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Eco-Tour in Indonesia, Beanie Babies, memories of Luna, the Third World, the Ninth Ward, Beyond Oil, Unsung Heroes, ranunculus, and more!



Katha



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Vol. 3 #6

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM

March 15, 2006

School board member Gene Lipitz and his girls getting out the vote!

Oscar Winners

Who are these people? I'm going to go out on a limb and say they are the winners of the costume competitions at Oscar Night, March 5, at the Vashon Theater. Is there a 'chutzpah" award? Photo by Dan Scheuler

Shannon and Michael Meyer get a glow on at a recent Ceili

St. Patrick's Day Irish Ceili Dance

On Saturday, March 18 the Vashon Celtic Dance Society will honor St. Patrick's Day by hosting a community Irish Ceili dance at the Grange Hall with live, traditional Irish music. The dance will be held from 7 p.m. to 10 p.m., with a suggested donation of \$8 (\$6 for students and seniors). The Grange Hall is located in the north end ferry dock parking lot. Ceili dancing is a "barn dance" style accessible to nearly everyone (and perfect for the old log building of the Grange Hall). No partner or experience is required. Kathleen O'Grady-Graham from Seattle will teach and call the dances and music will be provided Vashon's own Irish dance band, The Gold Ring. Don't miss this St. Patrick's Day opportunity to experience Irish culture through participatory dance and music. For more information about the Vashon Celtic Dance Society, or to volunteer, call Shannon Seath Meyer at (206) 774-4047 or | Joy Goldstein passing out cookies Lori Malczyk at (206) 463-6917.

CodePink: Women of Peace

Dressed in pink and holding signs in Burma Shave style, the Vashon-Maury Island Green Party Progressive Book Club celebrated International Women's Day last Wednesday, March 8. Book club members Ivy Sacks, Maryrose Asher, Kathryn True, Jeanne Ernst, Merilee Runyan, Beverly Naidus, Susan Lewis, Claudia Gross-Shader, Debra Blake, Joy Goldstein, Amy Bogaard, and, newcomer to the Island, Jade Grace, prepared pink-colored signs which graphed the annual federal budget to show how much of the annual federal budget is allocated to housing, health care, education, environment, humanitarian foreign aid, human services, and military Susan Lewis spending.





Pink-wrapped cookies were passed out to drivers at the main intersection in town. Attached to the cookies were pink slips of paper which said in part: "We are taking part in a CODEPINK action in celebration of International Women's Day...Our goal as Women of Peace is to end all wars and to end our country's unrestrained military budget...it is time to reset our priorities!"





Andrew and Jennifer Ayres Krikawa

Krikawas Perform Faure Requiem with Vashon Chorale

Soprano Jennifer Krikawa and baritone Andrew Krikawa and will be featured soloists in the Vashon Island Chorale's performance of Gabriel Faure's Requiem on Sunday, April 2, at St. John Vianney Church. The Krikawas recently moved to Vashon from New York City with their two small children to "lead a simpler life," leaving behind professional careers that took them to Carnegie Hall and New York City Opera stages. Both have sung major opera roles and principal parts in musical masterworks for regional companies and orchestras throughout the country. Both hold master's degrees England from the New Conservatory of Music in Boston.

"Andy and I are impressed with the musicality, artistry, and vocal ability of the singers," said Jennifer Krikawa about their participation in the Chorale. "David Kappy brings inspiration and education to the group with a wonderful combination of humor and command. I look forward to every rehearsal," she added. "It has brought a welcome sense of community to our lives."

"We are so fortunate to have the Krikawas in our midst," said David Kappy, who directs the Vashon Chorale. "Anyone who has heard them sing knows what a treat it is to have them perform with us."

A 25-piece chamber orchestra will accompany the choir on the Requiem. Violinist Mary Walker will serve as concertmistress. The orchestra will include Seattle harpist Mary Frank and hornist Kathleen

Continued on page 2

Get in The Loop

VashonBePrepared§

Free CERT training starts March 17! Eight Fridays, 6 to 10 pm plus one Saturday drill For info contact **Catherine or Michael Cochrane** certvashon@vahoo.com or 463-4558

Democrats Show Red State Road Trip

On Inauguration Day 2005, Director Chris Hume's film crew began a 6000mile journey across middle America. He interviewed hundreds of everyday citizens at work, play, and worship in a quest to learn what they felt about America and the results of the 2004 election. The result is *Red State Road Trip*, a one-hour documentary film. (www.redstateroadtrip.com)

Red State Road Trip will be shown on Saturday, March 18, at the Land Trust Building. Come at 7 p.m. for the film or arrive by 6 p.m. to share in our regular potluck.

The Vashon Democratic Club invites you to view this film and to learn about our programs and activities in this election year. Suggested donation for the film is \$2.00–5.00. For more information, contact Roger Fulton at 463-5652.

Tikkun Olam:

Green Party Hosts Bert Sacks

The Vashon-Maury Island Green Party is sponsoring an event on Sunday, March 26, titled, Tikkun Olam: Repairing the World Through Social Action. Perspectives on the Middle East and Outreach to Faith Communities on Vashon.

There will be a potluck dinner at 5 p.m. followed by a speaker at 6 p.m.

The invited speaker is Bert Sacks, cofounder of Interfaith Network of Concern for the People of Iraq (INOC) and Citizens for Responsible Journalism.

The event is open to the public and free of charge. Please join us at Havurat Ee Shalom, 15401 Westside Hwy SW, north of Cove Road. There will be a potluck dinner at 5:00 p.m., followed by the presentation at 6:00 p.m. For more information, please contact Dan or Maryrose Asher at 567-0593 or dmasher@comcast.net.

Garden Artists, **Vendors Sought**

Garden artists are being sought for the first Garden Art Show sponsored by Old & Fungui. The show will be titled Mothers and Their Gardens, and will be on Saturday, May 13, the day before Mother's Day, outside the store at 17311 Vashon Highway.

This is a great time for people to get out and work in their yards, and what better way to finish your garden creation than by adding a beautiful sculpture or other piece of garden art?

Fee for vendors is \$40 and partial proceeds will go to the Vashon Food Bank. Those interested in being in the May show should call Old & Funqui at 206-463-0895. Spaces will be allotted on a first come first serve basis.

Progressive Book Club

The Vashon-Maury Island Green Party's Progressive Book Club will meet at the Vashon Tea Shop on Sunday, March 26, from 2 to 4 p.m.

The Book Club is a social event designed for members to get to know each other while discussing progressive book selections. This month's selection is Paul William Roberts's book, A War Against *Truth.* a national bestseller which is shortlisted for the Charles Taylor Prize for literary non-fiction. Of A War Against Truth, Noam Chomsky writes, "Despite the bitter humor, reading this lacerating chronicle is as painful and as necessary as opening one's eyes in the morning for those who want to perceive the world as it is — and do something about it."

A War Against Truth is available at Vashon bookstores and a discount is offered to book club participants. For more information, call Maryrose Asher at 567-0593 or e-mail dmasher@comcast.net.

Annual Garden Tour

Save the date! Celebrate summer and Vashon Allied Arts' 40th Anniversary at the 16th annual Vashon Island Garden Tour, which will take place this year on Saturday June 10 and Sunday, June 11, from 11 a.m. to 5 p.m. This is the second largest fundraiser of the year for Vashon Allied Arts. The Garden Tour reflects each owner's style and creativity. Discover fresh ideas, hear live music and most of all have fun supporting Vashon Allied Arts and education programs. Tickets will be available **April 15** at Blue Heron Art Center, Heron's Nest and DIG. Purchase before May 15 for 20% discount.

Senior Center Potluck Sunday

Fine food and warmth are offered for senior citizens, their friends and families this **Sunday**, **March 19**, 2 to 4 p.m. at the Senior Center potluck. Please bring a dish to share, and get out of the cold. Monthly potlucks are hosted by the SC program committee, headed by Ellen Trout.

Curious About Life After Death?

Is it possible or healthy to continue a relationship with someone who has died and if so, how? At the monthly IONS gathering at the Vashon library on Thursday, March 23, writer and counselor Rondi Lightmark, M.A., will share her thoughts and research on the provocative topic of life after death. Part of her presentation will include a video excerpt from the 2000 HBO show titled Life Afterlife. Call 463-0831 to confirm time and location. Rondi is a freelance writer and counselor whose counseling practice offers her own unique approach to healing from loss (www.healgrief.com).

Vashon Chorale

Continued from page 1

Farner, a Professor of Music at Pacific Lutheran University who recently moved to Vashon.

The program will also feature Morten Lauridsen's Lux Aeterna, which has risen to the top of every choral director's list since it was composed 10 years ago. Craig Hanson will provide organ accompaniment for this piece.

"The two compositions have the same Latin vocabulary," said Kappy, "though they are cut from a very different cloth. Both have a transcendent quality and are simply magnificent."

Performances are at 5 p.m. and 7 p.m. Tickets are available at Books by the Way or at the door, if available.

League of Women **Voters Invites You**

Join the discussion at the Vashon Library meeting room on Thursday, March 16, at 2:30 p.m. All meetings are open to the public and the Vashon League is looking for new members. The topic this month is "Neutralizing Nuclear Terror." For more information, please contact Ellen Kritzman at 567-4837.

Community Council Seeks New Board Member

The Vashon Maury Island Community Council currently has an open position for a member of the Board. Applications for the position will be accepted until March 27.

The VMICC Board consists of nine members elected bi-annually in the November general election in even numbered years. The current vacant position will be up for re-election in November of 2006. The VMICC Board meets the first Monday of each month.

Applications for the Board position must be submitted by **Monday, March 27** to Jim English, President. Send e-mail to jim_english@amerifresh.com or mail to P.O. Box 281, Vashon WA 98070.

Who Are We and Where Are We Headed?

Please join the Vashon-Maury Island Community Council on Monday, March 20, at 7:30 p.m., as we talk about how Vashon measures on 45 benchmarks that define our rural character. We are just beginning to compile Island information on economics, the environment, affordable housing, land use and transportation. Also on the agenda: Do ferry policies have economic effects? The State may be asking that question soon. Council meeting is at Courthouse Square. All Islanders welcome.

VIPP Garage Sale This Weekend

The VIPP Spring Garage Sale is this Saturday and Sunday, March **18 and 19,** from 9 a.m. to 3 p.m. on Saturday and 11 a.m. to 2 p.m. on Sunday. The sale will be at the Firefighter's Association Building on Bank Road, and donations will be gratefully accepted there on Friday from 10 a.m. to 4 p.m.

I've had enough of gardening -- I'm just about ready to throw in the trowel.





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Adopt-A-**Cat Day**

Vashon Island Pet Protectors will host an Adopt-A-

Cat day Saturday, March 25, from 11 a.m. to 2 p.m. and Sunday, March 26, from 12:30 to 3 p.m. at Pandora's Box. Please stop by or call VIPP at 206-389 1085. Here are three adoptees!



The Vashon Loop

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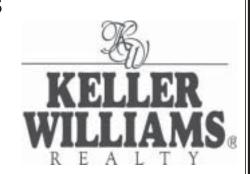
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Troy and Marie Talk Capital Gains

To paraphrase Benjamin Franklin, the only two things in life that are certain are death and taxes. Off the tops of our heads, we can't think of a good connection between real estate and death, but certainly there is one between real estate and taxes. Rest assured than when you sell your home, Uncle Sam is waiting with his hand out. You may not have to give him more than a high five, though. Read on...



Troy: Marie, since it's just one short month until Income Tax D-Day, I thought our readers might appreciate some information about how capital gains taxes are calculated when they sell their homes.

Marie: Is there some sort of sound distortion in here? I could have sworn I just heard you express an interest in talking about taxes. Are you my same husband who claims he'd rather have a root canal than sit through a meeting with an accountant?

Troy: Well, yes. But I am willing to suffer through this for the benefit of our clients.

Marie: Great! There is hope! As the National Association of Realtors explained it in a recent article, the capital gains tax that you have to pay when you sell your home is based on the difference between the price you sell it for and its so-called "cost basis."

Troy: The cost basis is more than just the price you originally paid for the house, right?

Marie: That's right. To calculate the cost basis, you take the purchase price of the house when you bought it, and add in any costs of the purchase – like transfer fees, inspections, and attorney costs.

Troy: Then you add in what it cost you to sell the house. This would include your commission expense and any money you spent to fix up the house before putting it on the market.

Marie: You can also add in any costs you've spent over the years to improve the property, like adding a deck or a new room.

Troy: But you can't add costs for repair and maintenance for things that were already there. For example, you would not be able to add the cost of replacing a roof.

Marie: That's true. A new roof might be an improvement and add to the market value of your home, but the IRS would not consider it part of your cost basis.

Troy: Those guys are just no fun.

Marie: That's for sure. Anyway, your capital gain on the sale is the difference between your selling price and the cost basis of the house. Obviously, the higher your cost basis, the lower your capital gain, and the lower your tax bill.

Troy: Also, we should mention that people can exclude part of the capital gain – up to \$250,000 for a single person or \$500,000 for a married couple. There are some further requirements in the fine print that go along with this generous exclusion. Anyone who is considering selling their home should consult with a tax accountant to fully understand the tax implications.

If you have suggestions for topics to cover in Tips For Homeowners, or if you want to receive your copy via email, please write marie@kwvashon.com. And if you need real estate services, please give us a call at (206) 463-LIST.We would love to work for you.



Acreage With a View!

6320 SW Luana Beach Road

Every day is a vacation day in this beautiful, quality built Lindal Cedar home on a shy two acres of gorgeous rolling land with an incredible panoramic view of the Puget Sound shipping lanes, the Seattle skyline, the ferries, the Cascades, and Whidbey Island. On a clear day you can even see Mount Baker! Three bedrooms, two baths, fenced pasture, landscaped gardens, a sauna, an atrium with a hot tub, outbuildings—it's the Island Dream come true. **\$599,000**.

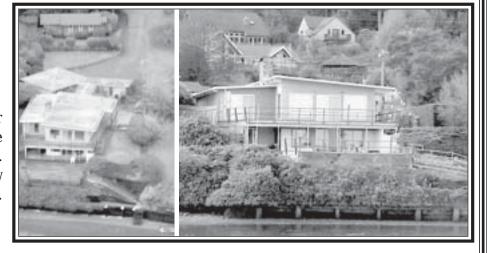
Check out the virtual tours of these properties at www.kwvashon.com

Clambakes and Cocktails!

22908 Vashon Hwy SW

This retro chic house calls for clambakes, cocktails, and cabin cruisers! It's 3200 square feet of living space on 80 feet of low bank inner Quartermaster Harbor waterfront. It's picture windows from the floor to the high ceiling to take full advantage of the light and the view of the busy harbor. It's a home for entertaining guests and family, with two large decks practically over the water, plenty of bedrooms and bathrooms, and a separate guest cabin. **\$1,049,000**.

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The Vashon Loop, p. 4 March 15, 06

Loop Letters

Editor, *The Loop:*

surrounding the prioritization of computers/games at our local library, some things have gotten a bit confused. So, here is an attempt to clarify the issue.

Q: Why a petition? **A**: Our local librarians are not empowered to make these decisions on their own, and so Vashon citizens must take the issue directly to the decisionmaking level of administration within the KCLS.

Q: What is the problem? Is it noise? **A:** No. Noise is NOT the problem. The computers are VISUALLY dominant/unavoidable and this distracts from awareness/ enjoyment of the books. When no one is using the computers they still distract children!

Q: Is this a clear right or wrong situation? **A:** Not really. It is a value judgment that computers/games should NOT be prioritized over books. The key is allowing for people from both perspectives to get

Q: Can we wait for the new library? A: That date seems to be **Letters to the Editor:** editor@vashonloop.com Have mercy: keep it to 300 or fewer words. Thanks.

Regarding the ongoing concerns getting farther and farther off. In the meantime we need to at least see a substantial temporary solution.

> **Q:** But, what about families that want computer access for their children? A: The argument that "computer skills are important and these computers need to remain available" is somewhat moot for this issue. We do support these computers remaining easily accessible and readily available...in a different location.

> **Q**: What are concerned families looking for? A: In general, we'd like our library to remain a place of quiet relaxation, literacy promotion, and public access to certain resources. Relocating the computers allows us to support both computer education and instill a strong affinity for books. Vashonites...we can come together on this. Let us offer computers to families that want them while preserving the traditional library experience with a children's space that fosters a true love of books!

> > Sincerely, March Twisdale

their needs met at our local library!



Katha Reilly June 1, 1950 - March 1, 2006

We note with great sadness the passing of Kathleen Marie Reilly — Katha. She was a mom, an artist, a poet, a gardener, a cook, a woman of a thousand hats and moods, and oh so much more. She had a large heart in a small body. We love her for all she was. She passed in a house fire on Ash Wednesday, overcome by smoke. She leaves her three daughters, Coriel, Kaleena, and Christa; two grand children, Tyler and Kali; extended family; and many friends. Services were held last weekend. We will miss her phone calls, her ideas, her love, we will miss her, so much.

Beyond Oil Coalition Hosts Film, Discussion

By Laura Worth

On **March 26**, the newly formed Beyond Oil Coalition: a Vashon Community Project, kicks off an event series designed to spark community action around creative solutions to the complex challenges accompanying the anticipated global decline of "cheap" oil.

The first event will be afternoon of film and actionoriented discussion at the Vashon Theater, **Sunday, March 26**, from 1 to 3:30 p.m. The End of Suburbia: Oil Depletion and the Collapse of the American Dream will be followed by a facilitated discussion of potential community responses to the kinds of cascading social, political, economic, agricultural, and technological changes that are predicted in the film as a result of worldwide oil shortages.

People who generate proposals for action plans can apply immediately for small seed grants through Sustainable Vashon's Green Seed Grants Program (www.sustainablevashon.org). Five grants of up to \$500 each may be awarded at this event.

For the March 26th event a donation of your choice is requested to defray expenses. For information about peak oil and related regional events, visit the Post Carbon Institute at (www.postcarbon.org). For information on the Beyond Oil Coalition and its events, contact Merrilee Runyan mbrunyan@earthlink.net (preferred) or at 463.6647.

The Beyond Oil Coalition focuses on engaging community members in dialogue in the context of reduced global fossil fuel supplies. Founding members of the Coalition include Sustainable Vashon, VIGA (Vashon Island Growers Association), IERE (Institute for Environmental Research and Education), the Citizen's Group to **Explore** Vashon PUD. BuildingCircles Organization, and concerned Vashon-Maury residents. The Coalition welcomes other organizations' and individuals' participation in its meetings.

The reason grandparents and grandchildren get along so well is that they have a common enemy.

-- Sam Levenson

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Breast Cancer: A **Global Perspective**

By Weslie Rogers

Not all breast cancer everywhere is treated the same. I analogize this bit of (obvious?) truth to the food we eat, by saying that just as we usually eat what we are handed, we usually treat with what we are surrounded! This article will touch on cultural differences among five major countries, ending with global suggestions. The large importance about this truth would (obviously!) be in the outcome of varying cancer treatment plans, i.e., the mortality rate. I have not found a definite answer to the longing question, "Is the treatment of cancer in any one country the most effective?" Lynn Payer, a medical journalist, has written in Medicine and Culture: Varieties of Treatment in the United States, England, West Germany and France, "A very few studies accurately assess the difference in outcomes among these five nations [Japan makes the fifth] for specific cancers. In general, there is no known difference between the efficacy of one national medicine and another." This book was written 1988, and I could not find it in the library, but this reference, and most of the following information, I found in Choices in Healing, p. 44 and forward.

The problems in looking at the mortality rate alone as indicators that one treatment plan is better, or that one country is more successful than another lies in numbers...statistics count deaths at age 75 after treatment along with deaths at 5 years after treatment! And lung cancer deaths tend to influence mortality rates because they are deaths that could mostly be prevented ("Time for New Tactics Against Cancer," Harvard Magazine, July-Aug. 1986). Also, because cancers are being detected and treated earlier and more successfully, the incidence rate has increased, making the mortality rate look better!

I was vaguely aware of other country's differing approaches in my fledging weeks of breast cancer, but because of the traveling involved and the potential increased cost in going elsewhere, considering these options waned. In forming my own treatment plan given America's most aggressive options — more about this follows — in the beginning I only knew what I would not do, i.e. a mastectomy. And since, I have discovered that my plan

four countries' medical culture. America is considered to be the most aggressive toward treatment of cancer, (and not only breast cancer). The "super-radical" mastectomy was pioneered here, by William Halsted of John Hopkins University in the 1880's, which began with an incision at the shoulder, removing the breast and chest wall muscles, lymph nodes and all the fat under the skin. While Canada and Europe were switching to more conservative procedures, America followed slowly. These radical mastectomies fell from 51,000 to only 46,000 between 1965 and 1974, with numbers (finally!) down to 5,000 in 1983 (Breast Cancer: Society Shapes and Epidemic, by Susan J Ferguson, PhD). So, while not knowing of this history, in choosing by not choosing, I somewhat intuited this aggressiveness.

My final choice of a lumpectomy vs. mastectomy, as I later found in Lynn Payer's writings (see above), leaned more towards the French tendency towards disease treatment. They are deeply concerned with the terrain of the body, its core and aesthetics. The French considered lumpectomy and mastectomy long before Americans, and they are more likely to treat prostate cancer with radiation and chemotherapy instead prostatectomies and castration, as in America. In being more concerned about the terrain of the body, it is less important to fight the disease, and more important to strengthen the body. That penchant too I embraced, with the support of a nutritionist/naturopath, acupuncturist, body talk practitioner, and qigong teacher.

I also found some British bent to my applications. The English tend to do less of everything; if surgery is necessary, it will most likely be less extensive. Lynn Payer writes, "The most striking characteristic of British medicine is its economy. The British do less of nearly everything..." I chose surgery — lumpectomy only, with no lymph node dissection or large marginal excisions around the tumor. But the English don't regard the terrain of the body, relying less on vitamins, tonics, cures at spas, etc. than the French. There is some about skepticism treatment's ability to prolong life, (Britain is 10-15 years ahead of the U.S. in geriatric medicine and it was here that hospice treatment for the

Continued on page 13

Project Beanie Baby

My son is currently serving in Mosul, Iraq, and tells me Beanie Babies are a big hit with the impoverished children there. The soldiers toss beanies from the Stryker tanks while in convoys to the children who line the streets in hopes of getting a trinket. They are easily caught by small hands, and the results are big smiles. At this time however, they have depleted the supply of Beanies they had.

I would like to know if there is anyone who would be interested in donating their Beanie Babies to this effort? Recently a Craig's lister sent me 60 from her collection and they are currently enroute to Iraq. If you are interested in donating your collection or a part of it, contact Terrie Kipp at (206) 463-2437. Thank you for supporting our troops!

The Madrona School

- Another Option on Vashon Island

An Interview with Wintry Sheehan, Chairperson for The Madrona School

By Lynann Politte

Lynann Politte: Parents are looking at educational options for next fall. Why have you enrolled your child at Madrona?

WS: I've done a lot of research on private, alternative schools and found Madrona to be academically comparative with some very challenging facilities. But academics aren't the only education a child receives in school. Children are also educated socially, emotionally, and culturally, and that education affects and informs the adults they will become.

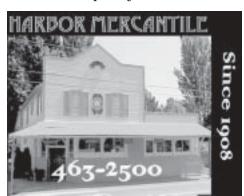
At Madrona, social/emotional education is taught daily in realtime, as challenges and conflicts arise. One day my daughter Gabi came home concerned about a classmate and said "So and so has been doing things the rest of us really don't like. We were worried about what might be going on in her life so we talked to her about it to see how we can support her." I don't know many adults with that kind of perspective.

LP: Do you see a tie-in between the social/emotional education she gets at Madrona and her academic abilities?

WS: Absolutely. As well as being required to communicate compassionately, the children are respectfully supported in taking direct responsibility for their education by creating agreements as to how they will challenge themselves.

While Madrona does assess to the EALR's (Essential Academic Learning Requirements) so both parents and teachers have a structured means of monitoring academic progress, as the students get older they participate more in their own assessment. There are no comparisons to other students, just self-comparisons.

From my perspective, the degree of academic instruction doesn't matter if a child is unable to absorb and utilize the information. And I think the capacity to absorb and



The Madrona School
12130 SW Wesleyan Way
(206) 463-7899
Next school year:
Sept. 5, 2006 --June 14, 2007
Hours: 9:30 a.m. to 2:30 p.m.
Monday – Thursday
Transportation: Carpool.

utilize information is directly tied to a student's belief in his/her abilities.

LP: What about cultural exposure?

WS: Exposure to cultural issues is carefully monitored. This is not about protecting our students from the big, bad world outside Madrona. It's about instruction in critical thinking by reinforcing the children's belief in their self-worth and teaching them how to analyze and decide what they themselves feel is culturally healthy so that ultimately they will not depend on their parents or peers or the media to determine what they need and who they should be, but on themselves.

To me, Madrona is about gifting the world with humans who believe in their inherent value, accept responsibility for speaking and listening compassionately, and have the courage to find non-violent means of conflict resolution. I feel every graduating class at Madrona creates more hope in the world.

When you couple that with firstrate academics, I think that's an outstanding education.



BIRDS • TREES • TRAILS

Spring Land Trust Tours

Saturday April 1st & Sunday April 2nd

More to Explore! Sign up for one tour or more, to discover the natural side of Vashon-Maury. Each tour will be led by a knowledable and passionate guide, eager to share the highlights of the preserve.

CHRISTENSEN POND — Saturday, APRIL I, 9:00-10:30 a.m If it's been a long time, or never, since you've wandered onto this easily accessible preserve, come for a restive walk in the woods. A trail now winds all the way around this lovely pond. The water will be high, the forest in spring bloom, and there will be the birds to hear (and hopefully see) who find refuge in this serene preserve. Join Audubon master birder



Alan Huggins to stroll on the extended trail with its new access point from SW 240th. (.6 miles, easy)



MAURY FOREST - Saturday, APRIL 1, 4-5:30 p.m.

You know the dock and playground of Dockton Park, but were you aware of the lovely woods up the hill? Hike with eco-forester Derek Churchill through this stand of Doug fir on an extensive network of trails that lead to the top of Maury through 60 acres of "Maury Forest." (1.3 miles, moderate)

MARJORIE STANLEY FOREST – Sunday, APRIL 2, 2:30-4:00 p.m.

Ever wonder, "What IS that slice of a preserve on the main highway next to the VFW Hall?" It's a small one, but a jewel. A brand new trail invites you in to discover this place of natural beauty that's right under our noses. Land Trust land steward Abel Eckhardt will highlight the many native plants and other signs of health found in this diverse forest. (.4 miles, easy)



Each tour is \$5 per family for Land Trust members or \$25 per family for non-members (includes a year's membership in the Land Trust). Reserve your space at 463-2644 or info@vashonlandtrust.org.

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M. Marie

Weispfenning Recertified

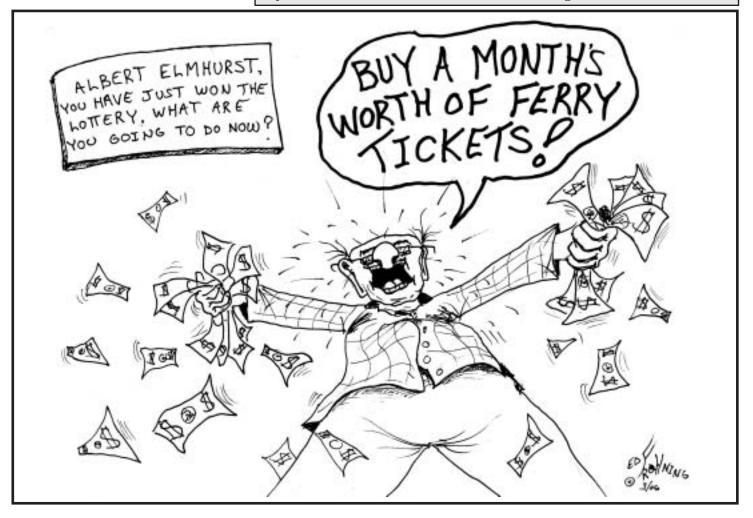
The American Board of Family Medicine announced in January, 2006, that Dr. C. Weispfenning of Vashon Island successfully completed its Recertification Examination.



Board certification confers a standard of excellence in knowledge and practice to physicians who not only certify via the examination process but also work diligently on the maintenance of skills during the seven-year cycle between examinations. To achieve a recertification by the ABFM, a family physician must verify the completion of 300 hours of acceptable continuing medical education over the past six years; possess a full and unrestricted license to practice medicine in the United States; and successfully complete a one day written examination of cognitive knowledge and problem-solving abilities. The examination covers the disciplines of the specialty including

but not limited to: adult medicine; care of newborns, infants, children, and adolescents; maternity and gynecological care; community medicine; care of the older patient; human behavior and mental health; and care of the surgical patient.

Additional information regarding the American Board of Family Medicine may be obtained from its website at www.theabfm.org.



and ready to print is a compulsiveobsessive's dream job, which may explain why I am so happy doing it.

When you are putting together a newspaper, I've learned, you can tweak it and tweak it forever, and you will, unless you have a time by which you must be done and you must stop. That time, for me, is the Sunday evening before publication.

Up until then I am pasting things, moving things, and making teeny tiny little changes which no one will notice if I do them right. The aim is perfection: perfect reporting, perfect writing, perfect spelling, perfect punctuation, perfect accuracy, and perfect layout.

Alas, I am human, and not perfect. Worse than that, I have actually put mistakes into pieces that didn't have any, like the time I changed a Steller sea lion (correct) into a Stellar sea lion

really really fast, print something they for that.

screw up in front of thousands of Getting a newspaper put together people at once. Being a singer was great training for that.

> I knew before I took this job how it would be. I expected to do a "falling on my face" style job as editor. I know I make mistakes, no matter how hard I try not to, and I do try hard, but I find myself, for example, saying people will perform on dates that they definitely will not, or I lose whole stories and illustrations on the computer in obscure folders I can't find again because I didn't pay enough attention to where I saved it when I hit save (Sorry, hand bell choir), or I take some perfectly good word that a writer has used correctly and I misspell it because I think I know better, and I am wrong.

The phone calls, the emails, the howls of pain and outrage, come right in, and I don't blame them.

The Loop is blessed with a lot of good writers, and they work hard to make sure their copy is clean. Usually If you want to hear from a writer I don't mess it up, so I can be grateful



writer knows that what they wrote is the single most important thing in the paper, matter what it is, and they want printed the way they wrote it. I try not to mess with perfection. unless it is 800 over words perfection and then I start

I realize that every

wrote with a mistake in it that they becoming grieved by the cuts I'm going to have to make. didn't make. This is where I have to have humility, and prepare to acquire

Fortunately, I have been shooting my mouth off and committing unforgivable social errors for so many years (Niki and Dan: I'm still sorry we forgot to go to your wedding) I've had to learn and practice the art of apology.

more humility.

It begins like this: "I what? Oh no! Oh, I am so sorry!" Repeat until the injured party realizes you really are sorry and wants you to shut up

For lone self-recrimination I prefer sitting with my head in my hands, moaning, "Oh, God, oh, God," and it's really a prayer, the rest of which is, "Help me!"

The difference between making a mistake as, say, a secretary or a hardware store cashier, and making a mistake as an editor is that now I

The paper is 20 pages long these days, and laying out all the stories and photos and drawings and jokes and smart aleck remarks is like solving a twenty-page jigsaw puzzle that won't have a solution until all the pieces are put together. There is no finished picture to check to see how I'm doing. I just keep at it until the pages are full and I run out of copy, photos, and illustrations, then I tweak it until I have to let go of it.

I'm grateful to be doing work I enjoy at this time of life. That is a great gift, and one I did not expect.

OK, back to tweaking. Blessings, യയയ

Email The Loop: editor@vashonloop.com

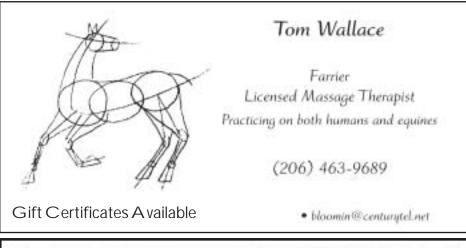






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The Vashon Loop, p. 7 March 15, 06

Don't Forget the Birds

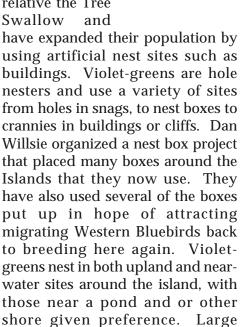
By Ed Swan

Time to Watch for Swallows

Spring is here and with winter almost over, plants and animals are reacting by budding or arriving early as the case may be. The third and fourth weeks of March are when several swallow species return to the islands for the breeding season. Violet-green Swallows arrive first followed by Tree and Northern Rough-winged Swallows.

Violet-green Swallows become

very common around the Islands during the summer, as common as the late-arriving Barn Swallow. They chatter noisily and can seen anywhere around the Islands. Violethave greens proved much more adaptable than their near relative the Tree



groups might be seen over the fields

along Wax Orchard Road or

Paradise Valley and also over Tramp

and Quartermaster Harbors. They are common in any open area and along the edges of the forest stands.

Violet-green Swallows may be told from their near relative the Tree Swallow by the white patch that comes up along side their head and white ring around their rump. Female Tree Swallows have green backs, similar to the Violet-green Swallows, which is one reason they



Tree Swallows

Photos by Jim Rosso

are hard to tell apart, especially as they both fly speedily along. The male Tree Swallow is a beautiful, deep turquoise blue but also can be hard to tell from the Violet-green unless the sun hits right to reflect the colors properly. Another way to tell the two species apart is that the Tree Swallow has a true song, a lively, bubbly series of notes heard while flying or perched.

While common in the Puget Sound area, the Tree Swallow is somewhat rare around the Islands. Where Violet-green Swallows might be found just about anywhere on the Islands, Tree Swallows are only found in localized situations near water. They are hole-nesters like the Purple Martin and have faced some

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of the same pressure from starlings. The Tree Swallow population was also likely affected by the logging of the Islands, especially later logging practices that cut down even the snags and other dead trees that have the holes necessary for these swallows to nest. Tree Swallows will nest in nest boxes built to special dimensions just as do martins. Rich Siegrist sometimes finds them using his martin boxes and also boxes he has placed in a wet field near his house. They have also been seen using a nest box at Fisher's Pond.

Few islanders likely notice the Northern Rough-winged Swallow because they only have a low scratchy call note and their propensity to only be around the shorelines. A few of these dark brown swallows nest in the clay cliffs and banks at Pt. Robinson and Raab's Lagoon. They prefer saltwater shorelines, river or stream sides and ponds with banks for nesting. Rough-wings often show up even before the Violet-green and Tree Swallows, which for some reason come to the islands later than elsewhere in the Puget Sound region. Even though they don't nest there, they might be found first at

Fisher's Pond and then later at their breeding locations around the

It's spring, so all of the birds have started to sing: Hutton's Vireos, Brown Creepers, robins, juncos, and the finches. Little else new is happening at the moment until the swallows mentioned here come back. Orange-crowned Warblers should return soon heralded by their trilling calls, as should the White-crowned Sparrow. Interesting reports in the last two weeks are topped by a Northern Harrier migrating through at Joy Nelsen's house near Pt. Robinson and two Snow Buntings seen along Quartermaster Harbor by Ellie Friars. If you have a question about birds or have an interesting sighting, call me at 463-7976 or e-mail at edswan@centurytel.net.

Steve Caldwell's Birding By Ear class starts Tuesday, March 21 at 7 p.m. (call Steve at 463-5778 to sign up). Identification of birds by vocalization is not only enjoyable but often the only way to know for sure what bird you're seeing, so Steve's class is great for the beginning or experienced bird watcher. യയയ

Across

- 1. Father
- 5. Nerd
- 9. Burn
- 14. Direct
- 15. Persia
- 16. Tryout 17. Inlets
- 18. Decent
- 19. Ore shafts
- 20. Card game
- 21. Artist of
- illusion
- 23. Sold at a
- discount
- 24. Pudding
- 26. Good grief!
- 28. Licensed practical nurse
- 29. Beano
- 31. Farm credit
- administration (abbr.) 34. Largest Chinese country
- 37. Meted
- 39. Other __
- 40. Stray
- 41. Bare scalp 42. "Gone With the Wind"
- actress
- 44. Infant

- 47. Transportation
- 48. Ca. University
- 50. Aurora
- 51. Headed
- 52. Kept the fire going
- 56. Enclosed section
- of window
- 59. Blots (2 wds.)
- 63. Hearing part
- 64. Active
- 66. Oven
- 67. Nativity scene piece
- 68. Beeper
- 69. Marsh plant
- 70. Island
- 71. Ashy
- 72. Totals
- 73. Desire
- Down
- 1. Picture book
- 2. Lotto
- 3. Swamp
- 4. Spots
- 5. Energy herb 6. Little Mermaid's love
- 7. Every
- 8. Leg joint
- 9. Short-term memory

- 10. People of Ireland
 - 11. One of Columbus'
 - ships
 - 12. People of Ireland
 - 13. Otherwise
 - 21. Sports channel
 - 22. Bolt
 - 25. Informal English
 - 27. Supernatural being
 - 29. Destiny
 - 30. The Emerald Isle
 - 31. Open tart-like pastry
 - 32. People of Ireland
 - 33. Adorn
 - 34. Popular stadium 35. Head covering
 - 36. End of a loaf
 - 38. Heavy-set
 - 39. What a nurse gives
 - 43. Tint
 - 45. Rebates
 - 46. Ascend (2 wds.)
 - 49. Disks
 - 51. Embankment 53. Hire
 - 54. National emblem
 - 55. Cured
 - 56. Male parent
 - 57. Alack's partner
- 58. At hand

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- 62. Sledge
- 60. Vegetable 61. Motley

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- 65. Sea eagle 67. Least amount
- Solution on Page 17

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The Vashon Loop, p. 8 March 15, 06 PANDORA'S E

Island Life

Text & photos by Peter Ray

Beyond Knee Pads

With the string of cooler weather we've been having lately, the hopeful march toward Spring has hit a bit of a sticky spot, and it's not just the mud causing the problem. This is okay, although there are a few things that seem to be stalled because of it. That noise from the swamps, otherwise known as the Springtime mating chorus of the Western Tree Frog, has been somewhat stymied by the cold. Normally starting around Valentine's Day, I believe it was almost a full three weeks beyond that date this year when I heard the first feeble attempts at collective croaking. The weird thing is, it didn't start in its usual place this year. In the past, the chorusing has always commenced from the south side of the property

where there is an open field that gets warmed by the sun before the rest of the surrounding area heats up, in a relative sense. The group frog sing that breaks the night silence is coming first from the north this year, which has me wondering if there is some natural sign in all of this to

which we should be paying some

While it is not much fun to work out in it, the cold is extending the life of any blooms that may have worked their way out of hibernation. The flowering plums have been doing their thing for a while now, but their colors of pink and white seem to look out of time and place on a cold and cloudy day. Our native Indian plum has been holding its blooms a bit longer than usual as well. While I don't believe it ever was a part of the genus Prunus, even with its name change from Osmaronia to Oemleria, the Indian plum still shares roots so to speak — with the flowering plums with a common ancestry in the rose family. Over in the olive family it is the Forsythia that is currently showing off its yellow blooms, while the holly-like, broadleaf evergreen, that used to be an Osmarea and is now part of the Osmanthus gang (name changing sure keeps those botanists in business), is just about to burst forth with its small white clusters of flowers that pack a great fragrance.

These are the more blatantly obvious signs that Spring is on its way, there are also those floral activities going on down at ground level that tend to grab a hold of my attention right now. Once again, as with the snowdrops the last time

around, it is the image of the avid British gardener on hands and knees that comes to mind. This time, however, even though the plants are small, the need to grovel in the dirt to enjoy what they have to offer is not quite so mandatory since the boldness of both their foliage and flower color and form can be seen quite clearly from an upright position. What I'm referring to here is a number of selected varieties of a British wildflower known as the lesser celandine or Ranunculus ficaria. I was first introduced to this plant by Islander and plantsman Jerry Flintoff. Not long after that I received in the mail numerous film canisters filled with miniature, dormant tubers from British garden writer Graham Rice.



This was my jump start into yet another subset of the obsessive plant world. It was a fairly comprehensive sampling of the nearly 150 varieties listed in the RHS Plant Finder. We will repeat our belief that, as with the billions of varieties of daylilies and hostas and miscanthus, a few truly distinctive forms of this plant should be enough to keep one's design palette satisfied. But I will admit that even without seeing them, the likes of names such as Broadleas Black and variegation), the collection still could undergo some expansion.

I did try to get a number of these going a few years back, but ran into an assortment of obstacles along the way. The first had to do with a soil mix screw-up by my supplier. Having potted up multiple groups of hundreds of plants of different varieties, we noted about mid-February of that year that the plants in the greenhouses were behind the plants in the ground outside in the size of the leaf rosettes they were forming. Even after repeated fertilizing they showed no signs of getting any bigger and in some cases the foliage began to get contorted and diseased looking. We gave up on the crops and went on to other things, and didn't learn until June that it had been an

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"accidental" double dose of boron during the soil mixing that had stunted and freaked out the plants. Five years later, some are still struggling to come back.

Another roadblock on the highway to celandine stardom is the fact that in some places they can become noxious weeds. This is not the case in this area, although some do reseed — but not crazily. Because all the forms that are of interest here are selected varieties and not the true

species, they tend not to be as prolific reproducers. They do, however, in some cases resemble one of those other noxious weeds the dandelion with their bright

and early yellow flowers. But some from all its doors and windows. Even Quantock Brown and Undercurrent celandine flowers can be a shade of with the cool of late, there is always a (with a 'v' next to it indicating orange or even white, with foliage hint of fragrance around this viola. that sports silver and brown on top of varying shades of green. Probably the boldest of the celandines, aptly named by the late Christopher Lloyd of Great Dixter, is Brazen Hussy with its bright, clear yellow flowers which poke out brightly in contrast over its heart-shaped, mahogany leaves. One needs to remember that this is a late Winter and early Springtime show, and that the wither-and-die thing they go through as the temperatures warm is not an indication that you have just killed your new purchase, but is just the plant doing its normal dormancy thing. Next year it will be back bigger and better — just be sure you mark the spot so that you know where to avoid later in the season.

> In the "what's that smell?" department, the fragrant violas are



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currently starting to do their thing. The ones that have my attention at the moment were grown here from seed of the form Viola odorata Queen Charlotte. While the seed catalog said that the flowers were supposed to be blue, they all are more of a uniform lavender-violet. One can easily ignore this discrepancy — unless of course one is trying to adhere to a specific color theme — because the real drawing point here is the fragrance. The two words that come to mind are

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sweet and oldfashioned - I guess that's three. But the intensity of the aroma varies with the ambient temperature. On a sunny day, a greenhouse with some of these plants in it will gush fragrance

Once again, it is one of the Springtimeonly performers, although the foliage mats that slowly spread will remain in evidence throughout nearly the entire year. Since the sun is still lighting up the scene outside my window, I'd better stop and see what else is going on out there. യയയ



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Life as We, uh, Know It?

started all this, but you just can't be sure about these things. I don't know how you reacted to it, but I walked out of that film at the end completely stunned and in a fog for days. It wasn't that the graphics were so amazing or that Keanu Reeves acted or that Carrie-Anne Moss looked so hot in vinyl — well, maybe a little there. It was an idea that shook me to the core here, and that idea was that it took a blue pill to wake Neo up from the contented slumber of an electronically induced unawareness. He thought he was living a good life, but the blue pill — and the rebels who gave it to him - revealed the unsavory truth. The "life" he had been living before was a simulated reality pumped electronically into his brain, while in actuality he, and thousands like him, was just a somnolent and blissfully ignorant energy source for the machines that controlled the planet. This idea really bothered me, mostly because it gave new and urgent meaning to that crazy question from the sixties: "What is Reality?" It seemed to be quite plausible given the virtual reality capabilities of our times, and it seemed to be an apt metaphor for our so-called modern lives.

Ever since the release of *The Matrix* in 1999, we have been bombarded by blue pills in the form of important documentaries that have flown in the face of what we have been told otherwise by the popular media outlets — we will not address the fallacies of the "liberal" media debate here. We should probably also give a nod at this point to the 1997 film Wag The Dog, which seems to be both an inspiration and a template along with Orwell's 1984, for the Bush Administration's information creation and control department. I believe it was Michael Moore's Fahrenheit 911 that had me, and others I've talked with, digging into the recent memory vaults when the footage ran of the protests in D.C. before Bush's first inauguration. Finding nothing stored there I wondered, "Why didn't we hear anything about that?" More recently, it was Deborah Koons Garcia's documentary, The Future of Food, which explores the problems and dangers to world food production being posed by genetic engineering and designer pesticides, which had me similarly shocked and stunned and angry — at this different reality from the one more commonly available at your network store.

It is not that I have been oblivious to most of these problems. From my residency in Plant Land, I have known

I would like to say that *The Matrix* about killer genes and pesticide resistant plants for a while, just as I have continued to be skeptical of Bushisms, wary of the omnivorous nature of Wal-Mart and disgusted by the nutritional wasteland of the fast food nation. What these films have done for me is to enhance my awareness of the problems and to increase the urgency of the need for some kind of active response on my part. It seems that part of the mission of these new documentaries is to not only inform, but to inspire to action as well. In this vein, a new group has been formed on the Island that is called the Beyond Oil Coalition: a Vashon Community Project. At least part of the inspiration for this group came from the 2004 Canadian documentary The End of Suburbia, Oil Depletion and The Collapse of the American Dream. Through a mix of archival footage, narration and contemporary interviews, the idea of peak oil is discussed and related to where its implications and realities seem to be taking the American economy.

The concept of peak oil has been around since the late 1940's when a respected geophysicist named M. King Hubbert ran some numbers and posed some theories around oil production. He was scoffed at when he predicted in the mid-'50's that the United States' production of oil would peak in 1970. Oil production in general can be plotted graphically in what comes out looking like a bell curve. As it turns out, Hubbert was right, and although we have been continually told otherwise, we are on the down slope of that production curve in the U.S., and have been for a while now. The End of Suburbia, through interviews with a number of experts on the subject, churns through a number of scenarios and alternatives as to where the slippery, but increasingly less lubricated, slope will take us.

For me, the most fascinating observations and revelations came from what I would normally have considered an unlikely source. Matthew Simmons was on the Cheney Energy Commission. He is the founder of Simmons and Company International- Investment Bankers to the Energy Industry (their website title, not mine). What he had to say was kind of astounding which was, yes, we are running out of oil and since pretty much every part of our economy runs on it, we'd better do something. I Googled his name and found a listing of the speeches he has given recently. What I read in the 47-



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page Powerpoint from a talk he gave in Kansas to some energy people was basically an outline from The End of Suburbia. He said that when oil demand far exceeds the supply, what we will see first is that bullies get "first in line". The five points he gave for beginning to deal with a decreasing oil supply are: 1.) the end of trucking with a greater emphasis on trains and boats; 2.) the end of the 9-5 workday; 3.) pay by productivity; 4.) grow food locally (!) and 5.) the reversal of globalization. All of this coming from someone who includes in his list of clients such entities as the World Bank. Kerr-McGee and Halliburton.

There will be a screening of *The* End of Suburbia at the Vashon Theatre on Sunday, March 26 at 1pm. Admission will be by donation, and an action-oriented discussion of the film and its implications will follow the showing, led by members of the Beyond Oil Coalition. Come learn what you may not know and discuss what some of our options may be. In the words of the late Dr. Hubbert: 'Our ignorance is not so vast as our failure to use what we know." For further information contact Merrilee Runyan at: mbrunyan@earthlink.net.

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A huge willow tree in front of the Noyes house in Litchfield, Connecticut, grew from a riding stick stuck into the ground by Colonel Talmadge Benjamin Washington's staff during the Revolution.

The Vashon Loop, p. 10 March 15, 06

The Dorsal Spin:

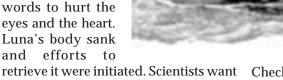
by Orca Annie Stateler

Tsu'xiit (Luna), Beloved Kakawin, 1999—2006

Tsu'xiit/Luna the killer whale left his earth travels for the spirit world on March 10. He was six and a half years old and had been living in Nootka Sound, B.C. since July 2001. Tsu'xiit is survived by his Mowachaht/Muchalaht relatives and his L Pod family. Whale conservationists, First Nations, and many other devotees of this extraordinary orca soul mourn his tragic loss.

Tsu'xiit had a lethal encounter with the propeller of a 104-foot tug on the morning of March 10. He was swimming under the idling boat and got too close to the prop. In a deeply disturbing account in the Seattle P-I, Lara Sloan of Canada's

Department of Fisheries and Oceans (DFO) said that Luna was "mauled so badly by the vessel's propeller that he can't be identified by sight." Truly, words to hurt the



Luna (L98) was not an orphan, but he got separated somehow from his mother, Splash (L67), and the rest of his natal pod five years ago. Local legend has it that he entered Nootka Sound with his 25-year-old uncle Orcan (L39), who soon died.

to learn all they can from studying the

Kakawin is the Nuu-Chah-Nulth word for killer whale. The Mowachaht/ Muchalaht Band first saw Luna in Nootka Sound at the time of Chief Ambrose Maquinna's death. Shortly before he died, the Chief declared he would come as a kakawin to guide his successor and protect Nootka Sound from the ravages of logging and fish farms. The Band gave Luna the name Tsu'xiit to honor the deceased Chief.

Tsu'xiit held immense spiritual significance for the Mowachaht/ Muchalaht people. They grieve for a lost relative, again. Despite DFO funding cuts, the Band maintained a limited stewardship program in Nootka Sound to monitor Tsu'xiit and discourage boaters from interacting with him.

Television news sound bites about "reincarnation" are inaccurate. The implication that the Band was wrong to intervene in an attempted hard capture of Luna in 2004 is ethnocentric. Many non-Native whale activists also objected to the risky capture and relocation plan. Besides, Tsu'xiit repeatedly swam out of the net. He was a smart killer whale and he made his choice.

Luna was lonely, and lacking other orcas to socialize with, he sought contact with boats and humans. Over the years, he sustained a number of propeller gashes that always healed. He seemed fairly boat savvy. He was no match, however, for the prop of the huge tug that slashed him on March 10. Perhaps he succumbed to youthful indiscretion or overconfidence. His death was a horrible accident.

Ironically, our ACS/PS speaker for March 15 at 7:30 p.m. is author Mike Parfit, whose talk is called "Saving Luna." Mike observed Luna in Nootka

> Sound for more than a year and is writing a book about him. As of Loop deadline, he still planned to come. The free talk will be at the Phinney Ridge Neighborhood Center, 6532 Phinney Ave. North, Seattle.

Check www.acspugetsound.org or call 206-734-4737 for updates.

Please support the work of the Vashon Hydrophone Project (VHP) by reporting local whale sightings ASAP to 463-9041. The heartbreaking news of Tsu'xiit's death compelled me to modify this Dorsal Spin at the last minute. I intended to write about how more than thirty of Luna's relatives in K and L Pods surprised us on March 4 when they appeared unannounced at the VHP site. They were uncharacteristically quiet. Since 1976, no March sighting of L Pod has been documented in Puget Sound.

More on the unusual visit from K's and L's, and more perspective on Tsu'xiit's death next time. May our dear kakawin friend have a safer journey in spirit than he did in this troubled realm.

mmm



Vashon to Sulawesi: Eco-Tour This July

Alliance recently formed to pursue Island (Vashon) to Island (Sulawesi, Indonesia) conservation work at the invitation of the people of the Mount Tompotika area.

Vashon Islander Marcy Summers, a biologist who has worked in this area and speaks Indonesian, will be leading a tour to Sulawesi from July 25 to August 7, 2006 (15 days). There are ten spaces available that will be filled on a first come, first served, basis. A \$500 deposit will secure your place; total cost of the trip is \$3200.

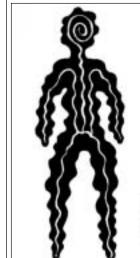
In Indonesia our group will be joined by several scientists and conservationists. some local to the Tompotika area.

Sulawesi has incredible biodiversity; about 1200 vertebrate species, roughly

The Tompotika Conservation half of which are found nowhere else in the world, many of them endangered. Initial efforts include: a grassroots awareness campaign; protection of the maleo, a culturally significant but endangered bird; offshore reef protection of the highest coral diversity in the world; and eco-service tourism to support all of the above.

Join us on our first trip to Sulawesi. For more information: Call Marcy Summers at 463-7720, or Rayna Holtz at 463-3153

I never give them hell. I just tell the truth and they think it's hell. -- Harry S Truman

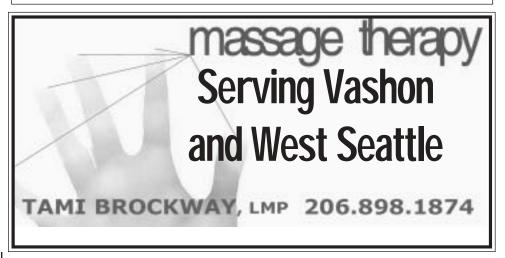


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Loop Travel: Belize and The Ninth Ward

By Sarah P. Blakemore, aka The Reigning Queen of Everything

Greetings From Belize!

For those of you who have read of my travels before, you know that I spent six months traveling around West and South Africa. I am again in where modes place transportation border on ridiculous, bananas and fried plantains are sold at every market stall and chickens run loose in the streets. I am in the Third

I spent last week in New Orleans for the gluttonous party that is Mardi Gras. I saw people from all walks of life drinking to excess, puking in the street, fighting and I even saw a stabbing. In short, it was one fetid mess of urine, vomit and Dionysian indulgence.

As a contrast I am now here in Belize where resources are scarce and the decadent feast that is Mardi Gras would never, ever take place.

I have two words for this: Thank God.

It's nice to be back. My attitude probably borders on First World condescension, but I love the Third World. People have nothing to shape their identity but themselves and their culture. The price of their sneakers and the brand of their jewelry does not make up who they are and for this I am grateful. I am sure that given the choice they might want to define themselves by such material standards but they don't have that option.

Belize is not the challenge that Africa was for me. The poverty is not as desperate here; most people seem well fed, the kids look reasonably healthy and the roads are paved. In Africa I saw so many children crippled from war, malnutrition or disease. They would lie on mats on the street and beg for something, "Small small." Here, while no one appears to be well off by American standards, they all seem to have enough of the basics to keep them happy and off the streets.

That being said, we had to take a four-hour bus ride to make a journey that should have taken around an hour and a half. True to Third World style, someone brought a mangy dog on the bus with us. Unlike Africa though, the bus was an old school bus, one that I would have taken to kindergarten on Vashon. It was, most notably, not held together by duct tape and particle board.

I chuckled remembering my rules for travel in the Third World: 1. The shorter the distance, the longer it will take to get there; 2. The closer you are to a given place, the less people will know about it; and 3. In the face of this lack of knowledge someone will give you a wildly fabricated answer rather than be so rude as to disappoint you.

But of course, things are not so hard here. The houses are small but mostly made of brightly painted cement, not grass huts. The sewers are covered and there seems to be a vague understanding of health codes.

The only thing that colors my happiness is the lingering memory of my trip to the Lower Ninth Ward in New Orleans. I went there several days before I left for Belize. It was a section of town that I had never been to and I am embarrassed to say sneered about when it was spoken of in conversation. It was desperately poor and violent, and frankly, filled with people that I didn't care to associate with for any reason. As I walked through the twisted heap that was a neighborhood I found myself moved to tears several times. I looked at rotting piles of people's things, thought of the misery they must have gone through and the fact that this was a group of people whom we as a nation primarily ignored.

I am not sure how I feel about the Lower Ninth Ward. But I will say this: while in Africa I visited the El Mina Castle, the epicenter of the slave trade. I stood in the room of no return and could feel the pain dripping down the walls from years of human misery.

The Lower Ninth Ward, in its current state, feels the same way.

Belize does not have the same desperate pain of either the Lower Ninth Ward or Africa. I find this very restful and still disturbing. I do not wish to ever become complacent when faced with poverty.

My internet time is up. Hope all is well. Until next time, hugs, Sarah.



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Happy Birthday Pisces!

For a Pisces, it's often a challenge to maintain your objectivity, since everything about the world feels so intensely personal. But developments and events this year promise to give you a measure of freedom from attachment in emotional situations that allows you to assess people and circumstances for what they really are. This will have the benefit of making your options clear. What you need to remember all the time is that no door will close without another one unlocking. You may be the one who needs to swing it open and cross the threshold, but you may be surprised to discover you're free to do just that.

Aries (March 20-April 19): From the look of your charts, you seem poised to make a decision that's been long in the coming, but about which you're finally getting clear. In fact, it appears you're ready to do whatever it takes to get the job done. However, I suggest you slow down. Your life at the moment is a setup for hasty action based on incomplete or inaccurate information. By early next week, the fog will have cleared and if you still have the motivation to make your decision, you'll still have the option. If you act later rather than sooner, you'll eliminate a regret factor that seems to be stacked into the deck at the moment.

Taurus (April 19-May 20): It may seem that certain individuals refuse to understand you, or to reveal the slightest trace of any understanding they may possess. Yet looked at another way, this is a time in your life when you're pushing yourself for a kind of absolute authority over what is important to you and for making decisions based on that information. And at such times, you cannot always expect people to understand what's motivating you, much less agree with the choices you make. You might say your current situation is an exercise in standing on your own, and daring to venture into new territory without asking anyone's permission.

Gemini (May 20-June 21): It would seem that the push the world needs most is for you to push yourself. You're also in the position of being your own inspiration, your own best example, and the only person who can see through your doubts. Remember that at the moment, while your situation is not exactly delicate, timing is indeed critical. And so, too, is the particular way you direct your energy. You are working with forces so potent that you need to apply them in precise measure in their most appropriate moment. This will not be as difficult as it sounds. You just need to pay attention, and remember your own strength.

Cancer (June 21-July 22): Remember that what you are pushing free from is mostly a feeling, so there's actually very little pushing necessary. And in this particular case, there is nothing to negotiate; you have your sense of emotional reality and whoever else may be involved in your life has yours. I would dare to say that at the moment, nobody else's reality matters as much as yours does right now; or, looked at another way, you are putting some very large, significant pieces together within yourself, and you would be wise to prevent anybody else's opinion getting in the way of your once-in-a-lifetime achievement. Anyway, you'll like the results of integrity.

Leo (July 22-Aug. 23): Your charts suggest that conservation and efficiency are themes of your relationships: say what needs to be said, and no more — but surely no less. You have some deep subject matter on your mind, and partners, friends or loved ones seem to as well, but these are very different branches of personal reality. What is not different is how crucial you feel your respective issues are for each of you. If you start the discussion honoring that distinction and working your way toward the center, rather than going in the other direction, you might find the discussion is a lot more productive.

Virgo (Aug. 23-Sep. 22): You may not understand the scope and depth of the changes you're going through now, but that's probably for the better. Better to go from experience to experience, from wave to wave, without considering the size of the entire ocean, or all the world's seas, or the ast cosmos within which it's all set. Your immediate moment contains all you need to know about the whole process of growth and change you are undergoing, which you are fully aware is something you've never experienced before. While the outcome of this whole journey will have a similar property, the miracle of an unfamiliar world is something you can carry with you every

Libra (Sep. 22-Oct. 23): The weight and power of a certain restriction, public moral taboo or show of bravado by somebody who thinks they are powerful will inspire you to do some of your best creative work in a long time. I recognize that not everyone thinks of themselves as creative, yet what I mean is bringing something daring into the world, that is highly individual and involves venturing into new social and psychological territory for you. A personal risk is involved. Part of what you risk is judgment, and part seems to be exceeding a limit on who you thought you were. But in fact that limit was exceeded long ago. But I do suggest you keep going.

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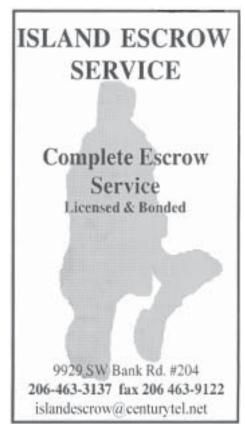


Scorpio (Oct. 23-Nov. 22): One of the brilliant aspects of your life right now is how deeply personal your professional activities are, and how personally meaningful. This is the source of your strength as a leader and also as the emotional rock on which so many people around you are standing. There is a theory in astrology that Scorpios like to be in control. I have another theory, which is that those born under your sign need to be the ones in whom the ethos of community is vested. Now is one of those moments when, coming from your heart, you really get to shine.

Sagittarius (Nov. 22-Dec. 22): Slowly, gradually, doors are opening for you. But what feels like a sudden provocation or challenge to your security base over the next few days will spark a shift of levels and an acceleration of your problem-solving function. I suggest you work for consolidating problems and solutions; group the situations you need to work out with the available resources, and you will see that there's a much more efficient way of going about things than plodding through each of them separately.

Capricorn (Dec. 22-Jan. 20): As I have said in other editions of this column, your core values are far more radical than most people would suggest. You are not someone who suffers injustice or inequity lightly, and at the moment you seem to be aware of just how much there is in the world. Be aware that you are having a significant influence on others who are themselves in a position to make a difference. This kind of indirect application of your power will in fact prove to be quite effective at holding open the door for truth and justice. For you, at the core is a sense of compassion and refusing to allow things to get past a certain point.

Aquarius (Jan. 20-Feb. 19): Think of your emotional and sexual experiences as a form of nourishment. I'm not sure how most people consider the human gratification they are bestowed, or bestow on others. It seems to take many forms, ranging from a commodity to something that is "scary" or "threatening." The truth of your life is, you need what you need; and whether or not that need can be fulfilled, it deserves a voice within your own mind and a space in your heart. The human race suffers from a form



of self-clinging that often prevents any authentic expression of feeling, sentiment or surrender to the flow of moment-tomoment reality. This need not be.

Pisces (Feb. 19-March 20): I cannot imagine a time in your life when you had a greater ability in your hands to break free of your insecurities, indeed, to live as if they did not exist. Have you ever felt more firmly at the center of your own life? This time in your history is all about freedom, which for you is another way of saying freedom from the tyranny of your fears. If you have the inclination to throw your ideas about security to the four winds, or to make choices based on what you want rather than on averting some perceived or anticipated future problems, the rewards will come sooner rather than later. Go past perception. Go past anticipation. The time is now. Eric Francis has more of your astrology for

Albert Einstein and Otto Hahn, both born on March 14, 1879, both won the Nobel Prize in physics.

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you at PlanetWaves.net.

The Vashon Loop, p. 12 March 15, 06

LIVING WELL WITH PLANTS

Text and drawings by Kathy Abascal (AHG)



Rooibos — A South African Herbal Tea

Rooibos is an herbal tea from South Africa that is taking the world by storm. If you have not yet tasted one of the many rooibos blends, you really owe it to yourself to give it a try. Rooibos is beautiful and tasty, and will easily become a very healthful herbal addition to your life.

Rooibos comes from South Africa and its name means "red bush" because it brews a lovely red tea. The plant itself is actually not red. It is a green, shrubby legume with lovely yellow flowers typical of

with hot summers. It has a long tap root — up to 6 feet long — that allows it to survive summer droughts. Hundreds of years ago, the Khoi people learned to cut the stems, bruise them with wooden hammers, and then ferment them in a heap before drying the leaves in the sun.

This fermentation process gives the is an entirely safe, zero calorie drink tea its red color and increases the sweet, fruity taste of the plant.

Today, the tea is made in two different ways. In one, the plant is quickly dried. This creates green beverage that tastes a bit like green tea but without any astringency. In the other, the tea is pretty much made the traditional way which means it is bruised and fermented before being sun dried. To ensure that it is free of bacteria, it is also steam pasteurized right before packaging. The red rooibos has a smooth, pleasant taste whether served hot or cold.

The greater bulk of rooibos is produced by a cooperative of small and large farmers in South Africa. As demand for rooibos has grown, a nonprofit (Agribusiness in Sustainable Natural African Plant Products) also stepped in to help teach small farmers sustainable ways to cultivate the plant so they could share in the rooibos profits. Overall, rooibos production is quite

sustainable, especially if you buy the certified organic varieties.

Rooibos is very high in antioxidants and is probably a very beneficial plant but there is as of yet only a small body of research on its benefits. Antioxidants generally neutralize free radicals, unstable chemicals that can cause cancer, heart attack and stroke. Because rooibos is high in antioxidants called polyphenols, it is often compared to green tea. Green tea, however, does have more of these particular compounds on a per cup basis. Moreover, rooibos does not contain epigallocatechin gallate (EGCG), an antioxidant that has made green tea famous. On the other hand, rooibos has some very unique polyphenols not found in other plants, and it has the added benefit of being caffeineand tannin-free. (Tannins are astringent and can upset the stomach).

Even though rooibos is not a proven equivalent of green tea, animal studies strongly suggest that it provides many health benefits. For instance, rooibos tea had a strong ability to suppress the growth of aberrant cells that might be cancerous. It also reduced cancerous changes in animals exposed to radiation, something green tea was unable to do. that plant family. Rooibos likes Moreover, rats who were allowed to nutrient-poor, acidic soil and places drink as much rooibos as they

> wished showed less age-related changes in their brains compared to r a t s drinking only water. None of this humans yet. But consider that rooibos

that tastes good, and may protect against cancer and aging. In my opinion, those are good reasons to make a habit of drinking rooibos.

rooibos which makes a golden historical uses of rooibos as a herbal teas, and find that it enhances medicine. Ethnobotanists who have studied this say that there are no recorded traditional medicinal uses for the tea. In the 1960s, however, a South African woman did discover that the tea eased infant

enough that South African physicians today recommend rooibos for infant colic. People who use the tea report that it calms the stomach and helps promote sleep in adults as well. Rooibos also has a been studied in strong reputation as a topical treatment for skin rashes, including diaper rash, and eczema. I know herbalists who have worked with the tea for topical conditions and warmly recommend its use.

Its flavor works well with other herbs and there are many different rooibos blends to try. I like adding a Sometimes claims are made for bit of rooibos to my other favorite both the taste and the effect of herbs like chamomile and peppermint. Green rooibos has stronger antioxidant properties than red rooibos because fermentation changes some of the plant's

colic and allergies. It works well characteristics. It, however, is not the traditional beverage — although I'd wager that people drank it green before they discovered how to ferment it into a fruitier tasting tea. I enjoy drinking both types although true red bush tea remains my favorite.







Abascal Kathy 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.

You can email her at Anemopsis@yahoo.com if you have questions about herbs, call her to schedule a private consultation (463-9211) or stop by The Roasterie to purchase her tinctures.



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> Dear Jayne (AKA Organic Goddess Lady), Once again I am writing to express my gratitude for your awesome food. The avocados last week were gorgeous, and the strawberries two weeks ago were a great taste of spring - unlike those monster red on the outside white on the insde no flavor things they call strawberries now. Thank you!

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by Rachel Bard **Not Just Another Turtle Story**

Timothy; or, Notes of an Abject Reptile, by Verlyn Klinkenborg. Knopf, 2006, \$16.95.

If you were told that this is the autobiography of a tortoise called Timothy you'd be forgiven for assuming it's a children's book, possibly Disney fodder. Well, maybe Hollywood could twist and distort the story to create a predictably pat animated movie. But let's hope that doesn't happen.

If any book was ever meant to be read, savored and reread this is it. It could become a classic in the tradition of Richard Adams's Watership Down. Readers will delight in the author's originality and imagination. They'll admire Timothy's powers of observation, her sardonic judgments and her sense of the order in the natural world (Late in the book it's revealed that Timothy is really a she).

Her story is a poignant one, as is that of any wild creature snatched from its untrammeled existence to languish in captivity, whether in a zoo or in a curate's garden in England. That was Timothy's final home, after being stolen by a sailor from her contented solitude in the sunny ruins of an ancient Mediterranean city. The sailor sold her for half a crown to a vicar in Sussex; on the latter's death she was inherited by the vicar's nephew, Mr. Gilbert White, curate of Selborne.

Klinkenborg spins his narrative of Timothy's life by drawing on the journal that Gilbert White kept for most of his adult life, published as *The* Natural History and Antiquities of *Selborne* in 1789. White kept meticulous notes of the weather, the harvests, the festivals, the farmers' woes and Klinkenborg successes. thoughtfully included a glossary to help with the two-century-old terms unfamiliar to us. A palmer-worm is a caterpillar. A fern-owl is a whip-poorwill. A chiffchaff is a small warbler.

Timothy, along with many other domesticated and wild creatures, pops up frequently in the journal literally. As each season's hibernation ends, White notes the date: "Timothy the Tortoise heaves up the sod under which he is buried." "Timothy the tortoise roused himself from his winter-slumbers and came forth." And so on.

Klinkenborg's genius is his ability to let us see everything, including Gilbert White, from Timothy's point of view. Wise, acerbic, cynical, resigned, all-seeing, the tortoise makes mock of humans' foibles and natures. Think of how we must look to a tortoise: "It took me many months among them to trust that humans could keep from falling over. Their paces, forward and backward, still seem little more than falling forestalled one foot at a time...Not nearly as solid on their feet as a hen scratching after crumbs in the street. Tottering, two-legged, stilt-gaited beasts...Proportions all wrong to a tortoise's eye. Torso too squat. Too little neck. Vastly too much leg...Reason in place of a good nose. Logic instead of a tail. Faith instead of the certain knowledge of instinct. Superstition instead of a shell. Posture stiffens as age sets in. Yet even the ancient ones fling their arms in all directions."

Like the curate, Timothy notes what's going on in the village: droughts, freezing spells, heat waves; fattening and butchering of hogs; acorn gathering; ladies who come for a garden stroll and "enjoy shuddering at the thought of me...worry that I will rush at their ankles."

After 44 years of enclosure, Timothy notices one day that the garden gate is open and escapesmaybe dreaming of a return to the warm, deserted tiles and mosaics of her long-lost Mediterranean shore. But freedom lasts only eight days. Discovered in a nearby bean-field, she's snatched up and borne back. "My week gone in two-score of their strides. Through the meadow. Past the alcove and down the brick-walk. Wicket-gate clicks shut behind me. Thomas sets me down beside the asparagus, the edge of my umbrageous forest."

Timothy outlives Gilbert White by nine years. We bid her farewell

To Bring Perfect Functioning

Human was a hunter/gatherer for 3.5 million years in 100+ person groups. Life was very simple, no need for possessions because everything shared. Was a wild animal in direct contact with the Source that brought about the Universes and all Life, which provides perfect functioning with anything alive. So could not stay lost or hungry, warned of any coming disasters.

~ 12,000 years ago became place bound, raising crops and herding animals. Life soon became very difficult, complex because everyone was on their own, no longer protected by the 100+ family. We became the noisiest of all animals, no longer able to receive one's guidance birthright. Instead brain, designed to only deal with objects, had to deal with Life! We developed hundreds of programs to try to deal with Life. Became the most insecure, meanest animal.

To end this mess, 1. Ask a question or issue which is a need, not a want. 2. Set aside the brain's programs masking this issue and 3. Reach sufficient quietude that the answer is received. Newton, Galileo, Leonardo da Vinci did that. Einstein, in his own words saying used these for his 4 great breakthroughs in 1905, completely changing the Physics of our time. Christ saying the same: "Be Still and find God, I do nothing the Father does everything (Still: 'quiet and no motion' per dictionary)." We too noisy to receive, so prevents this. Wild animals and birds depend on this for survival when food covered by snow for too many days, or at the recent tsunami when almost all of them survived, having 5 minutes warning to go seaward or to high ground. Only a very few humans received the warning, survived.

Implementing the three requirements: 1. NEEDS – always ask the question: "Is this necessary?" If not, is a want! Wastes energy, must be stopped. We have many more wants than needs. Many needs are actually wants. So great energy savings are available. 2. PROGRAMS – "What we know or think we know," used by brain to seek solutions to technical problems or problems with Life. Temporarily, at least, set them aside, permitting something new to be received. 3. QUIETNESS — Researchers held the question, "What brings sufficient quietness level." Just save energy!

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during her last preparations for

"I dig and dig. Settle the dirt on my shell. As deep as I can go. Into the warmth of earth. Carefully overlaid with autumn's debris. Anchored. Immured. Landlocked. Becalmed and buoyed in the doldrums of Selborne."

Verlyn Klinkenborg's occasional "Editorial Observer" columns for The New York Times and his previous books deal thoughtfully with country life and his farm in upstate New York. If anybody can capture the mindset of a tortoise, he's the man. The joy of this book is how much understanding and empathy he brings to the task. The sorrow is that it isn't longer.

Vashon Library Early **April 2006 Programs**

Great Books Discussion Group Monday, April 3, 7:00 p.m.

The Great Books Discussion Group has been meeting at the Vashon Library for 30yrs! The idea of small groups meeting to discuss great literature was started by the University of Chicago, and groups now meet in hundreds of cities around the country. Our book group meets on the first Monday of each month and our discussions include all types of great literature, from ancient to modern times. Please join us for some very stimulating conversations. Co-sponsored by King County Library System. Registration not required.

Talk Time

Tuesday April 4, 11, 18, 25, 7:00 p.m.

Practice speaking English in a relaxed setting. All nationalities and skill levels are welcome. Free! No registration required.

Toddler Story Time Tuesdays, April 4, 11, 18, 25 10:40 a.m.

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

Sing Into Reading Presented by Nancy Stewart Wednesday, April 5, 11 a.m.

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Please call to register beginning March 22. (206) 463-2069.

The tragedy of life is not that it ends so soon, but that we wait so long to begin it.

—W. M. Lewis

Breast Cancer

Conunuea jrom page 4

dying arose, not in America), and so the emphasis on complementary medicine, spiritual healing, and social tolerance towards alternative approaches to cancer.

German cancer patients have a wider choice of therapies than in any of these major countries. Lynn Payer has found that Germany is, "one of the great innovators in the field of alternative and adjunctive approaches to cancer..." And while France is obsessed with the body's terrain, Germans consider the heart, physically and spiritually, as the "key to the world (poet Novalis)." Germans use six times as many heart drugs per capita as the French and English, but the use of spas and plant healing powers is also higher.

German romanticism is also seen in charge." The hospitalized patient beneficence, including long walks in the forest, (I wish I lived on the Burton loop!), baths, and herbal medicine.

The Japanese approach to disease treatment is found to take a middle ground between the French/ German considerations of the body, and the English's tendency to minimize concern. They may focus on inner vitality while believing illnesses are influenced by imbalances created by weather or seasons, or exposure to food temperatures. The inner cause of illness is seen to be dependent on the constitution which one was born with (taishitsu). The increased degree in which the patient's individuality is honored, speaks well about the benefits of "taking

emphasis of nature's wears his own clothes, family helps with his/her care, cooks the patient's meal, all are involved with his/her healing. Hospital stays are longer and considered a form of vacation. All this certainly decreases levels of anxiety about an illness, which can be nothing but beneficial!

After exploring the cultural differences among breast cancer treatments, the desperateness of this disease is softened and more of a camaraderie envelopes one's thoughts, i.e. "If they can do it, so can I!" This international perspective helps one evaluate options, and not be intimidated by "one way, and one way only. Again, the current truism holds: Think globally, act locally!

Love, Weslie (463-5566, a local number!)

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The Vashon Loop, p. 14 March 15, 06





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Island Epicure

by Marj Watkins

Lunching with Leprechauns

Sure, I believe in Leprechauns, the Little People of Ireland way back in once-upon-a-time. I see them as fun-loving, height-challenged humans who lived there before the big, brawling current race of inhabitants landed.

Did St. Patrick preach to Little People as well as to the slave raiders who had captured him in 4th century Britain as a youth? We know he came back to Eire as a Christian bishop determined to drive the snakes (read old religion) from the green isle.

And did some of his flock invite him to Sunday dinner? If they did, it might have been a picnic and community bath. A young man named Rhuari showed us such a place a few years ago. He said you first dig your cooking pit cum bathtub. He showed us a pool about 14 feet long by 10 feet wide by 2 feet deep and lined with rocks at one end.

"You first dig your pit and put water in it," he said. Groundwater there was only about eighteen inches below the surface.

The Celts or Kelts of 3,000 years ago wrapped chunks of venison, or of the meat of their rust-colored sheep, in sweet grasses, wild onions, and other flavorful plants. They heated the rocks by building fires on them, probably early in the day. Then while St. Pat preached a two-or threehour sermon, the meat cooked in the coals and ashes.

The hot rocks warmed the water and the ashes combined with fat from the meat provided soap. I'd guess the old-time occupants of Eire kept a few pigs to provide fat. Neither the deer nor the sheep carried any fat on their bodies.

Food in present-day Ireland is simple, too. A descendant of those Leprechauns or Celts may dine on Coddle accompanied by a barley farl.

Dublin Coddle — 4 servings

1 pound best sausages

½ pound Canadian bacon

1 cup stock, or 1 bouillon cube

and 1 cup water

4 to 6 potatoes

2 yellow onions

Salt and pepper to taste

Cut the bacon in 1-inch squares. Bring the stock to a boil in a mediumsize saucepan that owns a tight lid.

Add the sausages and bacon. Simmer about 5 minutes. Remove them. Save the stock. Cut each sausage into several pieces.

them in thick slices.

Skin and slice the onions.

Put a layer of potatoes in the saucepan, then a layer of onions, then half the sausages and bacon. Repeat. Finish with a layer of potatoes.

Pour the saved stock over all. Season lightly.

Bring to a boil; reduce heat, cover, and simmer about 1 hour. Adjust seasoning and serve hot.

Food is an important part of a balanced diet. -- Fran Leibowitz **Barley Farl** — Makes 1 large loaf or 2 small loaves

Preheat oven to 450 degrees

4 cups barley flour

1 teaspoon salt

1 teaspoon baking soda

1 Tablespoon sugar or Splenda® or honey

1 1/3 cups buttermilk or soured

Sift dry ingredients into mixing bowl. Scoop up handfuls and drop them back into the bowl to aerate the mix. Quickly, because the soda and buttermilk instantly start Peel the potatoes thinly. Cut reacting, knead into a round loaf, or loaves. Beware: too much handling will make a tough, flat bread.

Form your round loaf about as thick as your fist. Place it on a lightly floured baking sheet or cake pan. With a floured sharp knife, cut a cross in the top.

Bake 30 to 45 minutes, until the loaf sounds hollow when rapped with your knuckles.

Wrap at once in a clean tea towel to keep the crust from hardening too much.

*To sour milk add 4 teaspoons lemon juice or vinegar യയയ

Madame Toujours

Dear Madame Toujours,

I am feeling terribly stressed these last few weeks. A few years ago, I had to be hospitalized for three weeks with a lifethreatening case of stress-induced hives when my son Blaine started dating a very nice young stock analyst named Sylvester. We had always wondered a little bit about Blaine, but we thought we could relax when he was drafted to play professional football. Such a manly sport, you know.

Anyway, I got used to Sylvester. He's a charming, young man, a gourmet cook, and such a nice dresser. I've never looked better since Sylvester and I started having our monthly shopping and lunch dates, and Blaine is starting to enjoy opera and pay more attention to his appearance, too, which is so nice for a mother to see. I always kind of wished Blaine was a little more refined in his tastes.

Now, though, those itchy, red bumps are starting to pop up all over my arms again; Blaine and Sylvester have decided to adopt a little handicapped Venezuelan boy, and they have some idea they ought to go through some kind of formal commitment ceremony.

What am I going to do? What will the neighbors think? Am I finally going to have to give up my dreams of a daughter-in-law?

Sincerely,

Mother of the Groom Chere Mme. Groom,

What are you going to be doing? But of course, you are going with M. Sylvester to shop for the fetching dress for the ceremony — for yourself, of course. I am supposing that Mssrs. Blaine and Sylvester are the tasteful, sensible persons who are both wearing the trousers for the family. Les hommes, they are needing to be consulting you for the tasteful themes, the perfect locations, the best places for the cakes and the flowers, the best places for buying the adorable, little outfits and teeny, little boysized footballs for the young fellow who is soon to be calling

The New World **Curious George**

March 15-16

Eight Below



The Pink **Panther**



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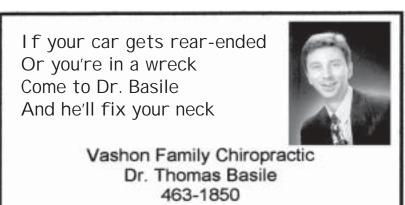
you "Nanna." Bien sur, this is the huge responsibilities. Les hommes, they cannot be doing it without you, so you are seeing that the hives, they are the perfectly sensible reaction.

As for the neighboring persons, if you are choosing the friends well, then they will not be noticing that both of the marrying persons are the masculine types, and everybody is congratulating you on the handsome son-in-law and the new grandson.

Of course, everybody else is being extremely scornful that you are the terrible mother who is making the son to be the big homosexual. In the formal circumstances, it is preferable to smile condescendingly at such persons. At the informal gatherings such as the picnics and discothèques, it is acceptable to be expressing your superiority with the scornful and slightly vulgar noises.

Bon Chance, Mme. Groom, and remember, if you are feeling unusually small and petty about the silly, unenlightened persons, you can even be saying, "I am feeling extremely sorry for you." This is the excruciatingly cutting remark, but it is betraying the little lack of the maturities, so you are wishing to use it sparingly.





To the Unsung Heroes

The decision to actually light the odd number of candles on top of the piano, the oil lamp, the Pfaltzgraff I survived on Vashon, on January hurricane lamp, as well some tapers 20th, 1993. from the bag of candles kept in the inauguration day storm? laundry shelf area, was one of my best decisions this year. Since "they" spent out of our home in Beulah had warned us this powerful storm Park when the bad snowstorm was coming through, I was ready. came. Remember the day after As the inevitable happened, with Christmas snowstorm. A neighbor the obligatory lights off, lights on for took us in for ten days that time. We a minute, and then off again for were well beyond the, "visitors are hours, I reveled in the quiet of it all. like fish; after three days they stink."

Vashon because of the delightful the house. It was the part that took power outages. For me, the minute the electric line into the house. the refrigerator stops humming and Coupled with all the other houses that incredible silence descends, I am that needed help, it took weeks able to let life stop as well. With all before we were connected to the candles carefully lit, the cats that everything properly. I remember would jump on them intentionally when the county called to say it placed on the front porch, the fire in would be another week because a the woodstove toasting my toes, a permit was needed. Mercy was smile creeps on my face. This is extended when exasperation and

mind drifted to the crew workers problem. who probably only enjoy the triple time and half or whatever sum of next door neighbor was an electric money they earn. While I sat rocking crew guy. The wind would kick up away with my book, I knew they were scurrying around trying to front door behind him. When we restore sound and light to my world as quickly as they could.

would have texted them: "Fix life going. everyone else first. Have eaten and am enjoying the silence and relative and women out there helping in the

their cherry buckets in the gusty vigilance of downed lines. I thought of the training they took; the competency it takes not to fry yourself inadvertently while coming return our power, thank you. I hope to the aid of others.

"Be safe," I would text them next. I thought back to the first storm Remember

I thought about the ten days we Sometimes I think I remain on Somethingorother had broken off despair crept into my tone of voice. For some reason this time, my Suddenly the permit was not a

When we lived over town, our and Cory could be heard closing the first moved to Vashon, the storms were a bit of an inconvenience. I If I could have that night, I would try to figure out how to keep

Now, I just think of all those men dark of night, while I light a fire and I thought of them hanging in grab a book. It's the time to stop and let someone else take care of things. To absorb the silence and the peace.

> To those of you who worked to someone thanks you in person. www

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Garden the World



By MEarth

You Do The Math

A recent issue of Utne Reader, one of the worthwhile mags, reports that the Stockholm International Peace Research Institute, the World Policy Forum, and the World Game Institute have developed a budget for human versus military needs.

What were their findings?

They found that the amount it would take to provide shelter for everyone on Earth is \$21 billion a year. To eliminate starvation and malnutrition, \$19 billion a year. To provide clean, safe water, \$10 billion; eliminate nuclear weapons, \$7 billion; eliminate land mines, \$4 billion; eliminate illiteracy, \$5 billion; provide refugee relief, \$5 billion; stabilize population, \$10.5 billion; prevent soil erosion, \$24 billion.

Their estimated total annual budget for human needs is \$105.5 billion.

The Seattle Times also reports that it has been calculated that 2005 will show the worst financial losses weather-related disasters in human history. The Munich Re Foundation, worldwide reinsurance firm, says that economic losses in 2005 will exceed \$200 billion.

Hurricane Katrina alone caused math. \$125 billion in damages.

Incidentally, the previous record year was (drum roll, please) 2004, with global losses of \$145 billion.

At the same time, the total annual global military spending equals about \$1 trillion a year.

It seems obvious to me that we cannot afford war any more. It is not a necessity, it is not even a luxury, it is a lead weight around our collective necks at a time in our history that we will need every erg of our energy just to keep swimming and, hopefully, our head above water. We will be needing that money and those resources for more important things.

There will always be those who will say that such times call for more

military spending but that path is a dead end-at least for human beings. The hope for humankind is to realize that we are all in the same boat and that our sole chance for survival and even success is cooperation, the pooling of resources and broad inclusionary policiessimply sharing, sympathy and empathy.

Don't let the generals and politicians convince you differently.

Here is a quote from one of the better books from 2005, Urgent Message From Mother:

HELP WANTED: Homekeepers for Earth. Must keep premises safe for all. Have concern for children's needs and development; ability to manage resources, collaboratively, ask questions, listen, learn from the experience of others, be empathetic and act with compassion for the benefit of all including generations to come.

We must Garden this World, cultivate within it the things human beings most need. We must learn to avoid ancient temptations and pitfalls. This is an unprecedented time and the above are scarcely refutable numbers. We know what people need and we have the money and resources to provide it. Any failure to act responsibily in this circumstance is something human beings will be held accountable for in the long, long run.

Accountable, as in, "You do the $\omega\omega\omega$



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The Vashon Loop, p. 16 March 15, 06

Lopp - Sports The court jester of sport

Hello Ernie:

News Bulletin: A few days ago I came back from tropical Sioux City, Iowa, where I watched some really good wrestling — the NAIA National Championships, to be exact. As soon as I got into the arena, I immediately saw the two Vashon wrestling alumni: Ryan Mattingly and Mikhail Abdul Latif. How did I see them, you ask?

Two reasons: they were the only two wearing green and gold tie-dye; and, more importantly, they were the two most fanatical warmeruppers, if that's a word. They were jumping around all crazy-like, as if they were excited, and not nervous, for the tournament. Well, to cut to the chase: Ryan placed a very respectable 5th, beating numerous kids who were ranked ahead of him.



Mik Abdul Latif on the awards stand. Abdul Latif pinned his opponent in the finals in the 1st Period.

determination, as well as the luck that Vashon wrestlers have gotten in a habit of making for themselves. "Make your luck," a wise man once said to me. Ryan's best match was a five overtime doozy, where, after eleven minutes, Ryan finally pulled it out because not only was he tougher and in better shape, but A Steamboat stuck in a cage! maybe you can send in because he was better

hand, did not have one close match, dominating everyone.

Every one of his opponents might as well have been named Chopped Liver, because that's what Mikhail did to each and every one of them, slicing and dicing with ease. He pinned his guy in the finals in the first round, capping an impressive tournament. They would both like to thank the generous (and funny as hell) wrestling community for all of their support, as well as Mr. Levinson, who taught both of them that it's okay to laugh at your own jokes.

Hey Ernie,

I was thinking recently while taking a day hike up Morgan Hill that maybe you should take a week



Left to right, Ryan Mattingly (Northern Montana State) and Mik Abdul-Latif (Simon Fraser University) proudly display their NAIA All American plaques. R. Mattingly placed 5th in the nation and Abdul-Latif won the NAIA national title. They become Vashon's 5th Collegiate All American and 2nd Collegiate National Champion!



Mik with Simon Fraser Coach Justin Abdou, a former 4X National Champion and Olympian. And he looks good in blue, don't he, eh?

off. Relax. Let the photographer He did this with guts and take over. His pictures are brilliant;

maybe he has a new scanner or something. Often his captions are entertaining, too. -- Joe D.

J.D.,

No worries. I'll pass the option on to Scratchy Lens. Then maybe I'll chillax for a while. -- Ernest

Ernest,

I'm too busy, some pictures. Some

looking. Abdul Latif, on the other cute ones of siamese cats or lil' pet bulldogs. -- Scratchy Lens

Okay, you all asked for it, here goes. The theme is Hardware, Booty, Champion Ships, Medals, Bounty or What Have You!



Updoggs team leader, Kaj Marting, takes a break on the couch, contemplating the Vashon Pirates Basketball teams' (guys and girls) trip to the state tournament in Yakima.



Aquatic Club Open House and Registration

On Monday, March 27, from 4:30 p.m. to 6:30 p.m., and Tuesday, March 27, from 4 p.m. to 6 p.m., the Vashon Aquatic Club invites the community to our annual "Splashdown" event at the Vashon Athletic Club pool. This free event is open to families who have children interested in improving their swimming skills, learning about competitive swimming, and having fun in the water. Members of the team will demonstrate stroke techniques and competitive swimming skills. VAC Coaches will also be on deck to answer questions about placement within the VAC training program and to evaluate the skill level of interested swimmers. VAC provides instruction and coaching to youth of all abilities, including beginner and competition swimmers. Our swimmers typically range in age from 6 to 18. There is no registration required for this event.

the summer session, and can register as late as the first two days of practice. VAC's spring session runs from March 27 to June 9. Registration forms will be available at the Vashon Athletic Club and Ober Park beginning March 10. Final contact Jill Bulow at 463-6297.

registration cutoff date is March

The practice schedule is designed for swimmers of all skill levels. Beginner swimmers swim one hour two days a week, Tuesday and Thursday, from 4 to 6 p.m. Intermediate swimmers swim one hour three days a week, on Monday, Wednesday, and Friday, from either 4:30 to 5:30 p.m., or 5:30 to 6:30 p.m. Advanced swimmers swim two hours three days a week, Monday, Wednesday, and Friday, from 4:30 to 6:30 p.m.

VAC provides a structured environment geared toward personal growth, teamwork and fun. Vashon Aquatic Club is a member of the Pacific Northwest Swimming league, governed by USA Swimming, the national organization overseeing competitive swimming throughout America. VAC provides instruction and coaching to youth of all abilities, including beginner and competition Swimmers who want to register swimmers. Practice times vary from can do so up to three weeks before two to five afternoons a week depending on ability. We provide training year-round at the Vashon Athletic Club (fall through spring) and at the King County Pool in the summer.

For more information please



WILD WORLD / Ed Frohning

DOES THIS THIN OF CELLOPHANE WRAPPING MATERIAL MAKE ME

LOOK FAT?

Lopy Laffs

More Excuses

- I'd love to, but:
- ...my patent is pending.
- ...I'm sandblasting my oven.
- ...none of my socks match.
- ...I'm having all my plants neutered. ...I changed the lock on my door and now I can't get out.

George Burns

Too bad that all the people who

God is subtle, but he is not

know how to run the country are busy

driving taxicabs and cutting hair.

malicious. —Einstein

ONE LINERS

I don't get even, I get odder.

I am having an out of money experience.

Who stopped payment on my reality check?

Give me ambiguity or give me something else.

My inferiority complex is not as good as yours. Work is for people who don't know how to fish.

Impotence: Nature's way of saying—no hard feelings.

I can't remember if I'm the good twin or the evil one.

Nothing is so good that somebody, somewhere will not hate it.

I have kleptomania, but when it gets bad, I take something for it.

Money won't buy happiness but it will pay for a large staff to study the problem.

Defintionately:

COMPROMISE: An amiable arrangement between husband and wife whereby they agree to let her have her own way.

SITCOMs: What yuppies turn into when they have children and one of them stops working to stay home with the kids. Stands for: Single Income, Two Children, Oppressive Mortgage.

OHNO-SECOND - That minuscule fraction of time in which you realize that you've just made a BIG mistake.

Worried about an IRS audit? Avoid what's called a red flag. That's something the IRS always looks for. For example, say you have some money left in your bank account after paying your taxes. That's a red flag. -Jay Leno

Irish Poker

Six retired Irishmen were playing poker in O'Leary's apartment when Paddy Murphy loses \$500 on a single hand, clutches his chest and drops dead at the table. Showing respect for their fallen brother, the other five continue playing standing up. Michael O'Conner looks around and asks, "Oh, me boys, someone got's to tell Paddy's wife. Who will it be?'

They draw straws. Liam Gallagher picks the short one. They tell him to be discreet be gentle, don't make a bad situation any worse. "Discreet??? I'm the most discreet Irishmen you'll ever meet. Discretion is my middle name. Leave it to me!"

Gallagher goes over to Murphy's house and knocks on the door. Mrs. Murphy answers and asks what he wants. Gallagher declares: "Your husband just lost \$500 and is afraid to come home."

"Tell him to drop dead!" says Murphy's wife.

"I'll go tell him." says Gallagher.

Time and Children Can Be Unkind: A young boy was looking through the family album and asked his mother, "Who's this guy on the beach with you with all the muscles and curly hair?" "That's your father." Then who's that old bald-headed fat man who lives with us now?"

during Once, prohibition, I was forced to live for days on nothing but food and water. -W. C. Fields

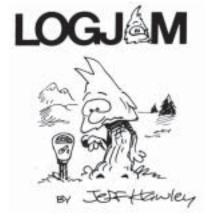


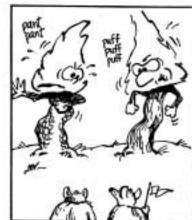
FFSHORE





























Loop Arts

Vashon Allied Arts Presents:



Maren Metke

Music and Poetry Launch VAA New Works '06 Series

By Janice Randall

Vashon Allied Arts' New Works Series will open with two talented applicants whose work the selection panel felt would be complimentary. Island singer/songwriter/pianist Maren Metke will bring passion and soul to her original compositions along with an all-star musical ensemble for this gig. Island poet, Devon Atkins and four other poets will converse on stage using only their original poetry to respond impromptu to one another in *Poets* Talk Back.

"Music is a language that speaks to my feelings better than words. It's not something I can stop doing. It's part of my soul," says Metke. From folk music to the Beatles, jazz to urban dance music and classical to punk rock, she loves it all. "It's all just different languages. As long as it speaks to me, I listen to it. Every musician I've ever listened to has been my teacher."

Metke's other driving passion lies in her commitment to Madrona School, a non-profit K-3 private Island school she helped found. Metke will be joined by fellow Island musicians Fletcher Andrews, percussion; Steve Meyer, upright bass; Kim Thal, fiddle; Ken experience for the audience. Jacobson, cello.

Poets Talk Back: Conversations in generously supported by Boeing and Poetry is the brainchild of Island Vashon Thriftway.



Photo by ZZCoyote

Crossroads Blues Band at Bishop's This Friday

Seattle's Crossroads Blues Band comes out to rock Bishop's this Friday, March 18.

These guys know how to get it started and keep it going all night long, in the best blues tradition.

"They play blues that force you to sit up and take notice. This is a great band to see whether you're in the mood to dance, or just want to sit and listen to some fantastic playing," says Chuck Cox of the Washington Blues Society.



Steve Bailey Photo by ZZCoyote

VAA New Works Series

Conversations in Poetry

Saturday, April 1, 8 p.m.

Blue Heron Art Center

writer, Devon Atkins. Fellow poets,

Harris Levinson, Julian Park, Merna

Hecht, and Michael Hood will join

Atkins on stage to create a dialogue

prepared with a notebook of 20

original poems, chosen without the

knowledge of the other poets. In a

prescribed order that changes each

time a sequence is begun, and, once

again, unknown to the poets, one

poet will read a poem from their

collection. The next poet will

respond to that poem by choosing

one of their own on the spot and

performing it. The end result will

challenge the poets, and create an

entertaining, active listening

The VAA New Works Series is

Brown and Co-chair Jim Ferrari

This year promises to showcase

Submit materials to: Bill Brown

will announce the final list of

performers on (or around) April 1.

C/O The Brown Agency at the

Vashon Village, 17205 Vashon

Highway S.W., No. C-2, Vashon,

the best musical talent ever!

WA, 98070.

Maren Metke, Music

Poets Talk Back:

Tickets \$10/\$13

The members of the band are Steve Bailey, vocals, harp, and guitar; Dennis Ellis, sax and flute; Dan Newton, guitar, keyboard, and vocals; John Lee, bass and vocals; and John Rockwell, drums. All are veterans of Northwest blues.

Come on down to Bishop's and swing with the Crossroads Blues Band this Friday!



Scott Walter Plays Luna This Saturday

Acoustic Rock singer/songwriter Scott Walter will be performing at Café Luna on Saturday March 18 at 7:30 p.m. Scott blends an acoustic folk sound with melody driven pop and rock styles to create songs that are crafted and catchy — sometimes humorous, sometimes melancholy — in a major key.

Fingerstyle guitarist Erin Aas will open.

Spring Is Coming! Charlie Spring, to Café Luna

Seattle singer-songwriter Charlie Spring will perform at Vashon's own Café Luna on Friday night, March 31.

Charlie has released two CD's: A Grateful Man (a collection of his own songs) and These Songs Are Your Songs (featuring folk songs from the public domain). His lively repertoire includes a broad range of folk, blues, country and old favorites...songs for everyone!

He performs at many of Western Washington's live music venues as well as fairs, festivals (including NW Folklife 2004-2005), markets, hayrides, hoedowns, house concerts, schools,



Maggie Laird This Weekend and Next at Crepe de Paris

Please Pardon My Mush, a show of Gershwin love songs performed by Maggie Laird, plays this weekend, March 17 and 18, and next weekend, March 24 and 25, at the Crepe de Paris, in the Rainier Bank Building at 1333 -5th Avenue in Seattle. performances begin at 8 p.m.

"If a three-course dinner seems overwhelming," says Laird, "keep in mind that you can order a little fruit plate, a glass of wine, or a dessert. The food's tres bien, though, and the Crepe has a nice cabaret atmosphere."

Laird is singing at the piano, joined by Todd Zimberg on drums and Todd Gowers on upright bass.

Call the Crepe de Paris for reservations: 206-623-4111.



benefits for good causes, private parties, art galleries, and special

Says Charlie, "I've been privileged to play for some great audiences over the years, as well as share bills and play with many fine local songwriters and musicians (and a few famous ones, too)."

His band, the 31st Street Blues Band, backed up John Lee Hooker, Albert Collins and others during their Seattle appearances in the late sixties and early seventies, and opened for the Buddy Miles Express in 1972. They performed at the legendary Sky River Rock Festival in 1971, going on after Santana at 3

At Café Luna you can get anything you want: tea, coffee, soup, pastry, panini, wine, beer, music, wi-fi, fun!

No cover charge, but it's customary to fill up the musicians'

Strawberry Festival Calls for Musicians

Musical acts/performers hoping to perform at the 2006 Vashon Island Strawberry Festival must submit their promotional materials (including a CD) to Vashon Music Chairman Bill Brown by March 20.

Due to the high number of applicants, only groups that have been together for at least one year, with several performances to their credit, will be considered.

Early Alerts:

Truck Stop Souvenir April 1 at Cafe Luna Graham, Johnson, & Roehm April 7 at Vashon Bookshop

Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one

who gets burned.—Buddha

Blackberry Bear and the Adventures of Huckleberry Hollow

©Becky and Maggie Bumgarner © Illustrations by Maggie Bumgarner

Can a Bear Love a Frog?

The rehearsals were every afternoon and that gave Blackberry every opportunity to get better acquainted with Aloetta. He knew he was a charming bear, but this time he would have to be a charming frog.

Each day he would meet Aloetta and get her some Earl Grey Tea and some Huckleberry scones fresh from the Hollow Bakery. Then he would sit next to her and have her put her feet up on a soft stool and he would gently rub them and get them ready to go into her ballet shoes. They would then practice dancing.

Blackberry loved this part of it. He would twirl her about and hold her gently. They would glide along to the music.



After a while Aloetta began to forget that Cal was a Frog and just accepted him as Cal. It didn't seem at all odd anymore. She started looking forward to rehearsals. It wasn't at all as her friends had said. She woke up a few mornings later

and gazing into the mirror, she realized the truth. She'd gone and fallen in love with a

"He's so charming, it's alarming. I think



that I'm falling in love. I'm in love with a frog that lives in a bog. Oh Heavens could it be true? What ever shall I do?"

It was finally the night for the Frog Prince Ballet to be performed. All in the Hollow bought tickets.

The Stage Manager could be heard announcing backstage, "Places, places everyone," and then to the audience, "Welcome to the Frog Prince Ballet. Once upon



a time the Prince of Bears couldn't sleep so he went down to the Castle kitchen to get some cocoa to drink. Just before this the Witch of the Woodlands had snuck into the kitchen to make her chocolate Frog Prince Portion. When she heard the Prince coming, she dashed to a closet and hid.'

Blackberry Bear entered the stage and began his part as the Prince of Bears. "I wonder what I can find to help me sleep? Oh look! Someone has left the rest of this warm cocoa out. I'll just finish it off."

POOF!

"Pretty funny cocoa. I've just turned green and feel like a swim. I think I'll go for a walk outside. Gee I'm talking funny. Ah, here is the pond and there's Lady Woolmaker. Hello my lady."

"I don't speak to Frogs,"Lucy Llama remarked curtly, playing her part as Lady

"But I am not a Frog, I am the Prince!" "A likely story. Just look at your reflection in the pond. Who do you see

"Huh? Gulp! How shall I dance at the Palace Ball tonight?"

"I wouldn't worry, just leap through the window. Haha!"

To Be Continued...



The Magic Flute Blue Heron Youth Theater Friday & Saturday, 7:30 p.m. Sunday, 2 p.m. Tickets: \$7 VAA members, seniors students/\$10 general admission

Photo by Jenn Reidel

The Magic Flute Brings Fantasy to Stage

By Janice Randall

Join sixteen of Vashon Allied Arts' dedicated thespians for Mozart's final operatic work, *The Magic Flute*. Steeped in ideals of Freemasonry (harmony, happiness and freedom of thinking) mixed with a hefty dose of pure, childlike fantasy and slathered with Mozart's finely orchestrated (recorded) music, this dramatized children's version will entertain all ages. Patricia Kelly will direct. Special thanks to Vashon Thriftway for co-sponsoring VAA family performances.

Fast-moving and full of action, come see the prince rescue the princess and live happily ever after, but not without extensive trial and hardship. Thanks to the generosity of forest spirits and the handy magic flute, the prince manages to escape serious travails and rescue the

> Read The Loop online www.vashonloop.com Email: editor@vashonloop.com ads@vashonloop.com

fair damsel, but as always it's all about the journey and life's comedic mishaps along the way.

Gordon Millar designed and built the set, Linda Higginbothan serves as wardrobe mistress and actors are: Robert Easton, Cory Fox, Maya Jane Krah, Gianna Andrews, Ella McConnell, Jack Summers, Lucian Brillant, Halla McManus, Katelyn Davies, Malaika Caldwell, Yusuf Griffen, Peri Roberts, Annelise Bogue, Hanna Higginbothan, Iris Spring and Isaiah Mosser Rohe.

Marita Ericksen



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Vashon Bookshop

Two moms, talking in the Produce **Department:**

"My son and I had the best time at the new kids' book group!"

"I heard that it's fabulous and after work!"

Call 463-2616 for more information!

17612 Vashon Highway

What's Happening At The Bookshop?

By Devon Atkins

humanity's accomplishments. Wow.

become a Third Thursday and through her writing, learned institution. The conversation is that what she really loved was smart and fun; this group has its letterpress printing and the design regulars, but seems to attract new of books. Her studio is filled with faces, too. This month's selection is metal type and custom engraved the compelling *Purple Hibiscus* by Chimamanda Noozo Adichi, a novel that many have called the best print on any sort of paper, and the book to come out of Africa in years. combination of letterpress and The New York Times Book Review custom paper can be glorious. said, "The author's straightforward Catherine and Jessica operate small prose captures the tragic riddle of a presses where they create note cards who has made unquestionably positive contribution imaginative and beautiful books to the lives of strangers while abandoning the needs of those who are closest to him." The Bookshop's Island folks to peruse their Book Group meets Thursday, Letterpress March 16 at 7:30 p.m. Drop-Ins are constructions, and to make a always welcome. (Call the souvenir of their own to take home. Bookshop, 463-2616, for more (For more information, call information.)

And then, Saturday, March 18, and the art of Letterpress. Letterpress you say? Yes, Letterpress. Vashon Bookshop, owner of Vashon's May Day Press,

And, of course there's always and her friend and colleague, Jessica something happening at the Spring of Springtide Press in This month, the Tacoma, will entertain and educate Bookshop plays host to its adult us to the beauty of Letterpress, book group, and a celebration of one which is used by many artists as an greatest alternative to offset printing.

Catherine says that she began The Bookshop's Book Group has with writing and paper-making, plates, along with the 1800-pound Price Platen Press. Letterpress can an and broadsides, and the most you've ever seen. Saturday the 18th will be a perfect opportunity for wares, Catherine, at 463-4004.)

Meanwhile, I know you are all 11 a.m. to 4 p.m., marks a just holding your breath with celebration of the Spring Equinox excitement about April's coming, because as we all know, April is National Poetry Month.

Which only goes to prove, once along with Catherine Michaelis, again, that there's more to Vashon Bookshop than just books! www

Annie

The Making of a Musical By Mary Litchfield Tuel **Photos by Hawk Jones**

Orphans



Orphans at work

This is amateur community theater, right? These are children, right?

You could say that, and if you did, you'd be right, but these particular children in this particular amateur community theater production are going to knock your socks off. They sing, they dance, and they act like pros.

Many of them have come up through the Vashon Youth Chorus

Orphans learning to fear Miss Hannigan

and/or one of the Island's dance schools or youth theater groups. That experience coupled with the fine directorial style of Libbie Anthony creates a whole that is more than the sum of the parts.

Right now they are showing up for rehearsals almost daily and working hard on every song, word, and movement. That means that parents, guardians, and other siblings are adjusting their lives and schedules to these budding actors.

The result of the months of hard work will be seen in April. Stay tuned. They'll knock your socks off.



The Vashon Loop, p. 20

Storybook Home \$595,000



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Talk About Sweet...A Quintessential Storybook Home to Call Your Own. You'll Know Serenity as Soon as You Enter the Driveway of this Idyllic Sunlit Park Setting of 3 Acres. The Home has been Lovingly Updated While Retaining Its Original Country Charm. Open Floor Plan for Entertaining Your Guests. Designer Colors - Oak and Cherry Floors - Hickory Cabinetry. Recent Large Addition can be Your Great Room or Master Bedroom. Cedar Shingle Exterior with 50 Year Roof. Newer Furnace.

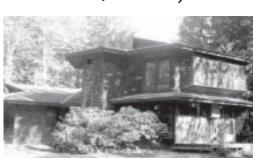
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Deadline for next issue of *The Loop* is Friday, March 24.

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