hotel Rwanda*. But by making *The Interpreter* a fiction, one is able to get beyond historical facts and deal with the bigger concepts of truth, lies, trust and how one is able to sort them out in the translation. This seems to be a fairly important dialogue to be having in these times, if you are paying attention.   **ooo**



quickly decides that Ms. Broome is in some way connected to the plot. Actually, she is a major part of the film's plot; it's just that a major part of the film's plot is whether she has been plotting with someone else to do something nasty to the visiting African dignitary. The confusion you may be feeling at this point is somewhat akin to how this film made me feel, but this is not a bad thing.

If one were to pitch *The Interpreter* into a genre box, it would have to fall close to something like a pre-murder mystery. We know what is supposed to happen and to whom, but we are not quite sure about the means of execution or the who-



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Published every two weeks  
Paradise Valley Press  
© May 4, 2005  
Volume II, Issue 9

**Have a safe Senior Prom!**







# Positively Speaking

By Deborah H. Anderson

## Forgive and Heal

“You live on VASHON! I’m totally jealous. You see that clay over there? Vashon clay is the best clay I use. The clay they harvest there is just the best to work with.”

The effusive remarks came from a young mom volunteering for an evening children’s program which I had begun supervising only a week before. After ten years of breaking a gender barrier in a mostly male field, thanks to a ruling by the ninth circuit court of appeals last summer, I recently stood in front of this Mom who had spent the first portion of the evening sculpting an figure that expressed the heaviness of life in , like I said before, Vashon Clay.

Ten years is a long time to endure. It’s a long time for your children to experience lack. It’s a long time to let friends keep you going. It’s a long time to wait for resolution. Fortunately I learned to cry in real time, so when it was over, in what seemed like the blink of an eye, I was filled with energy and Joy and enthusiasm.

Likely you are curious about what I was up against. I’m not going to give the details because they are long and involved and I’m too busy enjoying my new life as a normal working stiff using all the skills and abilities and gifts I’ve been given. But the *Readers’ Digest* version is shocking. I don’t believe in sex outside of marriage. Isn’t that just a hoot? I’ll bet you didn’t think there were any of us left. Mostly, it’s my own business and what other people do is their business. But men will be men, and women get hit on and when a guy hears rejection, horny guys say, “Oh yea, she wanted me.”

We tell a funny story in our family about my son’s first day in kindergarten. He insisted that he wanted me to make a Care Bears blanket and Rainbow Brite pillow for nap time. While I had no qualms about raising him in non-sexist terms, I thought I ought to warn him about the world. “Son”, I said gently. “There are some boys in this world who think only girls are interested in Care Bears and Rainbow Brite.” He returned in the afternoon to tell me, with all incredulity, “Mom, you know those boys you told me about? They ALL go to my school!” Needless to say he returned to school the next day with a jungle theme going on.

I wish I could write a real treatise on men who are disconnected from their emotions and the frustration of being an empowered single woman. It’s better if you have a husband to put a boundary, but even that doesn’t help sometime. I want to be able to write about why I was forty five and standing in the middle of Vashon Market during a slow moment right before closing before I had the deep epiphany that some men have a drive

where their brains ought to be. I wish I could write about why I wrapped myself in extra fat so I could look unattractive to avoid trouble. I wish I could talk about what it’s like to be a tall woman and how the height of a man sometimes determines a power struggle.

But, this column is only for a thought or two and those are about two dozen different sides to a complex situation. And quite frankly, we don’t talk about those issues in our society except in terribly trendy and lightly attended egalitarian coffee moments, or book clubs.

What I can talk about is the only thing I needed in order to get on with my new wonderful life. Forgiveness. As the days wore on in the Emerald City, Promised Land or whatever term of arrival in a good place you want to use, I realized that I had needed my energy to focus on the fight and hadn’t gotten to the point where I could let go. Letting go meant forgiving some pretty serious offenses. I want this new wonderful joy to be the only thing in my life. I’ve been bored out of my skull for the last ten years and I want nothing to distract. Not bitterness, not anger. I want to forgive.

I’ve read a lot about forgiveness. I’ve collected a lot of quotes. My favorite is “Forgiveness is giving up the hope of a better past.” I learned about the connection between forgiveness and justice. It’s easier to forgive when you’ve experienced forgiveness. I’ve also spent a lot of time trying to figure out why people behave badly. There’s a wonderful quote from the movie *Charade* when Cary Grant answers Audrey Hepburn by saying, “They lie because they want something they think telling the truth won’t get them.”

But ultimately, forgiving comes from realizing everyone has feet of clay. Before this happened I was not a fighter. I was a doormat, a mouse, an enthusiastic towel upon which people could wipe their hands. That’s a sin actually. No one is supposed to go through life unempowered. So, as I came to understand my lack of power and became empowered, I came to understand the flip side which was power tripping.

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Forgiveness is not easy. Forgiveness is a process. Forgiveness will help you get to Truth and indeed the Truth will set you free. Don’t let anyone force you into forgiveness, but when you are ready...forgiveness is freedom to enjoy happiness. Forgiveness is sweet. If you’re stuck, keep trying. If you’re on the other side. Share the Joy. Offer someone who’s struggling your ear and a word of encouragement. **ooooo**

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## Two Happenings

Friday, May 6, 7-9pm - Opening Reception  
Documenting Dockton - Group Photography Show  
at the new Heritage Museum, 10105 SW Bank Road  
Live Music  
Vashon-Maury Island Heritage Association

A team of twenty Vashonites and non-Vashonites took part in a photographic documentation of Dockton in February 2005 guided by instructor Ray Pfortner. The results are a stunning and varied look at one of our island’s richest communities. Part of the Friday Gallery Cruise for May.

Saturday, May 7, 7-9pm - Artists Reception  
Cherry Hill Group Show - Cherry Hill Inn, 9915 SW 188th Street, 463-3067  
Live Music, Refreshments  
Vashon-Maury Island Spring Arts Tour

Four very different artists in a new group show - Diane Fox’s jewelry with semi-precious stones; Mike Fox’s yard art; Geri Peterson’s floral watercolor paintings; and Ray Pfortner’s fine island art photography. Meet the artists at the first evening reception. The Group Show is part of the Vashon-Maury Island Spring Arts Tour and will be open the first two weekends in May, 7 and 8, 14 and 15, from 10am to 5pm all four days.



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# Be Part of the Mother’s Day Parade and Festival

by Lesley Reed

“Arise, arise, all women who have hearts!” begins the original Mother’s Day Proclamation, written by Julia Ward Howe in 1870. Far from sending mothers to bed for breakfast, Howe went on to call for a day of counsel of women in the pursuit of “the means whereby the great human family can live in peace.”

For the last three years, women on Vashon and all over the country have been answering the call. This year, Mother’s Day parades and festivals are being held in cities as varied as Memphis, the Bronx and Jerusalem, and anyone who has ever had a mother is invited.

Vashon’s event begins at 2 pm on **Mother’s Day, May 8**, with a lively parade from the Vashon Theatre to Ober Park. Islanders are invited to dress up and march or just watch the exuberant event (past years have seen kids on stilts, outlandish costumes, wild hats, giant puppets and signs expressing hopes for the children of the world).

The festival takes off at 2:30 p.m. at Ober Park with music by Susan Lewis and friends and closes with music by local favorite Daryl

Redeker. In between the second annual Julia Ward Howe award will be presented (this year it goes to Joy Goldstein) as well as thoughts on how to recognize, celebrate and honor the many ways we can help children around the world through our daily choices and political voices. There will a number of actions people can take, a kids’ activity, and pie and cookies.

The event is sponsored by Global Links (a subgroup of Vashon Islanders for Peace) in collaboration with Mothers Acting Up, an organization dedicated to mobilizing the gigantic political strength of mothers to ensure the health, education and safety of every child. The group is also hosting a table at the Saturday Farmer’s Market on May 7th where islanders can work on costumes, signs and banners for the parade.

Mother’s Day was originally envisioned by Julia Ward Howe (who also wrote the Battle Hymn of the Republic) as a day for mothers to unite to protect the lives of children. Modern Mother’s Day events are celebrations of the desire and ability of mothers (and all who care for children) to protect and nurture the

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youngest humans. This doesn’t simply mean making sure our children eat a healthy lunch and look both ways before crossing the street—it means recognizing that our children’s lives are interconnected with those of children all over the world. It means Connecting the Dots, the theme of this year’s events.

“Connecting the Dots” means embracing the connection between one life and another, one action and its effect, one child’s plenty and another’s labor. It means recognizing that we are all connected, all a part of a global family with linked opportunities, challenges and solutions and most importantly, a common future—our children’s future. Individually and collectively we must begin to measure the true impact of our actions—our consumption, health, energy and trade policies, and national security strategies—not only by how they

affect our children, but children everywhere.

The responsibility implicit in this can seem overwhelming. But when we each start connecting the dots—through our daily choices and political voices, what we buy, how we vote, what programs we support—together we weave a fabric strong enough to sustain our children’s future.

Join mothers and others all over the world this Mother’s Day: inspiring each other to Connect the Dots in our daily lives, educating ourselves about how to Connect the Dots and engaging our communities in taking action to benefit our children and children everywhere. Let us recognize, celebrate and honor our interconnection.

For more information, call Lesley Reed at 567-5561 or visit the Mother’s Acting Up Web site at [www.mothersactingup.org](http://www.mothersactingup.org).

## Hospital District

*Continued from page 1*

A stable ongoing source of additional revenue not only directly funds basic services but also allows for prudent borrowing at lower rates and leverages more private contributions for enhanced services.

What is a hospital district and how does it work?

A hospital district is a public entity governed by an elected board of commissioners. Hospital districts have the authority under state law to generate funds through property tax levies. By statute, hospital district funds can be used for most health related purposes. Many hospital districts do not have a hospital.

There are 55 public hospital districts in the State of Washington. Ten of those districts do not have a hospital and nine of those ten support primary health care and long term care with their levy funds. The majority of public hospital districts serve rural communities where, like Vashon, the size and the economic make-up of the population make it difficult to assure the continued availability of health services.

State law establishes how a Hospital District is formed. Basically, there must be a petition to the King County Council to establish the hospital district. The petition includes the geographic services area, the number of elected commissioners, the proposed size of the levy, and the timing of the election.

Our initial thinking:  
— The geographic boundaries to be Vashon and Maury Islands;

- The size of the governing board to be five commissioners;
- The size of the levy to be determined, somewhere between .10 and .50/\$1000 assessed value;
- The timing for the election to be February, 2006.

It takes approximately 6 months from the initiation of the legal process to get a vote on the ballot. Once on the ballot, it takes a simple majority for approval of the hospital district and the election of the commissioners. If a hospital district is passed by June 2006, funds will be available in 2007.

What’s next?  
Over the next few months VHC and VCCC will be discussing the hospital district with Islanders. We have just completed a random telephone survey of registered voters on Vashon to determine the interest in the hospital district concept. Initial review of the raw data shows a positive response to the concept. Once the survey results have been fully analyzed and informal contacts with community groups and leaders have been made, VHC and VCCC will decide whether to put the Hospital District on the ballot in February 2006. We expect that decision to be made in July 2005. You can expect continued coverage in the *Beachcomber* and the *Loop*. VHC and VCCC Board members will also be offering education presentations at the Community Council, the Chamber of Commerce, and other community forums. For more information, please contact: Joan Coulson of the Vashon Health Center Board 463-7993, or Lynn Davison of the Vashon Community Care Center Board 463-6942.

## Mr. Disaster

*Continued from page 1*

explained Public Information volunteer May Gerstle. She also said that in case of a disaster, it will be easier for Vashon to get financial assistance from FEMA, the Federal Emergency Management Agency.



Over the last several years, the Island’s emergency management infrastructure has evolved from a handful of ad hoc groups to a cohesive umbrella organization, driven by dozens of committed volunteers and the ever-present quiet leadership of Ulatoski. The groups include Community Emergency Response Teams (CERT)—neighborhood teams trained in firefighting and search and rescue; Local Area Communications Centers that will provide emergency communication capability in several Island neighborhoods; Vashon Emergency Preparedness Committee, operating under the auspice of the Red Cross to handle care, shelter, and feeding, and the Emergency Operations Center (EOC)

which will become the communications and coordination center for all activities during an emergency.

At the most local level, many neighborhoods have formed a Neighborhood Emergency Response Organization, whose unfortunate but memorable acronym is NERO. A

NERO is an informal group of neighbors who will check on one another during a disaster and know how to get help. (It is unlikely that we will just be able to pick up the phone and call 911.)

Although Ulatoski is thrilled that King County finally approved VIEMA, he knows that we have much more work to do, and takes every opportunity to encourage people to take personal responsibility for preparedness, and to help with the larger effort. If you

have questions about volunteering, call Mary Swanson at 463-3545. She’ll explain the alphabet soup of ways to get involved in more detail, and help connect you with the right people. And when you see Ulatoski, give him a big “thank you”—or better yet, show him your gallon jugs of water.







Camp Fire Reaches Goal

After more than three years of fundraising, the Campaign for Camp Fire reached its precedent-setting capital campaign goal. Since the campaign began on September 10, 2001, the Central Puget Sound Council of Camp Fire has raised an historic \$6 million dollars, making it the largest capital campaign in Camp Fire history nationwide.

“We can all feel proud of this historic accomplishment and the benefits to another generation of Camp Fire youth,” concluded Campaign Co-Chair Carolyn Kelly. “We are grateful to more than 800 friends of Camp Fire – individuals, corporations, and foundations,” added Campaign Co-Chair Ann Hooper. “This was a broad-based effort, which will benefit youth for decades to come.”

By reaching its goal, The Campaign for Camp Fire qualifies for a \$50,000 matching gift from a local family foundation, as well as a \$500,000 challenge grant from the Kresge Foundation. “These generous foundations inspired us to reach higher than we ever thought possible,” commented Board President Ken Ng. “Their support and confidence became a self-fulfilling prophecy for Camp Fire.”

The Campaign for Camp Fire enables the organization to expand the Environmental Education program, and better serve nearly 20,000 youth and their families through a variety of activities.

The campaign is also allowing for extensive remodeling of Camp Sealth on Vashon Island and Camp Niwana in Kitsap County.

Among the renovations at Camp Sealth is a rehabilitation of the Camp’s historic dining hall, Rounds Hall, including major infrastructure upgrades, insulation, and a new roof. There will also be an overhaul of the camp’s environmental education center, providing much more room for education activities; an upgrade of the camp’s swimming and boating dock; and much more.

Construction has begun and will continue through December 2005.

“This Capital Campaign could not have succeeded without strong leadership from Camp Fire’s Board of Directors,” said Campaign Co-Chair and past Board President Ann Hooper. “From start to finish, they were supportive of this campaign. They launched it, maintained 100% participation, and stuck with it until the end. Their combined gift totals more than \$850,000, the largest Board gift in the history of Camp Fire USA.”

About Camp Fire USA Central Puget Sound Council: Central Puget Sound Council is one of the largest Camp Fire Councils in the United States, serving nearly 17,000 youth program members and adult volunteers each year.

Stay tuned for construction updates and the Dedication Ceremony at Camp Sealth sometime in the fall. For more information contact Associate Director of Development Kristen Stewart at 206-461-8550 x246, or [Kristen-s@campfire-usa.org](mailto:Kristen-s@campfire-usa.org).

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## Painting Tip of the Week:

Is there a good time to paint outside?

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Members of Peak Speakers, Vashon’s community Toastmasters Club, recently celebrated our first anniversary as a community organization (it was formerly a corporate club with K-2). We are holding an open house demonstration meeting **Thursday, May 19** from 5:30 to 7:00 pm for people interested in finding out more about Toastmasters, and we invite you to join us. Our meetings are held at the LDS Church, 9330 SW 204th Street, in the Family History Center on the west side of the building.

Club President Barbara Stratton says she frequently hears stories from people who considered joining Toastmasters, but were initially too intimidated at the idea of public speaking to join. It takes many people years to take that “risky” first step. The truth is, Toastmaster meetings are lively, energetic, and fun. Please accept our invitation to learn more—come to our open house May 19, or any other Thursday evening at 5:30 pm. Please call Barbara Stratton at 463-4004 for additional information. – submitted by Barbara Stratton



Dan Auer, Ken Atkinson, Frances Eikenberry, Patrick McManus, Dorothy Bauer, Marcy McCarthy, Jill DuBois, Barbara Stratton, Christian Brasier, Nancy Bennion, Henry Sauer.



# LIVING WELL WITH PLANTS

Text and drawings by Kathy Abascal (AHG)



## Who Were the Eclectics?

I often mention the Eclectic physicians in my articles because of their knowledge about medicinal plants. The Eclectics were a sect of MDs who primarily used herbs and natural principles of healing to treat their patients. They were a strong force in American medicine from the 1830s to the early 1900s but disappeared from medicine by the 1930s. Their views contrasted strongly with those of typical physicians in Europe and the US.

On Friday December 13th, 1799, George Washington awoke with a painful sore throat, labored breathing, and a fever. He had been soaked by rain the day before. He called for a bleeder who took 12 or 14 ounces of blood from his arm. Washington felt worse the next day and called for his doctors. They prescribed two more bleedings along with two doses of mercury and a cathartic enema. He grew worse. After some debate, his doctors decided to bleed another 32 ounces while giving him a much larger dose of mercury along with a dose of antimony (another strong poison). Blisters were raised on his throat and the soles of his feet. Less than 24 hours after awaking with a cold, George Washington was dead.

This was accepted medical treatment; it had been for centuries and continued to be for most of the 1800s. Louis XVI, King of France, may have survived childhood only because the Duchess locked him away from the doctors who had bled and killed three other infant heirs to the throne. A hundred years later in South Carolina, an 8-year old boy had surgery after a mercury treatment caused his jaws to fuse together. A surgical incision was made through his jawbone and 8 teeth were removed permitting him

to open his mouth ¾ of an inch. Dr. Benjamin Rush, signer of the Declaration of Independence, taught medicine and advocated bloodletting for almost all conditions. He recommended drawing up to 140 ounces to cure pneumonia. He taught his medical students that mercury was “a safe and nearly an universal medicine.”

In reaction to the “heroic” medicine practiced by “regular” physicians, a group of MDs created the Reform Medical Society of the United States and called themselves the Eclectics from the Greek word meaning ‘select’. Their goal was to find the best remedy for each patient’s ailment, and they chose carefully among available remedies, including those of the homeopaths and the Native Americans. Their primary medicines were herbs, and they believed strongly in nourishing the individual rather than using bleeding, mercury and antimony.

The Eclectics opened medical schools, published journals, and gained the aid of John Uri Lloyd, a famous pharmacist. They collected information on the use of plants in a wide variety of diseases. Their views were liberal, and the first women and African American MDs were graduates of Eclectic medical schools. Lloyd zeroed in on plant extraction, working to create medicines that retained the actions of the whole plant. Many tinctures are still made according to his recommendations.

Fortunately, Eclectic books remain in print, and herbalists today continue to use these references that explain how physicians used plants in all aspects of medicine, from simple colds to serious heart ailments. The Eclectics — as do modern herbalists — sometimes struggled with the gentleness of their medicines compared to the strength of allopathic drugs. One Eclectic MD



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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

to look for miracle drugs and silver bullets to fix ourselves, rather than listening to and taking care of our bodies, and utilizing the great resource that we all have access to — plants as food and medicine. ∞∞∞∞

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# Garden the World

by MEarth

Zen teaching tells us to be in the moment, to walk our lives in the world leaving no tracks, and that everything has suchness. That includes our inner state.

The version of the Cowboy Code I was given by actual cowboys — including my father — provided exactly the same teachings and included such sage advice as: always leave gates the way you found them; treat women and nature with the greatest of respect; don't let an animal suffer; do unto others as you would have them do unto you whether they know it or not; and always leave places better for your passage.

When we finished camping — which we did a lot when I was young — we left the camp sites in great shape. There was never any trash, there was always a pile of firewood and kindling for the next guy, and things were arranged so that cooking, sleeping and other human functions could all be done in the easiest, most congruous place and way. The so-called 'cowboy' attitude elucidated by bad western movies and supposedly personified by modern American military strategy (obviously misnamed intelligence) and the current mad political game of war-planning bears no relationship to anything my father taught me. I resent the co-opting of the "cowboy" label by such clueless posers.

Another one of the things my father taught me, mainly by example, was to state your truth simply and quietly. If people didn't hear you or agree, that was their problem. One of the finest examples of that I ever saw involved a Shoshone medicine man in a tepee in the Hollywood hills. I was in it with a couple members of the Firesign Theater — on whose property the big tent stood — and 25 or so assorted other friends of theirs, mostly young Hollywood liberals. We were swapping stories and jokes. It was a cool evening and a small

## The Cowboy Way

fire was lit. Whenever it burned low, someone would throw on another piece of firewood from the ample pile I had stacked nearby. The Shoshone man, there for a symposium and who was well-known in some circles in California at the time, came in and sat silently near the door. It grew quite smoky in the teepee.

When it became intolerable, the man moved to the fire pit. The general conversation continued but I watched him. He sorted through the stack of wood and pulled out a firestick — a long, slender piece for tending the fire — which endeared him to me because I always do the same thing. He pushed the flaming wood to the edge of the pit opposite the door and pulled all the red-hot coals to the center. He lovingly laid the stick beside the fire for the next person that sought to use it, then returned to his seat near the door. A little air current began; it came in the door, moved along the floor until it struck the bed of coals, then rose swiftly up and out the hole in the top of the tepee, taking the smoke with it. In moments, the tepee was completely smoke-free. The conversation and jokes continued. Gradually the fire burned down again, as fires do, and people tossed more wood on randomly.

Looking back, I suppose I could have stepped forward at that time and showed him that at least someone there had been paying attention, but I was too intrigued watching him watch everyone else. When the big tent became unbearably smoky again, the quiet man returned to the fire and picked up the stick. He carefully arranged things as he had earlier to create the airflow that cleared the smoke out of the tepee. His last act was to lovingly lay the firestick — which no one had even touched since he laid it there — onto the fire. He left the teepee with a melancholy look on his face.

I hung around to see if anyone but I had noticed any of this. As far as I could tell, no one had. I left soon as well. Interestingly enough, the following evening another member of the Firesign Theater — one of my most revered comedy groups ever — told that story (which I had, obviously, told him), in that very tepee, with me sitting right there, without giving me credit. Ah well, such is the fate of a writer in Hollywood. ☹☹☹☹



## Financial Planning 101, Installment 2

By Mark A. Goldman

In my introductory article I offered you my first rule of Financial Planning: **Strive to create a lifestyle such that your annual income is more than your annual expenditures. For retirees, strive to spend an amount each year that is sustainable for the rest of your life.**

Two corollaries: 1) to "strive" means to do your very best... to use your intelligence, your discipline, your wisdom and your heart to accomplish something. It doesn't mean you are there yet, but that you surely intend to be. 2) in our culture this rule is not always easy to live by. If you're going to break this rule, you should have an understanding of why, and a strategy for bringing it under control as soon as possible.

Why is it so hard to stay on track? One reason is that we buy things we want when we really can't afford them right now...so we use credit cards. I will tell you, if you have credit card debt on which you are paying interest charges, a red flag should go up. You are now in dangerous territory.

In 1978, a Supreme Court decision made it possible for credit card companies to charge you just about any rate they can print on the back of a plastic card. For perhaps hundreds of years prior to 1978 charging interest above a certain level was considered usury, a criminal offense...not anymore. For 125 years, the maximum legal rate of interest in Arkansas, for example, was 5%. That's history now. The dictionary defines usury as an unconscionable or exorbitant amount of interest in excess of a legal rate charged to a borrower for the use of money. That's right, just a few years ago the interest rate that credit card companies now routinely charge would be considered usury, and it would be illegal.

Many people don't understand how compound interest works and how devastating these interest charges can be, particularly if you're late on a payment. And now there's more danger ahead. Congress just signed new legislation that will insure that even bankruptcy won't save you if you get in trouble. Now you might never get out from under if you get over your head in debt. Don't let the American dream become a nightmare. Have a financial plan that works. Who is most vulnerable? Young folks who have little guidance or experience with money, older folks who have more experience than they wish they had, and a lot of others in between who have made unwise decisions or are simply caught up in difficult circumstances.

Rule #2: Do everything you can to stay away from credit card debt. I would say a corollary to this is: stay away from any debt where rate terms are variable and outside your control.

How? You do it by making difficult decisions and sticking by them. Americans have the lowest savings rate of any industrialized country and the highest consumer debt. An economic downturn could be devastating. Most folks are grossly uninformed about economic and political realities and dependency on credit makes us extremely vulnerable. To many folks, statistics don't mean much... at least not until they become one. And the probability of becoming one now is greater than ever. Don't let anyone lull you into false complacency. The gap between the rich and the poor is obscene and getting worse, and if you think you will always be on the "rich" side of that equation, remember that life, like a football, can take some funny bounces.

mark@gpln.com, www.gpln.com







**Aries (March 20-April 19)** It's true that money is not everything, and that some people who were raised extremely wealthy are often out of touch with what many other people go through trying to survive. Money does not guarantee happiness. It's true that the drive to make a buck leads some people to sell their souls. For you, however, your personal wealth and what you do with it are of the utmost importance now. To the extent that you are bestowed with abundance, you need to ask the question: who or what is my power serving? Does this reflect my deepest value?

**Taurus (April 19-May 20)** You may find yourself feeling an unusual depth of dedication to an ideal, or to something you feel is greater than yourself. You may have suddenly decided you know what your most passionate desires are. And you may feel like your awareness of these things is rising fast. If so, I would say you're right on time. Your deepest hopes and dreams may be burning like fire in your heart right now. Let them burn and feel the heat. You are often one who can hold the idea of what you want in your mind, but when it comes time to make it real, you balk because it's not practical or involves a sacrifice. I'm here to tell you the time has come to be bold about what you want and need.

**Gemini (May 20-June 21)** You are working with a good balance of practical dreamer and raging idealist energy, particularly where a professional situation is concerned. Work with both consciously; the breakthrough for which you're headed will require quite a lot in the way of grounding, resources and a solid foundation. But those things cannot be the guide or set the limits. To get this particular job done, you'll have to go past what you perceive as the boundaries of your abilities, skills or vision. Just remember, you are not reinventing your career. You are reinventing yourself.

**Cancer (June 21-July 22)** The past few weeks have presented quite a few challenges where dealing with others is concerned. Clashes in ideology, sorting out fact from fiction, and dealing with people who have some strong viewpoints have all been part of the game of life. That's about to change. It's as if you've passed a test to see whether you could withstand high energy and people who test your patience. If you can keep your cool for the next few days, you may find that the territory of your life opens up and that you are experiencing the benefits of true self-confidence.

**Leo (July 22-Aug. 23)** Nobody can say you lack dedication, talent or faith in the people around you. But you may need to go out of your way to express that you believe in them, while at the same time reminding yourself that you are doing the best possible job when it comes to holding up your end of the deal. People have high expectations of you precisely because you set such high standards for yourself. It seems appropriate at this juncture that everyone adjust their expectations and ease off on unnecessary pressure. Life is complex enough without it.

**Virgo (Aug. 23-Sep. 22)** It's all fine and good if a domestic partner goes through their changes or has to blow off steam, but don't be pushed into a situation that's not right for you. At the same time, you seem to be in a position where others may try to push you into doing something you don't have the guts to do yourself. Still, there's a boundary issue that must be resolved: whose property are certain emotional matters that may go back quite a long time? This needs to be sorted out as carefully as possible, based on real and tangible evidence that no one may accept but you.

**Libra (Sep. 22-Oct. 23)** Remember where your true loyalties reside and you'll have the opportunity to strike an entirely new deal that includes you in a greater portion of the benefits of your work. Understanding your ideas about loyalty is very much the key. To whom, or to what, do you have a kind of silent oath that you feel you cannot break? Or, looked at a different way, where do you give yourself, and get nothing in return? It is true that you are compelled to go deeper into your relationships, and to seek most of your learning there. Just be selective, and make sure people are as kind to you as you are to them.

**Scorpio (Oct. 23-Nov. 22)** You simply must deal with your own insecurities. It's not that others won't coddle you along; they probably will. But what good is that if you deny yourself the growth that you need? If you expect others to support the parts of your psyche that had you in their grip only yesterday? You simply must find new emotional territory, establish new patterns, and remember that who you are is really a collection of feelings that can either be in harmony or in conflict. Love is the sign of harmony; fear is the sign of conflict. Listen to those signals, and find your way home. You can get there, and you will.

**Sagittarius (Nov. 22-Dec. 22)** In a few days, Gemini becomes host to the one and only planet Venus. I would say she will be singing your tune. You have been through quite a lot in certain relationships lately, and as of this particular date, things may still not have resolved themselves. But I see you headed for a breakthrough and the resulting rewards, if you are able to sort out what I will bluntly call truth from lies; desires from false wishes; and more than anything, if you are truly willing to redefine what it means to be safe. It's not that a lot of people are counting on you. You are counting on you. **Capricorn (Dec. 22-Jan. 20)** Keep at it. Ideas find their way into the world, but it often takes significant work before they find their way into manifestation. The real breakthrough is not the concept when it comes to us, but rather when we find a way of fully integrating it into our lives in a way that roots it into reality. Work at what you are doing every day. Develop your ideas. Fill a notebook, stay up late playing with test tubes, or play that piece of music over and over again until you get it exactly right. You are directly on the way to what you are looking for.

**Aquarius (Jan. 20-Feb. 19)** Love is always a risk. This is true. But the real question is what we are risking. And that question deserves an answer. Many would say that we are risking getting hurt. I would say we risk something else in equal measure: that our belief system which says that love is impossible will collapse and leave us standing in the cosmic void. Many people cling to their belief systems whether they serve or not. I don't suggest you do this at all. Take the chance. Dare to hold yourself worthy of all that you think is possible. Then, dare to move your heart, your soul, and your feet.

**Pisces (Feb. 19-March 20)** It is true that Pisces can take a God-awful long time to get to the place he or she wants to be. And it's true that little fish can get lost in the big ocean of life. But then, there is the moment of arrival, and you are very close to home. Can you feel it? Can you tell something is about to shift? It's very likely that those who are resisting the developments that are fast approaching may be feeling frustration or pain. If that is true, give it up and let the good things happen in your life, and trust that the changes that are afoot will work entirely in your favor. But for the bold and the daring, this is the week to make your deepest desires known, to act on them, and to trust. ☯☯

Happy Birthday, Taurus!

The New Moon in your birth sign right near your anniversary contains a reminder not to be too self-sacrificing. People born under the sign Taurus are usually said to be stubbornly self-centered. But there is only so possessive of ourselves we can be, and still have anything to share with others. You need to know what to hold onto, and what to give away. Ideally you will find a perfect balance, and you will reward the exceptional generosity you're about to be offered by a close friend or associate that will likely lead to a significant breakthrough.

Eric Francis has more to say at [www.PlanetWaves.net](http://www.PlanetWaves.net).

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# Madame Toujours

Dear Madame Toujours,  
I am about at the end of my rope. My husband Jeff has been spending a lot of time lately with an old college friend—I'll call him "Butthead." Butthead is 42, drinks too much, smokes like a chimney, still dates college girls and has three illegitimate children he doesn't support because he can't hold a job. Jeff says he is aware of Butthead's faults, but he doesn't want to hurt Butthead's feelings by breaking off the friendship.

Last week was the last straw. Butthead brought over a case of beer, and Jeff and Butthead got drunk and went next door where they dognapped Mrs. Twaddle's toy poodle, Sweetums, dyed him purple and gave him a spiked mohawk haircut. Mrs. Twaddle hasn't stopped crying since it happened even though I went with her to the groomer and paid for them to bleach Sweetums to a delicate shade of lavender.

Madame Toujours, I appreciate that Jeff is so tolerant and forgiving of other people's faults. I have tried to support my husband, and to make all his friends feel welcome in our home, but Butthead has led my usually considerate husband into hurtful and destructive behavior. Is it all right for a wife to dictate who her husband can have as friends, or am I being a judgmental witch?

Sincerely,  
Disgusted  
Chere Mme. Disgusted,

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*Mais oui*, you are being perfectly in your rights to demand that your husband is staying far away from the disreputable persons who are leading him into the crimes against the small, household pets. This is one of the very sensible reasons for being married to somebody in the first place. Now you are having the intimate friend in the life who can be discouraging you from spending too much time with your friend Mavis who is dressing like a man and smoking cigars in your living room while making the disparaging remarks about the male persons and staring lasciviously at your bosoms. You are feeling very fortunate to have someone in your life who is holding you to the higher standards, *n'est pas?*

Of more concern to you is to wonder why is *M.* Jeff so much tolerating the obnoxious person with the bad morals. Possibly *M.* Jeff, he is ignoring the drunken boorishness and the illegitimate children because *M.* Butthead, he is reminding *M.* Jeff of the good old college days when he was being carefree and footloose, before he met you and began to have the regular sex. If he is scorning *M.* Butthead, then *M.* Jeff, he will have to be scorning the irresponsible behaviors of himself. This is uncomfortable. This is requiring that he is actually being the responsible, adult-type person. Naturally, he is wishing to be avoiding this at all costs.

*Bon Chance, Mlle.* Disgusted. Perhaps for the punishment, *M.* Jeff, he is taking the lavender poodle for the daily "walkies." The scooping of the poops, it is extremely good for the moral fibers.

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# Among Our Piers:

By Jonathan Shipley

Drew Pine

In ham radio speak his first name would be Delta Romeo Echo Whiskey, last name Papa India November Echo. To us he's Drew Pine, ham radio aficionado, and young member of the Vashon-Maury Island Radio Club. Drew sat down with us to talk about licenses, Morse code, and a guy from Alberta.

LOOP: How did you get involved with radio?

PINE: My dad is a ham radio operator and I wanted to be able to talk with him on the radio.

LOOP: What's your call sign (KE7AYY) mean? Does it have any significance?

PINE: KE7AYY is an auto-generated call sign from the FCC. They go in alphabetical order to choose call signs. However, you may get a vanity call sign of almost anything. The "7" in KE7AYY shows what area of the states I'm in. 7 is for the Pacific Northwest including Washington, Oregon, and California.

LOOP: How did you get involved in the Vashon Radio Club?

PINE: My dad had dropped the hobby and lost interest in it, but when he started back up, he found that there was a club on the island, and I became a member just like him.

LOOP: How does ham radio work exactly?

PINE: Well, You can buy a radio, hand held or not, and it transmits on a frequency that you plug into. There are things called repeaters that listen on one frequency and then transmit to another if you don't have a lot of range. A lot of times repeaters are used when you are driving.

LOOP: Who are some interesting people you've contacted?

PINE: I contacted a guy in Alberta through the Evergreen Inter-tie repeaters. He said gas was \$4 a liter there!

LOOP: How do you get a license? Who can do it?

PINE: You get a license by passing a 35 question written test and if you want a higher license class you have to take a Morse code test and another 35 question exam. To get the highest class license, an Extra, you have to pass a 50 question test. Anyone can get a ham radio license at any age, except people from a foreign government.

LOOP: Anything else you'd like to share about ham radio?

PINE: Ham radio is really fun and I encourage kids to get their "ticket" (license) because it is fun to rag chew (chat) with people all around the world!

## THE DORSAL SPIN: In Gratitude

By Orca Annie Stateler, VHP Coordinator



Many thanks to the 85 people who turned out for "Whales of Vashon" with Mark Sears at the Vashon Theatre on April 17. We are especially grateful to Eileen Wolcott and her staff for offering the Theatre as a fundraising venue for the Vashon Hydrophone Project (VHP) and other worthy Island causes like Wolftown.

Marty did an outstanding job of converting Mark's slides so they could be used in PowerPoint. Maya Sears was indispensable in organizing Mark's presentation.

We were thrilled that some people came to "Whales of Vashon" from Seattle and Tacoma. We were honored to have Kathy Fletcher of People for Puget Sound and Donna Sandstrom of Orca Alliance in attendance.

Mark talked about his experience with Springer (A73), so it was fitting for Donna and Kathy to be there, as they were also instrumental in helping Springer go home. The "oohs" and "aahs" elicited by Mark's photos were gratifying.

In jarring contrast to the lovely photos, I played some VHP recordings of boat noise and sonar. I expect our audience now has greater empathy for what the whales habitually endure underwater. In narrow bodies of water like Colvos Pass, just one loud boat could have a negative impact on killer whales who are trying to forage, rest, or simply maintain contact with each other.

To restore harmony, we wrapped up with enthralling orca calls, so the killer whales got the last word.

Mark's informative, beautiful whale images are made possible by alert Islanders who report whale sightings to the VHP at 463-9041. We extend our heartfelt gratitude to you for thinking locally and sustainably and supporting our work.

I appreciated the call from the kayaker who had a memorable encounter with a gray whale across from Camp Sealth. I hope a gray whale will visit our hydrophone. Contact Orca Annie at Vashonorcas@aol.com or 463-9041.

## Sail the Sound On Virginia V

On Sunday, **August 21st**, the Vashon-Maury Island Heritage Association will offer an Around-the-Island cruise aboard the National Historic Landmark Steamship Virginia V. Tickets for the cruise are \$50 per person. The cruise will begin and end at Vashon's north end passenger ferry dock, adjacent to where the ferry from Fauntleroy docks, so visitors coming from Seattle can walk on board the ferry at Fauntleroy, and then walk on board the Virginia V. Passengers may board starting at 12:30 p.m., and the vessel will depart at 1:00 p.m. The cruise will run until approximately 5:30 p.m. Bring your own lunch, no alcohol allowed, and soft-soled shoes are required.

As the Virginia V circumnavigates Vashon and Maury Islands, local historians will point out sites of historic interest, such as the former Lisabeula resort (hailing port of the Virginia V), Camp Sealth (founded in 1921), Point Robinson Lighthouse (recently listed in the National Register of Historic Places), the Dockton shipyards, and sites of Chautauqua meetings in the 1890s.

For more information or to purchase tickets, contact Jean or Alan Mendel, 463-1453, or email jemendel@comcast.net. Tickets are also available at Books by the Way, Vashon Island Realty and the Heritage Museum. Proceeds support the Island Heritage Museum exhibit fund.

The Vashon-Maury Island Heritage Association is a 501(c)(3) non-profit organization founded in 1976; its mission is to collect, preserve, exhibit and interpret the history of Vashon and Maury Islands.



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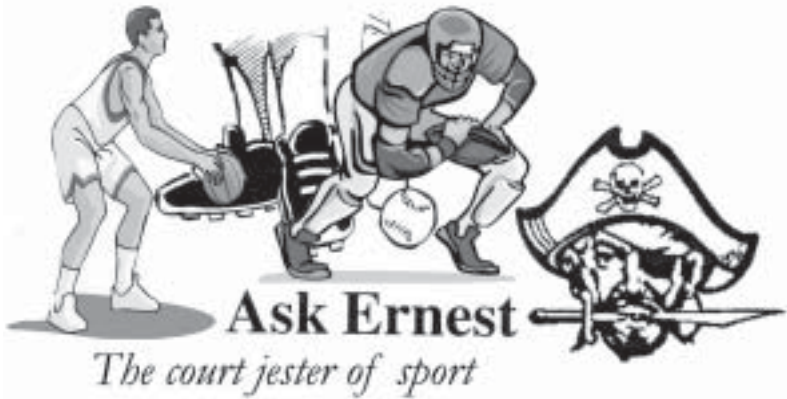
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# Loop ~ Sports



Editor: Ernest was wounded in some serious sports action last week, and was forced to type with the toes of his left foot, making punctuation and capitalization an impossible feat. Understandably, he has not been able to reply to the hundreds of fan letters piling up in his in-box here at the Loop office, but did manage to squeeze out this report. As Ass Ed likes to say, “If you can’t be an athlete, be an athletic supporter.”

high school sports report:

— the anderson brothers rule in baseball, helping the team to a 4-2 start. michael hitting 3 homers in 2 games (both wins), and eric pitching like a silent assassin and hitting too. e phillips doing the fielding and hitting a walk off homer vs. chimacum.

- softball stole a win from klahowya, making d pux ecstatic.
- lacrosse, of course, undefeated.
- tennis and track doing awesome with large turnouts.
- soccer beating returning champs sequim 4-3 in a 2 ot shootout.
- micah sohl and t gateman place 5th in greco roman state, a sohl 3rd and a gateman competing well.
- knud and greg martin getting stretched out and ready for slowpitch at the strawberry festival. Watch out for the long ball and the long slow trot around the bases.

Ernest, speedy recovery, buddy. Yo, eleven.

## The Madrona School’s Silent Auction!!

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### Solution to Double Crostic

The roast was a pale, resilient scintilla of mutton that turned the tines of the fork, garnished with a spoonful of greenish boiled string and a dab of penicillin posing as a potato. - [S.J.] Perelman, “Westward Ha!”

A. PHOTO FINISH  
B. END OF AN ERA  
C. ROGER  
D. EATING RAUL  
E. LAPTOP  
F. MOSE  
G. ANNOTATION  
H. NATION  
I. WHEREABOUTS  
J. AS IT STANDS  
K. SHIFT  
L. THICKNESS  
M. WIFFLE BALL  
N. RIPPLE  
O. R. ALLOTTED  
P. DESTRUCTION  
Q. HAGFISH  
R. AS IT STANDS  
S. EDITING  
T. WIFFLE BALL  
U. PHOTO FINISH  
V. EATING RAUL  
W. ANNOTATION  
X. NATION  
Y. HAGFISH  
Z. WHEREABOUTS

### Double Crostic by Richard Carson

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

R1	K2	B3		C4	P5	G6	F7	D8		I9	D10	P11		R12		A13	B14	O15	D16		O17	B18
E19	A20	D21	N22	C23	J24	G25		N26	P27	G28	E29	L30	K31	M32	E33	B34		R35	A36		F37	P38
E39	G40	D41	B42		P43	I44	D45	N46		N47	D48	P49	G50	J51	R52		K53	Q54	B55		A56	M57
P58	L59	N60		I61	B62		E63	L64	P65		M66	G67	B68	L69		J70	N71	I72	G73	L74	K75	A76
M77	B78		M79	D80	J81	A82		B83		L84	O85	G86	C87	B88	K89	I90	M91		A92	M93		C94
D95	L96	R97	G98	A99	N100	Q101		E102	A103	P104	R105	O106	N107		Q108	H109	C110	O111	N112	D113		G114
L115	P116		N117		J118	E119	M120		E121	Q122		O123	F124	A125	H126	L127	J128	M129	R130	Q131	D132	
E133	F134	L135		J136	H137	Q138		H139	A140		M141		E142	H143	R144	Q145	P146	B147				

A. Close race	J. Publishing step
13 76 92 56 103 36 99 125 20 140 82	51 118 128 81 136 24 70
B. Turning point	K. Change position
3 42 78 147 62 14 88 18 68 34 75 2 31 89 53	
C. "Message received"	L. Ply
4 87 94 23 110	30 64 74 127 69 115 96 84 135
D. 1982 black comedy	M. Safe sport
16 45 8 80 132 113 95 10 41 48 21	79 57 93 66 32 77 120 141 129 91
E. Portable computer	N. Currently
33 119 133 63 121 142	71 26 22 46 60 47 117 112 107 100
F. Pianist Allison	O. Tiny wave
37 134 7 124	17 111 85 123 15 106
G. Inserted comment	P. Complete ruin
6 73 50 67 40 114 25 28 86 98	116 65 11 146 49 38 27 43 104 5 58
H. Sovereign state	Q. Lamprey relative
137 139 109 126 143 29	54 145 138 122 131 108 101
I. Location	R. Parceled out
9 44 55 72 59 83 102 61 90 39 19	12 105 130 35 144 1 97 52

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# Lo'py Laffs



A high-school student was taking the tour of a national park not long ago. The ranger mentioned to the tour group that dinosaur fossils had been found in the area. The student exclaimed, “Wow—I can’t believe the dinosaurs would come this close to the highway!”

A lady was picking through the frozen turkeys at the grocery store, but couldn’t find one big enough for her family. She asked a stock boy, “Do these turkeys get any bigger?” The stock boy replied, “No ma’am, they’re dead.”

## WILD WORLD / Ed Frohning



### OneLiners (more or less)

A dogma is not a mama dog!  
Patience is counting down without blasting off.  
Don’t assume malice for what stupidity can explain.  
The only substitute for good manners is fast reflexes.  
Logic is a wreath of pretty flowers with a very bad odor.  
A duck is a bird that walks like it has ridden horseback all day.  
A self-addressed envelope would be addressed to “Envelope,” right?  
Eccentricity is a like having an accent—it’s what “other” people have.  
Blessed is the man who, having nothing to say, abstains from giving evidence of the fact.  
Living would be easier if men showed as much patience at home as they do when they’re fishing.  
Vital papers will demonstrate their vitality by moving from where you left them to where you can’t find them.

Imagination is more important than knowledge.  
—Albert Einstein

Marijuana  
Issue Sent To A  
Joint Committee  
—Toronto Star headline

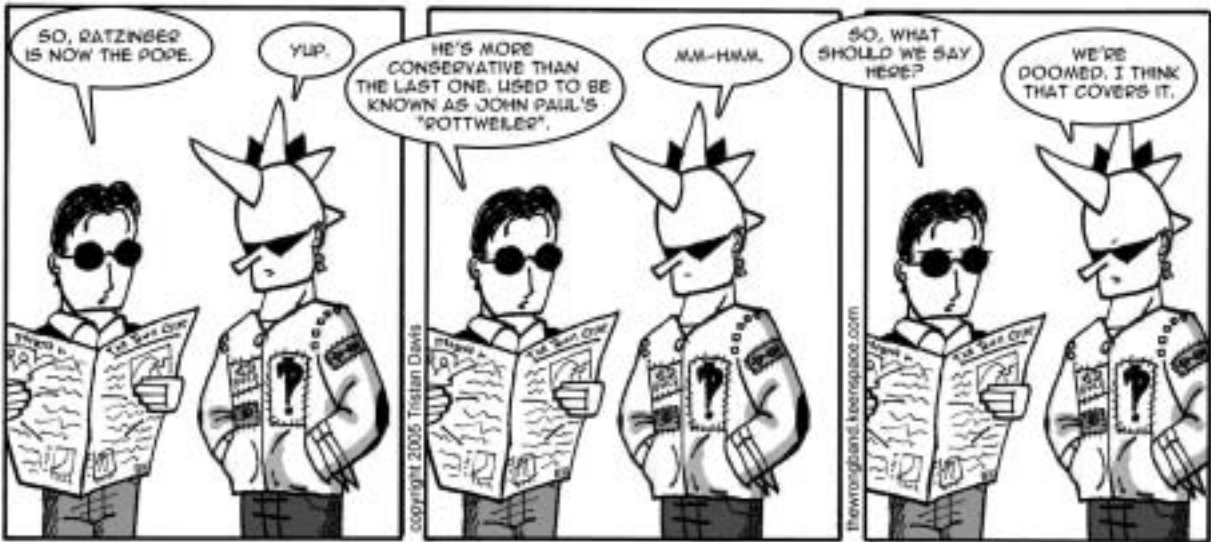


### OFFSHORE



Fresh out of gift ideas, I bought my mother-in-law a large plot in an expensive cemetery.  
  
On her next birthday, I bought her nothing. She was quick to comment loud and long on my thoughtlessness.  
  
Well, she hadn’t used the gift I gave her last year!!

NOT  
ALL  
THERE  
by  
Tristan  
Davis



### LOGJAM





# School Board meeting

*Continued from page 1*

In the past schools were given a three-week window to give the WASLs, and while that is still true for the elementary and middle-school levels, state high schools are now mandated to give the WASL tests on the same days, at the same time. In the past students who took the test early were able to pass along information to students who took the test later. Making everyone take the test at the same time on the same days is supposed to prevent cheating.

The School Board will decide at their May 12 meeting when Spring Break will be next year. Stay tuned.

**Budget:** The main concern of the district and Superintendent Mimi Walker now is planning the budget for the 2005-2006 year. That budget will be presented to the Board at the May 12 meeting. Walker stated that funds for the budget are limited, and there will be some tough choices made. She emphasized by saying, "Ask those questions!" that she wants the Board and the public to ask what is being funded.

May 15 is the deadline for staff reduction. The district will receive approximately \$450,000 for the 2005-06 year from the state Initiative 728 funding to public school districts. The Board passed a spending plan for these funds at the April 28 meeting. Copies of the approved I-728 spending plan are available to the public at the school administration office.

**Math Curriculum:** Chautauqua principal Amy MacFarland and teacher Gail Mitchell reported on the selection of a new math curriculum, “Everyday Math.” Their decision was based on visiting and observing other schools to see what worked over time, and what teachers had to say about the curricula they were using.

Teacher Cherry Champagne said that she liked “Everyday Math” because it is geared to how children learn, coming back to things several times in different ways, providing different strategies for learning and encouraging children to work out strategies together. Gail Mitchell added that for grades 3-5 the curriculum has a reference book for parents so that when working with their children at home they can see how skills are being taught in the classroom. MacFarland stressed that teacher training will be the foundation of the new curriculum’s success.

**School Principal Reports:** All district principals noted that they have been conducting WASL testing at their schools.

VHS Principal Susan Hanson reported several students at the high school and in the Student Link program who are being recognized for their academic excellence by awards, scholarships, and free tuition to colleges they will be attending. *The Riptide*, the high school paper, has won first place in

a high school newspaper competition.

McMurray Principal Greg Allison reported that planning is well under way for Exploratory Week in June. Recently McMurray held an earthquake drill for students and staff. Allison noted that during a recent Artists in Schools presentation, an African dance and drum troupe came to McMurray, and one of the singers in the troupe found a picture of his late father in materials about Africa that had been put out for students, which gave his performance a heartfelt personal touch.

Chautauqua Principal Amy MacFarland reported that the CES Math Team won first place at a competition. She said that many school field trips are coming up, as is the annual fifth grade pilgrimage to Camp Waskowitz. The new school garden is a quiet and beautiful addition to the school.

**Title IX issue:** The Rev. Jerry Connors read a letter regarding discrimination against girls on the wrestling team, specifically his daughter, Megan. Ms. Connors also read a statement she had prepared. Connors declared his intent to sue the school district, among others.

**Personnel:** Several leaves of absence, job share requests, resignations, and hires were discussed and approved, as well as the slate of school sports coaches for next year.

**Arsenic reduction:** Superintendent Walker reported that a plant species named “Chinese grape fern” is going to be planted in three test sites in what is called a “phytoremediation study.” The plant is known to remove arsenic from soil, but it has not been grown in this climate before so this study will gauge the practicality of using the plants for arsenic removal here.

**Plate boundary GPS instrument:** Katrin Hafner, of UNAVCO, answered questions from Board members and Superintendent Walker regarding the placement of a plate boundary GPS instrument to report earth movement. Hafner addressed several concerns, including who would pay for electricity to run the monitor (solar cells and batteries put in place by UNAVCO), possible vandalism (instrument is placed in cyclone fence enclosure), danger of electrocution (none), weed control (weed barrier and gravel) and liability (none for school district). This is a scientific project to collect data, and UNAVCO would lease the land for fifteen years, with a one-time payment of \$1500 to the school district. Other issues remain to be addressed, and a Board decision will be made on whether to allow the placement of the monitor on school property in May.

**Next School Board meeting:  
May 12, 7 p.m., Vashon High School  
Library.**

(Editor: Mary Litchfield Tuel graciously offered to cover this school board meeting for *The Loop* even though she finds meetings to be about as much fun as tests. She brought her camera, but forgot the card, so just use your imagination.)



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OR DROP A CARD IN THE  
MAIL.  
BUT REMEMBER HER  
TODAY & EVERY DAY  
FOR TOMORROW  
SHE COULD BE GONE  
AND IT'S IMPORTANT TO  
SAY  
I LOVE YOU TODAY  
(I KNOW)  
IT ONLY TAKES A MOMENT  
& IT WILL MAKE HER DAY!



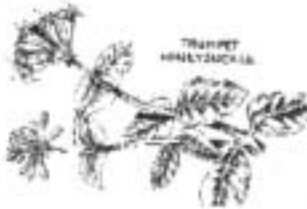
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Lilacs  
and so many more



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**CLASS SCHEDULE**

May 14th at 10:  
PICKING & PLANTING THE  
RIGHT PLANT IN THE RIGHT PLACE  
shade ? sun? sandy soil? clay?  
dry? wet? we'll help you figure it out

TOMATOES ts time to plant your tomatos & we  
have a good selection of  
disease resistant varites and MANY more will  
be ready on the 15th -Be sure to pick up  
Kathy's advice &  
printout on  
**HOW TO GROW GREAT TOMATOS**



# Loop Arts

## Two Ballets Performed by Blue Heron Dance Company

By Juli Goetz Morser

The Blue Heron Dance Company presents two ballets — *La Fille Mal Gardée* and *Swan Lake* — on **Friday and Saturday evening May 13 and 14** at 7 p.m., and **Saturday and Sunday matinee, May 14 and 15** at 2 p.m. at the Vashon High School Auditorium. Tickets are available at Books by the Way, The Heron’s Nest, Thriftway, and The Blue Heron.

This year’s spring performance is a study of contrasts as the pre-professional dance company brings to life two very different versions of the classic romantic love story. *La Fille*’s plotline is a simple variation on the theme of boy-meets-girl, conflict arises but is overcome, boy and girl live happily ever after. First performed in 1789, *La Fille* is credited with liberating ballet from the rigid tradition of depicting only gods, kings or queens by telling, instead, the story of ordinary, “real” people. It is the oldest ballet still seen by audiences today, and its staying power has much to do with its light-hearted comedic appeal. As one critic described it, “The title may scare people because it doesn’t sound like Disney. But it’s one of the most charming and entertaining...ballets and has everything imaginable for adults to enjoy it as much as children.”

Vashon High School Senior Sophia Ressler, who began dancing with BHDC when she was four and has charmed audiences as a soloist in numerous performances, will dance her final solo as Lisette, a young woman in love with a poor peasant boy named Collin, danced by Chad Richardson. Unfortunately for the cupid-struck couple, Lisette’s mother envisions other plans for her daughter, namely marrying the inept but soon to be wealthy Alain. Fortunately, the couple outwits both the conniving mother and hapless finance, proving — with humor — that love does conquer all.

Love also wins in *Swan Lake*, but the revered ballet presents a highly

dramatic and more complex version of “boy meets girl.” No simple plot and no simple heroine in this tale; an evil sorcerer transforms Queen Odette, the idealized woman, into a swan. It takes the undying love of Prince Siegfried to break the wicked curse, which he pledges to do...until the evil sorcerer plays another nasty trick, this time on the prince. Heartbreak ensues, but reunion — of a poignant sort — eventually follows.

Arguably the most popular ballet ever created, *Swan Lake*’s debut performance at the Bolshoi Theater in 1877 met with less than enthusiastic response. Its longevity is partly attributed to Peter Tchaikovsky’s lyrical score, his first of many compositions for ballet. Tchaikovsky’s favorite part of the ballet was Act II, The Lakeside, as it is for many dancers because it blends the emotional denouement of the ballet with some of the most technically challenging dance moves.

Vashon High School Senior Caitlin Bonner, who performs the role of Odette, meets that challenge with the confidence that comes from years of experience as a BHDC soloist, long hours in the studio, and a grace that is uniquely hers. Bonner began dancing with BHDC at the age of two; *Swan Lake* will be her ‘swan song’ with BHDC. Veteran BHDC member Jay Motoyoshi will dance the role of Prince Siegfried.

Artistic Director Christine Juarez chose these two ballet excerpts to feature her two seniors and to give her other students more time on stage. BHDC set designer Michelle Berlin, costume designer Kate Guinee, and poster designer DeeDee Ploog once again create a magical world in which these stories unfold. Sue Clark and Lisa Crosby, the BHDC fairy godmothers otherwise known as the co-producers, are everywhere with their magic wands of superhuman elbow grease, making sure the show will go on.



Vashon High School Senior Caitlin Bonner dances the role of Odette with the confidence that comes from years of experience as a BHDC soloist, long hours in the studio, and a grace that is uniquely hers.  
~ Jenn Reidel photo

## Jon Gailmor at Café Luna

Jon Gailmor, one of Vermont’s best-known and well-loved singer/songwriters, will be appearing in concert at Cafe Luna on **Saturday, May 28** at 7:30 p.m.

Since 1971, Jon has been performing in schools, colleges, resorts, restaurants and folk clubs throughout the country, serenading at child care and senior centers, singing at prisons, hospitals, corporate and private parties, delivering unorthodox high school commencement addresses and talking to students far and wide about alternative career choices. Jon presents songwriting residencies and workshops for students in pre-school through college, and helps companies and other organizations create their own masterpieces.

Jon Gailmor has been honored as an “Extraordinary Vermonter” by the governor, received the Mayor’s Peace Prize in Burlington and was awarded a Silver Citation by the Vermont Arts Council. He sang as Vermont’s representative at the 25th Anniversary of the Kennedy Center in Washington, D.C. and, in 1996, was chosen to carry the Olympic Torch through Brattleboro, on its way to Atlanta. He has toured with the Vermont Symphony Orchestra, has released six solo albums, and lives with his family in Elmore, Vermont. This is Jon’s first visit to the Great Northwest, and he is relishing it with great anticipation. For more information than you probably care to know, please go to [www.jongailmor.com](http://www.jongailmor.com).



## HitchHikers Guide To the Galaxy PG

Wednesday 5/4 - Thursday 5/12

Call 463-3232 or [www.vashontheater.com](http://www.vashontheater.com) for times

## Sahara PG-13

Friday 5/6 - Thursday 5/12

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## Interpreter & Millions PG-13

Friday 5/13 - Wednesday 5/18

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## Rodeo Angel at Café Luna

Rodeo Angel will play Cafe Luna **Sunday, May 15th**, from 5 to 6:45 p.m. Rodeo Angel is Mark Borax, Dana Boyd and friends playing original acoustic folk-rock with vision and harmony. They play the third Sunday of every month at Cafe Luna.





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**Islewilde 2005 Event**

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Puppet shows, music, theatrical performance, here is your chance to join the Islewilde Family in a benefit for Islewilde 2005.  
Islewilde, the free community arts festival, celebrates its 15th year on Vashon. Born out of the desire to show people that everyone is an artist, Islewilde embodies bold wit, fantastic visual art, and passionate music.  
In order to keep the Islewilde festival free of charge, it needs financial support from Vashon residents.  
Among the many great acts that exemplify Islewilde, this fund raising event will feature Clay Martin’s Puppet Theater, and the music of Steffon and Arlette Moody, Tiny Bit of Love, and more. The goal for this event is to raise \$1000.  
The admission to the show will be \$10 for adults and \$5 for children. For more information call 567-5815, and visit [www.islewilde.org](http://www.islewilde.org)



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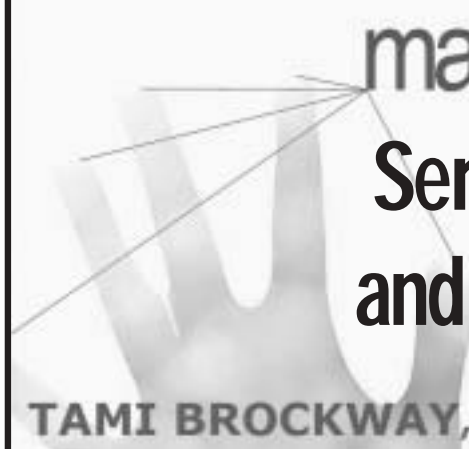
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## What’s Happening at Vashon Bookshop?!

by Devon Atkins

So, I’ve just got to say that if you missed last Friday night’s Environmental Symposium, you missed something just a little bit thrilling. Seven fabulously articulate and sophisticated Evergreen students who just happened to have researched and written an incredible book called *Defending Wild Washington: A Citizen’s Action Guide* came to Vashon to share what they learned with us. The audience was a “Who’s Who” of the Island’s most passionate environmental activists, and more than a dozen “green” groups were represented from Preserve Our Islands to the Audubon Society. I think the Evergreen authors enjoyed us as much as we enjoyed them. There was a lot of learning going on, and for my money, it was Vashon at its best.

Meanwhile, we are loving May, with all its promises of good weather and lots to do. Our kids’ book groups are coming right up; the Original Kids Book Group (ages 10-13) will meet at the Bookshop, **Saturday, May 7th at 9 a.m.** Kids talk books and eat doughnuts while their parents eat breakfast or browse the Market. And then, there’s Merna Hecht, who stops by at about 10 a.m. just to tell us stories. You’re lucky if you get to hear and watch her. Merna’s small, but seems to grow much bigger than life the moment she begins a tale. Then, a week later, the Second Saturday Book Group meets **Saturday, May 14th** for more doughnuts and book chat.

And, speaking of May flowers, here comes Marty Wingate. That’s right, that same Marty Wingate who writes the column every Thursday for the *Seattle PI*. Marty, who took us all by storm last year, with her *Big Ideas for Small Northwest Gardens*,

is doing it all over again with her brand-new *The Big Book of Northwest Perennials: Choosing, Growing and Tending*, a potent book of color and tips from the expert for those lovelies we can all count on, year after year. Marty will speak and delight us with a slide show, **Friday, May 6th** at 7:30 p.m. at the Bookshop. It’s a night of gardening and flowering in the Merry Month of May!

And speaking of merry, Gwynn Palmer is nothing if not merry; and smart and generous, and fun, too. And, a much loved Vashon icon. A friend of mine says that she’s one of those people who, you know, knows something you want to know. And she does! She’s come full circle back to us with a message of love and health, and good eating. She’s spent years learning how to be healthy again, and we’re lucky enough that she wants to tell us all about it. Thing is, Gwynn is the kind of person who could tell you anything, and you’d like it. Her books, *Eat Well and Live*, and, *Having it All: Without Dairy, Wheat, or Sugar* promise a lot of guilt-free, great eating, so stop by and have a listen when Gwynn Palmer, of long ago Sound Food fame, tells us what she knows, **Friday, May 13th** at 7:30 p.m.

Which only goes to prove once again, that Vashon Bookshop is not just about books!

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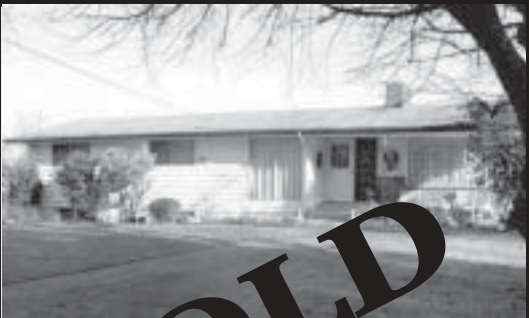
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